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with cold water and boiling it gently. The bones can be boiled two or three times for light stock. See Clear Soup.

White Stock.—Take 1s. worth of veal bones, or the bones of rabbit or chicken, put them in a pan with two or three sliced onions, a pinch of salt, small bunch of herbs—thyme, parsley, and bayleaf—about six peppercorns, black and white, and two cloves; cover with cold water; let it come to the boil, then skim and cover up the pan, and boil gently for about one hour and a half, strain off, remove the fat and use.

Game Stock.—Take any kind of poultry or game bones, fresh or roast, fresh are best. Put two ounces of butter or fat in a stewpan with two onions cut up into little dice shapes, one large leek, one carrot, a little celery, one turnip, a good bunch of herbs (thyme, parsley, bayleaf, basil, and marjoram), two or three fresh mushrooms, if you have them, and a pinch of mignonette pepper. Place the bones on this, cover the pan, and fry the contents all together, for about twenty to thirty minutes, taking care they do not burn. Then cover them well with stock (any stock from veal, rabbit, or chicken, such as above can be used), let it come to the boil, then strain and let it simmer gently for two or three hours. Strain off when cold, remove any fat, and use.

Clarify the stock with either rabbit, hare, or beef, allowing half a pound of raw meat and four whites of eggs to each quart of stock. The meat should be chopped fine and mixed with the whites, before being put into the soup, stir together occasionally till it boils, then simmer gently for about an hour, and strain.

Fish Stocks.—Take the bones of any white fish, such as soles, whiting, cod, &c., whether raw or cooked, with any fish-trimmings, lobster shell, shrimps' heads and tails, &c., and lay them in a pan with one dessertspoonful of lemon juice, one or two sliced onions, a bunch of herbs, a few peppercorns, and a pinch of salt; cover it with cold water, one quart for each pound of fish bones. Simmer it all gently for about an hour, skimming it when it comes to the boil.

For fish sauces, or bisques, this stock will only require to be freed from fat and strained; for clear fish stock it must be clarified in the usual way with the whites and shells of four eggs to each quart of stock.

For clear brown fish soups, fry the onions and herbs together

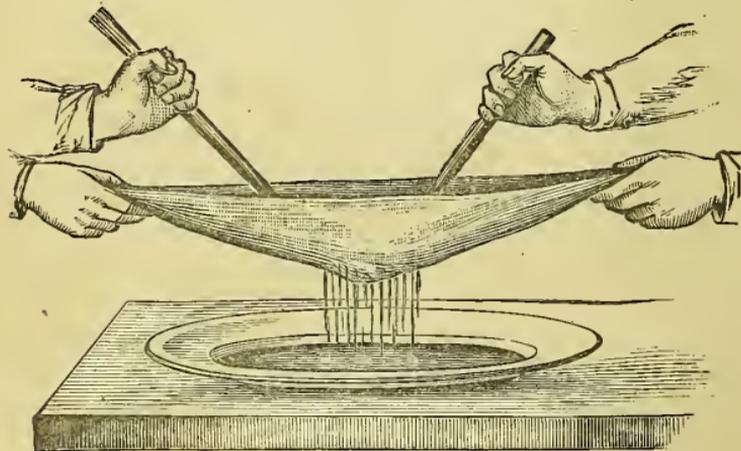
in a little butter, then lay in the fish bones (well and carefully dried in a cloth), and let all fry together for fifteen minutes; it should then be covered with cold water, and finished off like the clear fish stock given above.

STANDARD SAUCES.

WHICH MAY ALWAYS BE KEPT IN READINESS.

(Some other Sauces are given after their special Dishes.)

Brown Sauce.—Fry four ounces of flour, four ounces of butter, four ounces of tomatoes, till a good brown colour, then add two quarts of good-flavoured stock made from cooked meat



Rubbing Sauces through the Tammy.

bones; stir till it boils, and let it boil till reduced one fourth part, keeping it well skimmed; then, when quite free from fat, tammy. This sauce may always be kept ready for use by being boiled up once or twice a week.

Veloute Sauce.—One and a half ounces of fine flour, one and a half ounces of butter; mix well together, and let it fry gently on the side of the stove till a very pale colour; then mix it with three-quarters of a pint of nicely-flavoured stock, either veal, rabbit, or chicken. Stir till it boils; add a quarter of a pint of cream, a pinch of salt, and three or four drops of lemon juice; keep boiling for about five minutes;

keep skimmed, tammy, and use. The thick creamy Veloute may be made by reducing this a quarter part.

Bechamel Sauce (Thick).—Half a pint of milk boiled with a little mace and half an eschalot; mix on to two ounces of flour which have been lightly fried with two ounces of butter; stir till it boils; add a little cayenne pepper, salt, and a very little nutmeg. Tammy, and use.

Bechamel Sauce (Creamy).—Put one and a half ounces of fine flour and the same of butter to fry together without discolouring, then mix with it a half pint of milk flavoured as in recipe for thick Bechamel, stir together till it boils, then add a gill of single cream and a little seasoning, tammy, and use. This sauce is excellent for serving with boiled chicken, &c.

Tomato Sauce.—Two onions, two carrots, four bayleaves, two turnips, a little celery and leek, four large or eight small tomatoes, cut up in dice shapes, a sprig of thyme, parsley and twelve crushed peppercorns; fry in two ounces of butter for fifteen minutes, then add two good tablespoonfuls of vinegar, one and a half pints of brown sauce and a few drops of carmine; cook gently for half an hour, and then rub through the tammy and use. If tinned tomatoes are used the vegetable must be fried separately, and then the tomatoes added.

Aspic Jelly.—Two and a half ounces of Marshall's gelatine, one quart of hot water, dessertspoonful of salt, juice of one lemon, one or two bayleaves, two whites and shells of eggs, small teacupful of common brown vinegar, a sprig or two of green tarragon or a tablespoonful of tarragon vinegar, one onion sliced, and twenty peppercorns and allspice mixed. Mix up all the ingredients, and when it comes to the boil pass through a warm jelly bag. This is made stiff for borders; if required for garnishing, use only two ounces of the gelatine for the same quantity of other ingredients; by 'Liquid Aspic Jelly' is meant this jelly before it is set.

HOT SAUCES.

Allemande Sauce.—Put two and a half ounces of butter into a stewpan with two and a half ounces of fine flour, and fry together without discolouring, then mix it with one and a half pints of good-flavoured white stock, either from veal, rabbit,

or chicken, stir till it boils, then add a quarter of a pint of washed fresh white mushrooms that have been cut in thin slices, boil for about fifteen minutes, then stir in four raw yolks of eggs that have been mixed with a gill of thick cream and the juice of half a lemon; stir the sauce over the fire again until it thickens, then have it rubbed through a clean tammy cloth and use.

American Sauce.—Put half a pound of game or poultry bones in a stewpan with one ounce of butter, half a sliced onion, one or two bayleaves, six crushed peppercorns, one sliced tomato, and one fresh mushroom; cover up and let these fry on the stove for about twenty minutes; then add one wineglass of white wine and a pint of brown sauce, let it boil for fifteen to twenty minutes, keeping it skimmed during the boiling; then strain through the tammy and mix in it a dessertspoonful of chopped fresh mushroom; boil up and serve.

Anchovy Sauce.—Melt two ounces of butter in a stewpan, mix to it one and a half ounces of fine flour, then add half a pint of boiling water; season with a dust of cayenne pepper, a pinch of salt, six or eight drops of lemon juice, a dessertspoonful of essence of anchovy, and four or five drops of carmine; stir all together till it boils, then add half a gill of cream, tammy and use.

Anchovy Cream (Hot).—Put four tablespoonfuls of French vinegar into a stewpan, with a pinch of mignonette pepper and one or two bayleaves, reduce to half the quantity, then add three raw yolks of eggs; stand the stewpan in the bain marie; mix into it by degrees three ounces of fresh butter; as soon as the sauce thickens, wring it through the tammy, and add to it the purée of eight boned and washed anchovies that have been rubbed through a very fine hair sieve, a saltspoonful of anchovy essence, a few drops of Marshall's liquid carmine to make it a pale salmon colour, and a tiny pinch of cayenne; then just before serving mix into it by degrees a gill of very stiffly whipped cream and serve in a hot sauceboat. This sauce is excellent when served with any kind of boiled or grilled fish.

Apple Sauce.—Peel and slice one pound of good cooking apples, and boil them in a stewpan with half a pint of water, one and a half ounces of castor sugar, and one

ounce of butter ; when quite tender rub them through a hair sieve, make hot again and serve in a sauceboat.

Bearnaise Sauce.—Reduce four tablespoonfuls of vinegar to about half the quantity with twelve crushed peppercorns (black and white), or half a saltspoonful of mignonette pepper, two bayleaves, sprig of thyme, and half an eschalot, then add four raw yolks of eggs, and work in by degrees a quarter of a pound of fresh butter, add a tablespoonful of warm glaze, and tammy ; when about to serve mix in some finely-chopped tarragon and chervil. This sauce requires great care and must only be made just before serving.

Bigarade Sauce.—Put one wineglassful of sherry into a stewpan with one ounce of glaze or a teaspoonful of Liebig Company's Extract of Meat, a saltspoonful of castor sugar, three quarters of a pint of brown sauce, the juice of one lemon, and the juice of an orange ; reduce one quarter part, keeping skimmed while boiling ; then tammy and add the yellow of the peel of three oranges that has been cut very fine and blanched by being put in cold water and brought to the boil, then washed in cold water ; boil up the sauce and use.

Black Butter, or Beurre Noir.—Put about two ounces of fresh butter in a fryingpan, let it gently become a deep golden colour, then put into it about two tablespoonfuls of the leaves of parsley that have been picked small, washed, and dried ; shake the pan, and as soon as the parsley is crisp pour it, with the butter, over the dish or into a sauceboat ; put the pan again on the stove, and pour in a large tablespoonful of French vinegar ; let this just boil up, then pour it over the butter and serve at once.

Blanquette Sauce.—Take half a pint of veal, rabbit, or chicken stock, and when it boils mix it on to two ounces of butter and same of fine flour which have been fried together without discolouring, stir again till it boils, then mix into it gradually three raw yolks of eggs that have been mixed with half a tablespoonful of lemon juice and two tablespoonfuls of thick cream, stir it again over the fire until it thickens, tammy and use. This is a thick sauce for masking pieces of fish or chicken for a fritot, &c. If the sauce is to be served hot over the dish, use half as much more stock to make it.

Bordelaise Sauce.—Take half a pint of brown sauce, two wineglasses of white wine, one wineglass of claret, one finely-

chopped eschalot, a pinch of mignonette pepper, one ounce of glaze or a teaspoonful of Liebig Company's Extract of Meat, and a pinch of sugar; boil up together for fifteen to twenty minutes, keeping skimmed while boiling, then tammy and add a little chopped tarragon and chervil, or parsley, and serve. If the sauce is for serving with fish, add eight anchovies that have been boned, washed, dried and rubbed through a fine hair sieve, or a dessertspoonful of anchovy essence. This is a nice sauce for grilled or broiled meat or fish.

Bourguignotte Sauce.—Put one ounce of butter in a stewpan with a bunch of herbs, thyme, parsley, two fresh mushrooms, two good-sized onions cut into dice shapes, a blade of mace, and one or two cloves, fry these till a nice golden colour, then add half a pint of claret or Burgundy; reduce to half the quantity, and add half a pint of brown sauce and a quarter of a pint of good gravy; boil all together for about fifteen to twenty minutes, keep it skimmed, rub through the tammy and use. If served with braised meat, add the gravy from the braise, boil up again, and use, some round the meat and the rest in a sauceboat.

Bread Sauce.—Put half a pint of new milk to boil with a small eschalot into which a clove is stuck; when the milk comes to the boil mix with it two ounces of freshly-made white breadcrumbs and one ounce of fresh butter, let it boil slowly for fifteen minutes, remove the eschalot, then add half a gill of cream, boil again for five minutes, add a tiny pinch of salt, a dust of white pepper, mix well, and serve.

Caper Sauce (Brown).—Put half a pint of brown sauce into a stewpan with a tablespoonful of French vinegar, the juice of one lemon, a pinch of mignonette pepper, a teaspoonful of anchovy essence, half an ounce of glaze and one finely-chopped eschalot; boil up all together, skim it, tammy, and add a large tablespoonful of French capers, and use. Serve with broiled or grilled fish, or with grilled steak, kidneys, &c.

Caper Sauce (White).—For half a pint of melted butter take one tablespoonful of French capers, one dessertspoonful of the vinegar from the capers, a pinch of salt, mix well together and use.

If for serving with boiled mutton, make the melted butter sauce with the liquor in which the meat was boiled, instead of plain water, tammying it and finishing it off with the capers as above.

from the crayfish, reduce it to three quarters of a pint, then add it to the flour and butter. Crack the shells of the crayfish, remove the flesh from the bodies and claws, keeping them as whole as possible to garnish the sauce. Scrape the meat from the heads, pound it with two ounces of live lobster spawn, and add this pounded mixture to the sauce, with a teaspoonful of essence of anchovy and a few drops of carmine if lobster spawn is not to be had. Stir the sauce till it boils, then add half a gill of cream, tammy, re-warm in the bain marie, add the claws and bodies of the crayfish, and serve.

This sauce is excellent with plainly boiled salmon, turbot, codfish, soles, doreys, brill, &c.

Cream Sauce.—Put into a stewpan two raw yolks of eggs, three tablespoonfuls of cream, two tablespoonfuls of Veloute or Suprême sauce, one and a half ounces of good butter, a pinch of salt, a tiny dust of cayenne pepper, and eight drops of lemon juice, and stand the pan in a bain marie which has boiling water in it; stir with a wooden spoon until the mixture is to the consistency of thick cream, then wring it through the tammy and use. This sauce is very good when served with soles, chicken, sweetbread, &c.

Cream Tarragon Sauce, or Crème à l'Estragon.—Put into a stewpan one ounce of butter, two raw yolks of eggs, four tablespoonfuls of thin cream, a tiny pinch of salt, and three or four drops of lemon juice; stir in the bain marie over the fire till the sauce thickens, then add a teaspoonful of tarragon vinegar and strain it through a strainer or tammy; mix in a light sprinkling of chopped tarragon and use. This sauce will be found nice to serve with filets of soles, whittings, &c., for breakfast, luncheon, or dinner.

Cucumber Sauce.—Peel two large cucumbers and take out the seeds; put the cucumbers in a pan with about one ounce of butter, cover over the pan and let them draw down on the stove till tender, add a few drops of lemon juice and then half a pint of thick creamy Veloute sauce, a very little apple green colouring and a little salt. Tammy, make hot and use.

Cumberland Sauce.—Put into a stewpan two and a half gills of good brown sauce, a pinch of castor sugar, a dust of cayenne pepper, the juice of half a lemon, one large tablespoonful of red currant jelly, one wineglass of port wine, one

wineglass of claret and a saltspoonful of Marshall's carmine; boil together for about ten minutes, keeping it well skimmed while boiling, then tammy, and mix with half a pound of sultanas that have been picked from the stalks, and then blanched; boil together, then serve.

To Blanch the Sultanas.—Put them into sufficient cold water to cover them, bring to the boil, strain off, rinse, then use.

Curry Sauce.—Put two large peeled and sliced onions in a stewpan with two ounces of butter, melted, and one sliced sour apple and fry together for fifteen to twenty minutes till a nice golden colour; then add two tablespoonfuls of grated cocoanut, four small red peppers, a pinch of ground ginger, ditto coriander powder, ditto of cumin powder, a teaspoonful of tamarinds, ditto turmeric, a saltspoonful of salt, one ounce of Rice Cream (*crème de riz*), the milk from the cocoanut, the juice of a lemon, bunch of herbs, and one and a half pints of white stock, or milk may be used instead of stock; cook for half an hour, skimming it occasionally, then pass the whole through the tammy. May also be served cold.

D'Orleans Sauce.—Put two tablespoonfuls of French vinegar in a little stewpan; when it boils, add half an ounce of glaze or a dessertspoonful of very thick gravy and warm up together; then work in by degrees one and a half ounces of fresh butter; add a tiny pinch of sugar and a good pinch of chopped parsley, and use.

Egg Sauce for Salt Fish &c.—Boil four eggs for seven minutes, then remove the shells and the whites, and rub the yolks through a wire sieve; put two ounces of butter into a stewpan with one and a half ounces of fine flour, mix together on the side of the stove till the butter is quite melted, then add by degrees half a pint of hot water, keeping it stirred over the fire all the time; when it boils, add the juice of half a lemon, half a gill of cream, a dust of cayenne, and a pinch of salt; wring through the tammy or strainer, and then mix in the prepared yolks of eggs. Serve in a sauceboat. This quantity will do for eight persons.

Espagnol Sauce.—Mix three quarters of a pint of brown sauce with one ounce of glaze or a teaspoonful of Liebig Company's Extract of Meat, one or two fresh mushrooms, one wineglass of sherry, and a pinch of castor sugar; reduce a quarter part, keep it skimmed while boiling, then tammy and use.

Fennel Sauce.—Take a handful of fresh green fennel and wash it well in cold water, pick the little sprigs from the stalks, and put them into a stewpan with enough cold water to cover them, and salt sufficient to cover a sixpenny piece, with a tiny bit of soda ; bring the water to the boil, then strain off and press the fennel from the water ; add an ounce of butter to it, and pound or mix up well together with a knife, and rub it through a tammy or fine hair sieve, and add it to half a pint of melted butter sauce.

Genoese Sauce.—Put half a pint of good brown sauce into a stewpan with one chopped eschalot, a dessertspoonful of mushroom catsup, a teaspoonful of anchovy essence, a pinch of castor sugar, and a wineglass of claret ; boil together for eight to ten minutes, then tammy, add a teaspoonful of chopped parsley, and work into it by degrees one and a half ounces of good butter. This sauce can be served with salmon, soles, turbot, codfish, &c.

Gironde Sauce.—Reduce half a pint of claret to half the quantity, then add twelve bruised cherries and the same number of kernels, half a pint of brown sauce, one ounce of glaze, or a teaspoonful of Liebig Company's Extract of Meat, and a little carmine, two tomatoes cut up fine, the juice of half a lemon, and a saltspoonful of castor sugar ; boil for about a quarter of an hour, then tammy and boil it up again, add a teaspoonful of kisch, and use.

Gooseberry Sauce (Green).—Put a pot of green gooseberry jam into a stewpan, with a quarter of a pint of water, and the juice of half a lemon ; boil up together for about ten minutes, adding a little of Marshall's apple green, if the gooseberries are at all wanting in colour ; rub it all through the tammy, make hot in the bain marie ; serve in a hot sauce-boat.

Gratin Sauce (for Fish).—Peel and chop finely one eschalot and four or five good-sized, well-washed mushrooms (fresh, if possible), and put these in a stewpan, with one table-spoonful of finely chopped parsley, two glasses of sherry, and half an ounce of glaze ; reduce these a quarter part, then add about half a pint of good thick brown sauce, a teaspoonful of essence of anchovy, and cook all together for about five minutes, then take up and pour over the fish.

Grand Hôtel Sauce.—Put four tablespoonfuls of tarra-

gon vinegar into a stewpan, with a pinch of mignonette pepper and two bayleaves; boil down to half the quantity, then add a quarter of a pint of thick tomato sauce, and half a gill of liquor that has been taken from fish cooked in white wine, such as from Cod à la Grand Hôtel; or, if the sauce is to be served with fillets of beef, a half gill of white wine could be added instead of the stock; put in the bain marie, and while quite hot mix into it by degrees two ounces of fresh butter, then wring the sauce through the tammy and serve at once.

Hollandaise Sauce.—Put four tablespoonfuls of French vinegar in a stewpan, with two bayleaves and eight crushed black and white peppercorns; reduce to half the quantity, then add three raw yolks of eggs; stand the pan in the bain marie and work the mixture with a wooden spoon, adding three ounces of fresh butter by degrees; when it thickens care must be taken that it does not curdle, which it will do if made too hot; wring it through the tammy and use. A little salt may be added if desired. This sauce can be served with any boiled fish, or with boiled asparagus, &c.

Irlandaise Sauce (Hot).—Put a pint of good brown sauce into a stewpan with a wineglassful of port wine, one good tablespoonful of red currant jelly, the juice of one lemon, one bayleaf, six crushed peppercorns, a small sprig of thyme, one sliced tomato, and half an eschalot chopped fine, boil gently for about ten minutes, keeping it skimmed; pass it through the tammy cloth, make hot in the bain marie, and serve hot.

Italienne Sauce (Brown).—Put into a stewpan one ounce of good fresh butter, two peeled eschalots that have been chopped up very fine, two ounces of fresh mushrooms that have been well washed and chopped finely, and then pressed from the water, a dessertspoonful of finely chopped parsley, and a pinch of chopped thyme and bayleaf; put the stewpan on the side of the stove and let the ingredients fry very gently for about fifteen minutes without browning, then add two wineglasses of white wine and reduce this to half the quantity with the pan covered over; then add three quarters of a pint of good brown sauce and half an ounce of glaze; boil again for about five minutes, keeping skimmed while cooking, then use. Tinned mushrooms can be used when fresh ones cannot be obtained, then the liquor from the tin

should be reduced down to one or two tablespoonfuls and added to the sauce. A little of Liebig Company's Extract of Meat may be used instead of the glaze.

Italienne Sauce (White).—Put into a clean stewpan one ounce of good fresh butter, one peeled eschalot, two ounces of very finely chopped fresh button mushrooms, that have been washed, and a pinch of chopped thyme and bayleaf; draw down on the side of the stove for about fifteen minutes, but do not allow it to get brown; then add half a pint of white wine, put the pan (covered) on the stove, and let the contents boil down to half the quantity; then mix with it half a pint of good Veloute sauce and half a gill of cream; and, just before serving, add a dessertspoonful of very finely chopped fresh green parsley, then re-boil and serve.

Lobster Sauce.—Put one and a half ounces of butter and one and a half ounces of fine flour into a stewpan, and lightly fry without discolouring them; mix with two and a half gills of liquor, prepared as below, and stir till it boils; add two ounces of live spawn that has been pounded with one ounce of butter till smooth, or eight to ten drops of Marshall's liquid carmine; add a teaspoonful of essence of anchovy and half a gill of cream; re-boil, add the juice of half a lemon and a tiny dust of cayenne pepper, then tammy and add half a cooked lobster that has been cut up in little square pieces and serve.

To make the liquor for the sauce, put the lobster shells into a stewpan and cover them with cold water, add a bayleaf and a little thyme and parsley, a few peppercorns, and one peeled and sliced onion, and boil together for about half an hour; then strain off and use.

If you have to cook the lobster, put it in enough boiling water seasoned with salt to cover it, then boil for twenty minutes.

Madeira Sauce.—Two wineglasses of Madeira reduced to half the quantity, then add half a pint of brown sauce, one ounce of glaze, a pinch of sugar, dust of cayenne, boil together for ten minutes, tammy, and use.

Maitre d'Hôtel Sauce.—Take half a pint of hot Veloute or Suprême sauce, and just before serving mix with it two ounces of fresh butter, putting it bit by bit into the sauce, and then add the strained juice of a lemon, a dust of cayenne pepper, and a tablespoonful of finely chopped parsley, and use.

Melted Butter Sauce.—Put into a stewpan two ounces of good butter, and let it melt; mix with it one ounce of fine flour, and stir together till smooth; then mix into it by degrees half a pint of hot water, add a pinch of salt and six or eight drops of lemon juice, and stir till it boils; then wring through a tammy or fine strainer, and serve while hot. This quantity is sufficient for four to six persons.

Mirabeau Sauce.—Put two tablespoonfuls of tarragon or French vinegar in a pan to get hot, then add about one ounce of glaze and a tiny pinch of castor sugar, and two tablespoonfuls of brown sauce, and let it stand on the stove till quite hot; remove it from the stove, and work in by degrees, bit by bit, two ounces of fresh butter; add a little chopped tarragon and chervil or parsley, and use. Don't put the sauce on the stove after working in the butter, as it is likely to turn oily if you do.

Mustard Sauce.—Fry two ounces of butter and one and a half ounces of fine flour together, and mix with half a pint of water, stir till it boils, add the juice of a lemon, little cayenne, teaspoonful of thick mustard, ditto of French mustard, two tablespoonfuls of cream, tammy and make hot, and use.

Mustard Sauce (Brown).—One and a half ounces of butter and the same of flour fried till a nice golden colour, then mix with half a pint of brown stock, stir till it boils, and add a teaspoonful of French vinegar, a saltspoonful of French mustard, the same of English, and a dust of cayenne; strain through the tammy or sieve, and use.

Onion Sauce (Brown).—Cut up six good-sized onions in slices, put them into a stewpan, with enough cold water to cover them, with a pinch of salt; let it come to the boil, strain off, wash with cold water, put them into a clean stewpan, add one ounce of fine flour, mix all together with half a pint of brown stock, and three quarters of a pint of brown sauce, and boil for about half an hour; add a dessertspoonful of tarragon vinegar, and pass the whole through the tammy, boil up again, and use hot.

Onion Sauce (White).—Same as Soubise.

Oyster Sauce.—Fry lightly two ounces of fine flour with two ounces of butter, then add to this one pint of light fish stock, the juice of one lemon, and boil down for five minutes, with one and a half gills of cream and the liquor from the

oysters, add a little salt and cayenne, and tammy it; then add the oysters, bearded and cut up into pieces, reckoning two small oysters, or one large one, for each person. If this sauce is made for serving with turkey, &c., it can be made from veal or any white stock.

Oyster Sauce (2).—Blanch half a dozen large or twelve small oysters in their own liquor, strain them, remove the beards, and cut each oyster, if large, into two or three pieces. Put four tablespoonfuls of French vinegar into a stewpan with six or eight peppercorns and two bayleaves; reduce till the vinegar is half the quantity, then add four raw yolks of eggs and half a gill of oyster liquor and work in by degrees two ounces of butter, standing the pan in the bain marie while doing so, season with a tiny dust of cayenne or white pepper and a pinch of salt, strain the sauce through the tammy, warm it up again in the bain marie, add the oysters and serve in a hot sauceboat.

Oyster Sauce (3).—Blanch twelve sauce oysters in their liquor, strain, beard, and cut each into four or five pieces according to size. Melt one and a half ounces of butter in a stewpan, then mix in one ounce of fine flour, add the liquor from the oysters and a quarter of a pint of white fish stock; pound the beards, and add to the sauce; stir till it boils, add half a gill of cream, let it boil on the stove for about ten minutes, stirring it occasionally; add the juice of half a lemon, tammy the sauce, make it hot again in the bain marie, add the oysters and serve in a hot sauceboat.

Parmesan Sauce.—Put two and a half ounces of flour in a stewpan with two ounces of butter, and fry lightly; mix it with one good pint of stock; stir till it boils; then add four tablespoonfuls of grated Parmesan cheese, a dust of cayenne, and a quarter of a pint of cream; let it boil up again and strain through the tammy or fine strainer. This sauce should be about the consistency of thick cream.

Parsley Sauce.—Fry one ounce of butter with one and a half ounces of flour till a pale golden colour, mix into this a little over half a pint of water, and stir over the fire till it boils, then strain or tammy. Put a small handful of parsley in cold water, with a pinch of salt and a tiny bit of soda, and let it come to the boil; strain it off, press the water from it, mix it with an ounce of butter and a little apple green, rub it through a hair sieve or tammy, and mix it into the sauce

with two tablespoonfuls of cream. This sauce should be about the consistency of thick cream.

Perigord Sauce.—Put into a stewpan two ounces of lean chopped ham, half a pint of brown sauce, two wineglasses of white wine or sherry, one ounce of glaze, two bayleaves and a sprig of thyme; boil together for ten minutes, keeping it skimmed, then tammy it and add to it three or four finely chopped truffles, rewarm it in the bain marie and use.

Piquant Sauce.—Chop up one eschalot, and put it into a stewpan with two bayleaves, a sprig of thyme, a pinch of mignonette pepper, and four tablespoonfuls of French vinegar; reduce to half the quantity, then mix with three quarters of a pint of brown sauce, one ounce of glaze, or a teaspoonful of Liebig Company's Extract of Meat, and a pinch of sugar; boil together for about ten minutes, then wring through the tammy, and mix with a dessertspoonful of chopped capers, two or three chopped French gherkins, and a pinch of chopped parsley; boil up, then use.

Poivrade Sauce.—Cut up about one and a half ounces of lean raw ham, two slices of carrot, one slice of turnip, two onions cut up in dice shapes, a strip of celery, quarter of a leek, two sprigs of thyme, two bayleaves, a sprig of parsley, two large fresh mushrooms that have been washed, and a saltspoonful of mignonette pepper; fry these all together for about fifteen to twenty minutes in one ounce of butter, with the stewpan covered down, then add the juice of a lemon, one and a half gills of claret, four washed, boned, and chopped anchovies, half a wineglass of white wine, and a pint and a quarter of good brown sauce; boil all together for about fifteen minutes, keeping it well skimmed while boiling, add a pinch of castor sugar, then rub as much as possible through the tammy, add a dust of cayenne pepper, and use. This is an excellent sauce to serve with fillet of beef, hare, rabbit, chicken, salmon, &c.

Polish (or Polonaise) Sauce.—Take half a pint of hot Allemande sauce and mix with it two large tablespoonfuls of finely grated fresh horseradish, two tablespoonfuls of strained lemon juice, a teaspoonful of grated lemon zest, a teaspoonful of finely chopped parsley, a very tiny dust of nutmeg, a little salt, a dust of cayenne pepper, and half a teaspoonful of castor sugar. It is then ready for use, and is nice to serve with roast veal, chicken, &c.

Pomar Sauce.—Mix together with a wooden spoon in a pan in the bain marie half a pint of tomato sauce, a quarter of a pint of *Suprême* or *Veloute* sauce, and one and a half wineglassfuls of white wine; tammy it and use.

Portuguese Sauce.—Put four raw yolks of eggs into a stewpan with two tablespoonfuls of lemon juice, two tablespoonfuls of thick cream and two tablespoonfuls of thin *Bechamel* sauce, season with a good pinch of salt and a little dust of cayenne pepper, and stand the pan in the bain marie: then add to it two ounces of good fresh butter, stir till it thickens, then wring through the tammy, and just before serving, add one very finely chopped *eschalot*, a teaspoonful of finely chopped parsley and two or three cooked button mushrooms. This is nice to serve with fish for breakfast, luncheon or dinner.

Portwine Sauce.—Put four large tablespoonfuls of brown sauce in a stewpan with two wineglassfuls of port wine, the juice of a lemon, an ounce of glaze, a tiny dust of cayenne, and a pinch of castor sugar; boil up together, skim, tammy it, and serve very hot in a hot sauceboat.

Poulette Sauce.—Mix three raw yolks of eggs in a basin with two tablespoonfuls of lemon juice, a gill of thick cream, a saltspoonful of salt and a tiny dust of cayenne pepper; stir this into a pint of boiling *Veloute* sauce over the fire until it thickens, then tammy and add a tablespoonful of chopped white cooked mushrooms, two finely chopped *eschalots* and a dessertspoonful of chopped parsley.

Provençale Sauce.—Put into a stewpan a tablespoonful of salad oil, two chopped gherkins, a teaspoonful of capers, two or three fresh mushrooms cut in pieces, one small clove of garlic, two tomatoes, a bunch of herbs, such as thyme, parsley, and bayleaf, a saltspoonful of *mignonette* pepper and one and a half small onions cut up; fry these all together on the side of the stove for fifteen to twenty minutes; then add two wineglasses of white wine and one ounce of glaze, and one pint of good brown sauce; let it boil for about fifteen minutes, keeping it skimmed while boiling, then rub through the tammy, add a few drops of carmine, and use while hot. Serve with fillets of beef, veal, rabbit, chicken, hare, &c.

Reforme Sauce for Cutlets.—One ounce of glaze, one wineglassful of claret or port, three quarters of a pint of brown sauce, the juice of one lemon, pinch of castor sugar, and one

large tablespoonful of red currant jelly ; boil and keep skimmed till reduced a quarter part, then tammy and use.

Robert Sauce.—Cut one or two small onions in dice shapes and fry them in about two ounces of butter, with a sprig of thyme, parsley, bayleaf, and a saltspoonful of crushed peppercorns until a good brown colour, which will take about fifteen minutes, then add a teaspoonful of tarragon vinegar and two tablespoonfuls of French vinegar ; reduce this to half the quantity, add about one pint of good brown sauce and half an ounce of glaze, and let this simmer for fifteen minutes, keeping it well skimmed, then add a large teaspoonful of French mustard, and rub it through the tammy, put into the bain marie to get hot, but do not let it boil after the mustard is put to it ; just before serving add a little mignonette pepper. This sauce is nice to serve with pork cutlets, veal, &c.

Sage and Onion Sauce.—Take two or three peeled onions, and cut them up in little dice shapes and put them into a stewpan with two ounces of butter or clean fat, and fry them together for about fifteen to twenty minutes, then season with a little salt and pepper and add a teaspoonful of finely chopped sage, two ounces of white breadcrumbs, and three quarters of a pint of good brown gravy or stock ; let these boil together for about fifteen minutes, then use with roast pork, &c.

Salmis Sauce.—One and a half ounces of good butter put in a pan with an onion that is cut up in dice shapes, a slice or two of tomato, one or two fresh mushrooms, a little thyme, parsley, pinch of mignonette pepper, and the bones of any birds chopped up ; fry all together for about fifteen minutes with the cover on the pan, then add about one ounce of flour, a wineglass of port wine or sherry, an ounce of glaze, or a teaspoonful of Liebig Company's Extract of Meat, a pint of brown sauce ; boil all together for about fifteen minutes, keep skimmed, remove the bones, then tammy and use. The bones can be afterwards put in the stock-pot.

Shrimp Sauce.—Skin a pint of cooked shrimps and put the heads and skins in a stewpan, cover them with a pint of fish stock or water, add one bayleaf, little thyme, and parsley, a few peppercorns, one onion peeled and sliced, and boil all together for twenty minutes, then strain : melt one and a half ounces of butter in a stewpan, mix in one and a half

ounces of fine flour, and add half a pint of the liquor from the skins; stir till it boils, add one teaspoonful of essence of anchovy, a few drops of Marshall's liquid carmine, and half a gill of cream; let it boil, add the juice of half a lemon, tammy the sauce, make it hot again in the bain marie, add the picked shrimps, having first rinsed them in hot water, and serve in a hot sauceboat.

Shrimp Sauce (a richer way).—Boil the heads and shells of the shrimps as in the former recipe, and blanch the shrimps. Put four tablespoonfuls of French vinegar into a stewpan, with six or eight peppercorns and two bayleaves; reduce till the vinegar is half the quantity, then add four raw yolks of eggs and half a gill of the shrimp liquor that has been made by reducing half a pint of the strained liquor, add one tablespoonful of creamy Bechamel sauce, then work in by degrees two ounces of butter, standing the pan in the bain marie whilst doing so; add a teaspoonful of essence of anchovy, a few drops of Marshall's liquid carmine, a tiny dust of cayenne or white pepper, and a pinch of salt. Tammy the sauce, re-warm it in the bain marie, add a quarter of a pint of picked and blanched shrimps, and serve in a hot sauceboat.

Soubise or White Onion Sauce.—Cook three blanched and sliced onions, with half a pint of milk, half an ounce of butter, a little pepper and salt, a bunch of herbs (thyme, parsley, and bayleaf), and half a pint of thick Bechamel sauce, boil slowly for three quarters of an hour, then remove the herbs and pass the sauce with the onions through the tammy or hair sieve, then add two tablespoonfuls of cream, make it hot in the bain marie, and use.

Suprême Sauce.—Two ounces of butter and two ounces of flour lightly fried, then mixed with three quarters of a pint of veal or chicken stock; stir till it boils; add a gill of cream and a few fresh white mushrooms, their peels and stalks; cook on the stove for about ten minutes, add a pinch of salt, tammy, and use.

Tomato Butter.—Put two or three tomatoes in a stewpan with two ounces of butter, season with a little salt and a tiny pinch of cayenne pepper, add a few drops of carmine and draw down on the side of the stove for about fifteen to twenty minutes, then rub through the tammy, re-warm, and use.

Vénitienne Sauce.—To half a pint of Allemande sauce

add a tablespoonful of mushroom essence, make hot in the bain marie, and then just before serving mix with it a dessert-spoonful of blanched parsley that has been chopped very fine, add a few drops of lemon, and serve.

COLD SAUCES.

Anchovy Cream.—Wash and bone six anchovies, and pound them with one hard boiled yolk of egg, one tablespoonful of salad oil, a tiny dust of cayenne pepper, and a few drops of carmine; when smooth, add half a gill of liquid aspic jelly, and rub through a tammy. Mix this purée with a gill of stiffly whipped cream, and use when ice cold.

Aspic Cream.—Take half a pint of liquid aspic jelly, one gill of thick, fresh cream, then add a dessertspoonful of tarragon vinegar, tammy, and use when cooling for masking cold chicken, &c.

Chaufroid (White).—Put together a quarter of a pint of Veloute sauce, a quarter of a pint of thick cream, half a pint of aspic jelly, and boil till reduced a quarter part, keeping it well skimmed; tammy and use when cooling.

Chaufroid (Brown).—Three quarters of a pint of aspic, quarter of a pint of tomato sauce, a few drops of carmine, half a wineglassful of sherry, half an ounce of glaze; reduce a quarter part, keep skimmed while boiling, then tammy and use when somewhat cool.

Chaufroid (Pink).—Put a quarter of a pint of Suprême or Veloute sauce into a stewpan with a quarter of a pint of cream and three quarters of a pint of aspic jelly, a tablespoonful of tarragon vinegar, and enough carmine to make it a pale salmon colour; reduce it a quarter part, keeping it well skimmed while boiling, then wring through the tammy, and use when cooling.

Irlandaise Sauce (Cold).—Mix a quarter of a pint of shredded vegetables, such as new carrots, turnips, and cucumber, with a quarter of a pint of thick Mayonnaise sauce, a tablespoonful of tarragon vinegar, a quarter of a pint of stiffly whipped cream, a pinch of castor sugar, and a few drops of sap green; keep on ice until wanted.

Vegetables for Irlandaise Sauce.—Cut the vegetables in shreds, put them into cold water with a pinch of salt; cook till tender, then strain and use when cold.

Horseradish Sauce, or Sauce Raifort.—Take a large stick of horseradish, and let it lie in cold water till quite firm, scrub it well and peel it, and grate from it a quarter of a pint; these gratings must be smooth and fine; add to this half a teaspoonful of English mustard, half a teaspoonful of French mustard, a good pinch of castor sugar, a pinch of salt, two raw yolks of eggs, and mix all together with one and a half tablespoonfuls of French vinegar; then add half a pint of thickly-whipped cream; stir well together and use.

Mint Sauce.—Chop sufficient freshly picked and well-washed mint to fill a quarter of a pint measure, then mix with it a quarter of a pint of French vinegar, half a gill of cold water, and one and a half ounces of castor sugar, and serve with lamb.

Mayonnaise Sauce.—For half a pint of mayonnaise sauce put one raw yolk of egg into a basin, a saltspoonful of English and same of French mustard, a pinch of salt and white pepper, and a tiny dust of cayenne pepper. Mix this with a wooden spoon with salad oil, just dropping the oil in carefully, drop by drop; when this is as thick as butter add a teaspoonful of tarragon vinegar, four or five drops of chilli vinegar, and eight drops of lemon juice. This sauce should be kept quite stiff.

Mayonnaise Aspic.—Take half a pint of aspic jelly that is not quite set, and mix it into three large tablespoonfuls of thick Mayonnaise sauce, stirring well together till it begins to thicken, then use. To make this softer and better blended it is advisable to pass it through the tammy cloth before using.

Tartare Sauce.—Prepare half a pint of thick Mayonnaise sauce and add to it half a tablespoonful of chopped gherkin, and capers mixed, a little chopped tarragon, chervil and parsley. Chopped filleted anchovy and a little chopped eschalot may be added.

Verte Sauce.—Take two or three good sprigs of parsley, tarragon, chervil, and also one of fennel if you can get it, wash them well and put them into a stewpan with cold water to cover, add one small peeled eschalot and a tiny bit of soda,

bring this briskly to the boil, and after a minute or so strain off the water; rinse in cold water and press the herbs quite dry, add to them four washed and filleted Gorgona anchovies, two hard boiled yolks of eggs, a teaspoonful of French capers, two large French gherkins, a saltspoonful of Marshall's apple green, and a tablespoonful of salad oil; pound the whole together till smooth, and pass it through a tammy or fine hair sieve, mix this purée into half a pint of thick Mayonnaise, and keep in a cool place till required. This sauce is excellent served with plainly boiled salmon hot or cold, as well as mackerel, trout, turbot, brill, codfish, and mullet, or with cold roast or hot grilled chicken.

Vinaigrette Sauce.—Put three tablespoonfuls of salad oil in a basin with a tablespoonful of tarragon vinegar, a saltspoonful of chilli vinegar, a teaspoonful of fresh tarragon and chervil finely chopped, a saltspoonful of mignonette pepper, and a good pinch of salt. Mix well together and serve in a boat. This sauce is very good served with hot asparagus, brains, calf's head, &c.

White Sauce (for Poultry).—Half a pint of cream, half a pint of Bechamel, one pint of liquid aspice, reduce a quarter part, keep skimmed while boiling, tammy and use when cold.

SWEET SAUCES.

Almond Sauce for Puddings hot or cold.—Put a quarter of a pound of Valencia almonds in cold water, when they come to the boil, strain and rinse them in cold water, and rub them in a clean cloth to remove the skins, then pound them till quite a smooth paste with three ounces of castor sugar, mix this with four raw yolks of eggs, and add to it by degrees half a pint of single cream, and stir in a stewpan over the fire till the mixture thickens, then add a wineglass of Marshall's maraschino syrup, rub through a tammy with spoons, getting as much of the almond mixture through as possible, put it into the bain marie to get hot before using, or it may be served cold.

Aubois Sauce.—Put half a pound of lump sugar with half a pint of water, and boil until a little of the sugar taken between the wetted finger and thumb forms a thread without breaking when the fingers are opened, and then pour it on to

five raw yolks of eggs and whip till quite cold ; put it on ice, and before using add half a pint of whipped cream, and flavour it with maraschino or other liqueur ; keep on ice till required.

Apricot or Jam Sauce.—Half a pot of apricot or any other jam, two tablespoonfuls of castor sugar, four tablespoonfuls of water ; boil for ten minutes, then pass it all through a tammy or sieve. Add a little carmine and a wine-glassful of maraschino or noyau syrup.

Chocolate Sauce.—Put into a stewpan half a pint of water, three ounces of Marshall's icing sugar, and three ounces of Fry's vanilla chocolate cut up ; bring to the boil, and when it has dissolved mix into it one ounce of crème de riz that has been mixed with two tablespoonfuls of cold water and coloured with a little of Marshall's coffee brown ; boil together for about five minutes, then tammy and use. This is also good served cold.

Coffee Sauce.—To serve hot or cold with puddings, sweets made from light cakes, and cold soufflés.—Put six good tablespoonfuls of ground Mocha coffee into a cafetière and pour over it three gills of boiling water ; let it remain in the bain marie until all has run through the pot, then strain on to three ounces of castor sugar and five raw yolks of eggs that have been mixed up together in a basin, put the mixture back into a clean stewpan, dissolve in it two sheets of Marshall's gelatine, and stir it in the bain marie until it thickens to the consistency of thick cream, then rub it through the tammy, make hot in the bain marie and use. If this sauce is served cold, one gill of stiffly whipped cream should be added when about to be served.

Liquid Sunshine Rum Sauce.—Put into a stewpan six raw yolks of eggs, three raw whites of ditto, two ounces of castor sugar, one wineglass of Liquid Sunshine rum, and eight drops of Marshall's liquid carmine, whip these briskly together for four to six minutes whilst the pan is standing in boiling water, when the sauce will present the appearance of a soufflé and is ready for use. This is an excellent sauce to serve with plum-pudding, baba, soufflés, hot puddings, &c.

Orange Flower Water Sauce.—To serve with hot or cold soufflés, puddings, &c.—Put into a stewpan eight raw yolks of eggs, three tablespoonfuls of orange flower water, three ounces of castor sugar, three tablespoonfuls of thick cream, and

a saltspoonful of essence of vanilla, stir these all together until it comes to the thickness of cream, standing the stewpan in the bain marie; when thick rub it through the tammy. It may be poured round the sweet and sprinkled with crystallised rose leaves, or served in a boat with the leaves lightly sprinkled on the top.

Pistachio and Maraschino Sauce.—To serve with hot puddings, ices, soufflés, &c.—Put a quarter of a pound of pistachio kernels into cold water, and bring them to the boil, rub them in a cloth to remove the skins, pound them in the mortar till perfectly smooth, and add to it four table-spoonfuls of cream and a quarter of a pint of cold water with which one ounce of the best arrowroot has been mixed; stir till it boils, then colour with a little of Marshall's apple green, and add a quarter of a pint of maraschino syrup, two ounces of castor sugar and a saltspoonful of essence of vanilla; then rub through the tammy and use either hot or cold.

Vanilla Sauce.—To serve with puddings, iced soufflés, hot soufflés, and cake sweets for dinner, &c.—Put one and a half gills of new milk or cream into a stewpan with half a split Vanilla pod, and two ounces of castor sugar to infuse in the bain marie for about fifteen minutes, then put six raw yolks of eggs into a basin, and stir the infused milk on to them, then return the mixture to the fire until it becomes as thick as cream, then strain through the tammy; have three whites of egg whipped stiffly, and pour the prepared custard on to the whites, whipping well together, add half a saltspoonful of Vanilla essence; serve hot or cold.



Wringing Sauces through the Tammy

See page 469.

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(See page 469.)

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CHAPTER II.

GARNISHES, PURÉES, FARCES, ETC.

MENTIONED IN DIFFERENT DISHES.

[Farces required for borders must be made stiffer than if required for masking or stuffing; this is effected by using proportionally more panard and eggs. Any farce left from an entrée can be converted into a nice soup by addition of stock.]

Julienne Garnish.—Peel and cut the vegetables, such as carrots, turnips, &c., into strips about an inch long, blanch each separately by putting them in pans with sufficient cold water to cover them, and bringing them to the boil, then straining them; put them back in the separate pans with boiling water and a little salt, and cook them till tender, then strain them, pour a little warm butter over each, and use.

Brunoise.—Prepare vegetables as for Julienne, but cut them up in dice shapes instead of strips.

Watercress Salad for Garnish.—Have the leaves well washed and picked and kept in water till wanted, then dry by shaking in a clean cloth, and season them with salad oil, a little chopped tarragon and chervil, a little eschalot chopped fine, and a little salt and mignonette pepper.

Tomatoes Cooked for Garnish.—Peel and remove the seeds from the tomatoes, cut them in slices and put them on a buttered baking tin, season them, and cook them in the oven for about ten minutes with a buttered paper over.

Financière Garnish.—This is prepared in bottles. It consists of truffles, mushrooms, cockscombs, &c.

Maccaroni Cooked.—Put the maccaroni in boiling water with a little salt to season, and boil for twenty minutes to

half an hour, then put it in cold water till wanted and cut it up as required.

Salad Dressing.—Work the raw yolks of two eggs with two tablespoonfuls of salad oil, and mix into this two tablespoonfuls of thick cream, a dessertspoonful of tarragon vinegar, a little chopped tarragon and chervil, and a pinch of salt, and use.

Devil Paste.—Mix well together a teaspoonful of French mustard, a saltspoonful of English mustard, a dessertspoonful of chopped chutney, a dust of cayenne pepper, a little salt and black pepper, and use.

Rice for Curry.—Put one pound of Patna rice in a stewpan, with enough cold water to cover it, with a pinch of salt; bring to the boil, strain off, and wash the rice in cold water, put it in about three quarts of boiling water, and cook for twelve to fifteen minutes; strain it off in the colander, pour a little hot water over it, put a cloth over the colander, and put the rice to dry in the screen for two or three hours. If properly prepared every grain will be separate.

Snow Cream.—Put one pint of cold water in a basin or stewpan with a quarter of a pint of double cream, the juice of one lemon, two ounces of castor sugar; whip quickly until the top is frothy and like snow; remove the frothy part of the cream with a slice, and place it on a hair sieve to drain; repeat the whipping while any froth is obtained; when ready to serve, take the cream gently from the sieve with a fork or spoon and place on the dish. This is a very pretty garnish for pastries or custards.

Rice for Borders.—Put a pound and a half of Carolina rice in enough cold water to cover it; bring to the boil, wash it, and place it in the stewpan, and just cover it again with clean cold water; cover it with a buttered paper, let it come to the boil, and simmer it in the oven or on the side of the stove for two and a half to three hours, during which time occasionally add a little more water, about a pint in all. When quite cooked and dry, pound it till smooth, and work it with the hand into a ball, dipping the hand into cold water occasionally to prevent it sticking; remove any moisture from it by pressing it in a clean cloth, place it in a plain round buttered mould, and keep it under pressure till quite cold, then turn it out and use or cut it into any desired shape.

Potato Border.—Peel and boil the potatoes, taking care that they do not become soft in the cooking, as for this purpose they require to be very dry when cooked; season with a little salt and pass through a wire sieve. For three ordinary sized potatoes, add one ounce of butter, one raw yolk of egg, a very tiny dust of nutmeg and the same of white pepper, make it up into the border (using as little flour as when rolling paste), beat up an egg and glaze the border with it; mark the potato with the knife for ornament, bake a nice golden colour and use.

Aspic Border.—Make a stiff aspic jelly, and put it in the border moulds whilst liquid and leave it to set, then turn out and use.

Oxtail to Blanch.—Take a nice fresh oxtail, cut it in neat joints, and blanch it by putting it in enough cold water to cover it, with a pinch of salt; when it comes to the boil strain off and wash it in cold water, and dry in a cloth.

Parsley Blanched.—Pick the parsley in leaves and put them in cold water with a little salt and a tiny bit of soda; just bring to the boil, then strain and leave in cold water till wanted.

Braised Olives.—Turn say one and a half dozen olives, put them in a stewpan with sufficient stock to cover them, add half a wineglass of sherry, and braise for about half an hour on the side of the stove with the pan covered down.

Cooked Brains.—Put the calf's or sheep's brains in strong salt water for an hour, skin them, put them in a saucepan with a piece of salt and enough cold water to cover them, a table-spoonful of French vinegar, three or four black and white peppercorns, sprig of thyme, parsley, and bayleaf, and one sliced onion, and let them come to the boil. The brains cooked thus will keep well, and can be used in many ways, either for breakfast, luncheon, or dinner, served with some nice sauce.

Marrow Blanched.—Split the marrowbone, take out the marrow, and put it in cold water with a pinch of salt; let it scald and put it at once in cold water till wanted.

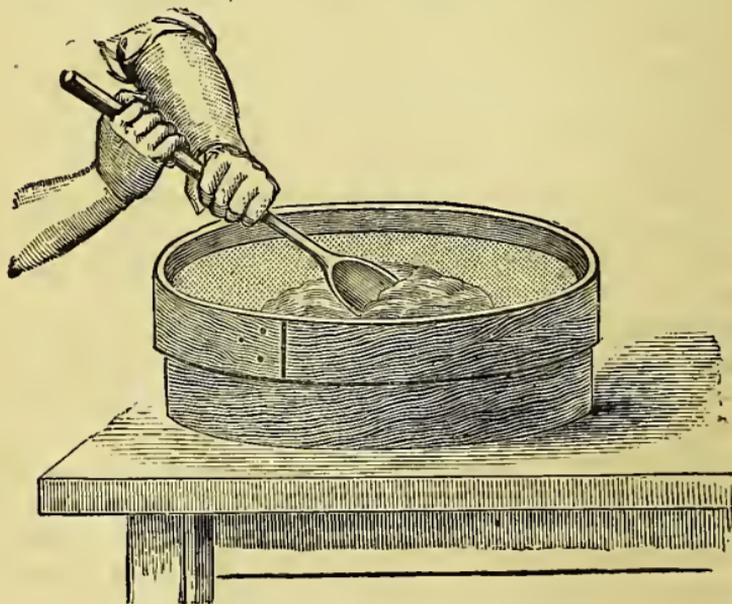
Caul.—Put it in cold water with a little salt; by changing the water occasionally it will keep some days. Sixpenny-worth will be sufficient for two or three entrées.

Apple Purée.—Peel three quarters of a pound of apples, put them in a stewpan with a tiny piece of cinnamon or other flavouring, half a pint of water, and two ounces of loaf sugar;

boil to a pulp, then add a few drops of sap green or apple green, and rub through a sieve, then warm in the bain marie, and use. It can also be used cold, and is nice for serving with milk puddings, &c.

Purée of Apricots or Peaches.—See Apricot Sauce.

Farce or Purée of Chestnuts.—Cut off the tops of one and a half pounds of nuts and roast them for fifteen minutes, then take off the outer and inner skins and put them to cook in a pan with sufficient light stock to cover them and cook for three quarters of an hour with buttered paper over, when they should be quite dry. Pass them through a wire sieve, then mix with them a little cream or milk, a pat of butter, a little pinch of salt and sugar, a good tablespoonful of anisette, and colour with liquid carmine to a pale salmon shade; warm and use for garnishing entrées. It may also be used cold.



Rubbing the Purée through the Sieve.

Onion Purée.—Put into cold water, with a pinch of salt, four good sized peeled and cut up onions, and bring them to the boil; take them up, strain them, and wash them in two or three cold waters, then cook them with half a pint of cream, half an ounce of butter, a tiny pinch of white pepper, and a pinch of salt, with a buttered paper on the top; leave them to cook on the side of the stove for half an hour, pass.

through the tammy or sieve, make quite hot in the bain marie, and use. This purée should be of the consistency of thick cream, and if necessary should be reduced in the sauté pan till of such thickness as would do for masking hot cutlets, &c. It is nice to serve with meat or vegetables.

Tomato Purée.—Boil together for about ten minutes four tablespoonfuls of tomato sauce, four small or two large sliced tomatoes, a little cayenne, a few drops of carmine, and one ounce of butter, then rub through the tammy, warm in the bain marie, and use; a dessertspoonful of French vinegar may be added if liked.

Purée of Mushrooms.—Well wash one pound of fresh mushrooms, dry them and chop fine and put them in a sauté pan with one and a half ounces of butter; draw down on the side of the stove for seven or eight minutes, then mix with two tablespoonfuls of freshly made breadcrumbs; season with a little white pepper and salt, add one tablespoonful of brown sauce, boil up, mix in a teaspoonful of chopped parsley, and use.

Purée of Potatoes.—Peel and plainly boil three or four large potatoes; when cooked and quite white rub them through a wire sieve, put them into a clean stewpan, and mix in one ounce of butter, a tiny pinch of salt, a tiny dust of white pepper, and two or three tablespoonfuls of cream; make quite hot and use.

Anchovy Purée.—Take, for three or four persons, eight large anchovies that have been boned and well washed in cold water, being careful that all bone is removed, add to them two hard boiled yolks of eggs, two ounces of fresh butter, a dust of cayenne, a few drops of carmine, and pound all together, and rub through a sieve. This is used for spreading on toast, croûtons, &c.

Lax Purée.—Pound two ounces of lax with one tablespoonful of thick Bechamel sauce, one ounce of butter, and a few drops of carmine, then pass through a sieve, and use. The patent lax is a preparation of salmon imported in tins from Norway. Smoked salmon can be substituted, but the lax is preferable.

Beef Farce for Border.—For one ordinary size border mould take eight ounces of panard, eight ounces of lean neck of beef, and pound separately till smooth; then mix together with one ounce of butter, a pinch of salt and white pepper,

and two and a half eggs; rub through a coarse wire sieve, and put into a buttered border mould and poach for fifteen minutes in boiling water. Veal farce border can be prepared in a similar manner.

Beef Farce for Stuffing or Masking.—Five ounces of beef, five ounces of panard, one ounce of butter, two and a half raw yolks of eggs, a little pepper, salt, and cayenne; first pound the meat well, then pound the panard separately, now pound these together, then mix in the seasoning and yolks and pass through the sieve. Veal farce can be prepared in the same way.

Liver Farce for Stuffing Birds &c.—Cut into small dice shapes eight ounces of game, poultry, or calf's liver, four ounces of fat bacon, four ounces of lean veal, rabbit, or chicken, and half a small onion; put all together into a sauté pan with one ounce of butter or fat, two bayleaves, two or three sprigs of thyme, a sprig of parsley, a good pinch of mignonette pepper and a little pepper and salt, and fry for about five minutes; then, whilst it is hot, pound it in a mortar and rub it through a sieve, mix with the purée one raw yolk of egg and two or three chopped button mushrooms or truffles, place it in a forcing bag with a plain pipe and fill the birds with it. This is sufficient for four pigeons, and other birds in proportion to their size.

Veal, Rabbit, or Chicken Farces.—Prepare these in the same way as beef, substituting one of these meats for the beef.

Herb Farce for Veal, Turkey, &c.—Mix eight ounces of breadcrumbs, four ounces of chopped beef suet, two table-spoonfuls of chopped herbs (thyme, parsley, bayleaf, basil, and marjoram), and four raw eggs with a little pepper, salt, and a tiny dust of nutmeg, and use.

Sausage Farce for Turkey, &c.—Cut two pounds of pork into small pieces, and pass it twice through a mincing machine; season with pepper, salt, and a teaspoonful of finely chopped sage; add four ounces of freshly made bread crumbs and the liver of the turkey chopped fine, mix well together, and use.

Fried Parsley.—Wash and pick the parsley in small branches, dry them thoroughly in a cloth, then put it into very hot clean fat as used for frying, and let it remain until

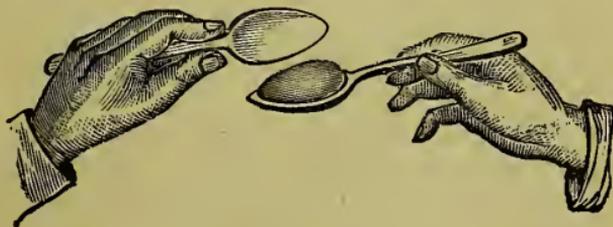
perfectly crisp, take up, shake from the fat, sprinkle lightly with a little salt, and use.

Goose, Duck, &c. Stuffing.—Peel and cut up six or eight good sized onions into little dice shapes, put them in a saucepan with enough cold water to cover them, and a pinch of salt. As soon as the water boils strain the onions, rinse them in cold water, and dry them in a cloth. Melt four ounces of butter in a saucepan, add the onions, and fry them gently for about twenty minutes, taking care not to let them discolour; season with pepper, salt, and a tiny pinch of sugar. Mix in one pint of freshly made white breadcrumbs, and two tablespoonfuls of finely chopped sage. Mix well, and use.

Farce for Hare.—Make a herb farce with two ounces of freshly made white breadcrumbs, one good tablespoonful of freshly chopped herbs (parsley, thyme, basil, and marjoram), one and a half ounces of finely chopped beef suet, a little pepper, salt, and cayenne; mix well together with two whole eggs, until worked into a ball, and use.

Herb Farce Balls for Hare &c.—Take some herb farce as prepared above, roll it into pieces about the size of a filbert, roll these in flour, put them into boiling water with a little salt, and boil gently for ten minutes; take up, drain, and use. These balls may be fried instead of boiled, in which case dip them in the whole beaten up egg (after rolling them in the flour), roll them in freshly made breadcrumbs, and fry a pale golden colour in clean boiling fat. Drain, and use.

Quenelles of Chicken, Veal, or Rabbit.—Take ten ounces of the raw meat, six ounces of panard, two tablespoonfuls of thick Bechamel sauce, one ounce of butter, two and a half eggs; season with pepper and very little salt. Pound the



Shaping Quenelles.

meat till quite smooth, then pound the panard separately and complete as in the above farces, and after passing through the

sieve mix in two tablespoonfuls of cream and form into shapes with spoons.

Ham Butter.—Pound together one hard boiled yolk of egg, three ounces of cooked ham, a tiny dust of cayenne pepper, three ounces of fresh butter, and a few drops of carmine, and pass it through a fine hair sieve. This is nice for serving as a savoury or for breakfast.

Green Mayonnaise.—Two tablespoonfuls of mayonnaise sauce, two tablespoonfuls of liquid aspic jelly, a little of Marshall's apple green to make a pale green colour; mix all together, tammy and pour into a sauté pan to about a quarter of an inch thick; when it is firm cut it out into the required shapes.

Tomato Aspic.—Pound three large ripe tomatoes till smooth, and mix with one and a half gills of aspic jelly, colour with a few drops of Marshall's liquid carmine, and rub through a tammy cloth into a sauté pan to about a quarter of an inch in depth; let it get set, then cut out in blocks, as described above, and use.

Anchovy Butter.—Two ounces of fresh butter, one teaspoonful of anchovy essence, and the juice of half a large or one small lemon; mix up together, and use.

Maître d'Hôtel Butter.—Have two ounces of fresh butter mixed with a tablespoonful of chopped parsley and a tablespoonful of lemon-juice.

Montpellier or Green Butter.—Blanch together three or four sprigs of fresh tarragon and of chervil, parsley, and fennel with one eschalot, strain dry and add three hard boiled yolks of eggs, twelve fillets of anchovies, a tablespoonful of capers, four gherkins, a very little cayenne, two tablespoonfuls of salad oil, three quarters of a pound of fresh butter, a little salt, a little Marshall's apple green; pound all together and pass through a hair sieve. Set in a cool place before serving so that it may become quite firm. This is nice for garnishing cold trout, salmon, &c.

Brandy Butter.—Work with a wooden spoon half a pound of butter to a cream, add to it four ounces of icing sugar, and one or two tablespoonfuls of brandy, according to taste, work again to a cream and keep it on ice, or in the ice-cave till firm, cut it in shapes and serve on a dish-paper.

Rum Butter.—Prepare as in foregoing recipe, using Liquid Sunshine rum instead of brandy.

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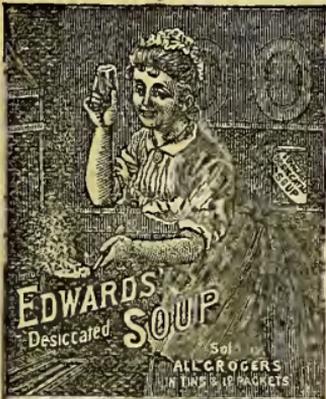
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CHAPTER III.

PASTES, ICINGS, GLACES, ETC.

Puff-paste.—For one pound of flour take one pound of butter, or part butter and part lard; mix a pinch of salt with the flour, and make it into a stiff paste with cold water; the paste should be as near as possible to the consistency of the fat; roll the paste out to about the size of a large meat plate; press any water from the fat, and then work it with the hand into a ball, using a very little flour; put the fat into the paste and press it out to about half the size of the paste; then wrap the fat up in the paste, and put it away in a cool place for about an hour, then roll it out straight four times; repeat this rolling twice; let the paste lie for the same time between each turn, then use.

Short Paste for Fruit Tarts, &c.—Half a pound of flour, four ounces of butter, one ounce of castor sugar, one yolk of egg; rub the flour and butter together until smooth, then add the sugar and the egg; mix with cold water into a very stiff paste, roll out and use.

Short Paste for Croustades.—Four ounces of butter rubbed into half a pound of fine flour, mixed with one raw yolk of egg and a pinch of salt, then made into a stiff paste with cold water; roll out and use.

Suet Paste for Pudding and Crust.—Take three quarters of a pound of chopped beef suet, weighing it after it is chopped, and mix with it a pinch of salt and a pound of fine flour into a paste with half a pint of water and the juice of a lemon; mix well, roll out, and use.

Raised Pie Paste.—Take one pound of fine flour and rub into it a quarter of a pound of butter, a pinch of salt, one whole egg, then mix it with cold water into a stiff paste and use.

Choux Paste.—Put half a pint of water into a stewpan with four ounces of butter and two ounces of castor sugar, bring to the boil, then mix into it five ounces of fine flour that has been rubbed through a sieve, stir well together and then stand on the stove to cook for ten minutes, occasionally stirring it; when cooked remove from the stove and let the mixture cool, then mix in by degrees three whole eggs and six or eight drops of essence of vanilla, and use.

Anchovy Biscuit Paste.—Rub two ounces of flour with three quarters of an ounce of butter till quite smooth, then add to it a saltspoonful of essence of anchovy, about eight drops of carmine, a tiny dust of cayenne pepper, and half an egg; mix all together with a teaspoonful of cold water, then roll out thin, and use.

Water Paste for Venison &c.—Mix three or four pounds of common flour with sufficient cold water to form a stiff paste; roll it out and use.

Luting Paste.—Mix half a white of egg into a sticky paste with a little flour, colour with a few drops of Marshall's liquid saffron, and use.

Nouille Paste.—Mix three or four raw yolks of eggs into half a pound of fine flour, add a saltspoonful of salt, and work it into a stiff paste with cold water, roll out thin, and use.

Panard.—Half a pint of water put to boil with one ounce of butter and a pinch of salt; then, when boiling, mix in four large tablespoonfuls of fine flour and cook on the stove for about five minutes, giving the panard an occasional stir while it is cooking; when cool use.

Cake Bottom.—Rub two ounces of butter into half a pound of flour till smooth, then add two ounces of castor sugar and one egg, and mix with cold water into a very stiff paste; roll out, cut in a square shape, and bake in a moderate oven for about half an hour, then put to press, trim, and use. When these are used for savoury turbans the sugar should be left out.

Frying Batter.—Put a quarter of a pound of fine flour into a basin with the raw yolks of two eggs, a tablespoonful of salad oil, and mix with a good quarter of a pint of cold water till quite smooth, whip two or three whites of eggs with a

pinch of salt till quite stiff, mix this into the batter, and use. This batter will be found useful for fritters, kromesgies, &c.

Yorkshire Pudding.—Take three ounces of flour, two eggs, a good quarter of a pint of milk, two ounces of dripping, a quarter of an ounce of Borwick's baking powder; mix the flour, eggs, milk, baking powder, and a pinch of salt well together into a batter, put the two ounces of dripping into a baking tin and make it quite hot, pour in the batter and cook at once in front of the fire under the meat, occasionally turning the tin round, or it may be baked in a quick oven under the meat, if that is being baked, for fifteen to twenty minutes; it will take considerably longer in front of the fire. When cooked, cut it in squares about two inches in diameter, and dish up on a napkin or dish-paper in a hot dish *en couronne*. The quantities given are for a baking tin about ten inches long by six broad; if a smaller tin be used, the pudding will be too thick.

Pancake Mixture for Garnishing &c.—One ounce of fine flour, one whole egg, a pinch of salt and white pepper, a tiny dust of nutmeg, two and a half tablespoonfuls of milk; strain and fry in clarified butter.

Custard for Profiteroles, Pastry, &c.—Put into a stewpan one ounce of fine flour, one raw yolk of egg, two ounces of butter, one ounce of castor sugar, and one and a half gills of cold milk; stir these over the fire till the mixture boils, then flavour with a few drops of vanilla, mix into it one tablespoonful of whipped cream, and use.

Almond Icing.—To two and a half pounds of very finely chopped almonds, add three pounds and three quarters of Marshall's finest icing sugar, mix in seven or eight raw whites of egg and a teaspoonful of essence of vanilla, work into a stiff dry paste, and use.

Royal Icing.—To two and a half pounds of icing sugar put seven or eight whites of fresh eggs and half a tablespoonful of lemon juice strained, work for fifteen to twenty minutes with a clean wooden spoon into a smooth thick paste, and put on to the cake with a clean palette knife, occasionally dipping this in cold water. Cakes should be covered one day and ornamented the next day.

Vienna Icing.—Ten ounces of icing sugar and a quarter of a pound of butter worked till smooth with a wooden spoon; mix with one small wineglass of mixed brandy and maras-

chino, work it till like cream, then use. This may be flavoured and coloured according to taste.

Vienna Chocolate Icing.—To three quarters of a pound of icing sugar add half a pound of fresh butter, a quarter of a pound of finely powdered chocolate, a little of Marshall's coffee-brown, and about half a wineglass of brandy or liqueur. Mix all together with a wooden spoon for about fifteen minutes, when it will present a creamy appearance, and is ready for use.

Glace.—Take three quarters of a pound of icing sugar, one and a half tablespoonfuls of noyau or noyau syrup, one and a half tablespoonfuls of orange flower water; mix together, just warm and use, colouring to any desired shade.

Coffee Glace.—Mix three quarters of a pound of icing sugar with one and a half tablespoonfuls of strong coffee or essence of coffee, and one and a half tablespoonfuls of hot water; just mix together, and warm, then use at once.

Tea Glace.—Prepare as in foregoing recipe, using tea instead of coffee.

Chocolate Glace.—Put into a stewpan two ounces of Fry's vanilla chocolate finely grated, with a quarter of a pint of water and cook till smooth, then mix with it one pound of icing sugar and three tablespoonfuls of warm water; just warm it up and pour it over the cakes.

Maraschino Glace.—Put into a stewpan three quarters of a pound of icing sugar, then mix in three tablespoonfuls of maraschino, stir over the fire till just warm, then use. Noyeau, or any other liqueur, can be used similarly.

Orange or other Fruit Glace.—Prepare as maraschino glace, using orange syrup or orange juice.

Syrup (Plain).—To one pound of loaf sugar add half a pint of water and boil till reduced to the required degree, then strain it through muslin and use; it can be flavoured as liked.

CHAPTER IV.

HORS-D'ŒUVRES.

[See also CHAPTER XVI.]

THE simplest hors-d'œuvres are oysters served in the shell, with quarters of lemon, thin slices of brown bread and butter, and for those who prefer it, cayenne; usually four to six are placed on a plate before each guest, the bread and butter being served on a separate one; Bologna sausages sliced very thin, and garnished with parsley; lax; anchovies washed and filleted and similarly garnished; olives; radishes; sardines carefully wiped in a clean cloth, and then sprinkled with a little fresh oil. These latter hors-d'œuvres are for ordinary use, served in little boatshaped dishes, and two or three varieties are set on the table, leaving the guests to help themselves. For more ceremonious occasions, more elaborate arrangements are preferred, and these are always served one to each person, generally in tiny glass or china dishes.

Several of the following dishes can be used as savouries &c.

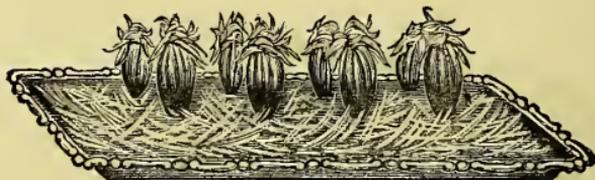
Olives farced with Anchovies.*(Olives farcies aux Anchois.)*

Turn some olives and fill them with a purée of anchovy, and dish them up on a little shredded lettuce on little plates, glasses, or paper cases, serving about six for each portion. Olives for this dish can be purchased in bottles already prepared with the anchovy.

Olives à la Turenne.*(Olives à la Turenne.)*

Turn some olives and farce them with a purée of lax, dish them on little round croûtons of fried bread that are buttered

and sprinkled with chopped lax, cover the olive entirely with shredded cooked white of egg, gherkin, red chilli, and truffle, and set the shreds with a few drops of aspic jelly while liquid. Garnish all over the dish with celery cut in shreds and kept



in cold water till quite crisp, then drained and seasoned with eschalot, salt, and oil. Serve one for each person. Smoked salmon can be used when the lax is not procurable.

Olives à la Métropole.

(*Olives à la Métropole.*)

Turn some Spanish olives, and fill each of them with Montpellier butter, using a forcing bag and pipe for the purpose, and arrange each olive in its natural shape; line some of the small fluted dariole moulds with aspic jelly, place one olive in each, and fill up with aspic jelly and let them set; take some thin trimmed slices of Lyons sausage, and place one of the olives in aspic; when turned out of the mould, on the middle of each slice, and by means of a rose pipe and forcing bag, form a pretty border of green butter on the sausage round the case of the aspic; take as many little glass plates as there are persons to serve, and sprinkle on each about a dessert-spoonful of hard boiled yolk of egg that has been rubbed through a sieve, place the prepared sausage and olive on the yolk, and serve. These may also be served as a savoury, or for luncheon or supper.

Olives à la St. Augustine.

(*Olives à la St. Augustine.*)

Turn some Spanish olives and fill them by means of a forcing bag and pipe with pâté de foie gras that has been passed through a sieve, then take some little bouche cups

about a quarter of an inch deep, and stand an olive in each, fixing them with aspic jelly; fill up the moulds with this and garnish round the olives with little sprigs of chervil; when set, turn out of the moulds and dish each olive on a little croûton



of fried bread which is buttered and masked with chopped ham, tongue, or coral; serve on a dish-paper, one to each person.

Caviar with Prawns.

(*Caviar aux Crevettes.*)

Cut out by means of a plain cutter some little rounds of stale bread about the size of a crown piece and a quarter of an inch thick; fry them in clarified butter or boiling fat till a golden colour, then put them to get cool, and when cold place on each three or four pieces of caviar the size of a Spanish nut, and place between each of these a prawn and a few shreds of French gherkin; dish up on a dish-paper or napkin, and serve for a hors-d'œuvre or savoury, one to each person.

Caviar on Croûtes or Toast.

(*Caviar sur Croûtes.*)

Prepare and fry some croûtons about one and a half inches in diameter as in the foregoing recipe, spread a thin layer of caviar over and serve on little dish-papers. Toast may be used instead of the croûtons.

Croûtes à la Russe.

(*Croûtes à la Russe.*)

Prepare and fry some croûtons as in foregoing recipe; when cold spread them with a layer of caviar, and over that

place four or five very thin strips of marinated herring and three or four little bunches of hard boiled yolk of egg that has been rubbed through a wire sieve; arrange a tiny sprig of green chervil on top, and dish up. Kruger's Marinaded Fillets of Herring may be had in tins for this dish.

Lax on Croûtes or Toast.

(*Lax sur Croûtes.*)

Prepare and fry some croûtes about a quarter of an inch thick as in above recipes, and arrange on each some lax which should be first warmed in a little of the oil from the tin; place on the centre of each a saltspoonful of hard boiled yolk of egg which has been rubbed through a sieve, sprinkle a little finely chopped parsley over, dish separately on little dish-papers and glass plates. These may also be served as a savoury, when they should be dished up *en couronne*.

Sardines à la Royale.

(*Sardines à la Royale.*)

Take some sardines from a tin and remove all the outer skin, split the back of the fish down with a small pointed knife, and take out the bone and close up the fillets again; have some little crisp leaves of endive in pieces about the size of a shilling piece, season them with salad oil and a few drops of tarragon vinegar, place them on a little glass plate, put the sardine on the top, and arrange over it crossways little strips of French gherkin and hard boiled white of egg, place a little chopped cooked beetroot down the sides of the sardines, and serve for hors-d'œuvre or savoury.

Little Anchovy Croûtes à la Campagne.

(*Petites Croûtes d'Anchois à la Campagne.*)

Pound together and then rub through a wire sieve six boned and well washed anchovies, two hard boiled yolks of eggs, four ounces of fresh butter, a tiny dust of cayenne pepper, and a few drops of carmine; put the mixture into a forcing bag with a rose pipe, and force it on to little fried croûtons of bread, garnish with hard boiled yolk and white of egg that

have been separately rubbed through a wire sieve, and then very lightly sprinkle over a little chopped tarragon and chervil or parsley; serve one to each person on a little paper, and dish for a savoury or hors-d'œuvre.

Salmon à la Gourmet.

(Saumon à la Gourmet.)

Take some smoked salmon, cut it in slices about the eighth of an inch thick, and roll it up, steep it in salad oil and lemon juice, and season with a tiny dust of cayenne pepper, put it on a little glass plate, place a raw native oyster similarly seasoned on the top, and sprinkle with a little chopped tarragon and chervil, arrange two little slices of brown bread and butter on the side of the little plate, and serve. Take new bread for the brown bread and butter, cut it into little squares, and roll it up in cylinder shapes.

Mussels on Hâtelets with Truffles.

(Moules en Hâtelets aux Truffles.)

Take some two or three dozen fresh mussels, wash them well and put them in a stewpan with a sliced onion, a good bunch of herbs, such as thyme, parsley, bayleaf, a few black and white peppercorns, juice of one lemon, and a pinch of salt, add to them one pint of water and a half pint of Chablis, bring to the boil, and then let them simmer for about two or three minutes; turn out into a basin, leave them till cold, then remove from each the beard which is the part that is like a little piece of weed; put them on a plate and season them with finely chopped truffle, mignonette pepper, and salad oil, let them lie in this seasoning for about one hour, take some little plated hatelet skewers and arrange about three or four mussels on each skewer with a slice of truffle between each, then sprinkle the mussels over with a little lobster coral, and dish on a little crisp finely shredded lettuce and serve for hors-d'œuvre or savoury, or for ball supper.

Fillets of Herring Marinaded à l'Osborne.

(Filets de Hareng Marinés à l'Osborne.)

Prepare an anchovy biscuit paste, cut out in pieces about two inches square, and on each square place a rolled-up fillet

of Kruger's 'Filets de Hareng Marinés au Vin Blanc,' and garnish with fresh butter by means of a bag and small rose pipe, sprinkle with a little chopped parsley, and serve on a dish-paper.

Fillets of Herring à la Flensburg.

(Filets de Hareng à la Flensburg).

Cut some little rounds of bread and fry them in clarified butter or boiling fat till a nice golden colour; roll up a small fillet or half a large one of Kruger's 'Filets de Hareng Marinés au Vin Blanc,' putting inside a little finely chopped celery, and a little mustard and cress as a bouquet at the top. The celery after being chopped should be put in cold water till crisp, then drained and mixed with a little salad oil, tarragon vinegar, and a little chopped eschalot; arrange one fillet on each croûton, and serve one to each person.

Fillets of Herring à la Comtesse Kessler.

(Filets de Hareng à la Comtesse Kessler.)

Take some little fish moulds, line them thinly with aspic jelly that is garnished with gold and silver leaf, and then mask this with aspic jelly tinged slightly with sap green; place a small half fillet of marinated herring on the jelly in the mould, sprinkle over with French capers and fill up the mould with aspic; when set dip the moulds into warm water and turn out on a little paper case on a little chopped aspic and garnish with little shreds of raw cucumber, celery, gherkin, and red pickled cabbage. Serve for hors-d'œuvre or cold collation.

Fillets of Herring Marinaded à l'Espagne.

(Filets de Hareng Marinés à l'Espagne.)

Marinate some fillets of herring or use those ready prepared (see previous recipes), and mask them with chopped olives inside, roll up and fill each with hard boiled yolk of egg that has been rubbed through a wire sieve and mixed with chopped tarragon, chervil, and coral. Brush the fillets over with aspic jelly and sprinkle with coral; place them on croûtons ornamented with butter by means of a fancy pipe and

sprinkle lightly with chopped tarragon. Serve for hors-d'œuvre or savoury, or for breakfast.

Herring Roes à la Varsovie.

(*Laitances de Hareng à la Varsovie.*)

Take some soft roes of fresh herring, remove all the blood from them, and very carefully wash them in cold salt and water, then put them in a pie dish with three or four laurel leaves; put three tablespoonfuls of French vinegar to half a pint of boiling water and eight to ten peppercorns; boil up together, then strain on to the roes; put them in a moderate oven with the dish covered with a piece of buttered or greased paper and let them cook for ten minutes, then remove from the oven and leave till cold; have some peeled cucumber cut in little dice shapes, and mixed with half its bulk of French capers; season well with salad oil, make a little pile of this on each plate, using about a tablespoonful for each, place one of the prepared roes on the top, sprinkle over with a little coral or chopped lax and serve. This is also nice for a savoury. The liquor from the herring roes can be used several times.

Lyons Sausage and Egg.

(*Saucisson de Lyons aux Œufs.*)

Take some Lyons sausage and cut it in very thin slices, peeling off the outer skin; allow one slice of the sausage for each person; have some hard boiled yolk of egg rubbed through a fine wire sieve, and on each slice of the sausage arrange about a teaspoonful of the egg, over which place a few thinly cut strips of French gherkin, a few sprigs of chervil and tarragon, and place each portion on a little fancy paper, on a little glass dish.

CHAPTER V.

SOUPS.

Clear Soup.

(Consommé.)

PUT 2s. worth of fresh veal and beef bones into a stewpan, cover with cold water, and bring gently to the boil; as soon as the scum begins to rise add one or two tablespoonfuls of cold water, and continue to remove the scum until the liquid is quite free from it, but leave the fat on the stock; then add a good pinch of salt, ten black and white peppercorns, two carrots, little parsnip, three leeks, half a stick of celery, a bunch of herbs (thyme, parsley, and bayleaf), four large or six small onions, into one of which stick four cloves, and let the stock simmer on gently for several hours; strain off through a hair sieve, and set it aside in an earthenware jar till next day, then remove the fat and clarify the stock, using for the purpose for each quart of stock half a pound of lean neck of beef chopped fine or passed through the mincing machine, and mixed with four whites and shells of eggs, and the carcass of any roast game or poultry can also be chopped up and mixed in, add a few slices of carrot and leek, little celery, and two or three black and white peppercorns; bring the stock gently to the boil, give it an occasional stir, and simmer it for one and a half hours, and then strain it through a clean soup cloth. When served with any garnish, it takes its name from that.

Clear Soup à la Belenne.

(Consommé à la Belenne.)

Garnish some clear stock with little red and white quenelles, cucumber cut in the shape of peas, asparagus peas, and nice

thick slices of blanched marrow. The marrow must be added at the last when the soup is to be served.

Little Quenelles.—These are made by putting some white meat farce into a bag with a plain pipe, and forcing it out about the size of peas on to a buttered sauté pan; colour some of the farce with liquid carmine, and make some red quenelles in a similar way; cover them with boiling water and poach for eight to ten minutes; then drain them on a hair sieve and rinse them very carefully with boiling water before adding them to the soup.

Clear Brunoise Soup.

(*Consommé à la Brunoise.*)

Prepare half a pint of blanched brunoise and fry it carefully in a stewpan with one and a half ounces of butter for about fifteen minutes; then add to it one quart of clear soup, bring it gently to the boil, and allow it to simmer for fifteen to twenty minutes, keeping it constantly skimmed until quite free of fat. A little cut-up lettuce, if in season, may be added to and fried with the brunoise. A tablespoonful of French packet tapioca or sago may, if liked, be added when the soup comes to the boil. Just before serving, add a dessertspoonful of blanched and picked tarragon and chervil or parsley. Little croutons of fried bread can be handed round with the soup.

Clear Colbert Soup.

(*Consommé à la Colbert.*)

Clear soup, garnished with carrots, turnips, and cucumbers cut in pea shapes, and peas; blanch all these separately, then rinse them and put them to cook till tender in boiling water with a little salt, strain them, and add them to the soup with a little picked and blanched tarragon and chervil or parsley; the soup can also be garnished with poached eggs, in which case one should be allowed to each person. If preferred, the eggs can be served on a napkin and handed with the soup.

Clear Soup à la Desclignac.

(*Consommé à la Desclignac.*)

Cut some lettuce and tarragon leaves and peeled cucumber into Julienne shreds, and pick some chervil into small

leaves ; blanch all these, drain them, and add them to the clear soup, just let it boil up, and immediately before serving carefully slide into it slices of cucumber, prepared as below.

Cucumber slices for Soup.—Cut a fresh young cucumber into slices a quarter of an inch thick, take off the outer skin with a plain round cutter, and remove the seeds with a smaller cutter. Put the rings thus formed in a saucepan with enough cold water to cover them and a pinch of salt, and let them cook till tender ; then take them up on a sieve or cloth, and pour cold water over them carefully till they are cool. Let them drain, and when dry put them in a buttered sauté pan, and farce the centres alternately with red and white farce, pour some boiling water in at the side of the sauté pan, and place this on the side of the stove and let the water re-boil, then draw the pan back a little, and let the rings remain till the farce is set, when they should be taken up on a hair sieve, a little warm water poured over them to rinse them, and then used.

Clear Game Soup à l'Impériale.

(*Consommé de Gibier à l'Impériale.*)

Take any kind of game or poultry bones for this soup, either fresh or roast will do, but the fresh are preferable ; put two ounces of butter into a stewpan with two onions, cut up in little dice shapes one large carrot, one leek, a little celery, one turnip and a good bunch of herbs, such as thyme, parsley, and bayleaf, basil and marjoram, two or three fresh mushrooms and a pinch of mignonette pepper ; place the bones on these, put the cover on the pan, and fry the contents all together for about twenty minutes to half an hour, taking care that they do not burn, then cover them well with stock (any stock from boiled veal, rabbit, or chicken, &c., can be used for this purpose), let it come to the boil, then strain, and let it simmer gently for two or three hours ; strain off, and, when cold, remove any fat and clarify the stock with rabbit, hare, or beef, allowing half a pound of meat and four whites of eggs to each quart of stock (the meat chopped fine and mixed with the whites of eggs before being added to the stock) ; stir together occasionally until it boils, then let it simmer gently for about an hour, strain off, and, when ready to serve, garnish with little strips of any cold game, the livers of the same, and Royal custard and tarragon and chervil.

Royal Custard for Soup.—Season two whole eggs with a little white pepper and salt and a tiny dust of nutmeg; mix together in a basin with two tablespoonfuls of cream that is coloured with a little carmine, strain and pour into little buttered dariole moulds; stand these on a piece of paper in a stewpan that contains boiling water and steam till firm; when cold cut out in little strips and rinse in warm water and use.

Hare Soup.

(*Consommé de Lièvre.*)

Take some hare bones either raw or cooked, chop them up and put them into a stewpan with two sliced onions, one carrot, one turnip, two leeks, six or eight peppercorns, three or four cloves, a blade of mace, a few little strips of celery, and a bunch of herbs, such as thyme, parsley, bayleaf, basil, and marjoram; fry them all together with one and a half ounces of butter for about fifteen to twenty minutes, with the pan covered, then cover them with any stock made from cooked meat bones, and if using fresh hare the blood can also be used; cook together for about two and a half hours, then strain off the stock and remove the fat, and to each quart of the stock mix four whites and shells of eggs, and half a pound of lean beef or hare that has been chopped up fine; put it into a stewpan and stir occasionally until it boils, then draw the pan to the edge of the stove and let it simmer gently for about one hour and a half, strain off through a clean soup cloth and put it into the bain marie to get hot; when ready to serve garnish with quenelles made of hare and little herb forcemeat balls and sprigs of chervil and tarragon.

Quenelles for Hare Soup.—Take four ounces of hare meat, four ounces of panard, pound each separately, then mix them together with a pinch of salt, a tiny dust of cayenne pepper, and one and a half eggs, work into a smooth paste, then rub through a coarse wire or hair sieve; divide the farce into two parts, colour one part with a little cream and the other with a little carmine; put each into forcing bags with plain pipes and force the mixture out on to a buttered sauté pan, then pour in a little boiling water from the side of the pan and watch it re-boil, let the pan stand on the side of the stove for about eight to ten minutes; strain off the water, rinse the quenelles with warm water and put into the soup.

Clear Soup à la Portugaise.*(Consommé à la Portugaise.)*

Prepare some French plums and leeks as below, mix them and add to them sufficient clear stock, boil up all together, and serve the soup very hot.

French Plums for Garnish.—Put the plums (allowing two or three for each person) in a stewpan with cold water and a pinch of salt; bring to the boil, take them up, rinse them in two or three waters, replace them in the pan with sufficient clear soup to cover them, and let them boil in it for half an hour, then use as described above.

Leeks for Garnish.—Thoroughly cleanse and trim one or two nice leeks, tie them up and put them into cold water with a pinch of salt; bring to the boil, then wash them in several waters, put them in one and a half pints of clear stock, and boil them till tender. Then take them up on a plate, remove the string, split them in quarters lengthways, and cut them across in inch lengths.

Clear Soup à la Princesse.*(Consommé à la Princesse.)*

Have some clear soup and garnish it with blanched and picked tarragon and lettuce (cut in Julienne strips), and savoury custard coloured red, yellow, and white and cut in any fancy designs. Serve very hot, putting in the garnish, which should have been rinsed in warm water, just at the last.

Savoury Custard (enough for eight persons).—Make a custard with four whole eggs, four tablespoonfuls of cream, milk, or clear stock, a little salt, white pepper, and a pinch of sugar. Divide it into three parts; colour one with Marshall's saffron yellow, one with Marshall's carmine and leave one plain; tammy each separately and steam in buttered moulds. Do not let the custard boil, and when it is firm take up and leave till cold before cutting.

Clear Soup with Profiteroles.*(Consommé aux Profiteroles.)*

Garnish some clear soup with profiteroles and serve hot.

Ox-palate Soup, Clear.

(Consommé aux Palais de Bœuf.)

Put the ox-palates in cold salted water for two or three days before using them, changing the water occasionally. Then put them on the stove in a pan with plenty of cold and very slightly salted water; let this come to the boil, then remove the hard rough skin; when quite clean lay them in some good stock and add two good carrots, two leeks, two onions, one turnip, one small parsnip, a few strips of celery, a bunch of herbs, two blades of mace, four cloves, and twelve peppercorns. Cook gently for eight or ten hours, removing the vegetables as soon as they are thoroughly cooked. Lift out the palates, strain and remove the fat and clarify the soup, then add to it a little sherry and the ox-palates cut into little rounds. Hand round the following garnish on a plate, allowing one to each person; take some fried croûtons about a quarter of an inch thick and two inches in diameter; brush over the tops with a little warm glaze and lay on this the carrot and turnip, boiled in the soup, peeled and stamped out in any pretty design, with a hot, freshly-cooked Brussels sprout in the centre of each; serve on a plate on a dish-paper. Care should be taken that the vegetable garnish is served hot.

Clear Soup à la Rachel.

(Consommé à la Rachel.)

Serve some clear soup with the following garnish. Mix the raw whites of three eggs with two tablespoonfuls of cream and a pinch of salt. Strain this into a buttered dariole mould and steam it till firm. (It will require careful cooking, or it will be spongy.) When firm turn it out of the mould, cut it into slices an eighth of an inch thick, and stamp out with cutters into any pretty shapes. Prepare some yolks of eggs in precisely the same way, and leave both these garnishings in cold water till wanted.

Cleanse and blanch a carrot and turnip, and cook them in light stock or water, with a pinch of salt, till tender; then peel them, stamp out the best part into any pretty designs, and leave in cold water till wanted; also cut a few French beans into diamond shapes. Pour the soup into the tureen;

add the garnish, using about two tablespoonfuls to each quart of soup.

Clear Soup à la Tolède.

(*Consommé à la Tolède.*)

Clear soup garnished with savoury custard prepared as below, blanched tarragon and French gherkin cut in long strips, and sprigs of blanched chervil. Rinse the custard in warm water before using, and add the garnish just before serving.

Custard for garnish.—Add two whole eggs and the yolk of one egg to every two tablespoonfuls of cream, milk, or consommé, with a tiny pinch of salt and a very tiny dust of nutmeg. Mix up all together with a fork, then strain through a pointed strainer; colour one half the quantity with a little carmine, and pour both parts into buttered tins. Poach in hot water on the side of the stove till firm, then scoop out into pea shapes with a pea cutter.

Chiffonade of Chicken à la Princesse.

(*Chiffonade de Volaille à la Princesse.*)

Take about three quarts of poultry stock and put it in a stewpan with two or three sliced onions, a bunch of herbs, six or eight peppercorns, two or three cloves, and half a raw chicken. Bring to the boil gently, then skim, and let it boil steadily for about an hour and a half. Strain it, remove the fat, and clarify it with white meat and eggs; then put it in a clean stewpan with two tablespoonfuls of celery prepared as below, a little picked and blanched tarragon and chervil, and when ready to serve add some little rounds stamped out of the fillet of chicken cooked in the stock, and some similar rounds cut out of savoury custard.

Celery for chiffonade.—Cut the heart of a stick of celery into Julienne strips, blanch and strain it, and cook in the soup till tender.

Custard for chiffonade.—Mix four whole eggs with four tablespoonfuls of cream, season with salt, white pepper, and a dust of nutmeg. Tammy it and pour it into buttered dariole moulds that are partly filled with vegetables such as carrot, turnip, cucumber, cut in tiny Brunoise shapes, cooked till tender and strained, then poach till firm and use.

Clear Mullagatawny Soup.

Cut four large peeled onions and two sour apples in very thin slices, and put them into a stewpan with two ounces of butter and a bunch of herbs, such as thyme, parsley, and bayleaf; fry for fifteen to twenty minutes; then mix with them a tablespoonful of Marshall's curry powder, a tablespoonful of tamarinds, the juice of one lemon, one tablespoonful of chutney, six cardamons, two Jamaica peppercorns pounded, two ounces of glaze, six pints of good stock, and any roast game or poultry bones; bring to the boil, then skim and allow the stock to cook gently for about one hour; then strain and remove the fat, and clarify; strain off through a clean soup cloth, and return to the bain marie to get hot; then serve with little round pieces of cooked game or poultry in the tureen, and have plainly boiled rice handed on a plate. —See 'Rice for Curry.'

Clear Oxtail Soup.

(Potage de Queue de Bœuf clair.)

Take an oxtail that has hung for a day or two, cut it into neat pieces, and place them in cold water in a stewpan with a pinch of salt; stand the stewpan on the stove and bring to the boil, then strain and wash the tail in cold water, and put it again into the stewpan with some gravy stock. If it is a large tail it will require three or four quarts of stock, one or two carrots, one turnip, one leek, three or four onions, a few pieces of celery, a little parsnip, and a bunch of herbs, six or eight peppercorns, six cloves, two blades of mace, and four Jamaica peppercorns all tied up in a piece of muslin; bring to the boil gently, and let it all cook together from three and a half to four hours. (This soup is better if prepared the day before it is to be clarified.) When cooked, strain off the stock, pick out the pieces of meat, remove any fat from the stock and clarify it; then strain and pour it into a stewpan, and to each quart of soup add one dessert-spoonful of the best arrowroot, previously smoothly mixed with a wineglass of sherry, or the same of clarified stock; stir till it boils, then put in the pieces of meat, garnish with parsley picked and blanched and some vegetables such as

carrot, turnip, &c., cut out with a plain pea-cutter and blanched, and cooked till tender.

Any pieces of the tail not required for the soup will make a nice dish for lunch or dinner, either curried, or served with brown sauce and a macédoine of vegetables, or the vegetables from the soup cut in dice shapes.

Thick Oxtail Soup.

(Potage de Queue de Bœuf lié.)

Cut the oxtail up in lengths by the joints, the larger pieces may be subdivided into four or five pieces; put these, with a pinch of salt, into enough cold water to cover them, and bring gently to the boil; strain off the water and wash the meat well, put it into a clean stewpan, with about six or seven pints of ordinary cold stock, or water if you have not stock, four onions, sticking half a dozen cloves in one of them, a few strips of celery, three carrots, one turnip, two leeks, a good bunch of herbs, such as basil, marjoram, thyme, parsley, bayleaf, all tied up together, with two blades of mace and about twelve black and white peppercorns; let the whole boil up gently, then skim, and simmer for about four hours; when the meat is tender, strain the stock through a hair sieve, and pick the meat away from the vegetables. Remove all the fat from the stock, put it in a pan, and thicken it with two small table-spoonfuls of Brown and Polson's cornflour, which is first mixed with a little cold stock. Take all the vegetables and pound them, and add them to the soup as soon as it is boiled up again; pass the whole through the tammy; make hot in the bain marie, add the pieces of meat, allowing two or three pieces to each person; a little sherry may be added if liked, and any pieces of the meat left over can be used up as an entrée.

Clear Mock Turtle Soup.

(Potage de Tortue fausse clair.)

Cleanse half a calf's head well, by leaving it for twenty-four hours in salt and cold water, if possible under a running tap, to let the water escape. Then bone the head, remove the brains and tongue (which may be used for an entrée), tie the head in a clean cloth, and lay it to blanch in cold water;

when it comes to the boil, skim it and then wash the head, and put it with rather better than six quarts of gravy stock. Put in the pan with the stock a good strip of celery, two or three carrots, four onions, two or three good leeks, one turnip, half a parsnip, a bunch of herbs, eight cloves, twelve peppercorns, and four blades of mace; let this all come gently to the boil; then skim it, cover the pan, and let it all simmer gently for three and a half or four hours, according to the size of the head. Put four wineglasses of sherry into a stewpan with a saltspoonful of mignonette pepper, a blade of mace, two cloves, a sprig of basil and marjoram, two sprigs of thyme and four bayleaves, and reduce it to half the quantity. Take out the head from the saucepan, remove any fat from the stock, strain it, add the reduced sherry, and clarify. When strained, return it to a clean stewpan, bring it to the boil, and mix to it one tablespoonful of the best arrowroot, previously mixed smooth with a little clear cold stock, or sherry, and let it all boil for two or three minutes; cut some of the glutinous part of the meat from the head, and stamp it out with a plain round cutter, the size of a shilling, lay these pieces in hot water, and while warm take off the outer skin with a small knife; wash these pieces well, and put them into the soup with a few drops of lemon juice and a dust of cayenne to each quart of soup. The remains of the head can be used for entrées &c.

Clear Turtle Soup.

(*Tortue claire.*)

Made from the sun-dried turtle.

For about three or four quarts of soup take one pound of sun-dried turtle and soak it in cold water for three days, constantly changing the water, then put it to cook for ten to twelve hours in good stock, and with all kinds of vegetables, such as, for each quart, a little celery, one small carrot, one turnip, one leek, two bayleaves, two onions, and herbs, including basil and marjoram, thyme, parsley, three cloves, a blade of mace, six black and white peppercorns, and two Jamaica peppercorns tied up in a piece of muslin; keep it gently simmering, adding more stock as that in the pot reduces. When the turtle is cooked, strain off the stock, remove any fat, and clarify, then strain off carefully through a wet clean

cloth and re-boil, and for each quart take one dessertspoonful of *best* arrowroot, which has first been mixed with a good wineglassful of sherry, strain it into the soup, and stir it till it re-boils; take the turtle from the vegetables, and cut it out into pieces about one inch square, rinse them in a little warm water, and put them into the boiling soup, then add a small tin of turtle fat, and boil for a few minutes. Just before serving, flavour with lemon juice and a little cayenne. Lemon cut in quarters should be handed separately for those who wish extra lemon flavour.

Dufferin Soup.

(*Consommé à la Dufferin.*)

Put two ounces of butter into a stewpan with four sliced onions, two large sour apples or four small ones, and a bunch of herbs, such as thyme, parsley, and bayleaf, and let these all fry together till a nice golden colour, then mix in a tablespoonful of Marshall's curry powder, one tablespoonful of tamarinds, one teaspoonful of curry paste, one tablespoonful of lemon juice, about three ounces of glaze, and three quarts of good fish stock and any raw fish bones you may have; let it cook for three quarters of an hour, strain off, let it cool, and remove the fat, then clarify and strain through a clean soup cloth, boil up, and serve with plainly boiled rice in a pile on a plate, and fillets of sole round the rice as a border, and garnish this with a little picked parsley and chervil.

Rounds of Sole for Consommé à la Dufferin.—Wrap up in well buttered paper a filleted sole and cook it in the soup before it is clarified for about fifteen minutes; take it up, let it get cold, and stamp it out with a plain round cutter into pieces about the size of a florin piece; when about to use put them in boiling water to warm, then serve as above.

Duke of Norfolk Soup.

(*Potage à la Duc de Norfolk.*)

Put into a stewpan four good sized onions with two ounces of butter and a bunch of herbs (thyme, parsley, and bayleaf), six or eight peppercorns, three sliced tomatoes, two fresh mushrooms, half a cod's head, and the bones from the smelts (see below), or any other white fish bones; fry all together for

about twenty minutes, then cover the whole with cold water ; add the juice of two lemons or two wineglasses of white wine, and bring it gently to the boil ; skim the stock, and leave it on the side of the stove for twenty to thirty minutes ; remove the fat and clarify the stock with raw whites of eggs, allowing four or five whites to each quart of stock, and flavour with a glass of white wine if liked ; when the stock boils let it simmer for about fifteen minutes, and drain off through a clean soup cloth ; make it quite hot, and when about to serve, garnish it with cucumber cut in pea shapes with a pea cutter and cooked in cold water, with a little salt, till tender, which will take about fifteen minutes, and fillets of smelts prepared as below, little quenelles, and finely cut shreds of tarragon and lettuce cooked in cold water, with a little salt till tender, say for five minutes.

Fillets of Smelts for Potage à la Duc de Norfolk.—Free the fillets from the bone and mask them thinly over with fish farce (given below) ; roll them up into a little round form, and fasten each with a little band of buttered paper, place them in a very lightly-buttered stewpan, and put them in the oven to cook for fifteen minutes, with a buttered paper over and a tablespoonful of stock in the pan ; take them up, remove the paper, and put them in the soup ; reckon one fillet for each person.

Fish Farce for Potage à la Duc de Norfolk.—Take three ounces of fresh haddock and three ounces panard, and pound each separately till smooth ; then mix them, and add a pinch of salt, tiny dust of cayenne, saltspoonful of essence of anchovy, one and a half raw eggs, and rub the whole through a fine wire or coarse hair sieve and use ; colour with a little carmine.

Quenelles for Garnishing the Soup.—Take some of the fish farce (given above), and by means of a pipe and bag, force it out into little shapes about the size of a pea on to the bottom of a buttered sauté pan, cover them with boiling water, and poach them for four or five minutes, then use for garnish.

Bisque of Oysters à la Royale.

(*Bisque d'Huîtres à la Royale.*)

Put half a pound of Carolina rice in a stewpan with enough cold water to cover it, bring to the boil, then strain and rinse

it in cold water; put it into three pints of light fish stock and cook it till tender. Pound it, rub it through the tammy, and heat it in the bain marie. Beard thirty-six large sauce oysters, and cut them into little dice shapes; put the beards of the oysters and their liquor in a stewpan with two ounces of good butter, and let them draw down on the side of the stove for fifteen minutes, then strain, and pound the beards till smooth, mix again with the liquor, and rub through the tammy with one pint of light fish stock, and put this purée also into the bain marie to heat. Put in a basin four raw yolks of eggs, a tiny dust of cayenne, a pinch of salt and one ounce of butter; mix all together with half a pint of single cream, then add the oyster purée and the pounded rice. Stir well, place it in a stewpan and stir in the bain marie till it thickens, strain into the tureen, add a wineglass of white wine for each quart of soup, garnish with little rounds of red Royal custard, put in the bearded oysters and serve.

Bisque of Lobster.

(Bisque de Homard.)

Take a cooked lobster, remove the bones and put half a pound of the meat into a stewpan with four ounces of butter, let the latter melt, then pour over it about one quart of fish stock prepared as below, add two ounces of pounded live spawn, or if this cannot be obtained add a little of Marshall's carmine to deepen the colour, and let it draw down on the side of the stove for about fifteen minutes; then strain off the gravy and pound the meat till smooth, mix it again with the liquor, rub all through the tammy or fine hair sieve, and put into a stewpan, and place in a bain marie to get hot. If tinned lobster is used for this soup any fish stock can be used for it. Put half a pound of Patna rice into a stewpan with enough cold water to cover it, bring to the boil, then strain off and put into another stewpan with two quarts of any nice flavoured fish stock, and let it simmer gently for about three quarters of an hour; then pound the rice till smooth, add again to the stock, pass all through the tammy, and put into a stewpan in the bain marie to get hot. When both purées are ready to serve, put some little croûtons into the soup tureen, pour over them a little clear stock or fish gravy, then add the two purées, and serve quite hot.

Fish Stock for Bisque of Lobster.—Put the bones of the lobster into a stewpan with cold water, a bunch of herbs, thyme, parsley, and bayleaf, six or eight peppercorns, and two sliced onions; boil up together for about half an hour, then strain and use.

Purée of Artichokes.

(*Purée d'Artichauts.*)

Cut a pound and a half of peeled Jerusalem artichokes in thin slices, add to them two large onions sliced, a little celery, a bunch of herbs (thyme, parsley, and bayleaf), and fry all together in two ounces of butter in a sauté pan till a pale golden colour; then put them in a saucepan with a quart of new milk or light stock, and cook for about half an hour, keeping it well skimmed; pass it through a tammy or fine hair sieve, put it in a pan in the bain marie to keep quite hot, and just before serving add to it half a pint of single cream and a tiny pinch of salt. Little squares of stale bread, fried a pale golden colour in good dripping or clarified butter, and dished up on a napkin or dish-paper, may be served with this soup.

Purée of Asparagus.

(*Purée d'Asperges.*)

Put two ounces of butter in a stewpan with the light part of two leeks finely sliced—keep the rest for the stockpot—add two strips of celery, one large onion sliced, and a bunch of herbs, thyme, parsley, bayleaf; cut off the tops of one and a half pounds of asparagus, and cook them as below and keep for garnishing the soup; cut up the other part of the asparagus and put with the other vegetables to fry for about fifteen minutes in a covered pan, then mix in two and a half table-spoonfuls of rice cream (*crème de riz*), or barley cream (*crème d'orge*), and three pints of good white stock, and cook steadily for three quarters of an hour, keeping occasionally skimmed. If you have any white forcemeat or good *Veloute* sauce it could be used instead of the rice or barley cream. When the vegetables are cooked, strain them from the liquor and pound all together till smooth, then add to the stock and pass through the tammy, then put it in the bain marie to get hot. For each quart take half a pint of warm cream, three raw

yolks of eggs, a pinch of sugar, and three or four drops of lemon juice. Mix all together in a basin and stir it into the soup till it thickens, but do not let the soup re-boil. Strain the soup through a strainer into the tureen and garnish with the points of asparagus and the little red and white quenelles.

Asparagus Heads for Soup.—Put the points of asparagus into boiling water with a little salt and a tiny bit of soda, and boil gently for fifteen minutes.

Quenelles for Purée of Asparagus.—Take about a quarter of a pound of any white farce and divide it into two parts; colour one red with a little carmine, and whiten the other with a little cream; then by means of forcing bag and pipe make little bunches like half a dozen peas put together, alternating the colours, on the bottom of a buttered sauté pan; cover the quenelles with boiling water, bring to the boil, and let it stand on the side of the stove for two or three minutes, then use.

Purée à l'Indienne.

(*Purée à l'Indienne.*)

Take any game or poultry bones for this soup, either raw or cooked, from one and a half to two pounds. Cut up four good sized onions in thin slices, and two large sour apples not peeled, fry them in a stewpan for twenty minutes with two ounces of butter, a bunch of herbs, basil, marjoram, thyme, bayleaf, and parsley, then mix with them a tablespoonful of lemon-juice, a tablespoonful of chutney, a tablespoonful of Marshall's curry powder, four red dry chillies and two tablespoonfuls of rice cream; mix with three quarts of stock from cooked meat bones, and when it comes to the boil, skim the stock and let it simmer on gently for one and a half to two hours, then strain and pick the meat from the bones, and pound it up all together with the vegetables in the pan, then mix the stock with it, and rub all through a tammy or fine hair sieve; put the purée into the bain marie to get quite hot, and when ready to serve it may be garnished with pieces of neatly cut calf's head or feet, or with oxtail, or any pieces of game or poultry cut in neat slices, and with boiled rice as for curry, dished on a plate, on a napkin or dish-paper, and handed.

Thick Hare Soup with Profiteroles.*(Purée de Lièvre aux Profiteroles.)*

Cut up the cleansed hare into small joints and put it in a stewpan with two ounces of butter, one carrot cut up into dice shapes, one turnip, two or three onions, one leek, a strip or two of celery, a saltspoonful of crushed peppercorns (black and white), half a blade of mace, a good bunch of herbs with basil and marjoram, and two or three fresh mushrooms. Fry these all together over a moderate fire for twenty to thirty minutes, then mix in three ounces of Brown and Polson's corn-flour and four quarts of good brown stock (made from game bones if possible), replace the pan on the stove, stir occasionally, let it boil up, skim, and draw it to the side of the stove, and let it simmer gently for two to two hours and a half, then strain, and remove any meat from the bones, pound it with the cooked vegetables from the stock, and add this purée to the stock, and rub all through a tammy or hair sieve. Heat it in the bain marie, pour it into the tureen, and serve either with profiteroles or croûtons of fried bread on a dish-paper in a plate. A wineglass of port wine, also half a pint of warm cream, mixed with the raw yolks of two eggs and one ounce of butter, stirred in the bain marie till thick, may be added just before serving. This soup should be of the consistency of cream when served.

Cooked hare left from a previous meal can be used to make this soup; in that case the meat should first be taken from the bones and pounded with a little butter, say half an ounce of butter to half a pound of meat, and the bones then chopped up and fried with the vegetables, and the soup finished up in the same manner, adding the pounded meat to the pounded vegetables.

The blood of the hare can, if liked, be added when the stock is put in.

Thick Lettuce Soup.*(Purée de Laitue.)*

Put two ounces of butter into a stewpan with three sliced onions, a bunch of herbs (thyme, parsley, bayleaf), and a bunch of chervil; cut up one and a half pounds of fresh, well-washed and dried lettuce, add to the above, draw down in the stewpan

for about twenty minutes with the pan covered over, then add about two ounces of rice cream or crème d'orge, three pints of light well-flavoured stock or milk, and cook all together for about forty minutes, keeping the stock well skimmed while boiling, then pass through the tammy, and return the purée to the bain marie to get hot; for each quart of the purée mix three raw yolks of eggs, one ounce of butter, the juice of half a lemon, half a pint of warm cream, a little apple green to colour, and stir all together until it thickens, then strain into the tureen; garnish with little red and white quenelles, or croûtons if liked.

Quenelles for Purée.—A quarter of a pound of white meat, either veal, rabbit, or chicken, pounded until smooth, then added to four ounces of panard, pounded again and mixed with half an ounce of butter, one and a half eggs, a little salt, nutmeg, and cayenne. Pass through coarse hair or fine wire sieve, divide it into two parts, colour one with carmine, put it into forcing bags, force out in the shape of two little nuts joined together, on to a buttered sauté pan, cover with boiling water, watch the water re-boil, then draw to the side of the stove, let them remain for six or seven minutes, then strain, and use.

Prince Albert Soup.

(*Purée à la Prince Albert.*)

Take the giblets, such as gizzards, feet, livers, and the necks, from any game or poultry, clean them thoroughly, and use one pound for each quart of purée, add two onions which have been sliced, six crushed peppercorns, two small or one large carrot, one leek, one turnip, two tomatoes, a little celery, all sliced finely, and a good bunch of herbs, such as thyme, parsley, bayleaf, marjoram, and basil; fry well all the above ingredients in a covered pan with two ounces of butter for fifteen to twenty minutes, then sprinkle in half a tablespoonful of rice cream for each quart of stock, and cover well with any ordinary stock and cook for about one and a half hours, keeping well skimmed while cooking; strain off, remove any meat from the bones and pound it with the vegetables, and pass all through the tammy with the liquor which was strained from the bones. When tammied make quite hot in the bain marie, and for each quart mix together in a basin half a pint of warm cream, two raw yolks of eggs, and half an

ounce of butter, and stir it into the soup in the bain marie till it thickens, but do not let the soup re-boil, then strain into the tureen through a strainer, and add half a wineglass of portwine (if liked), and serve with rounds of pancake in it, that are stamped out about the size of a sixpenny piece, or croûtons.

Thick Tomato Soup.

(Purée de Tomates.)

Wash and dry two ounces of white mushrooms, and put them in a stewpan, with two ounces of butter, four large onions sliced, two leeks, three or four strips of celery, a good bunch of herbs, one saltspoonful of mignonette pepper, and a teaspoonful of French mustard. Fry them together for about twenty minutes, stirring occasionally, then add eight or ten large tomatoes (fresh are best) sliced, the juice of one large lemon, and three ounces of crème d'orge; mix to this two and a half quarts of stock, put it on the stove, and let it simmer gently for about an hour; then pour the stock from the vegetables, and pound these in the mortar: replace it in the stock, pass the whole through a tammy or a sieve, and heat it in the bain marie. For each quart of soup take the raw yolks of three eggs, and mix them in a basin with one and a half gills of warm cream, one ounce of butter, and a tiny pinch of castor sugar; stir in the bain marie till it thickens, colour it with a few drops of carmine, and strain it into the tureen. Serve with croûtons of bread, handed round on a plate on a napkin, or tiny quenelles served in the soup.

St.-Germain Soup.

(Purée à la St.-Germain.)

Put one pint of green dried peas to soak in cold water for twenty-four hours, changing the water occasionally. Melt two ounces of butter in a stewpan, add to it two large well-washed and crisp lettuces, cut up fine, with four large onions and two leeks sliced, half a stick of well-washed celery, four good sprigs of green mint tied together, or a teaspoonful of dried mint in powder, and the peas washed and dried. Fry these all together on the side of the stove for twenty-five to thirty minutes, then mix with them two ounces of pea flour and eight pints of stock, stir occasionally until it comes to the boil, then skim

and let it cook at the side of the stove for two and a half to three hours, when the peas should be quite tender. Mix in a basin the raw yolks of four eggs with half a pint of warm cream, stir this together till quite smooth, add a little of Marshall's apple green to colour it, then pour it to the pea mixture, and rub it all through the tammy or a very fine hair sieve. Then return the mixture to the bain marie, stirring it now and again while heating, and let it get perfectly hot, when it will thicken. It should be served when of the consistency of cream; strain it into the tureen, and garnish with cooked green peas, cucumber cut out with a pea cutter, and cooked till tender, and some cooked and shredded lettuce, in the proportion of three tablespoonfuls of the vegetable to each quart of soup. Profiteroles or croûtons may be handed round with this soup.

Soup à la Santé.

(Potage à la Santé.)

Put into a stewpan two ounces of butter, half a pound of lean ham or bacon, two pounds of leg of beef tied up with a string, any chopped up game or poultry bones, raw or cooked, two large onions, two carrots, half a stick of celery, one large leek all sliced, and six or eight peppercorns. Fry all together with the lid on the pan for twenty minutes, occasionally shaking the pan to prevent anything sticking to the bottom, then pour into the pan about four quarts of stock, bring it steadily to the boil, keep it skimmed, and let it simmer for about four hours, then remove the beef, strain off the stock, let it get cold, remove the fat, and clarify the soup, then put it in the bain marie. Blanch some carrot, turnip, celery, leek and lettuce, cut all into shreds about one and a half inches long, and drain them; melt two ounces of butter in a stewpan, lay in the shredded vegetables, and fry them till of a very pale golden colour, then add sufficient clarified stock to cover them, and boil gently till the vegetables are quite tender, and all the butter has been skimmed off, then add them to the soup before serving. Cut some of the beef taken from the stock into pieces the size of a filbert, warm them in a little stock, and add them to the soup. The rest of the beef can be used as a dish separately. The shredded vegetables may be taken from those used for the stock. Serve with croûtons handed or in the soup.

Soup à la Bonne Femme.*(Potage à la Bonne Femme.)*

Put two ounces of butter in a stewpan to melt, then add to it a pound of well washed and dried sorrel that has been cut up in fine shreds, two large hearts of well washed and dried crisp lettuces cut up, one pound of washed and shredded spinach, and a handful of chervil. Fry these all together for about fifteen minutes, then mix with rather better than one quart of good flavoured white stock, and cook gently for half an hour. Put in another stewpan one pint of the same stock, bring to the boil, and mix this on to four raw yolks of eggs in a basin with one ounce of good butter and half a pint of thick warm cream, return to the stewpan and stir in the bain marie till it thickens, then strain it through a strainer into the pan containing the sorrel, and pour into a hot soup tureen; have some little croûtons of bread fried and handed on a plate on a napkin or dish-paper and serve.

Soup à la Windsor.*(Potage à la Windsor.)*

Put one and a half ounces of pearl barley into cold water and let it come to the boil, then strain and well wash it until the water is quite clear; put it into a stewpan with one quart of clear light stock, and let it cook until tender, which will take about one and a half or two hours, taking care to keep it well skimmed while boiling. Blanch a large calf's foot, tie it up in a clean cloth, and put it in five quarts of white stock or water with any fresh white meat bones. When it comes to the boil skim the liquor, then put into the stewpan a blade of mace, four cloves, two Jamaica peppercorns, two or three onions, a little celery, a pinch of salt, and herbs such as thyme, parsley, bayleaf, basil, and marjoram, and one or two leeks; let them simmer gently for three or four hours, then strain off and, when cold, remove the fat and clarify the liquor, strain off through a clean cloth, put to get hot and add half a wineglass of sherry for each quart. Take the foot out of the cloth, remove all the sinews and gristly part, cut it in neat pieces, rinse in warm water, then put them into the clarified soup, and add the barley cooked as above.

Faubonne Soup.

(*Potage à la Faubonne.*)

Peel six good-sized carrots, remove the core from them, and cut the red part in thin slices; cut up two leeks, two onions, two turnips, and a little celery in the same manner, add a bunch of herbs (such as thyme, parsley, and bayleaf) and six peppercorns, and fry all together in two ounces of butter, without discolouring, for rather better than half an hour, then add three tablespoonfuls of crème d'orge or crème de riz, and two quarts and a half pint of ordinary stock or milk, mix well together, let it come to the boil, skim and let it simmer on the side of the stove for about two hours, then strain and pound the vegetables; mix again with the liquor and rub all through the tammy, then put it in the bain marie to get hot. For each quart of this purée, mix together a quarter of a pint of cream, two raw yolks of eggs, half ounce of butter, a little carmine, and a tiny piece of salt and castor sugar in a basin, then add to the purée; stir till it thickens, strain the soup through a tin strainer into the tureen and garnish with little red and white quenelles, and serve very hot.

Okra or Gumbo Soup.

(*Okra Potage.*)

Take, for eight to ten persons, six quarts of light stock (that in which chicken, veal, or rabbit has been cooked will do well) and put it into a clean stewpan; put two cleaned leeks, one stick of celery, four finely sliced onions, and half a pound of raw, lean ham, with two ounces of butter in a sauté pan and fry for twenty minutes, taking care that they do not become discoloured; then add this to the stock with a bunch of herbs (thyme, parsley, bayleaf, &c.), a blade of mace, twelve black and white peppercorns, and six cloves, all tied up in a little piece of clean muslin; also add an old hen, or two cleaned rabbits, and a large green capsicum; then bring to the boil and skim it well; draw the pan to the side of the stove and let the contents simmer very gently for about one and a half hours, taking care that the stock does not boil quickly; then remove the chicken or rabbits and add two and a half pounds of tomatoes; thicken with three ounces of

Brown and Polson's cornflour, which has been first mixed with half a pint of light stock or water, then add one large tin of okra, or two and a half dozen dried okra that have been soaked in cold water for about two hours before using, remove the spice and herbs and boil up the soup again; then let it simmer for about twenty minutes; have the bones removed from the chicken or rabbits and pound the meat in a mortar till perfectly smooth; then add it to the soup and pass all through a tammy or fine hair sieve; replace in the stewpan in the bain marie to get quite hot, then, if obtainable, add one pint of warmed cream, which will greatly improve the flavour. Serve very hot.

Bouillabaisse.

(Bouillabaisse.)

Peel and slice finely two or three Spanish onions, and fry them in a stewpan in two tablespoonfuls of salad oil, with a pinch of salt and a bunch of herbs, till of a nice golden colour; then add two ounces of crème d'orge, rather more than half a pint of sauterne and about one quart of good fish stock, when it boils skim well, and let it simmer by the side of the stove for about half an hour, then add a good tablespoonful of grated Parmesan cheese, the raw yolks of four eggs previously mixed together in a basin, then rub it all through the tammy, and heat it in the bain marie. Just before serving add half a pint of cream made hot in the bain marie, and when about to serve put into the tureen some little fillets of any kind of fish, cod, turbot, skate, or sole, fried in a little salad oil; this improves the flavour. Pour the purée very hot into the tureen, add a dust of mignonette pepper and a good wineglass of sauterne; serve with croûtons and with pieces of lemon.

Sago Soup à l'Allemande.

(Potage à l'Allemande.)

Put one and a half pints of good stock or clear soup to boil; then add four tablespoonfuls of the small packet sago, let it boil for ten minutes, stirring it occasionally, then mix into it four tablespoonfuls of vegetables cut in Brunoise shapes. Boil another three-quarters of a pint of the stock

or clear soup and mix it by degrees in a basin on to three raw yolks of eggs, one ounce of butter, a pinch of sugar, and half a pint of warm cream; put this in a pan in the bain marie, and stir over the stove till thick, then strain it on to the hot sago and vegetable mixture, and serve in the soup tureen. The small tapioca can be used in the same manner.

Barley Cream Soup with Croûtons.

(*Crème d'Orge aux Croûtons.*)

Put one quart of white chicken stock in a clean pan to boil; mix in two ounces of crème d'orge with a quarter of a pint of cold milk or stock; let it boil gently for about ten minutes, keeping it skimmed while boiling. Put three or four raw yolks of eggs in a basin and mix them with half a pint of single cream and one ounce of butter broken in small pieces, and stir the boiling mixture steadily into this; then put it back into the stewpan in a bain marie and stir till it thickens; strain it through a strainer into the soup tureen; garnish with little croûtons cut in dice shapes or in rounds. Any well-flavoured white stock can be used for this soup.

Giblets à la Bagration.

(*Gibelettes à la Bagration.*)

Take the giblets from turkey, chicken, or goose, cut the livers in four or five pieces, clean the gizzards and cut in six or eight pieces, cut the neck in lengths of about one and a half inches, skin the feet, and put all into a saucepan, with a little salt and enough cold water to cover it; let it come to the boil, then strain off and wash the pieces in cold water; put them into enough stock to cover them well, about three quarts of stock will do; add vegetables, such as three or four onions, a little celery, two leeks, six peppercorns, a blade of mace, four cloves, a good bunch of herbs (thyme, parsley, bayleaf, basil, marjoram); bring gently to the boil, skim well, and let it simmer for about three hours; strain off, take out the meat from the vegetables, and set it aside to serve in the soup, let the stock stand to cool, then remove any fat from it, and clarify; strain it through a clean cloth, put it back into a clean pan, and for each quart mix a dessertspoonful of the

best arrowroot with a little of the stock or a glass of sherry; stir it into the soup till it thickens, and then add the pieces of meat, taking care that they are well rinsed with a little warm water before adding to the soup; to each quart of the soup add a tablespoonful of boiled maccaroni, cut in little rings, and serve leaves of parsley picked and blanched, in the soup.

Croûte au pot.

(*Croûte au pot.*)

Tie up four pounds of fresh leg of beef with tape, and lay it in a stewpan and cover it with about three quarts of light stock or water; set the pan on the side of the stove, and when it comes to the boil, skim it well, and add nice fresh vegetables, such as two carrots, one turnip, some strips of the heart of celery, two leeks, six or eight peppercorns, a little piece of parsnip, and a bunch of herbs tied in a piece of muslin with the spice, add a little salt, one blade of mace and two Jamaica peppercorns, boil for five hours very slowly, then strain, and when cool, remove the fat, take up the meat and vegetables carefully on a dish, clarify the stock with beef, &c., if required to be very rich, and serve with some of the beef cut in small square pieces, also the red part of the carrot and some of the other vegetables cut in dice shapes, and the crust of a French roll, cut in rounds about one and a half inches in diameter, and either fried, or crisped dry in the oven.

These croûtons can be handed round if preferred.

The soup can also be served without being clarified, the fat merely being removed, and the meat, vegetables, and crusts served as above. The rest of the meat can be used as a relevé for dinner or lunch, garnished with the vegetables left over, and a little of the stock from the pot poured round it.

Vert Pré.

(*Vert Pré.*)

Take one pound of well-washed spinach and put it in a stewpan with enough cold water to cover it, a tiny bit of soda and a little salt; let it just come to the boil, then strain and press it from the water. Put the spinach in a stewpan with two ounces of butter, half a pint of shelled peas, a sprig of

green mint, two finely-sliced onions, and a little bunch of herbs, such as thyme, parsley, and bayleaf; draw these down for about fifteen to twenty minutes, then mix with it two tablespoonfuls of crème d'orge and three pints of stock, and cook all together for about half an hour; rub the purée through a tammy or fine hair sieve, and put the mixture into a pan in the bain marie to get hot; have for each quart of the purée half a pint of warm single cream mixed on to three raw yolks of eggs, one ounce of butter, and a little apple-green colouring, add this to the purée in the bain marie, and stir it all together till it thickens, then strain it into the soup-tureen, and serve with little round croûtons of bread.

Pot au Feu.

(*Pot au Feu.*)

For eight or ten persons take four pounds of rump of beef, or the top of the leg (the meat must be perfectly fresh for this soup), and tie the meat into a nice shape with tape; place three or four pounds of fresh beef or veal bones in the bottom of either an earthenware or a very clean tinned stewpan, lay the meat on the top of the bones and add six quarts of cold water, and a good dessertspoonful of salt; this must come most gently to the boil, and any scum arising must be carefully removed, and a little cold water (about one pint in all) frequently added to cause the scum to rise freely. The soup should be of a golden amber colour when ready to serve. When thoroughly skimmed add to the stock two freshly cleaned carrots, one large turnip, two leeks, a small stick of celery, one parsnip, a bunch of herbs, four onions (one stuck with six cloves), and about twenty peppercorns, black and white, the herbs and spice being all tied up in a piece of muslin. The vegetables must be put in by degrees, so as not to reduce the temperature of the stock too much at once, and after the vegetables are all in, the stock must not be allowed to boil fast. Skim it well, then partly cover the pan and leave it to cook, simmering very gently on the side of the stove for about six hours. Then take up the meat carefully, remove the tape, dish it and garnish with some of the vegetables, also a purée of spinach, or, if liked, fresh braised cabbage may be used. Strain the stock after skimming off the fat, and send it to table quite boiling with some

of the vegetables cut in neat squares, and round pieces of the crust of French roll, prepared as for *croûte au pot*, either served in the soup or handed round on a plate. A pinch of sugar, and a very little salt, if needed, may be added to the soup before serving.

Vegetable Soup.

(*Purée Printanier Maigre.*)

Take two large carrots, two large onions, two peeled potatoes, two large turnips, two leeks, a sprig of thyme and parsley, a handful of tarragon and chervil, a good handful of lettuce, two bayleaves, one pound of asparagus stalks (if in season), and a good bunch of watercress; fry well in two ounces of butter, add one tablespoonful of *crème de riz* or *crème d'orge* and three pints of milk; let these cook very gently till tender, which will take about three quarters of an hour, then tammy, and make hot in the *bain marie*, and to each quart of the hot *purée* take half a pint of warm cream which has been mixed on to three raw yolks of eggs and one ounce of butter and strain this into the hot *purée*, and stir in the *bain marie* until the whole thickens; strain the soup into the soup-tureen, and add a *Julienne* garnish. This soup can also be prepared with stock instead of milk.

Mutton Broth.

(*Potage à l'Écossaise.*)

Take two pounds of the scrag end of the neck of mutton, bone it, cut it up in small pieces, and cover it with rather better than three quarts of cold water; add a good pinch of salt, half a pound of pearl barley, four onions peeled, one large carrot scraped or peeled, one turnip, a little celery, two leeks, all cut up in small dice shapes, a bunch of thyme, parsley, and bayleaf, tied up with the bones in a piece of clean muslin; bring to the boil; skim well, and boil gently for two and a half hours; remove the herbs and bones and any fat, sprinkle in it a dessertspoonful of salt and a dessertspoonful of finely chopped parsley, and serve while hot.

CHAPTER VI.

FISH.

[See also CHAPTER XIII.]

ANY fish intended for cooking purposes must be fresh (on this point there cannot be two opinions) and in season. Fish stale, or out of season, is of all food the most unwholesome, and occasionally dangerous. Its freshness is easily determined by its appearance; if the gills are red, the eyes bright and prominent, and the whole fish stiff, it is fresh; but if on the contrary, the gills are pale, the eyes sunk, and the fish flabby, it is stale and simply unfit for food.

Fish, with the exception of red mullets and smelts, should always be most carefully cleansed before dressing, but at the same time it should not be washed more than is absolutely unavoidable. The muddy taste often noticed in fresh water fish may be obviated by soaking it (after cleansing) in strong salt and water.

If the fish is to be boiled add salt, a little fresh vinegar, or lemon juice, to the water (especially if it be crimped, *i.e.* scored across the body directly it is killed and before the muscles have time to stiffen). As soon as this all boils up a little cold water should be put in to moderate the heat, and the whole must simmer till done. Unless cooked gently the outside of the fish will break before the inside is done.

Fish must be lifted from the water as soon as it is sufficiently cooked or it will become woolly. If it cannot be served at once set the fish on the strainer crossways over the fish kettle, and lay a wet warm clean cloth over it; the fish should be dished on a neatly-folded napkin with appropriate garnish, such as parsley, fennel, horseradish, slices of lemon, &c. Small fish are generally fried, either plain or egged and bread-crumbed. After cleansing and washing them, dry them carefully in a clean soft cloth; flour with dry flour, and either broil it or place it in the frying basket and plunge it into boiling dripping, lard, or oil. Butter, unless clarified, spoils the colour

of fish fried in it, but olive or cotton oil is really the best frying medium. But whichever is used, be sure there is enough to cover the fish entirely. As soon as it is done place it on a rack to drain. If the fish is to be bread-crumbed, dry it carefully, brush it over with whole beaten up egg, then dip it in very fine bread crumbs (repeat this process if liked) and fry.

To be in perfection, salmon cannot be too fresh. In fact connoisseurs say its full flavour is not known except by those who have eaten it by the side of the burn in which it was caught. In this state the flesh is crisp, and eats short with a white curd in it that melts when the fish is kept a day or two, and gives the peculiar, rich, and rather indigestible flavour so well known in London salmon. The flesh should be a rich pink. Herring, mackerel, eels, whiting, trout, and smelts and whitebait, like salmon, must be used fresh. Cod, soles, plaice, haddock, gurnet, pike, carp, and tench will bear keeping for a day or two without deterioration; some people prefer cod being slightly salted.

Salmon boiled.

(*Saumon Bouilli.*)

Scale and cleanse the fish and either boil it in plain salted water or in the following *court bouillon*.

Roll the salmon when cleaned in a piece of buttered muslin and put it in a stewpan with enough liquid to cover it. For this purpose take boiling water, allowing two table-spoonfuls of French vinegar and a dessertspoonful of salt to each quart of water, some slices of carrot, onion, turnip, celery, leek, a bunch of herbs, and about eight peppercorns. Let this all boil up, then lay in the fish, and let it cook ten minutes for each pound. When done take it up, dish it nicely, and serve with either Hollandaise, Verte, Lobster, Chauron, Anchovy cream, or any sauce you choose. Hand round sliced cucumber with the salmon.

Cold Salmon with Montpellier Butter.

(*Saumon froid au Beurre Montpellier.*)

Boil a piece of salmon according to the recipe given for boiled salmon, or else utilise any that may be left over cold. If an elaborate dish is wanted cut a croûton of stale bread large enough to hold the salmon, fry this a nice golden brown,

then when cold brush it over with a little liquid aspic jelly, coloured red with a little carmine ; lay the fish on this croûton, and garnish it with thinly sliced aspic jelly, and by means of a forcing bag and rose pipe with Montpellier butter ; ornament the dish round the croûton with blocks of aspic jelly cut into any pretty shapes. If you have them, arrange some prawns or crayfish on hatelet skewers, and garnish the top of the salmon with them. Serve with Verte sauce, Anchovy cream, Tartare or Mayonnaise sauce in a sauceboat. This dish is equally useful for dinners or for cold collations.

Hot Salmon Souchet.

(Souchet de Saumon, chaud.)

Cut the salmon in slices about a quarter of an inch thick and put them in a sauté pan with enough fish stock to cover them. If you have no fish stock, cover the fish with water, add one sliced onion, a bunch of herbs, four or five peppercorns and a pinch of salt, bring to the boil, then let it simmer very gently for seven or eight minutes, remove the salmon into another sauté pan, then strain and clarify the stock, allowing for each quart four whites and shells of eggs ; just mix together and bring to the boil, and let it remain on the stove for five or six minutes ; when clear, strain through a soup cloth and pour again over the fish ; sprinkle with a little carrot, turnip, and parsnip cut in Julienne shapes, and a few small leaves of picked and blanched parsley ; boil up altogether and serve while hot.

Cold Salmon Souchet.

(Souchet de Saumon froid.)

Scale and wash the fish in cold water, with a little salt, then cut it in slices about a quarter of an inch thick and place them in a sauté pan. Cover them well with good fish stock, add one sliced onion, a bunch of herbs, and six or eight peppercorns, bring to the boil, simmer very gently for eight to ten minutes, then take the fillets from the pan and set them aside to cool ; strain the liquor, and let it boil down on the stove to half the quantity ; mix two and a half gills of this with half a pint of aspic jelly and then clarify with the raw whites of eggs in the proportion of four to each quart of the prepared liquor ; then strain it through a clean cloth and set it aside to cool. Cut some carrot, turnip, and

parsnip into Julienne strips, and blanch and cook them till tender, then mask the fillets of salmon with them, and sprinkle all lightly with picked and blanched chervil and tarragon, set them with the clarified stock, dish the fillets on a plain border of aspic jelly, and serve for an entrée for dinner, luncheon, or cold collation. Fillets of trout, sole, and various other fish can be served in this way.

Grilled Salmon. Cold Green Sauce.

(*Saumon grillé. Sauce verte froide.*)

Take slices of salmon one and a half to two inches thick, season them with pepper, salt, and salad oil. If the salmon is left in the oil for an hour or so before grilling it would be more moist when cooked; if the slices are cut to the extreme thickness they should be wrapped in paper oiled on both sides, especially if the fire is very fierce. This paper can be dispensed with when the slices are not so thick. Warm the grill and rub it over with oil before using it, then arrange on it a dozen or sixteen oiled straws a little longer than the slices of salmon, place the salmon on these and put to grill over a clear fire, keeping the grill somewhat slanting to prevent the fire smoking. It is best to have the grill rather near the fire, otherwise the fish is likely to be soft and flabby when cooked. Keep the slices well basted with clarified butter or salad oil. They should only be turned once in the cooking, and the slices, about one and a half inches thick, will take ten to fifteen minutes, according to the fire. When done they should be a pretty golden brown on the top and bottom, perfectly crisp and firm, and without a split in the skin. Carefully remove the paper, if used, and dish on a very hot dish, with or without a dish-paper. The best way to baste is with a paste brush dipped in oil or butter. Garnish with a little parsley and serve with cold Verte sauce in a sauceboat. If cooked in front of the fire in a double grill the slices should have a layer of straws on each side of them. Salmon cooked in this way may be served with many sauces, such as Verte, Tartare, &c.

Salmon Steaks with Cucumber.

(*Tranches de Saumon aux Concombres.*)

Scale the fish and cut some slices about one and a half inches thick, and wipe them perfectly dry. Allow two ounces

of good butter and the strained juice of one lemon to each pound of fish and a tablespoonful of white wine. Rub the bottom of a stewpan well with the butter and lay in the fish, straining the lemon juice over it, and seasoning it with a sprinkling of salt. Lay a buttered paper over the fish, and then put the cover on the pan, and let it cook, allowing twenty minutes for each pound of fish. When the fish is cooked, dish it on a hot dish, garnish with little heaps of the cucumber garnish round it, strain the gravy from the stewpan through a tammy, mix with it a teaspoonful of finely chopped tarragon and chervil, and pour this over the fish.

Cucumber Garnish.—Peel and cut the cucumber into one and a half inch lengths, quarter these, remove all the seeds, and cut into olive shapes. Lay them in cold water with a pinch of salt, and bring it to the boil, then skim and let the cucumber cook till tender. Then strain it from the water, stir in to it a pat of fresh butter and a few drops of strained lemon juice, sprinkle with a little chopped parsley, and use.

Fillets of Salmon à la Morny.

(*Filets de Saumon à la Morny.*)

Scale and cut the salmon into slices about an inch thick, and place these in a well-buttered sauté pan with one or two onions sliced, a bunch of herbs and six peppercorns, cover it over with any fish stock; and let it boil very gently for about fifteen minutes with a buttered paper over the fish and the cover on the pan. Then take up the fish and keep it warm between two plates, standing these on a saucepan containing boiling water; fry one and a half ounces of butter and the same of flour in a pan, taking care it does not discolour, and to this mix about half a pint of the stock in which the salmon was boiled, stir all this together till it boils, then add the juice of half a lemon, a gill of cream, a tiny dust of cayenne pepper, and two ounces of freshly grated Parmesan cheese; stir this again till it boils, then tammy it, dish the salmon on a hot dish and pour this sauce all over it, and lastly cover the whole with the following cream mixture:—

Cream Mixture.—Slice finely six ounces of Gruyère (or any good cheese, such as Cheddar &c.) and lay it in a stewpan with four tablespoonfuls of cream and a dust of cayenne pepper; stir this together lightly till the cheese is dissolved, then pour

it evenly over the dish it is served with, and brown it by passing a red hot salamander over it. Garnish with a little parsley round the edge of the dish, and serve very hot either for dinner or lunch.

Fried Fillets of Salmon with Cold Anchovy Cream.

(Filets de Saumon Frits à la Crème d'Anchois froide.)

Scale and clean the salmon and cut it into slices one and a half to two inches thick, and let these lie in cold water with a little salt for about an hour before cooking. Then dry the slices in a clean cloth, dip them first in fine flour, and then in whole beaten-up egg. Repeat this twice, then drop the slices into boiling olive oil and fry, allowing ten to twelve minutes for each pound of fish. The fish must be well covered with the oil while frying. Then take it up with a slice and dish it on a dish-paper, garnish with little sprays of fresh green parsley and serve either hot or cold, with cold anchovy cream handed round in a sauceboat. Soles, smelts, whiting, &c. can be cooked in this way and served hot or cold. A very pretty dish for a cold collation can be prepared with one or two slices of salmon, one or two soles, six or eight smelts, and six or eight fillets of whiting, cooked in this way and tastefully arranged on the dish altogether.

Fillets of Salmon à la Belle Ile.

(Filets de Saumon à la Belle Ile.)

Bat out some small fillets of salmon with a wet knife, spread on each a little of the farce given below, roll them up, tie a little band of buttered paper round each one, and cook them for fifteen minutes in the following marinade. Slice half a lemon and one small onion, and lay them with a bunch of herbs and four peppercorns in a stewpan with a quarter of a pint of white wine and a gill of the stock in which the mussels required for this dish have been cooked (this quantity is enough for twelve small fillets). When the fillets are done remove the paper bands, lightly brush over the fillets with a little warm glaze, and serve them in little china or square paper cases (these latter must be well oiled outside and then dried), and fill these up with the sauce given below, and

garnish with quarters of cooked artichoke bottoms and prepared mussels. Serve these cases very hot, on a dish-paper or napkin. Two pounds of salmon is enough for twelve persons in this dish.

Farce for Fillets.—Mix all together one teaspoonful of finely chopped truffle, four cooked (or tinned) artichoke bottoms cut up into tiny dice shapes, twelve mussels bearded and minced, and the fillets of four large smelts, freed from bone and chopped fine, with one ounce of fresh butter, the raw yolk of an egg, and a *very* little cayenne. Put into a forcing bag and arrange on the fillets.

Mussels for Fillets.—Allow two or three to each fillet. Soak them in cold water for an hour or so, then wash them well and put them in a stewpan with enough light stock to cover them, a glass of white wine, the bones of the filleted smelts, half a sliced onion, and six peppercorns. Bring this all to the boil, remove any scum, and allow it all to simmer gently for about five minutes, then take them up, remove the shells and the beard from the mussels and use. The beard of a mussel is the part that looks like seaweed.

Sauce for Fillets of Salmon.—When the salmon fillets are cooked, add to the liquor of the marinade sufficient of the stock in which the mussels were cooked to make the whole three quarters of a pint, and mix it on two ounces of butter and two ounces of flour which have been lightly fried but not discoloured, and stir all till it boils; add half a gill of cream and half an ounce of lobster spawn pounded, let it all boil up again, stirring all the time, tammy and use. If the spawn is not obtainable, use a few drops of Marshall's liquid carmine.

Salmon, Trout, and Carp.—These fish may be served in precisely the same way as salmon.

Sturgeon, too, may be cooked similarly, but should be served with sharp sauces.

Trout à la Mirabeau.

(*Truite à la Mirabeau.*)

This recipe applies to any fresh-water fish as well as trout.

Take a fresh trout, scrape off the scales, cut off the fins, and remove the entrail; wash in salt and water; when thoroughly cleansed well dry the fish in a clean cloth, make

slits through the skin of the fish from the spine about a quarter of an inch apart, season with pepper and salt and salad oil; place the fish on a clean tin and pour in any of the oil that has run from the seasoning; cover with a greased paper, and cook for about fifteen minutes in front of a brisk fire or in the oven, then dish up and serve with Mirabeau sauce over the fish. A slice of salmon, or a mullet, whiting, or sole can be cooked in the same way, and served for dinner, luncheon, or breakfast.

Grilled Salmon Trout with Bearnaise Sauce.

(*Truite Saumonée grillée à la Béarnaise.*)

Score the trout, season it with salt and pepper, and pour a little warm butter or salad oil over it. Warm the grill and rub it over with oil before using it and arrange on it a dozen or sixteen oiled straws, a little longer than the trout, place the fish on these and put to grill over a clear fire, keeping the grill somewhat slanting to prevent the fire smoking. It is best to have the grill rather near the fire, otherwise the fish is likely to be soft and flabby when cooked. Keep the trout well basted with clarified butter or salad oil. It should only be turned once in the cooking, and when done it should be a pretty golden brown on the top and bottom, perfectly crisp and firm, and without a split in the skin. Carefully remove the fish from the grill with a palette knife or slice and dish on a very hot dish, with or without a dish-paper. The best way to baste is by means of a paste brush dipped in oil or butter; garnish with a little parsley, and serve Béarnaise sauce in a sauceboat, or the sauce may be spread on the dish and the trout laid on it. For scoring see 'Grilled Mullet.'

Mayonnaise of Trout.

(*Truite en Mayonnaise.*)

Cleanse and trim the trout and place it in a stewpan with boiling water as for salmon and let it cook ten minutes for each pound of fish. If time allows, let the fish get cold in the liquor it was cooked in, then take it up, drain it, place it on a dish, and mask it with mayonnaise aspic, then dish it on a large piece of aspic, or a fried croûton, and garnish with hard-boiled white of egg cut in diamond shapes, French

gherkins, truffles, and red chillies, all arranged straight down the trout in any pretty design, and set this with more liquid aspic jelly. Put glass eyes into the fish if you have them. Garnish the dish with crisp lettuce, cucumber, and beetroot cut in any pretty shapes, French capers, chopped olives, red chillies, olives farced with anchovy, and pale green coloured aspic jelly. Serve with Verte sauce.

Boiled Trout with Hollandaise Sauce.

(Truite Bouillie. Sauce Hollandaise.)

Prepare the trout as in the recipe for mayonnaise of trout; when it is cooked take it up, dish on a napkin, garnish with fresh parsley, and just before serving rub a little fresh butter lightly over the fish. Serve with Hollandaise sauce in a sauceboat.

Perch, Tench, and Bass.—These may be cooked in the same manner as trout; also **Pike, Grey Gurnet, Jack, and Luce**; but the latter should always have sharp sauces served with them.

Whitebait, Plain.

(Whitebait Naturel, Blanchailles Naturelles.)

Keep the whitebait with a little ice on it till it is required; drain it on a sieve and pick it over to free it from any weed &c.; take about twelve to eighteen of the bait at a time and sprinkle them in plenty of common flour on a cloth; drop them into the frying basket and carefully shake off any superfluous flour; put the basket in a pan of boiling fat for about one and a half minutes; turn out the bait on to a drainer or into another frying basket; repeat these operations with the same quantity until there is sufficient to fill the basket to the depth of the boiling fat in the pan; be sure that the fat boils up, then place in it the basket containing the prepared quantity; fry for one or two minutes till the bait is crisp, and serve hot and garnish with fried parsley. Have brown bread and butter handed, garnished with lemons cut in quarters or fancy shapes. The lemons and brown bread and butter can be made into very pretty dishes for handing with the bait,

Whitebait Devilled.

(*Whitebait à la Diable.*)

When the whitebait are taken from the second fat as in the preceding recipe, season them with a little salt and cayenne, toss them up in a cloth, then dish them.

Boiled Turbot and Lobster Sauce.

(*Turbot Bouilli. Sauce Homard.*)

Lay the fish in salt and water for about one hour before cooking, then trim it and truss it, rub it over with lemon juice and put it in a fish kettle with enough cold water to cover it, season the water with salt and place a buttered paper over; bring to the boil gently, let it remain on the side of the stove for fifteen to twenty minutes to poach, then dish up on a napkin and garnish with lemons cut in quarters, rub a little piece of fresh butter over the fish, garnish with green parsley and serve with lobster or Hollandaise sauce or any other suitable sauce as a dinner fish.

Mayonnaise of Stuffed Turbot.

(*Turbot farci en mayonnaise.*)

Clean and wash a nice fresh turbot in cold salt and water, remove the fillets from the bone, place the underneath fillets together on a buttered tin, masking the inside of the fillets about a quarter of an inch thick with lobster farce as below, and on this lay the top fillets, pressing them as closely together as possible to present a natural appearance. Sprinkle the fish with strained lemon juice, place a buttered paper over it, and cook it in a moderate oven, allowing twenty-five to thirty minutes for a fish large enough for fifteen to eighteen persons. When cooked put it aside to cool. Dish it when cold in the dish it is to be served in, mask it all over with very stiff mayonnaise sauce, smooth this with a wet palette knife and garnish with filleted anchovies, turned and farced olives, strips of French gherkins and of red chillies. Ornament the sides of the dish with prettily cut little blocks of aspic jelly and large prawns or slices of cooked lobster. This dish is excellent both for a dinner or a ball supper.

Lobster Farce for Turbot.—Pound six ounces of cooked lobster till quite smooth, then mix to it three ounces of

pounded panard, one tablespoonful of essence of anchovy, a dust of cayenne and a little carmine. Add two raw yolks of eggs and one raw white, rub all through a sieve and use.

Brill and Dory should be served similarly to turbot. The latter can be stuffed with a herb or fish farce if liked.

Sole au gratin.

(Sole au gratin.)

Remove the skin, the head and fins, from a nice fresh sole and trim it. Wash it and dry it well in a clean cloth. Season it with pepper and salt, rub the dish in which it is to be served well with good butter, and lay the sole in it. Pour over it a wineglass of white wine, cover it with a buttered paper, place the dish in a baking tin with boiling water and set it in a hot oven for about ten minutes, then remove the paper and pour all over the sole about half a pint of gratin sauce, sprinkle over this about a tablespoonful of browned bread-crumbs and return the dish to the oven for twelve to fifteen minutes, then if not sufficiently deep in colour hold a red hot salamander over it for a minute or two, sprinkle it lightly with chopped parsley and send to table quite bubbling hot.

Fillets of sole, also whittings, salmon, &c., can be served this way.

Fillets of Sole à la Normande.

(Filets de Sole à la Normande.)

Take the fillets from the sole, trim, and bat them out with a knife which is occasionally dipped in cold water, and season with a little salt and lemon juice; place them in a buttered sauté pan, and put half a gill of cold water and the juice of half a lemon in the pan, cover them with a buttered paper, and cook in a moderate oven for about twelve to fifteen minutes. Take the bones and trimmings from the fish, chop up and put into a stewpan with one or two sliced onions, a bunch of herbs, six or eight peppercorns, a pinch of salt, and one clove, add the liquor and beards from the oysters and cover with cold water, bring to the boil, and cook for fifteen to twenty minutes; put two ounces of butter and two ounces of fine flour into a stewpan, fry them together without discolouring, then mix with three quarters of a pint of the fish stock and the liquor from the fillets, stir together till it boils, then add a

gill of cream and a tiny dust of cayenne pepper, tammy and use. Dish up the fillets of sole on a little border of fish farce, and pour the sauce over them; garnish the centre with blanched bearded oysters, button mushrooms and truffle, and cooked lobster cut in square pieces, and serve; put this garnishing all together in a stewpan, and warm it in the bain marie with a little of the mushroom liquor.

Boiled Sole à la Française.

(*Sole Bouillie à la Française.*)

Trim the fish and lay it in cold water with a little salt for about an hour, then put it in a stewpan with enough cold water to cover it, add the juice of a lemon, about a dessertspoonful of salt, put a buttered paper over, and bring it gently to the boil; then let it stand on the side of the stove for four or five minutes, when cooked place it on the dish in which it is to be served, rub a little piece of good butter over it, and sprinkle it over with a little finely chopped parsley. Serve the sauce (see below) round, but *not over*, the sole, garnish outside this sauce lightly with the hard-boiled yolks of eggs that have been rubbed through a sieve, and edge the dish with olive potatoes. If you have any lobster coral, three or four little patches of it add to the prettiness of this dish. Be sure to have the sauce ready when the sole is dished, as the whole should be sent to table very hot.

Sauce for Boiled Sole.—One and a half ounces of fine flour fried lightly in a stewpan with two ounces of butter, mix into this half a pint of hot water, the juice of half a lemon, a pinch of salt, a small dust of cayenne, two or three tablespoonfuls of thick cream, and stir together till boiling, then tammy and use.

Olive Potatoes for Garnish.—Boil the potatoes plainly, then cut them as near as possible to the shape and size of Spanish olives, lightly pour a very little warm butter over them, sprinkle with finely chopped parsley, and use.

Fillets of Sole à la Chesterfield.

(*Filets de Sole à la Chesterfield.*)

Take rather small fillets of sole and beat them out with a thick knife or bat: season with a little lemon juice, white

pepper and salt, then cut each fillet in two pieces; have some fresh peeled potatoes cut about the size of a sherry cork; roll each piece of fish on one of these and then tie up in a little band of buttered paper; place the fillets in a pan with a wineglass of white wine and rather better than a quarter of a pint of white fish stock or water and a pinch of salt; let these cook for about fifteen minutes, then take up, and when cool remove the potatoes. Make a sauce with one ounce of butter and the same of flour, lightly fried; mix it with the stock the fish was cooked in (which must be rather better than a quarter of a pint) and a tablespoonful of cream; stir till it boils, then add about half an ounce of live spawn* that has been pounded with half an ounce of butter; let this boil up in the sauce, keeping it stirred, then add a tiny dust of cayenne; mix in the raw yolk of an egg; do not let the sauce boil after the egg is added; pass through the tammy, then add a quarter of a pint of chopped shrimps or lobster and mix well; farce the fillets of sole with this sauce by means of a pipe and bag, then flour them and brush over with egg and bread crumbs twice; fry a golden colour in boiling mutton fat or lard; dish on a napkin and garnish with fried parsley. Tomato sauce may be served in a boat with this dish. See engraving at end of this Chapter.

Fillets of Sole à la Sefton.

(*Filets de Sole à la Sefton.*)

Put four large fillets of sole on a buttered baking tin, season with a little lemon juice and salt, lay a buttered paper over them and cook for seven to eight minutes, then take them up and put them to press, and when cool cut each fillet into three or four neat pieces, and mask the top of each with pink mayonnaise aspic, and the bottom with white mayonnaise aspic, garnish with little sprigs of chervil and strips of red chillies, set them with liquid aspic jelly, and when this is set trim the little fillets neatly, and dish on a border of aspic; garnish with lettuce cut or broken into small pieces, beetroot and cucumber (or use a macedoine of cooked vegetables), with a thick mayonnaise and some chopped aspic. This dish can be served either as dressed fish, or for second course, or for luncheon.

* If you cannot get spawn, add a few drops of carmine.

Salad of Fillets of Sole à la Russe.

(Salade de Filets de Sole à la Russe.)

Take the fillets from a nice sole, squeeze over them the juice of a lemon, and cook them in an oven on a buttered tin with a buttered paper over them for about ten minutes; remove them from the oven, put them to press till cool, then cut them either in cutlet shapes or rounds, and ornament them on one side, half of them with lobster coral and half with chopped tarragon and chervil or parsley, masking them with a little aspic jelly to keep the garnish in its place; the aspic should be used for this just as it is getting set. Take a nest mould and line it with aspic jelly one eighth of an inch thick, then arrange the fillets of sole in the mould with picked prawns or shrimps between the edges of the fillets; set these again with a little aspic jelly to keep them together, and fill up with half a pint of prepared macedoine of vegetables, such as carrots, turnips, peas, French beans, artichoke bottoms, six turned olives cut in dice shapes, a teaspoonful of capers, potatoes, tomatoes, and six fillets of anchovies that are cut in dice, round, or diamond shapes, add some chopped tarragon and chervil, and mix all with a well-seasoned mayonnaise sauce, to which some aspic jelly has been added, in the proportion of half a pint of aspic to three large tablespoonfuls of mayonnaise, and put in a cool place or on ice till set. Turn it out on to a dish as you would a jelly. Mayonnaise sauce may be served round the salad, and a macedoine of vegetables in the centre of the mould.

Boiled Cod Fish, Oyster Sauce.

(Cabillaud Bouilli, Sauce Huîtres.)

Rub the cod fish well with salt and lay it in cold water at least one hour before cooking, then wash it and tie it up with tape if a large piece; put in a fish kettle sufficient milk and water in equal quantities to cover the fish; let it come to the boil, skim it, then place the fish in it on the drainer and cook on the side of the stove for about fifteen to twenty minutes, according to the thickness of the fish; take it up, let it drain, and dish it on a hot dish on a napkin or dish-paper. Brush it lightly over with warm butter, garnish it with green

parsley and quarters of lemon, and serve, and hand oyster sauce in a sauceboat.

Cod à la Grand Hôtel.

(*Cabillaud à la Grand Hôtel.*)

Cleanse the cod and cut it in slices about two inches thick, and sprinkle these well with salt. Let them stay in the salt for about an hour, then wash them well in cold water and tie them up with tape. Put about two ounces of butter, the juice of a lemon, and about two and a half wineglasses of white wine (this is for three to four pounds of fish) in the bottom of a stewpan, lay the cod slices in this, with a buttered paper over them, and let it all simmer at the side of the stove for fifteen to twenty minutes, then take the fish up with a slice and place it on a hot dish, pour the sauce round it, with some more served in a sauceboat, and garnish the fillets all round the edge with salsify or parsnip cut in Julienne shreds, and sprigs of picked and blanched chervil. Sprinkle the centre of the fish with a little lobster coral. Serve very hot.

Salsify for Garnish.—Wash and peel the vegetables, cut them into shreds, and lay them in cold water and a little salt and lemon juice as you do them. Put them in a pan with enough boiling water seasoned with lemon juice and salt to cover them, bring the water to the boil, let them cook for an hour, then drain them, mix them with a little warm butter, and use.

Parsnips for Garnish.—See following recipe.

Halibut and Hake.—These may be served in the same manner as cod.

Boiled Salt Fish and Egg Sauce.

(*Morue Salée Bouillie, Sauce aux Œufs.*)

Soak the fish for twenty-four to thirty hours in cold water, according to its dryness, before cooking, changing the water frequently, or better still leave the fish in a basin with the skin side uppermost, and let the water from the tap drip on it continually. When ready to cook, place it in a fish kettle with a drainer, or in a pan with a plate or dish under it, and cover it well with cold milk and water, or plain water. Let it come very steadily to the boil, and remove the scum as it rises; let the pan remain at the side of the stove for five

or ten minutes more, taking care the fish does not boil fast, or it will break and become tough. When ready to serve take it up carefully, dish it on a neatly folded napkin or dish-paper, lightly brush the fish over with a little butter carefully melted, or pour just a little over the fish. Garnish with parsnips (see below), picked and blanched parsley, and the halves of hot hard-boiled yolks of egg. Hand round egg sauce, brown bread and butter, and quarters of lemon. If served à la Russe the parsnips and garnish should be handed in a separate dish. Allow a quarter of a pound of fish to each person.

Parsnips for Garnish.—Peel and well wash the parsnips, and cut them crosswise in one and a quarter inch lengths; peel these pieces round so as only to get the tender outside part, cut them in Julienne strips, blanch them, strain, and rinse them well in cold water. Put them in a pan with boiling water, a little salt, and the juice of a lemon; boil gently for twenty to thirty minutes, taking care the parsnip is kept well under water, strain off the water, mix in a pat of warmed butter, a tablespoonful of little picked and blanched parsley leaves; put the parsnip in pretty neat bunches here and there round the salt fish with the halves of the hot hard-boiled eggs. These should be boiled for seven minutes.

Fried Eels with Tartare Sauce.

(*Anguilles frites. Sauce Tartare.*)

Skin and cleanse the eel, and lay it in cold salt and water for about two hours, then cut it into three and a half inch lengths. Dry these pieces well in a cloth; then dip them first into fine flour, and then into whole beaten-up egg, and then into freshly made white breadcrumbs. Put the pieces into boiling oil, or clean boiling mutton fat or lard, and fry from twelve to fifteen minutes according to their thickness, then take up, drain, and dish the eels on a dish-paper or a napkin in a pile, and garnish with crisply fried parsley. Hand round Tartare sauce in a sauceboat.

Blanquette of Eels.

(*Blanquette d'Anguilles.*)

Skin and cleanse the eel, and cut it in two and a half to three inch lengths, put two sliced onions in a pan with a

bunch of herbs, four or five black peppercorns, a pinch of salt and the pieces of eel. Cover well with cold water, let it come to the boil, skim it, and cook gently at the side of the stove for fifteen or twenty minutes; dish the pieces in a neat pile, pour Blanquette sauce over them, and serve very hot.

Matelote of Eels.

(Matelote d'Anguilles au Vin rouge.)

Cleanse, skin, and cut the eels into three inch lengths; wash and dry them; put in a stewpan two ounces of butter, half a pint of peeled and blanched button onions, or two large ones sliced, a bunch of herbs, and three or four peppercorns. Lay the eel in this, cover the pan and let it all fry for fifteen or twenty minutes, then sprinkle in one tablespoonful of sifted flour, one ounce of glaze, and a good three quarters of a pint of claret. Simmer on the stove for fifteen or twenty minutes, then remove the fish and the button onions, and keep them hot in the bain marie. If sliced onions are used, leave them in the sauce. Add to the ingredients left in the pan a quarter of a pint of brown sauce, and if not objected to, scrape in a piece of garlic the size of a clove, re-boil, pass it all through the tammy, and heat again in the bain marie. Dish the eel in a pile on a hot dish, pour the hot sauce all over it, and garnish with a few button mushrooms warmed in their own liquor, the button onions cooked with the fish, and little croutons of fried bread cut into fancy shapes, glazed, and sprinkled with chopped parsley and lobster coral. This dish can be served either hot or cold.

Roach, Bream, and Dace should be cooked and served similarly to eels.

Conger Eels, Lampreys, and Barbel may be served in the same manner, but the first-mentioned two require to be carefully cleansed.

Red Mullet in Papillotes à l'Italienne.

(Rougets en Papillotes à l'Italienne.)

If the mullets are large, take off the fillets, if small allow one fish to each person. Red mullet, sometimes called the 'woodcock of the sea,' should never be washed, but only

wiped carefully with a clean piece of muslin or a napkin; cut off the fins with the scissors and remove the eyes, but leave the trail in. Slit the fish across from the belly to the back and sprinkle it lightly with a little pepper and salt, then soak in a little warm butter or good salad oil. They should stay in this seasoning for an hour or two before cooking. Prepare some paper for papillottes as follows: fold half a sheet of white foolscap paper in two, then cut from it a piece like a pocket, large enough to hold a fillet or a small mullet; double the edges firmly over each other except at the top, oil these pockets well outside, then pour about two tablespoonfuls of brown *Italienne* sauce into each case, slip in the fish, and then fasten up the top edges. Lay these cases on an oiled baking tin, and put this in a moderate oven, with a second paper over them. Let these cook for about fifteen minutes. When cooked dish the papillottes on a hot dish, garnish with a few sprigs of parsley, and serve very hot. If fillets are used instead of whole fish, lay some of the trail on each fillet. Fillets of sole and of salmon can also be served in this way.

Grilled Red Mullet à la Maître d'Hôtel.

(Rougets Grillés à la Maître d'Hôtel.)

Remove the eyes from the mullets and split them as for papillottes, and season in the same way. Take some straws long enough for the mullets to lie on, put a little oil on them, and place them on a gridiron, lay the mullet on them, and grill or broil these for ten to fifteen minutes according to size. Great care must be taken in the cooking, and the fire should be a moderate and a very clear one. When cooked the skins should not be broken, but quite crisp to the touch. Dish them on a very hot dish, and just as they are served, lay a piece of Maître d'Hôtel butter on the top of each fish, sprinkling the butter as you dish it with a little warm thin glaze (if you have it) with a pastry brush.

Grilled Red Mullet. Bearnaise Sauce.

(Rouget Grillé. Sauce Béarnaise.)

Score the mullet with parallel cuts through the skin about one eighth of an inch apart: season it with pepper and salt

and salad oil. Grill on oiled straws or broil for about ten or fifteen minutes. Serve with Bearnaise sauce, either in the dish or handed round in a sauceboat. Serve very hot.

Grey Mullet may be served in the same way as red mullet.

Fried Smelts.

(*Eperlans Frits.*)

Take some very fresh smelts, trim off all the fins with scissors, then wipe them carefully in a clean cloth, roll them lightly in flour, and then dip them in whole beaten-up egg and roll them in freshly made white breadcrumbs, then roll them very lightly on the table or slab with the hand, to make the breadcrumb appear quite smooth, place them in a frying basket and put them in clean boiling fat and fry for five to six minutes. When perfectly crisp and a pretty golden colour, take up, drain, and dish on a dish-paper, and garnish with very crisply-fried parsley, little thin slices of freshly-cut lemon and cucumber. Serve with anchovy, tartare, or cucumber sauce. Whiting dressed in the same manner can be used for dinner or luncheon, and served for breakfast if liked, without sauce. Fried parsley as the only accompaniment.

Gudgeon may be served similarly to the above.

Fried Fillets of Whiting with Anchovy Butter.

(*Filets de Merlan frits au Beurre d'Anchois.*)

Fillet, skin, and remove all bone from the whiting; dry in a clean cloth and then dip the fillets in fine flour; next dip them into whole beaten-up egg and into freshly-made white breadcrumbs, and then bat over the fillets with a knife to make the crumb appear smooth. Crimp the fillets up on little skewers (either wooden or steel), and then drop them into enough clean boiling fat to cover them, and fry for five or six minutes. Remove from the fat when a pretty golden colour, and, if hatelet skewers are to hand, remove the ordinary ones and replace them with the hatelets. Dish these up, allowing one to each person, place on the top of each fillet, when ready to serve, a piece of anchovy butter about the size of a walnut, and on

this place one or two olives farced with anchovy; pour any of the liquid from the anchovy butter on the dish. These are also excellent for breakfast.

Fillets of Whittings in Papillotes with Fine Herbs.

(Filets de Merlan en Papillotes aux Fines Herbes.)

Take some perfectly fresh whiting, skin them, then remove the fillets, taking every particle of bone from them; if the fish is large each fillet can be cut in two; bat them carefully with a chopping-knife that is occasionally dipped in cold water. Season these fillets with a little white pepper, salt, and warm butter, chopped eschalot, chopped parsley, and button mushroom. Put the bones of the fish into a stewpan with a sliced onion, a bunch of herbs, and six or eight peppercorns; add the juice of one lemon, a little salt, and three-quarters of a pint of cold water; bring it to the boil, then skim, and cook for about half an hour gently on the side of the stove. Fry two ounces of butter in a stewpan with two ounces of flour without discolouring, mix with half a pint of the fish stock, stir together till it boils, then add half a gill of cream, and tammy, and finish off in the same manner as for mullet in papers. Serve very hot for dinner or breakfast.

Boiled Mackerel with Fennel Sauce.

(Maquereau Bouilli à la Sauce Fenouil.)

Wash and cleanse the mackerel and trim off the fins; remove the eyes, then rinse in cold salt water; put them in a fish kettle with a drainer and enough cold water (seasoned with salt) to cover them; stand the stewpan on the stove, cover it over with the lid, bring gently to the boil, then skim the water and let the fish remain poaching on the side of the stove for about eight to ten minutes, then remove from the water and drain; have a hot dish with a drainer and a napkin folded on it, dish the mackerel on this, garnish with fresh green fennel or fresh green parsley and serve while hot with fennel sauce in a sauceboat. Serve for dinner or luncheon. Any remains of these can be soured by putting them in part brown vinegar and part cold water with a few black peppercorns and fresh bayleaf, and leaving for

about twelve hours. They can then be served for a cold breakfast dish.

Grilled or Broiled Mackerel with Maître d'Hôtel Butter.

(Maquereau Grillé, Sauce Maître d'Hôtel.)

Wash the fish well in salt and water, and remove the fins; split it open straight down the back, remove the blood from it, season well with salt and pepper, and pour a little warm butter or fat all over it. Put some greased straws, that are cut about as long as the fish, on the grill-iron; place the fish on these and cook it over the fire, or in front, if the fire is clear, for about twelve or fifteen minutes. Put some Maître d'Hotel butter inside the fish; close up and serve hot.

Filleted Mackerel with Parsley Sauce.

(Filets de Maquereau à la Sauce Persil.)

Take the two fillets from the mackerel, and if they are large cut each into three; bat them out and trim them with a wet knife on a wet board. Butter a sauté pan, place the fillets in it, season them with a little pepper, salt, and a little lemon juice, cover them over with a buttered paper, and cook in a moderate oven for about ten minutes. Dish the fillets straight down the dish, resting one on the other; pour parsley sauce over them, and serve hot.

Garfish should be served similarly to mackerel.

Souchet of Flounders.

(Souchet de Limandes.)

Trim the flounders and put them in a sauté pan with one or two sliced onions, bunch of herbs, a few black and white peppercorns, and a little pinch of salt; well cover them with any fish stock, or water if you have no stock, bring it to the boil, then draw the pan to the side of the stove and simmer for eight to ten minutes; remove the flounders and keep them warm between two hot plates over boiling water; strain the liquor, and add to it for each pint two raw whites of egg and whip together; put the stock to re-boil, and let it stand on the side of the stove for six to eight minutes; then strain it through a soup cloth and put it into a stewpan; to

each pint of liquid add two tablespoonfuls of parsnip cut in Julienne shapes and a dessertspoonful of picked and blanched parsley, and let it come to the boil. Put the flounders in a deep, hot entrée dish or tureen, and pour the stock over them, and serve while hot. Soup is not served when souchet is used for dinner. Fillets of sole or other white fish can be prepared in the same way. Thinly cut brown bread and butter should be handed. Reckon one small flounder or half a large one for each person.

Fillets of Plaice with Black Butter.

(Filets de Plie au Beurre Noir.)

Take the fillets from the plaice, and let them lie in cold water for about one hour, then well wash and dry them; place them in a well-buttered sauté pan; strain the juice from a large lemon over them; cover with a well-buttered paper, and cook in a moderate oven for about ten or twelve minutes, then dish them in the form of cutlets, pour black butter over the fillets, and serve one fillet for each person.

Fillets of Whiting, Sole, Salmon, or Mackerel can be done in the same way.

Fillets of Plaice à la Duchesse.

(Filets de Plie à la Duchesse.)

Skin a nice plaice and remove the fillets; cut these across into pieces each sufficient for one person, bat them out with a wet knife, trim them neatly and put them into a buttered sauté pan, sprinkle a little lemon juice over each fillet, also a little salt, put about one tablespoonful of water into the pan, cover the fillets over with a buttered paper, place the pan in the oven for ten or twelve minutes, then dish up the fillets in a round on the dish as cutlets are dished. Take as many fillets of anchovy as you have fillets of plaice, bone and wash them and sprinkle the inner side of each with hard-boiled yolk of egg which has been passed through a wire sieve; roll up each fillet with the yolk of egg inwards, and sprinkle the top of each with a little chopped parsley and a little cooked lobster coral pounded and passed through a sieve; place one of these rolled fillets on each fillet of plaice.

Take the liquor left in the sauté pan and make it hot in the bain marie, work into it by degrees about half an ounce of good butter and two or three drops of carmine, and as soon as the sauce thickens pour it round the fish; do not let the sauce boil, or it will turn oily; but it must be served quite hot.

Boiled Haddock.

(*Merluche Bouillie.*)

Trim off the fins and remove the eyes from a fresh haddock and draw the tail through the eye-holes, fastening it with a piece of string; put it in cold water with a little salt for about half an hour, then wrap the fish in a piece of buttered muslin, put it in a stewpan with a drainer with enough cold water to cover it; season with salt, one tablespoonful of French vinegar, one carrot and two onions, sliced, and a bunch of herbs; stand the stewpan on the stove and let the contents come gently to the boil, then draw the pan to the side of the stove for eight or ten minutes; take the fish up and let it drain; remove the string and muslin and dish up on a dish-paper or napkin, and rub it carefully over with a piece of fresh butter; garnish it with parsley, quarters of lemon, hard-boiled yolk of egg passed through the sieve, little bunches of capers and chopped French gherkins; serve hot with egg sauce handed in a sauceboat.

Baked Fresh Haddock with Brown Mustard Sauce.

(*Merluche au four, Sauce Moutarde.*)

Take the fresh haddock, cut off the fins, remove the eyes, and partly bone the fish, leaving about two inches at the tail end; season it inside with pepper and salt. Make a stuffing for it with two ounces of finely-chopped suet, three ounces of breadcrumbs, a tablespoonful altogether, when chopped, of parsley, bayleaf, and thyme; season with a little white pepper and salt, and mix up with two whole raw eggs; work the stuffing together, and put it into the fish; sew up the fish, and draw the tail through the eyes, and secure it thus with a string by means of a trussing needle; put the fish in a baking tin with a little fat, and cover it over with a well-greased paper; cook it in the oven for half an hour or a little more,

keeping it well basted. When cooked remove the string, dish up and serve with brown mustard sauce round or in a sauce-boat.

Gurnets.—These may also be served in the same manner as haddocks.

Turban of Fish à la Moderne.

(*Turban de Poisson à la Moderne.*)

Take the fillets of two ordinary sized soles, bat them out, and trim and cut them into lengths to suit your mould (any rather deep round mould, curved and indented on the top, will do), season with a little lemon juice and salt, and well sprinkle half of them on one side with chopped truffle. Butter the mould, and paper it with a buttered paper; arrange the fillets alternately and slantingly round the mould, put over these the lobster farce given below about an inch thick, smooth this inside, with a spoon heated by dipping it in boiling water, and press the farce well on to the fillets, fill up the centre with the ragoût, cover this over with more of the farce, and smooth it over. Place the mould in a stewpan on a fold or two of paper with sufficient boiling water to reach half way up the mould. Let the water re-boil, then draw the pot to the side of the stove, put on the lid, and let the turban steam for about three quarters of an hour. Turn out on a dish, pour the sauce round the base, garnish round the bottom and the top with button mushrooms, and little quenelles in the shape of mushrooms made from the farce.

Lobster Farce.—Take half a pound of cooked lobster, six ounces of panard, one and a half ounces of butter, a pinch of salt, a tiny dust of cayenne, and one large tablespoonful of Bechamel sauce. Pound the lobster and the panard separately, then mix them and work to a smooth paste in the mortar, adding the seasoning, &c. and two and a half eggs by degrees. When well mixed, pass through a sieve.

Ragoût.—Cut into tiny dice shapes a quarter of a pint of picked shrimps, six sauce oysters, bearded, a tablespoonful of lobster, four button mushrooms and two truffles. Mix all together and use.

Sauce.—Chop up the bones from the fish, add one or two sliced onions, the oyster liquor, a bunch of herbs, a pinch of salt, and three or four peppercorns; cover the whole with cold

water, bring it to the boil, skim, and let it boil about twenty minutes; mix a pint of this sauce on two ounces of flour lightly fried with two ounces of butter, then stir till it boils; add a wineglass of white wine and half a gill of cream, boil for about ten minutes, tammy and use.

Little Oyster Soufflés.

(Petits Soufflés d'Huitres.)

Beard a dozen sauce oysters and cut them up into little square pieces; strain their liquor into a cup. Put two ounces of fine flour into a stewpan with two ounces of butter, a tiny dust of cayenne peper, a pinch of salt, three raw yolks of eggs, and barely half a pint of cold milk, mix well together, and stir over the fire till it boils; add the cut up oysters and their liquor. Whip four large whites of eggs and a pinch of salt till very stiff, and add this to the above boiled mixture; mix well together and fill some little paper cases which have been just oiled and dried (china cases can be used if liked); put a few browned breadcrumbs on the top of each soufflé, and a tiny piece of butter to keep it moist, and bake in a moderate oven for about fifteen minutes. Dish up on a dish-paper on a hot dish, and serve directly they are taken from the oven. These might also be steamed instead of baked, and they may be served either in the fish course or as an entrée.

Lobster Mayonnaise à l'Osborne.

(Mayonnaise de Homard à l'Osborne.)

Cut from a cucumber, by means of a pea cutter, some pea-shaped pieces, and cook these till tender by putting them in cold water with a little salt and boiling them; also cut out some similar pieces of hard-boiled white of egg and cooked beetroot. Line some little bouche cups thinly with aspic jelly, and garnish them in rings with the pea shapes of cucumber, egg, beetroot, and also French capers, arranging these ingredients alternately on the aspic that the colours may have a pretty effect, and covering the bottom of the moulds and half-way up the sides with these rings, garnish round the rest of the sides with little picked leaves of chervil, and set the garnish with a little more aspic. Remove the shell from a freshly cooked lobster, and cut the back piece

of the fish in round slices about a quarter of an inch thick, place one piece in each of the prepared moulds, and fill the moulds up with mayonnaise aspic, and put them aside to set. Line, garnish, and prepare a fluted border mould in the same manner, fill it up with picked shrimps, and set them similarly with aspic mayonnaise, and let it set. When ready



to dish up, dip the border mould in warm water, pass a cloth over the bottom to absorb any moisture, and turn the border out on to an entrée dish, and place a prepared wax figure in the centre of the border; turn out the little bouche cups in a similar manner, placing one on each of the flutes of the border and one on top of the wax figure; fill up round the centre of the figure with a mixture of the pea-shaped vegetables, having first seasoned them with a little salad oil and tarragon vinegar and mixed in a little picked tarragon and chervil; arrange a little also round the top of the wax figure. Place in the hollow of each of the little bouche shapes a little mayonnaise, and garnish this mayonnaise alternately with sprigs of tarragon and chervil. Garnish the dish with chopped aspic and little bunches of the seasoned pea-shaped vegetables.

Lobster Mayonnaise with Aspic.

(*Mayonnaise de Homard à la Gelée.*)

Remove the meat from a nice fresh lobster, cut the back into neat pieces, the claws may be left whole or cut up as

preferred; place the pieces on a dish or tin, and sprinkle half of them with chopped parsley or tarragon and chervil, and the other half with the lobster coral; lightly mask the pieces with liquid aspic jelly, and when it is set dish up the pieces with the coral and parsley, alternating on a border of aspic jelly; tastefully arrange on the dish some fresh crisp lettuce, a little tarragon and chervil, French capers, turned olives, filleted anchovies, quarters of hard-boiled egg, and garnish the whole with thick mayonnaise sauce. This is a nice dish for luncheon, dinner, and cold collations. Cold salmon and chicken from a previous dinner may be served in the same way.

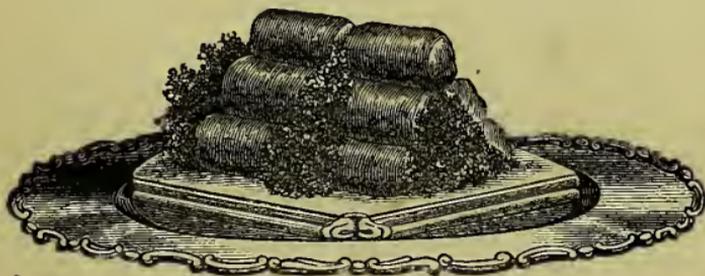
Lobster Cutlets with Cream Sauce.

(Côtelettes de Homard à la Crème.)

Put into a stewpan half a pint of new milk, an eschalot peeled, and one small blade of mace, boil together for three or four minutes, then mix it on to two ounces of butter and the same of fine flour that have been fried without discolouring; stir these both together till they boil, then season with a tiny dust of cayenne pepper, a pinch of salt, a very tiny dust of nutmeg, a saltspoonful of essence of anchovy, and one ounce of pounded live spawn or a few drops of Marshall's liquid carmine, then add three raw yolks of egg and stir the sauce over the fire until it thickens, but do not allow it to boil, then wring it through the tammy and mix with it the meat from a good-sized freshly cooked lobster that is cut up in little dice shapes, then put the mixture away to get cold, and when cool take about a small dessertspoonful of the mixture for each cutlet, put it out on a floured board or slab and roll it into a ball, using as little flour as possible for the purpose, then dip into whole beaten up egg, and then drop it into freshly made white breadcrumbs and roll again, then, with a palette knife, form the balls into cutlet shapes, being careful not to make them very large, the small ones being prettier when finished, place these in a frying basket and fry them in clean boiling fat for about two and a half minutes; when a pretty pale golden colour take up on a rack, then dish up on a potato border or fried croûton of bread cut in the shape of a border, and garnish the centre with crisply fried green parsley, place a little stalk of green raw parsley or the top part of the small claws of the lobster in the top of each

cutlet (frills can also be used if liked), and then serve with cream sauce made from the lobster bones round the base.

Cream Sauce.—Put the bones from the lobster into a stewpan with two sliced onions, a bunch of herbs, thyme, parsley, bayleaf, two peppercorns, black and white, a pinch of salt, the juice of a lemon and one and a half pints of water; bring to the boil, then skim and cook for about twenty minutes. Put one and a half ounces of butter and the same of fine flour into a stewpan, fry together without discolouring, then strain three quarters of a pint of the liquor from the bones and mix both together, stir over the fire till it boils, then add a tiny dust of cayenne pepper, a pinch of salt, half an ounce of pounded live spawn or a little carmine (Marshall's) to make the sauce a pale salmon colour (re-boil if using spawn), then add half a gill of cream, six or eight drops of lemon juice, tammy and make quite hot in the bain marie and use. This is a nice dish for an entrée for dinner, luncheon, and can also be served for a breakfast dish without the sauce.



Fillets of Sole à la Chesterfield. (See p. 87.)

CHAPTER VII.

HOT ENTRÉES.

[See also CHAPTERS VI. and XIII.]

Fillets of Beef à la Comtesse de Pomar.*(Filets de Bœuf à la Comtesse de Pomar.)*

TAKE two pounds of nice lean fillet of beef, which will be sufficient for about twelve persons, cut it in slices a quarter of an inch thick, bat them out with a wet knife, and cut them in rounds of about the size of a crown piece, so that there will be two rounds for each person, then season them with pepper and salt; cut some blanched beef marrow in slices about a quarter of an inch thick, and place on each a slice of truffle, and put this between two of the fillets of beef, filling up between them round the marrow with beef farce; press the fillets well together and wrap up in cleansed pork or veal caul, and dip this in raw white of egg which has been just beaten up on a plate, season with salad oil or clarified butter, and grill or broil for about five minutes, using oiled straws on the grill to prevent the fillets sticking; take up the fillets, brush them over again with the white of egg, sprinkle them with a little chopped truffle, replace them again on the grill-iron, and put them in front of the fire or in the oven with a buttered paper over them for about eight minutes, then dish them up on cooked beef farce straight down the dish, and serve Pomar sauce round them. Care must be taken that the dish is served very hot. Vegetables can be used for garnish if liked. Potato prepared as for potato border can be used to dish up on instead of the farce.

Little Fillets of Beef à la Genève.*(Petits Filets de Bœuf à la Genève.)*

Cut about one and a half pounds of fillet of beef into slices about half an inch thick, bat them out with a wet knife, and

trim them into neat rounds about two and a half inches in diameter; lard them on one side with lardons of fat bacon and French gherkin alternately, and with a pair of scissors trim the lardons evenly; season the underside with pepper, salt, chopped tarragon, and chervil; place them in a dish and sprinkle with salad oil and let them lie to marinade for about one hour; grill or broil the unlarded side for about four minutes, then place the grill on a baking tin, and finish the cooking in the oven for about eight minutes with a buttered or greased paper over the fillets. Dish up on a potato border with a thick horseradish sauce in the centre, and pour a good brown sauce round, and garnish the top of each fillet with a little finely scraped horseradish. Serve very hot.

Ox-palates à la Napolitaine.

(Palais de Bœuf à la Napolitaine.)

Take one or two ox-palates. Cleanse and blanch them, then put them to press between two plates with a heavy weight on the top till quite flat; this may be done the day before they are required. Take a clean stewpan and put in it one ounce of butter or fat, a good sized sliced onion, a little sliced carrot, celery, turnip, and herbs (thyme, parsley, bayleaf, basil, and marjoram), and six or eight peppercorns; place the palates on the vegetables, put a buttered paper over them, and the cover on the pan, and fry altogether for about fifteen minutes; then add half a pint of good flavoured stock, and place the pan in the oven and keep the palates constantly basted, adding more stock occasionally; the palates will require five or six hours' braising; when they are cooked take them up and stamp them out in rounds about the size of a five shilling piece, place them in a sauté pan with one wineglass of sherry, and put it on the stove till the rounds of meat have absorbed all the moisture, then glaze them lightly over and dish them up on a border of farce or potato with a slice of cooked tomato between each; garnish the centre with a mixture of ox-tongue, truffle, and mushroom cut in little square pieces, and maccaroni cooked and cut in lengths of about one inch. Strain the gravy from the braise, and remove the fat, and boil a quarter of a pint of it with half a pint of good brown sauce, tammy it and serve it round the dish. Two palates would be sufficient for eight to ten persons.

The vegetables used for the braise and any trimmings can be put into the stockpot.

Ox-tail in Matelote.

(*Queue de Bœuf en Matelote.*)

Cut a nice fresh ox-tail in neat joints and put it to blanch and dry it in a cloth. Put in a stewpan two ounces of butter, half a sliced carrot, two onions sliced, half a small turnip, a few slices of celery, and a bunch of herbs, six or eight peppercorns, four cloves, and a blade of mace. Place the joints of the ox-tail on the top of these ingredients with a buttered paper over and the cover on the pan, and fry on the stove for about fifteen or twenty minutes, then remove the paper, sprinkle into the pan a tablespoonful of flour, half a pint of brown sauce, half an ounce of glaze, and rather better than half a pint of cooking claret, replace the paper and the cover, and let it braise gently from three and a half to four hours, according to the size, adding a little stock occasionally as the liquor reduces, and keeping any fat removed that may rise to the surface. When ready to serve, take up the pieces, rub the vegetables with the liquor through the tammy, which should produce about three quarters of a pint of sauce. Dish the pieces in a neat pile, re-warm the sauce in the bain marie, and pour it over the pieces; garnish with turned and braised olives and button mushrooms and small quenelles of white meat.

Quenelles for Ox-tail in Matelote.—Prepare a white farce, and make it into two colours, force out on to a buttered sauté pan into little red and white rounds, and poach for about ten minutes.

Escalopes of Calf's Head in Matelote.

(*Escalopes de Tête de Veau en Matelote.*)

Soak a small half fresh calf's head in cold salted water for two days, changing the water constantly, then bone it and remove the brains (these can be used for an entrée; see 'Little Cases à la Toulouse'), and tie it up in a cloth; put it into a pan with enough cold water to cover it, and when it comes to the boil, take it out, wash it in cold water, and replace it in the stewpan with enough light stock or water to cover it, and a good plateful of vegetables, such as

carrot, onion, celery, and herbs (parsley, thyme, bayleaf, basil, and marjoram). When it boils skim it, and let it simmer gently for three or four hours; then take it up, remove the cloth, cut it out in good round pieces, about two and a half inches diameter, and lay the pieces in a sauté pan with a good wineglass of sherry; cover the pan and let it just boil up, then add half a pint of really good clear stock, let it boil till the liquor is as thick as cream, then lightly glaze the pieces on the top sides, dish them on a potato or farce border, with little round fried croûtons, the same size as the pieces of head, between each piece; these croûtons must be lightly brushed over with raw white of egg and sprinkled with coral and chopped parsley. Garnish the centre with button mushrooms, braised olives, blanched and bearded oysters, and truffles, and serve with Espagnol sauce round the base. Crayfish may also be added to the garnish, if in season. Remains from this dish may be used up as in the recipe for hashed calf's head. The liquor in which the head was boiled can be used for clear or thick mock turtle or other soup.

Blanquette of Veal.

(Blanquette de Veau.)

Cut the veal (either neck, breast, or loin) into neat little pieces about two inches square, and put them in a stewpan with two or three sliced onions, a little bunch of herbs, six or eight peppercorns, and two or three cloves; cover with cold water, add a pinch of salt, let it come to the boil, then skim and cook for about two hours very steadily; dish up the pieces of veal in a pile, and make the sauce to pour over them from the liquor the veal was cooked in, as described in the recipe for blanquette sauce. Garnish the top of the blanquette with chopped truffle or parsley. Two and a half pounds of veal would be sufficient for ten persons. Any liquor and vegetables left over can be used for soup or sauce making.

Veal Cutlets à la Duchesse Marie.

(Côtelettes de Veau à la Duchesse Marie.)

Butter well eight or ten cutlet moulds and mask them alternately with a little finely chopped ham or tongue and truffle, and fill up the mould by means of a forcing bag and

pipe with veal farce, prepared by taking eight ounces of the lean fillet of veal (chicken or rabbit can also be used), and pounding it till quite smooth and adding to it three ounces of panard, also pounded; when these are well mixed, add two large tablespoonfuls of thick Bechamel sauce, one ounce of butter, a pinch of salt, a dust of white pepper, two eggs and a half, and two tablespoonfuls of thick cream, and when worked into a smooth paste, rub through a clean fine wire sieve, then use. Smooth the farce in the moulds quite level with a hot wet knife, and place them in a sauté pan containing boiling light stock or water, not quite deep enough to cover the moulds; watch the stock re-boil, then put a buttered or greased paper over them, and stand the pan in a moderate oven for about ten to twelve minutes. Dish up on a border of white farce or potato *en couronne*, and serve in the centre any nice vegetable or purée of fresh mushrooms and Veloute sauce round the base.

Escalopes of Veal à la Milanaise.

(*Escalopes de Veau à la Milanaise.*)

Cut a piece of the fillet of veal into slices a quarter of an inch thick, and bat these out with a wetted cutlet bat or knife and trim into rounds about two and a half inches in diameter, season them with pepper and salt and dip them in warm butter, then into whole beaten up egg and freshly made white breadcrumbs, mixed with grated Parmesan cheese in the proportion of one and a half ounces of cheese to half a pound of breadcrumbs. Have ready some boiling clarified butter in a sauté pan, lay in the slices, and fry on both sides a golden brown. Dish on a border of veal farce or potato, and garnish with maccaroni, prepared by taking two ounces of boiled Naples maccaroni, and adding it to two large tablespoonfuls of hot Bechamel sauce, in which one and a half ounces of grated Parmesan cheese and a dust of cayenne are mixed. Take two pounds of veal for eight to ten persons. Use the trimmings for quenelle farce or for sautéing.

Fillets of Veal à la Duchesse.

(*Fillets de Veau à la Duchesse.*)

Cut one and a half pounds of lean fillet of veal (this is sufficient for eight or ten persons) into neat pieces one quarter

of an inch thick and three inches square, and bat them out with a wetted cutlet bat or knife; lard the centres of these fillets on one side with fat bacon in the form of a ring one inch in diameter, then, with a forcing bag and a plain pipe, arrange on each a little layer of veal farce on the other side, across which lay a strip of cooked tongue or ham. Then roll up the fillets over the tongue, completely hiding the farce, and tie them into cylinder shapes. Have ready a stewpan with the following braise: one ounce of butter, any bacon trimmings left over from the larding, half a cleansed carrot sliced, half a turnip, a strip or two of celery, a bunch of herbs, eight or ten peppercorns and two or three cloves. Lay the fillets on this, with a buttered paper over them, cover the stewpan, and let it all fry for fifteen to twenty minutes, then add a quarter of a pint of good stock, stand the pan in the oven, and allow all to cook for about one hour, adding more stock as that in the pan reduces, and basting occasionally over the paper. When cooked remove the strings carefully, brush over the tops with a little warm glaze, then return them to the oven to allow the lardons to become crisp. Dish *en couronne* on a border of farce or potato, with thin veal quenelles between each fillet. These quenelles are made of the same farce as that rolled up in the fillets. Each quenelle, when cooked, should be masked with a little Veloute sauce and stuck over with a few little strips of cooked tongue. Serve with peas or French beans in the centre and Veloute sauce round.

Little Veal Creams à la Sherard.

(*Petites Crèmes de Veau à la Sherard.*)

Butter well eight or ten horseshoe moulds, and garnish in imitation of the nails &c. with cut truffle, then line the moulds with the farce as below. Make a little well in the farce with your finger wetted with hot water; place about a saltspoonful of mushroom purée in each little well, cover this over with more farce, smooth it with a warm wet knife, and poach for fifteen minutes in boiling light stock. Turn them out and dish on a border of farce straight down the dish with Veloute sauce round and thin Veloute sauce poured over the creams, and garnished with any green cooked vegetable.

Farce for Moulds.—Half a pound of raw white meat pounded smooth and mixed with six ounces of pounded panard,

one ounce of butter, one tablespoonful of thick Bechamel sauce, a little salt and white pepper, and if liked, a dust of nutmeg; then add two whites and three yolks of egg. Mix all well together in the mortar, then rub through a wire sieve, mix it with two tablespoonfuls of thick cream, put in a forcing bag with a plain pipe, and use.

Purée of Mushrooms.—Wash and press the water from half a pound of fresh mushrooms, chop them fine and put them in a stewpan with one ounce of good butter, half a chopped eschalot, a pinch of finely-chopped parsley; season with salt and a little white pepper, and fry carefully for eight or ten minutes; then mix with half an ounce of chopped ham or tongue and half an ounce of glaze, boil up, mix with one ounce of finely-chopped cooked white meat, set aside to cool, and use.

Thin Veloute sauce for pouring over the creams is made by adding, to a quarter of a pint of the ordinary Veloute sauce, sufficient thin cream to make it liquid enough to allow the truffle garnish to be seen through when the sauce is poured over the creams.

Escalopes of Sweetbread à la Connaught.

(*Escalopes de Ris de Veau à la Connaught.*)

Blanch the sweetbread and press till cool, then place a piece of fat bacon over and under it, and wrap it in buttered paper; put it in a stewpan with one ounce of butter, a little celery, one carrot, one onion, a bunch of herbs, and fry lightly for about fifteen minutes, then add a quarter of a pint of good stock and braise it in the oven for about an hour, adding more stock when required. When done, take up the sweetbread, cut it in slices, brush these over with a little warm glaze and sprinkle them with grated Parmesan cheese. Place them in a sauté pan with about four tablespoonfuls of rich stock or thin glaze, and put them in the oven to brown and crisp for about eight minutes. Dish *en couronne* on a croûton of fried bread, with thin slices of crisped bacon between each slice of sweetbread, and fill up the centre with halves of cooked artichoke bottoms, and green sauce round the base. Serve very hot. The green sauce is made by adding a dessertspoonful of parsley as prepared for parsley sauce, and a little apple-green colouring, to a pint of Veloute sauce. The slices of sweetbread should be cut acrosswise and about a quarter of an inch thick.

Capilotade of Sweetbread.*(Capilotade de Ris de Veau.)*

Blanch the heart or throat sweetbread in cold water, then put it to press; when cold wrap it in a buttered paper and place it in a pan to braise as in foregoing recipe. Take up and set aside to cool; then cut in slices about a quarter of an inch thick and mask over one side and round the edges with veal farce; smooth this with a hot wet knife and garnish alternate slices with chopped truffle and hard-boiled yolk of egg which has been passed through a sieve. Place the slices in a buttered sauté pan on the unmasked side, then pour into the pan enough well-flavoured boiling stock to half their thickness, and put them in a moderate oven with a buttered paper over them for twelve to fifteen minutes. Dish *en couronne* on a border of potato with thin Soubise sauce round the dish, and garnish the centre with Julienne shreds of truffle, tongue, tinned button mushrooms, French gherkins, and hard-boiled white of egg. The white of egg, when cut, should be kept in cold water till wanted, and the other garnish heated between two plates over boiling water with a little mushroom liquor.

Escalopes of Sweetbread à la Française.*(Escalopes de Ris de Veau à la Française.)*

Prepare the sweetbread as for escalopes à la Connaught, and when it is cooked cut it in slices about a quarter of an inch thick, place these on a baking tin and brush over with a little warm glaze, put in the tin a little of the liquor from the braise, strained and freed from fat, and put them in a moderate oven for ten to fifteen minutes, take up and sprinkle each with chopped truffle, dish on a croûton border *en couronne* with slices of cooked tomato between each slice of sweetbread; serve with any nice green vegetable in the centre and thin Soubise sauce round the base.

Escalopes of Sweetbread à la Marne.*(Escalopes de Ris de Veau à la Marne.)*

Braise a sweetbread and cut it into slices as in the foregoing recipe, put these in a sauté pan and brush them over with a little warm glaze and put into the oven for about five

minutes, then take up on a plate and mask all over each slice with a tomato purée prepared thus:—Remove all the juice and skins from four large ripe tomatoes and rub them through a fine hair sieve, put the purée in a stewpan with a pinch of salt and a teaspoonful of Brown and Polson's cornflour mixed into a smooth paste with a tablespoonful of cold water and about eight or ten drops of liquid carmine, stir together till it boils, mix in a teaspoonful of finely chopped parsley and use. Dish up *en couronne* on a border of farce and serve peas in the centre, Suprême sauce round the base.

Sweetbread à la Constance.

(*Ris de Veau à la Constance.*)

Blanch a throat sweetbread and put it to press till cold. Cut some little strips of ham or tongue about half an inch long, and one eighth of an inch thick, also truffle cut in the same way. With a small knife stick the sweetbread on the top so as to make little holes, and in these holes put the tongue and truffle alternately. When these are arranged all over, put the sweetbread in a piece of buttered paper and tie it up and braise it as in the foregoing recipes. When it is cooked, take it up, remove the paper, and dish the sweetbread on a little square croûton of fried bread; serve with Veloute sauce round the dish, and garnish with little bunches of truffle, mushroom, tongue, or ham, in little square pieces, and olives turned and braised. Serve the sweetbread very hot.

Sweetbread Larded. Soubise Sauce.

(*Ris de Veau Piqué. Sauce Soubise.*)

Blanch a sweetbread and put it to press between two plates with a weight on the top; when the sweetbread is cold, lard it all over the top with lardons about one and a half inches long and one eighth of an inch thick, and then braise it as in foregoing recipe. When cooked, lightly glaze the sweetbread over and put it in the oven on a clean tin for the lardons to get quite crisp, dish it up and serve Soubise sauce round it.

Fried Sweetbread.*(Ris de Veau Frit.)*

Take a sweetbread and blanch it, then put it between two plates to press, and when cold put it into the oven with about two ounces of butter in a clean stewpan, squeeze the juice of a lemon over it, cover it with a buttered paper, and cook in the oven for about one hour with the stewpan standing in a baking tray containing water; keep it occasionally basted; when cooked, take up, sprinkle with finely chopped cooked tongue and parsley, and then with fine flour, and egg and crumb twice, and fry in clean boiling fat for eight to ten minutes; dish upon a bed of crisply fried parsley. Veloute or Suprême sauce can also be served with this if liked. The liquor in which the sweetbread was cooked can be put with bones for white stock.

Fritot of Sweetbread.*(Fritot de Ris de Veau.)*

Take a sweetbread blanched, braised, and pressed, and when cool cut it straight through and stamp it out with a round cutter about one and a half inches in diameter, put these into a basin and season with a teaspoonful of salad oil and a few drops of lemon juice and a sprinkling of chopped parsley; let it lie in this for about one hour, then dip each piece separately into frying batter and drop them into clean boiling fat, fry for about five minutes till a pretty golden colour, then take up and dish *en couronne*, on a dish-paper or napkin; serve with fried parsley in the centre.

Sheep's Tongues with Macedoine.*(Langues de Mouton au Macédoine.)*

Put some fresh sheep's tongues into cold salt and water, and let them lie in it for twenty-four hours, then rinse and blanch, and braise with vegetables and stock for three and a half to four hours, adding more stock as necessary. When cooked take the tongues up and remove the outer skins, then cut each into about three slices longways; trim neatly at the root, place them in a sauté pan, strain the gravy from the braise, remove the fat and pour it into the sauté pan with

the slices. Let this boil up till the liquor reduces to the consistency of thick cream and the meat looks as if glazed. Dish up on a border, filling up the centre with a tin of hot strained macedoine of vegetables, and pour thin Soubise sauce round it.

Epigrams of Mutton à la Reitz.

(*Epigrammes de Mouton à la Reitz.*)

Remove all unnecessary fat from the thin end of a breast of mutton, tie it up with string, and braise it for two and a half hours, then take up the breast, remove the bones, and put it to press between two dishes and when cold stamp it out in the shape of cutlets with a cutlet cutter; strain and take off the fat from the gravy of the braise, lay half of the cutlets in this, and let them just come to the boil and remain so for ten minutes; flour, egg and breadcrumb the other pieces, and fry them in clean boiling fat for about eight minutes, then sprinkle the plain pieces with gherkin, tongue, truffle, mushroom, and cooked celery all cut into Julienne shreds. Dish up *en couronne*, alternating the pieces, and serve a purée of mushrooms or vegetables in the centre. Reforme sauce round. The trimmings can be used for a shepherd's pie or mutton broth.

Escalopes of Sheep's Head.

(*Escalopes de Tête de Mouton.*)

Bone the head, remove the brains and tongue, and put both in salt and water for a day or two, changing the water about twice a day; put the head in a cloth, place it in a saucepan, cover it with cold water, add two or three sliced onions, carrot, little celery and turnip, bunch of herbs, such as thyme, parsley, bayleaf, a few peppercorns, and a little salt; bring to the boil, skim the water, and let it simmer gently for about three hours. When cooked remove the cloth, put the head flat on a dish, season it with a little mignonette pepper, salt, finely chopped eschalot, and parsley; put another dish on the top with a weight on it, and let it remain in press till cold; cut it in pieces about two inches long by half an inch wide, dip these in frying batter, and fry in boiling fat till a pretty golden colour; dish up in a round, and garnish with fried parsley or watercress.

The brains and tongue can be used for other dishes (see Recipes), and the trimmings as in last recipe. The liquor in which the head was boiled will do for stock for mutton broth.

Cutlets of Mutton à la Rothschild.

(*Côtelettes de Mouton à la Rothschild.*)

Take the cutlets from the best end of a neck of mutton and bat each out with a wet cutlet bat or knife; trim them neatly, removing all unnecessary fat, and season them with a very little pepper and salt; make a small horizontal incision in the flesh at the bottom of each cutlet by means of a small pointed knife; have some pâté de foie gras rubbed through a fine wire sieve and put into a forcing bag with a small plain pipe, then fill the space of the incision with this and close up the bottom of the cutlet to keep the foie gras in; have some cutlet cases well oiled on the outside and put on a baking tin



Untrimmed



Trimmed

in the screen to dry; when dry put into each case a table-spoonful of Rothschild sauce and place a cutlet in each on this, then cover this over by adding two or three more table-spoonfuls of the sauce. Cut some pieces of foolscap paper to fit the top of the cases, oil these and place one on the top of each case, then put them on an oiled or greased baking tin, and cover all over with another piece of greased paper and place in a moderate oven for twelve to fifteen minutes. Dish the cases up on a very hot dish and serve one to each person. Garnish the centre with crisply fried potatoes or watercress.

Fried Cutlets of Mutton with Peas.

(*Côtelettes de Mouton aux Petits Pois.*)

Prepare the cutlets and season them as in the above recipe, and dip them into a whole beaten up egg in which half an ounce of warm butter has been mixed, and then into freshly made white breadcrumbs, bat over lightly with a knife to smooth the crumbs, and then fry them in boiling clarified butter or clean clarified dripping till a pretty golden

brown; this will take eight to ten minutes, and each cutlet should be turned once only; take up and dish *en couronne* on a bed of mashed potatoes or a potato border. Serve peas in the centre and espagnole sauce round the base.

Mutton Cutlets Breadcrumbed.

(*Côtelettes de Mouton panées.*)

Cut, trim, and season the cutlets as above, dip them into warm butter, then into freshly made white breadcrumbs, and pat them carefully into a nice shape with a knife; grill or broil for eight to ten minutes till a nice golden colour; dish on a little purée of potato straight down the dish, pour a little really good clear gravy round the dish, and serve very hot.

Mutton Cutlets à la Zingara.

(*Côtelettes de Mouton à la Zingara.*)

Prepare and season some neat cutlets as above, and lard the fillet with small lardons of fat bacon, then steep them in salad oil or clarified butter, and put them to grill or broil on the unlarded side for three or four minutes; remove from the fire and place the grill on a baking-tin in a quick oven for about five minutes; take them up on a plate and mask over with tomato sauce, and sprinkle over the sauce a few shreds of truffles. Dish on a border of potato, with a purée of spinach in the centre, sprinkled over with little dice of fat and lean bacon fried till crisp and strained from the fat. Serve with tomato sauce round.

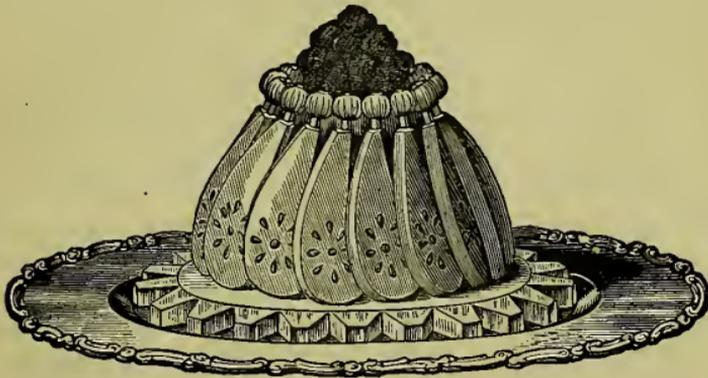


Lamb Cutlets à la Richmond.

(*Côtelettes d'Agneau à la Richmond.*)

Take the best end of the neck of lamb and have it neatly trimmed and cut into small cutlets; season with pepper and salt and place them in a buttered sauté pan and lightly sauté, then put to press; when they are cold, thinly mask over with the beef farce prepared as below; smooth this over with a warm knife (made so by dipping the knife in boiling water),

egg and breadcrumb. Press them neatly into shape with the pallet knife and ornament with cut truffle. Place them in a sauté pan with two or three tablespoonfuls of boiling clarified butter and fry till a nice golden colour. Dish on a border of potato and serve artichoke bottoms in the centre which have been blanched and cooked in water with a little salt and a little lemon juice, strained and cut in four or five pieces, according to size, and seasoned with a few drops of lemon juice, a tablespoonful of thick cream and a very little chopped tarragon and chervil. Serve tomato butter round the base.



The cutlets should be served very hot. Cut the truffle for garnishing the cutlets in the shape of a kite, and use eight pieces to each cutlet with a small round of the same in the centre. Make the farce in the usual manner with six ounces of scraped raw lean beef, three ounces of panard, half an ounce of butter, a little pepper and salt, and one and a half raw eggs; pass through a fine wire or hair sieve; mix into the farce a dessertspoonful of chopped truffle and tongue or ham, then use.

Pork Cutlets à la Marseilles.

(Côtelettes de Porc à la Marseilles.)

Take a piece of the neck of pork and cut it into neat cutlets, season with salt and mignonette pepper, and mask them on the top with a little French mustard, steep them in warm butter or clean dripping, and then put on the grill iron and broil or grill on the unmasked side; then take up, steep again in butter, and dip entirely in browned breadcrumbs and place them on the grill again, stand this on a baking-

tin, and put in the oven for about ten minutes; take up, and sprinkle the top of the cutlets with a little chopped French gherkin, dish up *en couronne* on a purée of potatoes, and with crisply fried potatoes in the centre and a mustard or other nice sharp sauce round the base.

Chicken à la Romaine.

(*Poulet à la Romaine.*)

Pick and cleanse the fowl, cut it up in neat joints, season it with pepper, salt, and ground ginger, chopped parsley, bay-leaf and thyme; put into a sauté pan two tablespoonfuls of salad oil, make the oil hot, then place the chicken in this with four peeled and finely sliced onions and fry till a pretty golden colour, which will take from twelve to fifteen minutes; sprinkle over it one and a half ounces of fine flour that has been passed through a sieve; have five or six tomatoes rubbed through a sieve and put the pulp into the pan with the chicken and half a pint of nicely flavoured stock and one tablespoonful of tarragon vinegar, stand the pan on the stove and let the contents simmer for about fifteen to twenty minutes, then remove the pieces of fowl from the pan, rub the sauce through the tammy, and add a few drops of Marshall's carmine to brighten the colour; dish up the fowl in a pile and garnish it with boiled maccaroni cut in lengths of about one inch, olives farced with anchovies, and picked and blanched tarragon and chervil, and serve hot. Any game or poultry can be served in a similar manner.

Sautéed Chicken à la Paysanne with Olives.

(*Poulet sauté à la Paysanne aux Olives.*)

Cut the chicken into neat joints and season with pepper and salt; put them with two tablespoonfuls of salad oil in a sauté pan with three sliced onions, a bunch of herbs, a little tarragon and chervil, and fry for about ten minutes till a nice golden colour, then add six boned and filleted anchovies chopped fine, and a wineglass of sherry; reduce to half the quantity, sprinkle in a tablespoonful of fine flour, then add a pint of thick brown sauce and an ounce of glaze, or a teaspoonful of Liebig Company's Extract of Meat, boil together for about half an hour, keeping it well skimmed while boiling; remove the joints, tammy the sauce and re-boil it with the chicken replaced

in it; dish up in a pile, garnish with a macedoine of vegetables, turned and braised olives, picked and blanched tarragon and chervil, and serve very hot.

Chicken à la Traineau.

(Poulet à la Traineau.)

Truss a chicken as for roasting, rub it all over with clean dripping, and roast it for half an hour before a brisk fire, then take it up and cut it into neat joints, dish it up in a pile, and pour a good *Suprême* sauce all over it. Have some turnip, leek, lettuce, and the red part of carrot all stamped out with a plain round cutter in pieces about the size of a sixpenny piece, cook all these separately till tender, then mix them together and pour over them a little warm butter, sprinkle these all over the sauce, also some little leaves of picked chervil and tarragon cut in diamond shapes, and serve.

Chicken à l'Algérienne.

(Poulet à l'Algérienne.)

Pick, singe and clean, and cut an uncooked chicken into neat joints, then lay them in a *sauté* pan with two ounces of clarified butter or salad oil, and season with salt and cayenne pepper; for a whole chicken add about half a pound of raw ham or bacon cut in little square pieces, a bunch of herbs, a clove of garlic, and two onions chopped fine. When fried for about fifteen minutes pour off the butter and sprinkle with one ounce of rice cream, add a good wineglassful of sherry, a teaspoonful of Marshall's curry powder, one ounce of good glaze or a teaspoonful of Liebig Company's Extract of Meat, one pint of good brown sauce, a small tin of button mushrooms and their liquor. Let all this simmer for half an hour, skimming occasionally, then add a tablespoonful of lemon juice; dish up in a pile, with *croûtons* of fried bread round, and the mushrooms and ham on the top, with finely chopped parsley sprinkled all over it. The oil or butter strained after frying the chicken can be used up for frying again.

Little Chartreuses à la Victoria.

(Petites Chartreuses à la Victoria.)

Butter well some little *dariole* or *bombe* moulds, and garnish all over with rounds of cooked chicken or any white

meat stamped out with a plain round cutter the size of a three-penny piece, also pieces of cooked tongue, truffles, and button mushrooms similarly cut. When the inside of the mould is covered with these pieces, partly fill up the mould (using a forcing bag and plain pipe) with a white meat farce; then make a little well in the centre of each with the finger, dipped occasionally in hot water, and in the well thus formed introduce by means of the bag and pipe about a small teaspoonful of the ragoût made as below, and cover over with more of the white farce, and smooth over the top with a wetted warm knife. Stand the moulds in a stewpan containing boiling water to about three parts of the depth of the moulds, and poach for about twenty minutes, then turn them out on a hot dish on a border of farce or potato and serve with Veloute sauce round the base, and any green cooked vegetable for the centre. For the ragoût chop up the trimmings left from the rounds, and to each quarter of a pint add two large tablespoonfuls of thick Bechamel sauce, a dessertspoonful of cream, and one raw yolk of egg, mix and use.

Chicken Cutlets à la Bivona.

(Côtelettes de Volaille à la Bivona.)

Butter some outlet moulds and sprinkle them with freshly chopped tarragon and chervil, or minced parsley; cut some very thin slices of cooked chicken and press them into the shape of the mould, lining it completely, then trim the edges round. Scrape the meat from some raw chicken (the legs will do for this), and pound it in a mortar till smooth, and to half a pound of pounded meat add six large or eight small bearded oysters, three large tablespoonfuls of thick cream, a saltspoonful of salt, a tiny dust of cayenne, one raw white of egg and one tablespoonful of thick Bechamel sauce, and mix it all till smooth, then rub it all through a coarse hair, or a fine wire sieve, and fill up the outlet tins with this purée, using a bag and pipe, and smooth it over with a wet warm knife. Place a piece of cooked ham or tongue in the top of the purée, cutting it to fit the mould; press this down, then stand the outlet tins in a sauté pan, and cover the bottom of the pan with hot water, but not sufficient to enter the tins; cover the cutlets with a piece of buttered paper, and place the sauté pan in a moderate oven or on the side of the stove for a quarter of an hour. Then take the cutlets up and

dish them on a border of potato or farce, with cooked salsify and little squares of ham or tongue in the centre, and a strip of truffle stuck in each cutlet, and the following sauce round the base. *Sauce for these cutlets.*—Put the liquor and beards of the oysters used for this dish in a pan with the bones of the chicken chopped small, two sliced onions, a bunch of herbs, a wineglassful of white wine, and one and a half pints of cold water. Stand on the stove, and when it boils skim it and boil on for half an hour, then mix it with two ounces of butter lightly fried with two ounces of flour, but not discoloured, stir till it all boils up again, tammy, add the juice of half a lemon and half a gill of cream, and keep in the bain marie till required for use.

Fricassée of Chicken.

(*Fricassée de Poulet.*)

Cut a picked and cleansed chicken into neat joints, put it into a stewpan with enough cold water to cover it and two or three onions sliced, a bunch of herbs, six or eight peppercorns and a pinch of salt. Bring it to the boil, skim, and let it simmer gently at the side of the stove for about thirty minutes; arrange the joints on the dish they are to be served on in a pile. Fry together two ounces of butter and two ounces of flour, without allowing them to discolour, mix to this half a pint of the liquor in which the chicken was cooked, stir until it boils, then stir on to this three raw yolks of egg previously mixed with the juice of one lemon and a gill of thick cream, and keep stirring till the sauce thickens, without allowing it to boil, tammy, and pour over the chicken.

Suprême of Chicken à l'Ivoire.

(*Suprême de Volaille à l'Ivoire.*)

Remove the fillets from a fowl, and cut them into as many nice little fillets as possible (twelve can be cut from the breast of a good sized fowl), trim them neatly and bat them out with a wet heavy knife on a wet board; place them in a buttered sauté pan, season with the juice of a lemon and a pinch of salt, lay a buttered paper over them, and cook them in the oven for six or eight minutes. Dish on a border of farce, mask with good Veloute sauce, place a little round of tongue on each fillet, and serve with a macedoine of vegetables or peas in the centre and Veloute sauce round.

Sauted Chicken à la Marengo.*(Poulet sauté à la Marengo.)*

Pick, singe, and cleanse the bird, and cut it up in neat joints, then put it into a sauté pan with two tablespoonfuls of oil, four sliced onions, two ounces of bacon cut up in little square pieces, two or three tomatoes sliced and a bunch of herbs (thyme, parsley, and bayleaf); season all with pepper and salt and fry together for fifteen to twenty minutes, then add a wineglass of sherry, a small tablespoonful of flour, and a pint of brown sauce and cook for about half an hour, remove the joints, strain off the fat, and have a clove of garlic scraped and mixed with a tiny bit of butter, put it into the sauce and boil up, rub all the sauce through the tammy, add the joints of chicken to the tammied sauce, re-warm all together, dish it up in a pile, and garnish round with fried eggs, little kite-shaped croûtons that have been fried in salad oil, and a few sliced button mushrooms can be used if liked.

Boudins of Chicken.*(Boudins de Volaille.)*

Take the meat, either the leg or breast, of a raw chicken, remove any skin, and to half a pound of the meat put three ounces of panard; pound both separately, then mix and pass through a sieve and put into a basin, then add two ounces of warm butter, two whole eggs and one raw yolk, a pinch of white pepper, a little salt, a very little chopped eschalot, a teaspoonful of chopped fresh parsley, a little chopped thyme, and one bayleaf chopped; form this into any shapes; if using boudin tins lightly butter them and fill them with the mixture, put them in some boiling light stock, either veal, rabbit, or chicken, and poach for about ten minutes, then turn them out, and when they are cool dust them over with a little fine flour, dip in whole beaten up egg and then into freshly made white breadcrumbs, and fry in clean boiling fat till a pretty golden colour. Serve dry on a dish-paper as an entrée for dinner or luncheon. These can also be dipped in warm butter and then into freshly made white breadcrumbs and grilled or broiled; or they can be cooked in the oven on a baking tin for about twelve minutes and served hot. If you have not got boudin moulds they can be shaped in a tablespoon.

Little Batter Cases with Salpicon.

(*Petites Caisses frites au Salpicon.*)

Prepare some little batter cases as below, and fill them with a ragoût of any nice white meat, such as cooked breast of chicken, four or five button mushrooms, two or three truffles, half a blanched calf's brains, and a tablespoonful of pieces of sweetbread, all cut up in little dice shapes and mixed with a good Veloute sauce that has been heated in the bain marie. When the ragoût has been placed in the cases, pour a little tomato purée on the top and round the dish, and then serve hot.

Batter for the Cases.—Put into a basin a quarter of a pound of fine flour, two whole eggs, one and a half tablespoonfuls of salad oil; mix into a paste with rather better than a quarter of a pint of cold water, and then thinly line some dariole cups with it and fry till a pretty golden colour in clean boiling fat. Remove the cases from the moulds by means of a small knife, and just before serving brush the outside over with raw white of egg and sprinkle them over with a little finely chopped parsley.

Crépinettes à la Ferdinand.

(*Crépinettes à la Ferdinand.*)

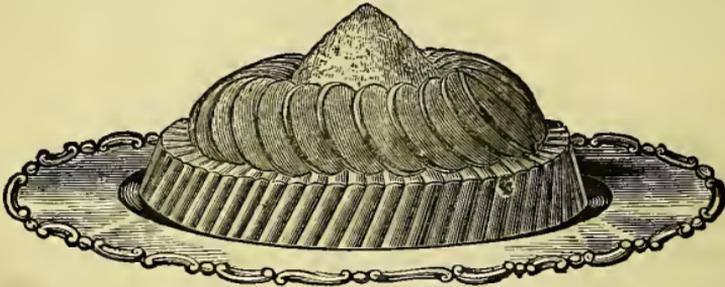
Cut some cold game or poultry, such as the breast or leg of a fowl, into shreds like Julienne (about one inch long), also four cooked button mushrooms, one or two truffles, one ounce of ox tongue or lean cooked ham, and a slice or two of cooked sweetbread or calves brains, all cut in the same manner. Prepare the sauce for setting these ingredients by putting into a stewpan five large tablespoonfuls of thick brown sauce, one chopped eschalot, half an ounce of meat glaze, and half a wineglass of sherry or mushroom essence; boil these together till reduced to half the quantity, and add to it the cut ingredients. Set this away to get cold, and when the mixture is set take some fresh pork caul, cut it in pieces about four inches square, place about a dessertspoonful of the mixture into the caul, and wrap it well in at the edges, so as to prevent the sauce escaping; dip into fine flour, and then into whole beaten up egg, and drop into clean boiling fat and fry till a nice golden colour, which will take about four or five minutes only; then take up, and sprinkle one with chopped tongue or

lean ham and one with chopped truffle or parsley ; dish up on a border of spinach or purée of peas, and serve with good brown sauce round the dish. The centre can be garnished with button mushrooms or peas. These may also be served dry on a paper or napkin, as preferred, with fried parsley as garnish.

Ballotine of Chicken à la Russe.

(*Ballotine de Volaille à la Russe.*)

Take the legs from a chicken, keeping the skin on them. Remove the bones from the legs and season with a little pepper and salt. Make a farce as below and fill up the legs with this preparation, using a bag and pipe for the purpose ; sew the leg up with a needle and cotton to keep the farce in ; wrap each leg in a piece of buttered paper, and tie the paper up. Put at the bottom of a stewpan one and a half ounces of butter, a piece of the rind of fat bacon, one large sliced onion, a little sliced carrot and celery, a bunch of herbs, and three or four peppercorns, and place the filled legs on the top ; cover up the



pan and let it fry gently on the stove for about fifteen minutes, then add about a quarter of a pint of stock, and braise gently for about three quarters of an hour, either in the oven or on the stove, keeping the legs well basted. Take up, remove the paper, and draw out the cotton ; brush over with thin glaze, and place in the oven for about ten minutes, then cut in slices about a quarter of an inch thick ; dish on a border of potato, garnish with sliced tomatoes between each slice, and a purée of spinach or macedoine of vegetables in the centre, and good brown sauce round the base, using up the liquor of the braise, freed from fat, in the sauce.

Farce for Ballotine.—Eight ounces of lean veal or rabbit and a quarter of a pound of bacon or fresh pork ; cut the meat up in small pieces and pound it ; pass it through a wire

sieve, put it into a basin and add to it one or two cooked mushrooms, one large truffle, one ounce of ham or tongue, one or two cooked chicken livers all chopped fine; mix well together with two raw yolks of eggs, a tiny dust of cayenne pepper, and a pinch of salt, and use.

Little Chicken Soufflés à la Baronne.

(Petits Soufflés de Volaille à la Baronne.)

Take the breast or leg of a raw chicken, scrape off the meat, pound and pass it through a coarse hair or fine wire sieve; to two ounces of the meat, after it is passed through the sieve, add two raw yolks of eggs, one or two truffles chopped fine, a pinch of salt and white pepper, and a tiny dust of cayenne; mix this well together, then add a quarter of a pint



of whipped cream and the whites of three small eggs that have been whipped stiff with a pinch of salt. Have some little stiff red-edged paper cases oiled on the outside, and then dried; fill them three parts full with the soufflé mixture, bake them in a moderate oven for twelve or fifteen minutes; serve on a napkin or dish. Veloute or tomato sauce can be served in a sauceboat.

Little Chicken Creams.

(Petits Poulets à la Crème.)

Take one pound of white meat, either veal, rabbit, or chicken, scrape it and then pound it; mix it with half a pint of thick Bechamel sauce that has been tammied, a pinch of salt, a tiny dust of cayenne, and one raw egg, mixed up well

together. Have some chicken moulds well buttered and sprinkled with a little chopped tongue or ham ; then fill each mould up with the prepared mixture, smooth them over with a wet warm knife, place them in a sauté pan on a fold of paper and with a little boiling water in the bottom of the pan, and let them poach for about fifteen minutes in the oven with the cover on the pan, dish upon a border of potato or farce *en couronne*, and garnish the centre with any nice green vegetable, such as peas, or macedoine, or points of asparagus ; pour Veloute sauce over the little chickens, and round the base of the dish, and serve hot. The above quantity is sufficient for twelve little moulds. (See engraving, page 136.)

Croustades of Butter with Purée of Game.

(*Croustades de Beurre à la Purée de Gibier.*)

Roll one and a half ounces of fresh butter in some finely sifted flour with the hand, dip it into some well-beaten egg, using the whole egg for the purpose, then roll it in bread-crumbs ; repeat this. After having twice egged and bread-crumbed the roll of butter, form it into a cylinder shape, cut a round in one end, then fry in boiling fat till a nice golden colour. The rolls should be fried very quickly, the cut rounds immediately removed, and the butter in the interior part removed, and saved for sauces, &c. ; fill these croustades with a purée of game or poultry by means of a pipe and bag, replace the rounds on the tops, arrange on a dish-paper, garnish with fried parsley, and serve one for each person. Make the purée of game as follows : Pound half a pound of any cooked game till quite smooth, add two large tablespoonfuls of brown sauce, and pass it through a coarse hair or a fine wire sieve ; put it in a stewpan in the bain marie, and when quite hot fill the croustades.

Croquettes of Chicken.

(*Croquettes de Volaille.*)

Prepare half a pint of thick Bechamel sauce, and when it is quite hot mix with it two raw yolks of eggs, a dust of cayenne, a pinch of salt, and a very little nutmeg, and stir together over the fire till it thickens ; then pass it through the tammy and add to it six good tablespoonfuls of finely minced chicken ; mix well and put it away to cool ; when

cold arrange it out in quantities of about a small dessert-spoonful, and roll each up in the shape of a cork in flour, and dip in well-beaten whole egg and then into freshly made white breadcrumbs; put them into a frying basket and fry them in clean boiling mutton fat till a pretty golden colour; drain the fat from them and dish them on a dish-paper or napkin in a ring with fried parsley in the centre.

Compote of Pigeons.

(*Compote de Pigeons.*)

Have some pigeons ready trussed for braising, and put them in a covered stewpan with an ounce and a half of fat or butter, a bunch of herbs tied up, say a sprig of thyme, parsley, and two bayleaves, about a quarter of a pound of raw bacon cut up in little square pieces, half a pint of peeled button onions, or two large ones cut up in small squares, and some carrots cut in pea shapes; fry till a nice golden colour; add about half a pint of stock and some turnips, prepared similarly to the carrots, and let the whole simmer for about half an hour; as the stock reduces put a little more to it; take up the pigeons and remove the string from them; dish them; remove the fat from the gravy, re-boil and pour round the pigeons, with the vegetables and bacon in little bunches. The fat, herbs, &c., can be put in the stockpot.

Aiguillettes of Duckling with Oranges.

(*Aiguillettes de Caneton aux Oranges.*)

Roast a duck for twenty minutes, keeping it well basted while cooking. Then take off the breast and cut in nice neat slices; arrange these on a potato border and serve Bigarade sauce over the fillets with a compote of oranges in the centre.

Compote of Oranges—Peel the oranges, divide them into their natural divisions, remove the pips and skin, and warm over boiling water between two plates adding a pinch of castor sugar if required.

Salmis of Duckling with Olives.

(*Salmis de Caneton aux Olives.*)

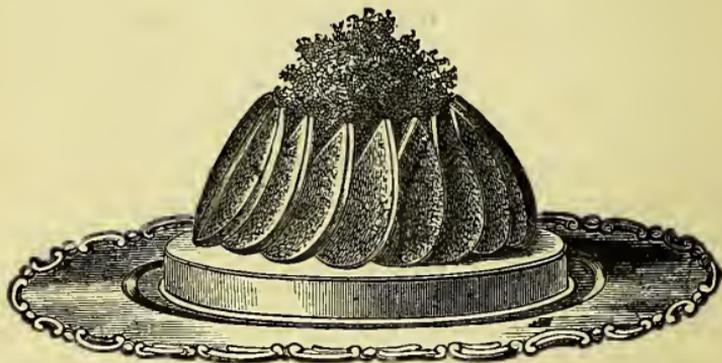
Cut up a duck in small neat joints (any remains of cold duck may be used for this purpose). If using cold bird it

must be warmed in the sauce for about five minutes, but if fresh roasted bird is used and cut while it is hot, it can be first dished up and a salmis sauce poured over it; dish on a border of potato and garnish with braised olives, or cut button mushrooms or slices of truffle could be used in the same way. Pheasant, grouse, or partridge may be used in a similar manner.

Fillets of Pigeons à l'Américaine.

(Filets de Pigeons à l'Américaine.)

Take the breast fillets from the pigeons; season them with a little pepper, salt, a very little chopped eschalot, fresh mushrooms, and parsley; put about an ounce and a half of butter in a sauté pan, lightly sauté the fillets on both sides, then put to press until cool. Trim the fillets, if necessary, and then mask them over thinly with farce of game or poultry



livers, and smooth it with a warm knife; then dip the fillets in well-beaten whole egg and breadcrumb; do this twice, and when ready fry them in clarified butter till a pretty golden colour; allow one to each person; dish on a border of potato with a purée of spinach in the centre, and serve American sauce round the base. Partridge and grouse may be served in the same way.

Pigeons à la Duc de Cambridge.

(Pigeons à la Duc de Cambridge.)

Bone the cleansed pigeons with the exception of half the leg, clean the feet by dipping them in boiling water, season

the birds with black pepper and salt, put them in a buttered sauté pan and sauté them for four or five minutes, then add half a pint of cooking claret for six birds, a quarter of a pint of cocoanut milk, one ounce of good glaze and half a pint of thick brown sauce. Put in the livers of the birds, half a grated cocoanut, one tablespoonful of Brown and Polson's cornflour, a bunch of herbs (thyme, parsley, bayleaf), and cook slowly for about half an hour on the side of the stove, then take up the birds from the pan and press them and when cool trim them round if needed; skim off any fat from the gravy and reduce the latter with another quarter of a pint of brown sauce, to which add a clove of scraped garlic mixed with about a quarter of an ounce of butter; pound the livers and mix with the sauce and pass all through the tammy, then warm up the birds in the sauce. Dish on a border of potatoes and garnish with sliced hard boiled eggs and rounds (about two inches across and one eighth of an inch thick) of lean ham or tongue, serve with a purée of calves liver in the centre and the sauce round and garnish with sprigs of tarragon and chervil. Make the purée of calves liver as follows:—

Cut up half a pound of calves or birds' liver and a quarter of a pound of lean bacon in small squares, add a bunch of herbs and six crushed peppercorns, and sauté in about one ounce of butter seasoned with a little pepper and salt and one eschalot chopped fine, for five or six minutes over a quick fire, then pound and pass through a wire sieve, then add two or three good tablespoonfuls of brown sauce and two tablespoonfuls of freshly made white breadcrumbs, boil up and cook slowly on the side of the stove for four or five minutes then put into a large forcing bag with a plain pipe and fill up the centre of the dish.

Quails à la Monte Carlo.

(*Cailles à la Monte Carlo.*)

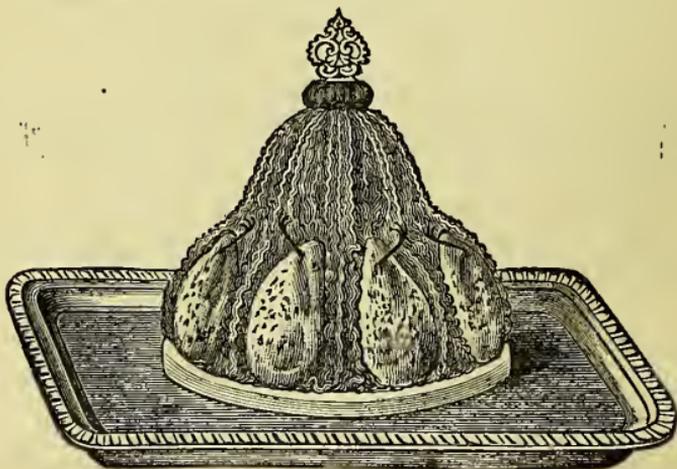
Take boned birds for this dish, and farce them by means of a forcing bag and pipe with veal or rabbit farce, make a well in the centre of the farce with the finger wetted with hot water, place a piece of truffle inside each well, and then close it up and arrange the birds in a good shape in a band of buttered paper; then put into the oven on a well buttered sauté pan and cook for fifteen to eighteen minutes, keeping well basted

while cooking, then split in halves, using a warm wet knife for the purpose, and sprinkle each piece with a little chopped truffle, brush over with the raw white of egg that has been just beaten up, and wrap in a little piece of pork caul, brush over again with white of egg and then sprinkle again with truffle, put on a buttered sauté pan, place a buttered paper over and put into a moderate oven for about ten minutes, then dish up on a border of farce or potatoes round a croûton of bread or rice to support them, with foie gras and Financière garnish on the top and a hatelet skewer for ornament. Serve with champagne sauce round. The farce used for this dish is improved by addition of a little chopped truffle.

Cutlets of Quails à la Chaponay.

(*Côtelettes de Cailles à la Chaponay.*)

Cut some boned quails in halves, season them with pepper and salt, and place them in a buttered sauté pan; sauté for about three or four minutes, then put them to press lightly till cold; mask them over with a thin layer of veal farce on the top side, smoothing it with a wet warm knife.



Place on the centre of each a little round piece of pâté de foie gras, cut about a quarter of an inch thick; press it into the farce, and then brush the quails over with the white of an egg beaten up, and wrap each neatly in a piece of veal or pork caul, brush over again with the egg and sprinkle each one with chopped truffle, chopped tongue, or lean ham, and browned

breadcrumbs, so that the top of each has three parts in three colours; place them in the oven for twelve to fifteen minutes, then dish up on a border of farce or potato, with a croûton of bread in the centre to stand them against, and a purée of salsifies or white haricot beans on the croûton and Chaponay sauce round the base.

Escalopes of Pheasant à la Marseilles.

(Escalopes de Faisan à la Marseilles.)

Remove the breast from a good fat pheasant, taking plenty of the skin with it, lard this well with lardons of fat bacon, and then farce the inside with a farce prepared from the remaining meat of the bird scraped from the bones. Arrange the farce smoothly with a hot wet knife, then place a good layer of foie gras on the farce, roll up lengthwise and fasten in a well-buttered paper; cook this in light stock that is flavoured with sherry or mushroom liquor for about half an hour, taking care to keep the pan well covered over with the cover while the bird is cooking; when sufficiently cooked take up and remove the paper, brush over with a little warm glaze and crisp with the salamander or put into a hot oven for eight to ten minutes, then cut in slices about two inches thick and dish on a border of farce or potato with braised filberts or button mushrooms in the centre, and Salmis sauce poured round the base. To make the farce for breast of pheasant: Pound six ounces of pheasant till smooth, then pound four ounces of panard, add the pounded meat and two whole eggs, a little white pepper, cayenne and salt, mix all together and pass through a fine wire sieve.

Partridge Cutlets à la Régence.

(Côtelettes de Perdreau à la Régence.)

Cut some cold cooked partridge into thin slices, stamp these out in rounds the size of a threepenny piece, together with some cooked button mushrooms and hard boiled white of egg. Butter some cutlet moulds, and ornament them with these rounds, and then fill them by means of a pipe and bag with farce, prepared as below, and smooth over with a wet warm knife, cook in a sauté pan with a buttered paper over for twelve to fifteen minutes, with a little hot water in the bottom

of the pan; turn out the moulds, dish up on a border, serve with the sauce made as below, and a croûton in the centre of the dish, garnish with braised celery, and serve very hot. For the farce take half a pound of raw partridge (old birds may be used), pound it till quite smooth, and rub it through a wire sieve, then mix with two raw whites of eggs, two tablespoonfuls of mushroom purée (see end of this recipe), and a pinch of salt and white pepper, mix all together with a teaspoonful of warm glaze, add the trimmings from the rounds of partridge and mushrooms chopped up fine, and use. For the sauce, put the bones of the bird in a stewpan with one ounce of butter and two ounces of bacon bones, a few strips of celery, a pinch of mignonette pepper, a sprig of parsley, thyme, two bayleaves, one eschalot, and one tomato, fry all together for fifteen minutes, add a wineglass of claret, a half glass of port, one pint of brown sauce, and reduce a quarter part, skim while boiling, then tammy and mix with three large tablespoonfuls of finely shredded celery that has been put in cold water and brought to the boil, then put in stock and cooked till tender, and the stock reduced to a creamy consistency, and then the whole added to the sauce. To make the mushroom purée referred to, chop fine half a pound of well cleansed and dried fresh mushrooms, place them in a stewpan with one ounce of fresh butter, a little pepper and salt, draw down on the stove for ten minutes, and use when cooling.

Larks à l'Auvergne.

(Mauviettes à l'Auvergne.)

Take boned larks for this dish, allowing one bird to each person, farce them with a liver farce, using a forcing bag and pipe for the purpose, then make a little well in the centre with the finger wetted with hot water, put a piece of truffle in each well, and close over the farce, put each bird in a little band of buttered paper, and put them in a buttered sauté pan; cook in the oven for about twelve to fifteen minutes with a buttered paper over, then take up, remove the papers, put the larks to cool, then lightly brush over with the beaten up white of a raw egg, and sprinkle over with chopped truffle, and wrap in a little square of pork or veal caul, brush the caul over with the egg, and sprinkle again with chopped truffle, return to the pan, and put again in the oven with a buttered paper over for about ten or twelve minutes, dish on a border of potato or

farce with a croûton of fried bread in the centre, and with a purée of haricot beans, and serve Auvergne sauce round the base.

Auvergne Sauce.—Have the bones from the larks chopped up and put into a stewpan along with a sliced onion, two bay-leaves, one tomato sliced, one or two mushrooms sliced, a bunch of herbs and a little bacon or ham bone, fry these all together for about fifteen to twenty minutes, then add two wineglasses of white wine, one ounce of glaze, a pint of brown sauce, and cook all together for about fifteen minutes, keeping well skimmed while boiling, then tammy and add two fine shredded capsicums that are cut in lengths of about an inch, and two red chillies cut in the same way, and rinse in water before putting to the sauce.

Little Timbales of Larks en Surprise.

(Petites Timbales de Mauviettes en Surprise.)

Butter some little dariole moulds, and then line them with a white farce, leaving a well in the centre of each sufficiently large to admit a farced and cooked lark prepared as below in the space, cover over with more farce, smooth this over with a wet warm knife, and stand the moulds in a stewpan to poach for twenty minutes, then turn out and dish up; pour over Veloute or Suprême sauce, and garnish with peas or other nice green vegetable, and ornament each timbale with the head and feet of the larks that have been cooked in a buttered paper for about ten minutes in the oven. To prepare the larks for the inside of the timbales, bone the birds, and then farce them with liver farce, place them in a band of buttered paper, and put them in a buttered sauté pan to cook in the oven for about twelve to fifteen minutes, then remove the paper, and put inside the timbales.

Croustades of Larks à la Rothschild.

(Croustades de Mauviettes à la Rothschild.)

Cut either round or square croustades from a stale household loaf, making each large enough to hold a lark when scooped out. Make an inner ring or square on the top of each, cutting it about a quarter of an inch deep; fry the croustades

in clean boiling fat till of a golden colour, then remove the inner rings or squares from the tops without breaking them, and scoop out the soft insides and put a lark prepared as below in each, fill up the croustades with Rothschild's sauce, replace the tops and garnish with little rings of fried bread arranged round the top of the croustades. To prepare the larks, cleanse, singe and bone them, filling them with *pâté de foie gras*. Place a band of buttered paper round each bird, put them in a lightly buttered *sauté* pan, with a thin slice of fat bacon on the breast of each, and moisten with a wineglass of sherry. Cook for about twelve minutes in a moderate oven with a buttered paper over, basting the birds occasionally, then remove the papers, put the birds into the croustades, and cover with the sauce.

Rothschild Sauce.—Chop the bones of the larks and put them in a buttered stewpan with one large fresh mushroom, half an onion sliced, a bunch of herbs, and a pinch of *mignonette* pepper; fry for a quarter of an hour, then add a wineglass of sherry, the liquor from the larks, three quarters of a pint of thick brown sauce, one ounce of good glaze and a pinch of castor sugar. Boil together for about a quarter of an hour, keeping it skimmed while the sauce is boiling, then strain and tammy, and add the essence from a bottle of truffles and two or three truffles finely shredded, and use.

Kromeskies à la Polonaise.

(*Kromeskies à la Polonaise*.)

Cut up half a small *eschalot* and put it in a stewpan, add four good tablespoonfuls of brown sauce and half an ounce of glaze, and reduce this to half the quantity, then mix in about four tablespoonfuls of any cooked game or poultry, cut up in thin shreds about an inch long, also about one tablespoonful of lean ham or tongue, one or two truffles, three or four button mushrooms, all cut up in the same manner; when the whole is well mixed, put it aside to cool and get firm. Take some very thin slices of fat bacon, each about two and a half inches square, put about one teaspoonful of the above mixture on each slice of fat, and wrap it up in the shape of a cork, taking care to close up well the ends of the bacon; then dip each in batter, and fry in boiling fat till a nice golden colour and quite crisp. Dish on a dish-paper and garnish with fried parsley. This is a very nice entrée for using up remains of game &c. for lunch or dinner.

Rissoles à la Pompadour.

(Rissoles à la Pompadour.)

Put four large tablespoonfuls of good brown sauce into a stewpan with half an ounce of glaze, one eschalot chopped fine, and a tiny dust of castor sugar, boil down to half the quantity, then tammy, and mix with six tablespoonfuls of ragoût made with about four tablespoonfuls of cooked chicken, two truffles, four button mushrooms, and one ounce of cooked tongue, all cut into little dice shapes, then put aside till set. Have some puff paste rolled out thinly, then cut it out in rounds about two inches in diameter. Wet the under part of the rounds of paste, and then put about a teaspoonful of the ragoût on one of these, then place another similar round on the top, press the edges together, then dip into whole beaten up egg, and then into freshly made white breadcrumbs, and fry in clean hot fat for about ten minutes; dish up on a dish-paper, and garnish with fried parsley.

Little Cases à la Toulouse.

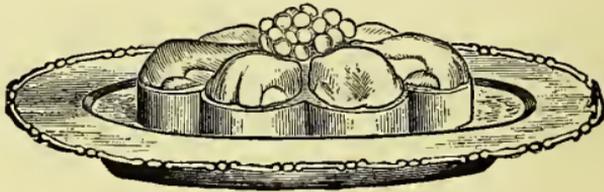
(Petites Caisses à la Toulouse.)

Oil some little red edged paper cases on the outside; put them on a plate or baking tin to dry with the tops downward, and leave them in the screen till required. Cut up the breast or leg of a fowl or any white meat in pieces about the size of a shilling (or a little cooked sweetbread or cooked brains may be used), add four or five cooked button mushrooms, one or two truffles, a little tongue or ham, all cut up, and put these ingredients all together in a bain marie pan. Reduce half a pint of thick Veloute sauce with a gill of cream till of the consistence of thick cream, then tammy it and mix half of it with the cut ingredients in the pan in the bain marie, and make quite hot; partly fill the cases with the mixture, and on the top put about a teaspoonful of the other half of the reduced Veloute, and arrange on the top of that two or three little stamped out rounds of mushroom, tongue, or truffle. Dish the cases on a hot dish either on a dish-paper or napkin, and serve. These cases can be made from the remains of any white meat, and make also a pretty cold dish when garnished with a little aspic on the top.

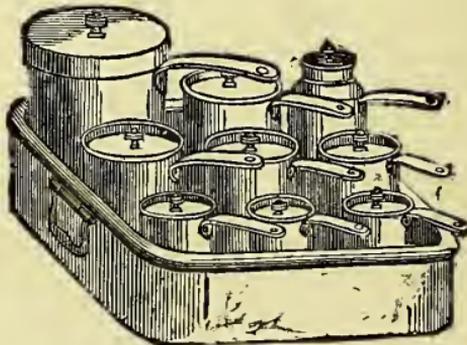
Slices of Foie Gras à la Bohémienne.

(*Escalopes de Foie Gras à la Bohémienne.*)

Take the prepared goose liver, stand the tin containing it on the side of the stove, or in the bain marie, having first opened the tin, when it is hot turn out on a plate to get all the fat from it, then cut it in neat pieces, allowing one to each person. Dish on a border of farce with Financière garnish sprinkled over it. Serve with a good espagnol or champagne sauce round the base. These livers can also be served whole if liked, and any left from the dinner will do for serving in aspic &c., or for rissoles, kromeskijs, &c.



Little Chickens à la Crème. (See p. 125.)



Bain-marie.

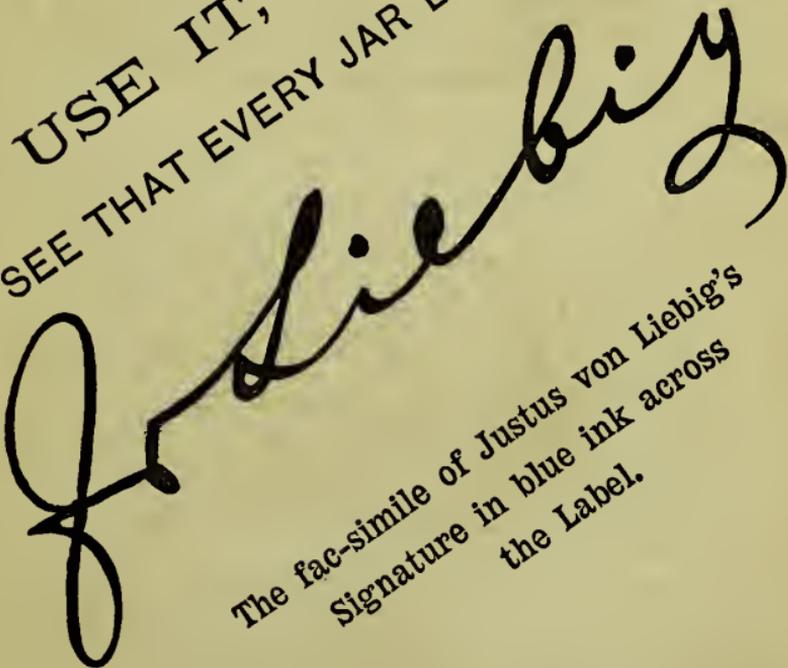
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SOUPS IN BOTTLES AND TINS.

- |                      |  |                     |  |              |
|----------------------|--|---------------------|--|--------------|
| Consommé Gravy Soup. |  | Julienne.           |  | Jardinière.  |
| Ox Tail, clear.      |  | Mock Turtle, clear. |  | Real Turtle. |

EXTRACT FROM 'THE LANCET' OF MARCH 19, 1887.

'In view of the injury to health sometimes resulting from the ingestion of provisions secured in tin boxes, any intelligent attempt to avoid the possible dangers attendant upon that method of food preservation is to be commended. Such an attempt has been made by Mr. N. Ruffin, who has submitted to us specimens of tin cases in which the contents are kept from contact with the metal by means of a covering of muslin in the first place, followed by a coating of fat, and then by a layer of gelatine. This plan seems well calculated to effect the purpose intended.'

FRESH GOODS.

- |                                       |  |                                      |
|---------------------------------------|--|--------------------------------------|
| Dindes et Poulardes du Mans truffées. |  | Galantine of Chicken, Pheasant, &c.  |
| Dressed Wild Boar's Head.             |  | Fresh Truffles in the winter season. |

## CHAPTER VIII.

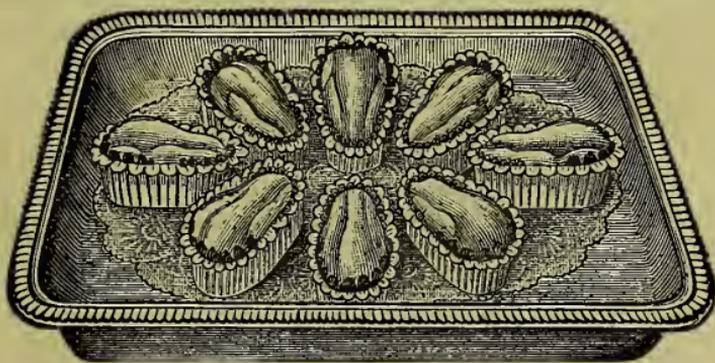
## COLD ENTRÉES.

[See also CHAPTERS XI. and XVI.]

## Little Chickens in Cases à l'Impératrice.

(*Petits Poulets en Caisses à l'Impératrice.*)

TAKE some little chicken moulds, butter them and then partly fill them with a chicken farce, prepared as below, and place two or three rounds of braised sweetbread about the size of a shilling and an eighth of an inch thick inside each ; cover over with more farce and smooth them over with a wet warm knife and poach them for about twelve minutes in light boiling stock, then turn them out and when cold mask them with aspic



cream until well coated and smooth, using the aspic cream when somewhat cool. When this is set, dish them up in little paper cases that are partly filled with a nice salad of lettuce and a little thick mayonnaise sauce, and garnish round with cooked pea-shaped cucumber, the trimmings of the cold braised sweetbread cut up in dice shapes, little triangular blocks of tomato aspic, and a little chopped aspic, arranged here and there with a bag and pipe ; the cucumber and sweet-

bread should be seasoned with a little salad oil, tarragon vinegar, salt, and chopped eschalot.

*Farce for Petits Poulets à l'Impératrice.*—Take three quarters of a pound of raw chicken (veal or rabbit can be used), two ounces of panard, two tablespoonfuls of thick Bechamel, one ounce of butter, a little salt, tiny dust of cayenne and nutmeg, one raw yolk and one whole egg, and make as for other farces.

### Suprême of Chicken à la Darmstadt.

(*Suprême de Volaille à la Darmstadt.*)

Remove the flesh from the breast of a raw chicken and cut it in lengths (twelve may be cut from a good sized chicken), bat these out with a cold wet knife or bat, place them on a buttered tin, sprinkle over them a little salt and lemon juice, also chopped tarragon and chervil, and cook them in a moderate oven with a buttered paper over them for about six minutes; let them get cold, then trim them neatly and mask with a pale pink chaudfroid till well covered with it; when the chaudfroid is set pour a little cool aspic jelly (whilst liquid) over them, let this set, then cut the filets neatly from the aspic and dish them up *en couronne* on a border of aspic jelly; garnish round the filets where they overlap one another with chopped aspic jelly, using a forcing bag and small pipe for the purpose. A wax figure can be used to ornament the centre. Arrange in dish and round the figure in the centre (if used) a cucumber salad. The legs of the chicken can be used for a ballotine hot or cold, or a mayonnaise, fricasseed or devilled for a breakfast dish, or for chicken farce, &c.

### Suprême of Chicken à la Piémont.

(*Suprême de Volaille à la Piémont.*)

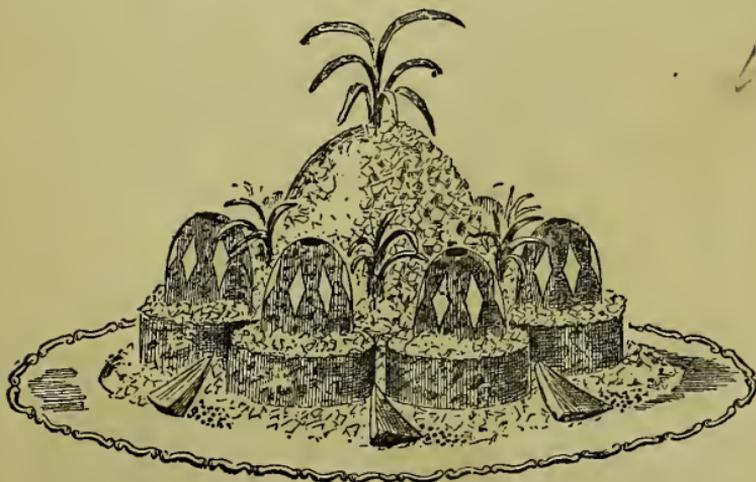
Prepare and cook as many filets as possible from the breast of the chicken, as in the foregoing recipe, and put them to press. When cold mask them all over the top side to about one eighth of an inch with a ragoût prepared as below, shaping them as neatly as possible with a wet warm knife, then mask them with white chaudfroid till well coated, and finish with aspic jelly as in previous recipe, trim neatly and dish on a border

of aspic jelly, with a wax figure for centre, and garnish with a purée of cooked tongue or ham, and olives farced with anchovies, chopped aspic jelly, and tarragon and chervil in sprigs. The farced olives can be purchased ready prepared in bottles. The ragoût for masking the fillets is made by taking a quarter of a pint of liquid aspic jelly, one tablespoonful of chopped capers, two tablespoonfuls of chopped tongue or ham, one tablespoonful of chopped chicken; mix together till nearly set, then use. The purée of tongue for garnishing is made as in the special recipe for tongue purée, which see.

### Little Creams of Chicken in Aspic à la Victoria.

*(Petites Crèmes de Volaille en Aspic à la Victoria.)*

Line the upper part of the egg moulds with aspic jelly and at the top of each mould place a small ring of truffle; round the truffle arrange six or eight little thin pieces of white of egg that are cut in the shape of a diamond, first dipping the side that is to show through the jelly in coral. When these are placed in the mould just set them with a few drops of



aspic jelly to keep them in place; then arrange little leaves of chervil round the sides of the mould with a little shredded tarragon and shredded lettuce; fill up each mould with a purée of chicken. The bottom of the mould must also be lined with aspic and then lightly sprinkled with coral, and then with the shredded lettuce. When this is set fill with

the purée of chicken and pour into the bottom of the mould a little liquid jelly and then join the two parts. Have the piccolo border mould lined with aspic jelly and sprinkle round the edges alternately chopped tarragon and chervil and coral inside the mould; arrange some shredded lettuce and picked tarragon and chervil, then fill up the mould with aspic jelly, let it set and then turn it out. Dish the eggs in the round spaces of the border mould and garnish the dish with chopped aspic jelly and little blocks of *pâté de foie gras*. Six egg moulds complete the dish, but four more could be arranged in the corners. Arrange little sprigs of tarragon and chervil on the centre egg; a little coral or chopped parsley sprinkled here and there is very pretty and effective.

*Purée of Chicken.*—Half a pound of cooked chicken, boiled or roasted, two tablespoonfuls of Bechamel sauce, a pinch of salt, a tiny dust of cayenne and a pinch of white pepper; pound all together till quite smooth and mix with rather better than half a pint of aspic jelly. Pass the purée through a sieve, and add a half pint of whipped cream. This purée may be enriched with a little *pâté de foie gras* cut in small dice.

### Mayonnaise of Chicken in Shells.

(*Mayonnaise de Volaille en Coquilles.*)

Have china or plated scallop shells for these; place about one teaspoonful of thick mayonnaise sauce in the centre of each shell; take the remains of cold chicken and cut it in



little neat pieces about the size of a halfpenny piece, also little crisp pieces of lettuce and slices of hard boiled egg, fillets of boned anchovies, and stoned olives. Arrange these alternately on the sauce, forming a nice pile, then cover all

up with mayonnaise sauce, and smooth the top with a knife. Cook some chicken livers in a little butter for about ten minutes in the oven, with a paper over, and season with a little pepper and salt; rub the livers, when cool, through a wire sieve, and then sprinkle it lightly over the mayonnaise; have the hard boiled yolk of egg likewise passed through the sieve, and lightly sprinkled on the liver, and also a little chopped tarragon and chervil or parsley. Place four little bunches of French capers on the edge of the mayonnaise, and on the top of each coquille put two neat fillets of boned anchovies, with a little strip of French gherkin or beetroot between the fillets. Serve one to each person; dish on a napkin or paper.

### Chicken Mayonnaise in Jelly.

(*Mayonnaise de Volaille en Gelée.*)

Take some cold cooked chicken, remove the skin and bone and cut in neat pieces, and season with a little white pepper and salt, and a little salad oil and tarragon vinegar. Dish up *en couronne* on a border of aspic jelly, arranging little pieces of crisp lettuce alternately with the meat, and garnish tastefully with some turned olives, capers, hard boiled eggs that are cut in quarters, some salad of lettuce, a little picked tarragon and chervil, and a thick mayonnaise sauce, and little shreds of French red chillies if you have them.

### Cutlets of Chicken à l'Américaine.

(*Côtelettes de Volaille à l'Américaine.*)

Take half a pound of cooked chicken, such as legs or pieces left from a previous meal, pound it, and then mix it with two and a half large tablespoonfuls of Bechamel sauce, one and a half tablespoonfuls of tarragon vinegar, a tiny dust of cayenne, and three quarters of a pint of aspic jelly, and pass it through the tammy and put it in a sauté pan to about half an inch thick to set, then cut it out in cutlet shapes with a cutlet cutter, and mask with brown chaudfroid sauce; put each on a palette knife while pouring the chaudfroid over it, then ornament with truffle in any pretty design, and set it with a little aspic jelly, and glaze all over with liquid aspic; when ready to serve, dish on a border that has

been lined with aspic and filled up with a macedoine of vegetables in mayonnaise as below; dish with cucumber and radishes or tomatoes seasoned with oil, tarragon vinegar, &c. in the centre. The truffle for garnishing the cutlets can be cut in diamond shapes, and about four pieces placed round a ring on each cutlet. For the border take three quarters of a pint of aspic, three tablespoonfuls of mayonnaise sauce, four tablespoonfuls of sliced vegetable, a little chopped tarragon and chervil, mix together and use when beginning to get set.

### Torpedos.

(*Torpedos.*)

Take half a pint of double cream that is whipped stiff, and then seasoned with a pinch of white pepper, and a little cayenne and salt, and mix with a good tablespoonful of chicken or any game cut in little square pieces, the same quantity of tongue, two tablespoonfuls of cooked sweetbread or blanched calves brains, a tablespoonful of cut truffle and mushroom mixed together, and put by means of a forcing bag and plain pipe into little red edged paper cases, so that it stands a little above the edge of the case. Set to get quite cold in the ice cave or refrigerator for about one hour; serve with a little chopped pistachio on the top of each; dish up on a dish-paper or napkin. This quantity will be sufficient to make six or eight cases, and is a nice way to use up any cold chicken or sweetbread.

### Cutlets of Mutton à l'Andalouse.

(*Côtelettes de Mouton à l'Andalouse.*)

Take a small best end of neck of mutton, cut it into small cutlets, bat them out with a wetted cutlet bat, trim and season with pepper and salt, put them into a buttered sauté pan and sauté them on each side for three or four minutes, then take up and press till cold, and trim them neatly, mask over with brown and white chauxfroid sauce, using the white for the fat part at the top of the cutlet and the brown for the bottom part; when the sauce is set mask the cutlets over with liquid aspic jelly, and when it is firm trim the jelly evenly round the cutlets and dish up on a border of aspic jelly or rice,

with a croûton of fried bread or rice in the centre to rest the cutlets against; garnish between each cutlet with aspic jelly that is very finely chopped, using a forcing bag with a plain pipe for the purpose; similarly garnish the croûton and put round the dish about four bunches of a salad of tomatoes and cooked artichoke bottoms; little sprigs of chervil can also be used for garnishing, and paper frills, if preferred. For the salad garnish cut four cooked artichoke bottoms into square pieces, also four peeled and cleansed tomatoes, mix these with a teaspoonful of picked leaves of chervil and a little salt, mignonette pepper, salad oil and tarragon vinegar, and use.

### Cutlets of Mutton à la Louise.

*(Côtelettes de Mouton à la Louise.)*

Prepare a small best end of neck of mutton, as in the foregoing recipe, and place the cutlets in a well buttered sauté pan, season them with pepper and salt and chopped fresh mushrooms that have been washed, and chopped lean ham or tongue and eschalot, sauté the cutlets on the underneath side for two or three minutes, then put a buttered paper over the top and place them in the oven for four or five minutes, then take up and put to press till cold; after which trim them and mask half of each with pink chaudfroid sauce, and the other half with white, and finish with a coating of aspic jelly over, as in last recipe. Dish on a purée of haricot flageolets, and garnish with chopped aspic jelly around.

### Cutlets of Mutton with Foie Gras in Aspic.

*(Côtelettes de Mouton au Foie Gras en Aspic.)*

Braise the best end of a small neck of mutton for about one hour, then put it to press, and when cold cut it into cutlets, trim these neatly and mask them over with a thin layer of pâté de foie gras which has been first rubbed through a fine wire sieve, and smooth this over with a wet warm knife; glaze over the foie gras with liquid aspic jelly, and ornament the jelly with small thin diamond shapes cut from hard boiled white of egg, lean tongue and truffle, and set this garnish with more jelly; dish the cutlets on a row of chopped aspic arranged lengthways in the dish, and on each side of the row garnish with a macedoine of cooked vegetables that has been seasoned with oil and vinegar and mignonette pepper.

### Chaufroid of Pigeons in Cases.

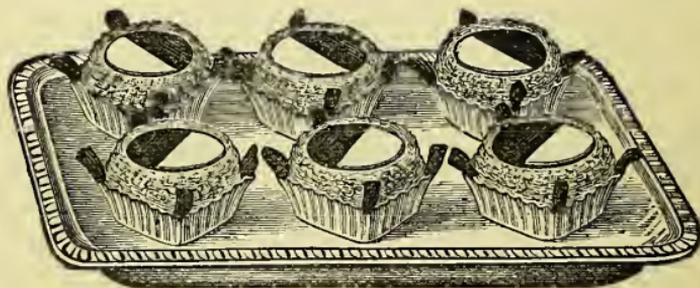
(*Chaufroid de Pigeons en Caisses.*)

Pluck and bone the birds, farce them by means of a forcing pipe and bag with a purée prepared as below, fasten each in a band of buttered foolscap paper, put a piece of fat bacon on the breast of each and place them in a greased pan, and stand it in a moderate oven for fifteen to twenty minutes; then put the birds aside and when they are quite cold cut them in halves lengthways through the back, using a wet warm knife for the purpose; well mask or coat the outer part of each half with brown chaufroid and place it in a paper case which is partly filled with chopped aspic, and by means of a forcing bag and plain pipe garnish round the edge of each case with finely chopped aspic, and dish up on a dish-paper or napkin. This may be served for an entrée or second course dish in place of game or poultry, and for cold collation. Quails and other small birds may be prepared in the same way.

### Escalopes of Quails à la Comte de Paris.

(*Escalopes de Cailles à la Comte de Paris.*)

Take boned quails for this dish, and farce them with a farce prepared as below; fasten the birds in bands of buttered paper, then put them in a buttered pan with enough sherry or mushroom liquor to keep them moist, and cook in the oven



for about fifteen minutes, with a buttered paper over, keeping them well basted; when cooked remove the papers and put to cool, and when cold cut them in slices about a quarter of an inch thick, and then mask these over with chaufroid sauce in two colours, white and brown, each slice being half covered

with each colour. Then lightly mask over with aspic, leave till set, and trim them and dish each up on an artichoke bottom that has been seasoned with salad oil, tarragon vinegar, and chopped tarragon and chervil, and a very little chopped eschalot and mignonette pepper; place them in little square fancy paper cases, and garnish with finely chopped aspic jelly by means of a pipe and bag, round the top of the cases, and at the corners with plovers' eggs cut in quarters, or truffles if the eggs are not in season; dish on a dish-paper or napkin, and serve for an entrée for dinner or for a second course dish in place of hot game, or for a luncheon or supper dish.

*Farce for Quails.*—Half a pound of veal, rabbit, or chicken, two ounces of pâté de foie gras, two ounces of cooked ox tongue, fat and lean, one tablespoonful of thick Bechamel sauce; pound the raw meat till smooth, then pound the tongue and mix together, add the Bechamel and foie gras and two raw yolks of eggs, pass all through a fine wire sieve, and mix in half an eschalot that has been chopped very fine, and a pinch of mignonette pepper, then put into a forcing bag with plain pipe and use. This is enough for three birds, which should make about fifteen escalopes.

### Chaufroid of Quails à la Princesse.

*(Chaufroid de Cailles à la Princesse.)*

Take some boned quails, with the feet left on, farce them by means of a forcing bag and pipe with liver farce; make a well in the centre of the farce in each bird and in it place a slice of cold braised sweetbread that has been rolled in finely chopped truffle, and cut about two and a half inches long by one inch square; press this well in the farce and close up the birds well to prevent the mixture working out. Make the birds up into good shapes, and with a band of buttered paper fasten up each bird and tie up with string; place a little slice of slitted fat bacon on the breast of each, and put them on a buttered sauté pan and cook in a moderate oven for fifteen to twenty minutes. Then put away to cool, and when cool, by means of a hot wet knife cut the birds in half, and mask over till well coated with brown chaufroid sauce, glaze over with aspic jelly, and when this is quite set, cut out neatly and dish up on a border of rice with a little rice block for the centre to rest the quails against. Garnish between each half bird with

chopped aspic, place a hatelet skewer in the centre of rice block and serve.

### Cream of Rabbit in Aspic à la Versailles.

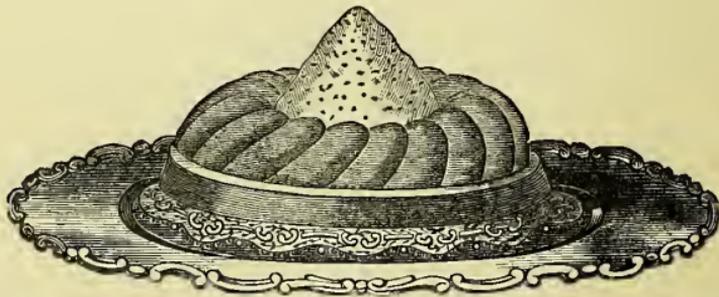
*(Crème de Lapereau en Aspic à la Versailles.)*

Pound three quarters of a pound of cooked rabbit, mix it with two tablespoonfuls of Bechamel sauce, a pinch of salt, a tiny dust of cayenne, and a dust of white pepper, and three quarters of a pint of liquid aspic jelly, and pass through a fine hair sieve; then, when it is thickening, add half a pint of stiffly whipped cream, a tablespoonful of tarragon vinegar, and about one ounce of each of finely shredded truffle and tongue. Have a timbale mould, about a pint and a half capacity, lined with aspic jelly and ornamented with little bunches of cooked vegetables such as carrot, turnip, cucumber, and beetroot, cut in Julienne shreds, also a little shredded tarragon and truffle. Set these round the mould with more jelly, and pour in the purée of rabbit, and when cool turn out and garnish with a salad of the same vegetables that have been seasoned with salad oil, tarragon and chilli vinegar, and a little chopped tarragon and chervil, and also a little mayonnaise sauce here and there.

### Purée of Hare à la Trois Frères.

*(Pain de Lièvre à la Trois Frères.)*

Thinly line the Trois Frères mould (about a pint and a half capacity) with aspic jelly; let the aspic set, then line the



mould all over about an eighth of an inch thick with brown chaufroid sauce; fill up the mould with a purée of hare, which can be made with the remains of cold hare thus:— Eight ounces of the meat pounded till quite smooth, and

mixed with two good tablespoonfuls of brown sauce and a quarter of a pint of game gravy, made from the bones of the hare as below; add half a pint of aspic jelly, and half a wine-glass of port wine may be added if liked. Pass it all together through the tammy, and when somewhat cool pour it into the mould; set till firm, then dip in warm water, pass a clean cloth over the bottom to dry it, and turn out on to the dish. Fill the centre with a macedoine of vegetables mixed with a little salad oil, tarragon and chilli vinegar, and a little chopped tarragon and chervil; spread over the vegetables the hard boiled white of egg that has been rubbed through a wire sieve, and on the egg sprinkle a little chopped truffle or tongue. The above quantity is sufficient for an entrée for eight to ten persons.

Grouse or any other game can be used in the same way.

*Brown Chaudroid for Lining the Mould.*—Half a pint of aspic jelly, two tablespoonfuls of brown sauce, half an ounce of glaze, half a wineglass of sherry, and a pinch of sugar; reduce this about a quarter part, keeping it well skimmed while it is boiling, then pass through the tammy and use.

*Gravy for the Purée.*—Cut up half an onion in little dice shapes, put them in a pan with one ounce of butter, a little bayleaf, sprig of thyme, and a dust of mignonette pepper; chop up the game bones (raw or cooked) and put on the top; cover the pan down and let these fry for about twenty minutes; cover with three quarters of a pint of stock, boil together for about half an hour, keeping well skimmed, then strain, remove the fat, and use.

### **Ballotine of Pheasant with Cherry Salad.**

*(Ballotine de Faisan au Salade de Cerises.)*

Take the leg of the pheasant and bone it; leave as much skin as possible to wrap over the farce; pound together half a pound of raw pheasant or any kind of game and a quarter of a pound of raw ham or bacon and pass through a coarse wire sieve; season with a little cayenne pepper, a pinch of salt, and add one large chopped truffle, four chopped button mushrooms, one ounce of cooked tongue or ham chopped, and mix with two raw yolks of eggs; force into the leg of the pheasant by means of a forcing bag and pipe; make a little well in the centre of the farce with the finger wetted with warm water, and in the space put two ounces of pâté de foie gras, which is cut

in strips; wrap the farce over and sew up the leg, tie up in a little buttered cloth, and cook in good stock for rather better than half an hour. When cool cut in slices and mask with aspic mayonnaise and ornament with strips of tongue and French gherkin and little rounds of truffle in any pretty design; set the garnish with a little more aspic, trim the slices from the aspic, dish on a strip of aspic, and garnish with cherry salad.

### Escalopes of Sweetbread à la Grand Hôtel.

(*Escalopes de Ris de Veau à la Grand Hôtel.*)

Take a nice fresh heart sweetbread, blanch and press it, braise it (see recipe 'Escalopes of Sweetbread à la Connaught') and put away till cold; then cut it in slices straight through about a quarter of an inch thick, and with a plain round cutter about two inches in diameter stamp it out in rounds, and mask these with a white chaudfroid till well covered; put on a baking tin or dish and mask over with aspic jelly. Let this set, then trim the slices from the aspic and dish them up on a border of aspic jelly, and garnish the centre with a macedoine of cooked vegetables in mayonnaise. Put a little tongue purée on the top of each slice in the form of a rose by means of a forcing bag with a small rose pipe, and arrange little square blocks of aspic jelly round.

### Sweetbread Cutlets à la Princesse.

(*Côtelettes de Ris de Veau à la Princesse.*)

Blanch and then braise the sweetbread as in foregoing recipe; take it up and put to press between two plates, and when cool cut it out in cutlet shapes. Have some little cutlet moulds lined with aspic jelly and ornament them with cut truffle, red chilli, and French gherkin in any neat designs. Set these with a little more aspic jelly, and then line the moulds with a white chaudfroid; place the pieces of sweetbread in the moulds and fill up with the chaudfroid; let this set, turn out, dish up *en couronne* on a border of aspic, with alternate slices of foie gras cut in cutlet shapes and masked over with aspic jelly; garnish the centre with a wax figure and around it and in the corners of the dish arrange a salad of melon or cherries.

## Larks à la Ripon.

(*Mauviettes à la Ripon.*)

Take the fresh larks for this dish, pick, cleanse and bone them, and farce them with beef or veal farce, using a forcing pipe and bag for the purpose. Partly fill the birds with the beef farce, then make a little well in the centre with the finger, first dipping it in hot water; place in this well a little piece of pâté de foie gras about the size of a filbert, close up the space by pressing the farce and arrange the legs in the body; cut off the feet and then take little bands of buttered paper and tie one round each bird so as to keep it in a good shape. Put two ounces of butter into a stewpan with half a sliced carrot, two slices of turnip, one large onion sliced, a bunch of herbs (thyme, parsley, and bayleaf), three or four peppercorns; put a buttered paper on the top and place the



larks on this; cover each of the birds with a little piece of fat bacon to keep them moist, put the cover on the pan, and fry for about ten minutes, then add about a quarter of a pint of good stock and braise for about fifteen minutes, keeping the birds basted over the top. When cooked take out and put to cool, mask them with brown chaufroid sauce; have some dariole moulds lined thinly with aspic jelly and ornamented in any pretty design with cut truffles, tongue, or ham, white of egg, and cooked button mushrooms. Set the garnish with more aspic, and then place a lark in each mould and fill up with the brown chaufroid, and let these set till cold and firm. Prepare a small border of aspic jelly for dishing the birds on, and a wax figure or rice block for the centre. Make a ragoût of tongue, truffle, white of hard boiled egg,

cooked mushroom, and a little cold sweetbread all cut up in dice shapes and mixed with a little salad oil, a few drops of tarragon vinegar, and a few leaves of picked and chopped tarragon and chervil, and fill the top of the figure and round the centre with it and garnish the dish with chopped aspic jelly, and serve. This can be served for a second course dish in place of game or poultry.

### Little Creams of Ham Iced.

*(Petites Crèmes de Jambon Glacées.)*

Whip half a pint of cream till quite stiff, then mix with it a quarter of a pint of liquid aspic jelly and a few drops of carmine to make it a pale salmon colour, add a dust of cayenne, and five ounces of lean cooked ham that is cut up in very little dice shapes; stir all together over ice until it begins to set, then put it in a Neapolitan ice mould and place this in the ice cave for about one and a half hours; when sufficiently iced dip the mould in cold water, remove the covers, and turn the ham cream on to a clean cloth, cut it in slices crossways, and dish them up on a dish-paper in a round overlapping one another; garnish the centre with a bunch of picked mustard and cress or any nice salad, and decorate the slices with ham butter by means of bag and fancy pipe.

### Little Hams with Salad.

*(Petits Jambonneaux au Salade.)*

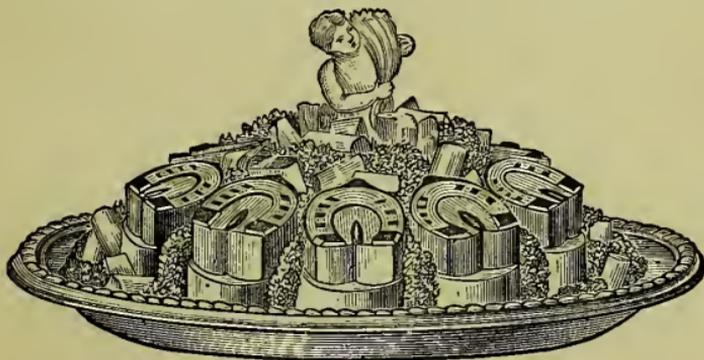
Take some little ham moulds, line the top part of them with plain aspic jelly and lightly sprinkle over the jelly a very little finely chopped parsley, then line the bottom part of the mould with red aspic, let this set and fill up the mould with a purée of cooked ham or tongue as below, turn out and dish on a border of red coloured aspic and garnish the centre and round the dish with a salad of crisp lettuce that is mixed with small picked leaves of fresh tarragon and chervil, and some strips of lean ham or bacon. Cut the strips of ham or bacon about one inch long and a quarter of an inch thick, and sauté them in a little butter for three or four minutes without discolouring, then strain from the butter, and when cold season with finely chopped tarragon and salad oil,

tarragon vinegar, and mignonette pepper, and sprinkle them all over the lettuce with some little shreds of French gherkin and red chilli. The ham purée for filling say ten moulds is made by taking half a pound of lean cooked ham, and pounding it till smooth, then well mixing with it a table-spoonful of thick mayonnaise, one tablespoonful of Bechamel sauce, a few drops of Marshall's liquid carmine, a tiny dust of cayenne pepper, two and a half gills of cool liquid aspic jelly, and passing the whole through the tammy; use when the purée begins to thicken.

### Little Salpicons of Salmon à la Chevalier.

(*Petits Salpicons de Saumon à la Chevalier.*)

Line the little horse-shoe moulds very thinly with aspic jelly, and ornament them with truffle to imitate the nails &c.; set this with a few more drops of aspic, and then line the moulds again with a purée of salmon, prepared as below; partly fill up the centres with a salpicon mixture, composed of salmon, oysters, and truffle; pour in a little reduced consommé that is flavoured with shredded tarragon leaves; when



this is set cover over with a little more of the salmon purée, and put on ice to set. When ready to serve dip the moulds into warm water, and turn out the salpicons; dish them upon a border of aspic jelly, place a wax figure in the centre of this, and garnish round the figure with cooked salsify and raw cucumber, and cooked salmon, mixed all together, and chopped aspic jelly.

*Purée of Salmon for Salpicons.*—To four ounces of cooked salmon add two marinated fillets of herring, half a teaspoonful

of essence of anchovy, a little carmine to make it a pretty pink colour, one hard boiled yolk of egg, a tiny dust of cayenne, and one dessertspoonful of French tarragon vinegar; pound all together till smooth, then add half a pint of aspic jelly whilst liquid, and one tablespoonful of thick cream, then pass through the tammy and use. This quantity is sufficient for ten to twelve moulds.

*Consommé for Centre of Salpicons.*—Boil half a pint of good soup to half the quantity, then mix in about a dozen leaves of finely shredded tarragon. The soup before being reduced should be quite a thick jelly when cold.

*Garnish for Salpicons.*—Cut the salsify and cucumber in lengths of about one inch, and pull the salmon in nice flakes, then season the whole with salad oil, tarragon vinegar, and a little chopped eschalot and shredded fresh tarragon. This dish is a nice way of using up any cold salmon from a previous meal.

### Little Tongues à la Financière.

(*Petites Langues à la Financière.*)

Pound one pound of fresh pork or ham and half a pound of lean veal or white meat, and pass it through a wire sieve; pass four ounces of pâté de foie gras through the sieve, and mix in the meat; then add four finely chopped truffles, a little salt, a saltspoonful of mignonette pepper, one eschalot chopped very fine and the juice pressed out, four raw yolks of egg; when well mixed together place the purée in well buttered tongue moulds, place them in a stewpan or sauté pan and cook in the oven for about twenty minutes with a buttered paper on the top, occasionally sprinkling them with sherry to keep them moist; when cooked and cold mask them with a tongue purée as below, glaze over with aspic jelly that is coloured with carmine; when cool cut out from the jelly, and dish on a border of rice with a small round block or pillar of rice in the centre to lean the tongues against, with a hatelet skewer for ornament, garnish between the tongues and the top of the block with chopped aspic jelly. Arrange Financière on the hatelet skewer and round the dish. To make the purée of tongue referred to above, take a quarter of a pound of tongue, pounded and mixed with two table-spoonfuls of thick cream and three quarters of a pint of aspic jelly, tiny dust of cayenne, a little carmine to make it a pretty red colour, and pass all through the tammy and use.

### Little Nectarines of Foie Gras à la Belle.

(*Petites Nectarines de Foie Gras à la Belle.*)

Line some small hexagon darioles with aspic jelly, and when this is set ornament them with finely shredded red chilli, forming a cross at the bottom of the mould, also decorate the sides then set with a little more aspic and line the mould all over with aspic cream, and fill up the inside with a ragoût prepared as below; when these are set dip the moulds into warm water and turn out on a clean cloth to absorb any moisture, dish them up on a border of aspic jelly, fill up the centre with a good salad of lettuce mixed with oil and tarragon vinegar and a little salt; take four cooked plovers' eggs, cut them into quarters and garnish them with a little sprinkling of chopped truffle and two strips of chilli arranged in a cross on each, set the garnish with a little aspic and place these eggs on the top of the lettuce, and arrange little rings of cucumber between each nectarine; garnish round the dish with chopped aspic and little bunches of the salad in the corners. To make ragoût for ten moulds take half a pint of aspic jelly, one wineglass of sherry, one and a half gills of good flavoured brown sauce, one ounce of glaze, two fresh mushrooms cut up in slices, a pinch of castor sugar, and boil down to half the quantity; keep skimmed while boiling, then tammy, and when cool and thickening add to this the contents of a small tin of pâté de foie gras (having removed the fat), cut in small dice shapes with a hot warm knife, add six cooked button mushrooms, and two or three truffles similarly cut up, and use when the whole is getting set.

### Beef Salad à la Château.

(*Salade de Bœuf à la Château.*)

Take some cold roast or braised beef and cut it in thin slices, season it with a little salt and mignonette pepper, roll up into a cylinder shape and cut in lengths of about two inches, sprinkle some finely scraped horseradish over the top of the fillets, and set this with a little aspic jelly whilst liquid, and dish up the fillets *en couronne* on a bed or border of aspic jelly, and garnish the centre and round the dish with a macedoine of cooked vegetables that have been seasoned

with salad oil, tarragon vinegar, a few drops of chilli vinegar, and a pinch of freshly chopped tarragon and chervil.

### Fillets of Beef à la Philippe.

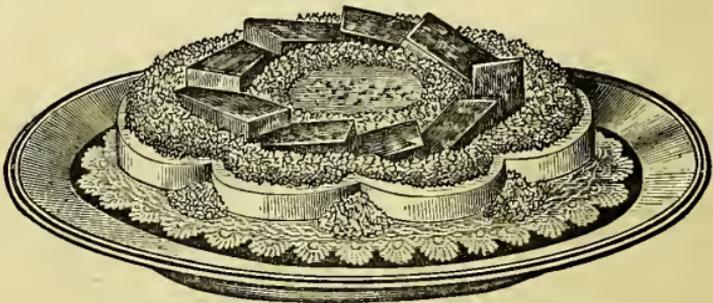
(*Filets de Bœuf à la Philippe.*)

Take some cold roast or braised beef, cut in very thin slices about two inches square, and then mask each on one side with a ragoût as below, roll the fillets up in cylinder shapes with the ragoût inside, and mask entirely over the cylinder shapes with brown chaudfroid, and the ends with aspic cream; when the chaudfroid is set lightly mask over with a little liquid aspic jelly, and trim from the jelly; dish on a border of aspic, and garnish the centre with a very thick horseradish sauce and ornament with chopped aspic jelly between the fillets and macedoine of vegetables in the corners of the dish, and serve. To make the ragoût for masking the fillets take three hard boiled yolks of eggs chopped fine, also twelve blanched large bearded oysters cut up small, four or five button mushrooms, a teaspoonful of French capers, half an eschalot, two boned anchovies that have been rubbed through a sieve, and mix all with a quarter of a pint of brown chaudfroid sauce on the ice till cool, then spread it on the fillets. This quantity is enough for ten to twelve fillets.

### Green Salad à la Batelière.

(*Salade verte à la Batelière.*)

Take some sandwich moulds and line them thinly with aspic jelly, then sprinkle the first and third quarters of the



bottoms with lobster coral which has been passed through a sieve, and the second and fourth quarters with finely chopped

arragon; set this garnish with a few drops of aspic jelly, then sprinkle them over with long thin strips of cooked French beans and finely shredded crisp lettuce to fill the moulds, set these with more jelly, and when cold dip them in hot water and turn out; dish them on a border of green salad prepared as below; garnish the centre with some of the salad mixture without the aspic in it, and some nice scallops of cooked lobster may also be arranged in a neat pile in the centre; garnish the dish and round the top of the border with chopped aspic jelly, and sprinkle it here and there with a little coral and chopped tarragon and chervil. This is a pretty dish for any cold collation, and is a good way to use up any cold lobster.

*Green Salad for border.*—Take a handful mixed all together of tarragon, chervil, fennel, and parsley, and one sliced eschalot; wash these well, and put them into a stewpan with enough cold water to cover them, add a pinch of salt and soda, put it on the stove, and when it comes to the boil strain and press the water from it, then pound these ingredients with six turned olives, two French gherkins, six boned anchovies, one saltspoonful of Marshall's apple green, one tablespoonful of salad oil, and pass all through a tammy or hair sieve, and then to each one and a half tablespoonfuls of this purée add four tablespoonfuls of thick mayonnaise sauce, a pint and a half of liquid aspic jelly, half a pint of any nice green cooked vegetables cut up in little squares, such as French beans, artichoke bottoms, flageolets, peas, &c. Line the mould thinly with aspic jelly, then pour the mixture into it and leave it to set; when firm dip it into hot water, and turn it out on to the dish. Any of the green purée left from the border can be mixed with some of the vegetables and mayonnaise for the centre.

### Little Patties à la Montglas.

(*Petites Bouchées à la Montglas.*)

For these take some puff paste which has had six turns, roll it out about one inch thick and stamp out rounds of it with a hot wet cutter about one and a half inches in diameter; put these rounds on a wetted baking tin, brush them all over with whole beaten up egg, and then make an inner ring on the top of each with a hot wet cutter about

one inch in diameter, cutting into the paste about a quarter of an inch deep. Bake in a rather quick oven for twenty-five to thirty minutes; when baked, take up, remove the little top and scoop out the inside so as to form a little case, fill these with the ragoût as below by means of a forcing bag and plain pipe, and place the top again on each patty. Dish up on a dish-paper or napkin and serve hot or cold for an entrée for dinner, luncheon, or as a second course dish. If used for a cold dish, garnish with fresh parsley.

*Ragoût for Patties à la Montglas.*—Take four tablespoonfuls of any minced cooked meat, game, or poultry, six or eight chopped button mushrooms, one or two chopped truffles, one tablespoonful of chopped cooked tongue or ham, and a little chopped calf's brains or sweetbread may be added; mix all these ingredients into half a pint of very good thick Veloute sauce and make it hot in the bain marie and fill the patties.

### Oyster Patties.

(*Petites Bouchées aux Huitres.*)

Blanch the oysters, taking care that they do not boil, beard and cut them up in small square pieces and make a sauce from the liquor; for half a pint of sauce put two ounces of flour and two ounces of butter, and fry without discolouring. Mix this with about one and a half gills of the oyster liquor; if you have not sufficient liquor make up the quantity with white fish stock or chicken stock; stir till it boils, then add a good half gill of cream, a few drops of lemon juice, a tiny dust of cayenne, and season with a little salt; pass it through the tammy and then add the cut oysters; a little cut truffle may be added if liked. Prepare some little bouchées (see Recipe 'Patties à la Montglas') with puff paste and scoop out the insides, and fill them up with the oyster mixture; dish on a dish-paper and garnish with fried parsley and serve hot. These may be served cold as an entrée, or, if made very small, for a hors-d'œuvre or second course dish or ball supper. Allow two large sauce oysters to each patty.

### Marrow Patties.

(*Petites Bouchées au Moelle.*)

Prepare some puff paste cases as in recipe 'Patties à la Montglas,' and fill them with a ragoût of marrow prepared

as follows:—Take a beef marrow bone, split it, remove the marrow, scald the latter and keep it in cold water till wanted; take one and a half gills of brown sauce, one very finely chopped eschalot, half an ounce of glaze and a wineglass of sherry, and boil together till reduced to half the quantity, then add the marrow, having first cut it up in small dice shapes, and a teaspoonful of chopped parsley; put it aside till cold, then use.

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### SUPPER DISHES.

For large dishes, such as French raised pies, galantines, hams, &c. see Chapter XIII., on 'Breakfast and Luncheon Dishes,' and also Chapters IX. and X.

## CHAPTER IX.

REMOVES OF MEAT AND POULTRY FOR LUNCHEON  
OR DINNER.**Roast Beef with Horseradish Sauce.***(Bœuf rôti au Sauce Raifort.)*

NEATLY trim the meat according to the joint, skewer it, tie it up, rub it all over with dripping, and tie a well-greased paper round it, put the joint to roast, not too close to the fire; the distance must depend upon the range and the briskness of the fire; keep it well basted during the roasting, and allow about twenty minutes for each pound of meat; half an hour before the meat is done remove the paper, and let the meat take a pretty golden colour. When ready to serve replace the ordinary skewers with plated ones, dish up, garnish the top with scraped horseradish, and pour a little clear gravy round the meat. Serve with horseradish sauce in a boat and Yorkshire pudding.

**Fillet of Beef with Truffles and Champagne Sauce.***(Filet de Bœuf aux Truffes. Sauce Champagne.)*

Take a piece of fillet of beef of about three and a half to four pounds, trim off all the unnecessary fat and skin, and lard it in lines with lardons of fat bacon, after which trim the lardons with a pair of scissors that they may be all the same length; tie it up across the fillet with string to keep the meat in nice form; prepare a braise, as in recipe for Fricandeau of Beef, in a stewpan, place the fillet on the top of the vegetables, then put a buttered paper over the top, cover the pan down with the lid and let the meat fry with the vegetables for fifteen to twenty minutes; then add one wineglass of sherry and a quarter of a pint of good brown

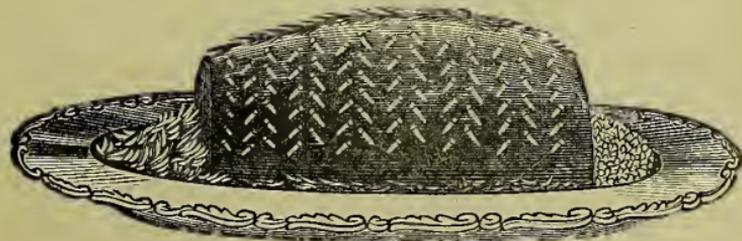
stock, and put the stewpan into a moderately hot oven and let the fillet braise for about two and a half hours, during which time keep it well basted over the paper, so that none of the pieces of the vegetables get mixed up with the lardons, adding more stock as that in the pan reduces. When cooked take it up on a baking tin and lightly brush it over with warm glaze, put it into a moderate oven, and let the lardons crisp for about fifteen minutes; then dish up, remove the string and arrange with hatelets, strain the gravy, removing all the fat, boil it up and pour it round the fillet. Have some fresh or bottled truffles heated in the bain marie and cut in slices; sprinkle these all over the fillet and then serve with champagne sauce round and with some in a sauce-boat.

The vegetables which were used in the braising can be put into the stockpot.

### Fillet of Beef with Mushrooms.

*(Filet de Bœuf aux Champignons.)*

Prepare the fillet as in the foregoing recipe, and braise it in the same way; when the beef is cooked take it up and strain off the liquor, and remove the fat, and put it to boil with three quarters of a pint of brown sauce, half an ounce of good glaze, one wineglass of sherry, and a few washed



peelings and stalks &c. from fresh mushrooms; boil this together, taking care to keep it well skimmed during the cooking, then wring through the tammy, add to it the contents of a tin of button mushrooms, or half a pint of freshly cooked ones, and serve round the fillet dished up as in last recipe.

### Braised Sirloin of Beef with Oysters.

(*Aloyau de Bœuf braisé aux Huitres.*)

Take off the top side of a well hung sirloin of beef, bone it, and remove about four inches of the top skin and gristle, and all the unnecessary fat, lard the top part of the lean with four or five rows of lardons of fat bacon, trim the lardons neatly, and tie up the meat in a nice form and braise as in recipe for Fricandeau of Beef; let it fry on the stove for twenty minutes, put a buttered paper over it, then add half a pint of good brown stock, cover the pan down, and place it in the oven, allowing three and a half to four hours for seven to eight pounds of the meat, adding more stock, and basting as in recipe for 'Fillet of Beef with Truffles.' Take up the meat, put it on a baking tin, glaze and crisp the lardons as in the same recipe; strain the liquor from the braise, free it from fat, and use it in the sauce as below. Dish up and remove the strings, fixing the joint with hatelets, and arrange a purée of mushrooms round it, and serve with the following sauce in a sauceboat. To make sauce for twelve persons take two dozen fresh sauce oysters, beard them, and cut them in halves; boil the oyster liquor with the beards till reduced to half the quantity, then add to it the liquor from the braise and three quarters of a pint of good brown sauce, the strained juice of one lemon, a wine-glass of sherry, a dust of cayenne pepper, and one ounce of glaze, boil all together for twelve to fifteen minutes with one or two fresh mushrooms sliced, keep skimmed while boiling, then tammy, and make hot in the bain marie, and just before serving add the cut raw oysters and use.

### Roast Fillet of Beef in Matelote.

(*Filet de Bœuf rôti en Matelote.*)

Remove all the skin and rough fat from the fillet, tie the latter up, oil it well, place a piece of fat bacon over it, and then wrap it in a buttered paper. Roast about an hour for two and a half pounds, keeping it well basted, then remove the paper, cut the fillet crossways into neat slices without removing them from each other, and place them so on a dish, and garnish round with braised ox-palates and slices of

cooked ox-tongue, both stamped out into rounds about the size of a five-shilling piece with a cutter, and slices of blanched beef marrow about a quarter of an inch thick, braised olives, slices of truffles and mushrooms; serve with Madeira sauce; pour over the fillet boiling hot.

### Roast Fillet of Beef. Horseradish Sauce

(*Filet de Bœuf rôti. Sauce Raifort.*)

Take a piece of fillet of beef and trim off all the unnecessary fat and skin from it; then tie it up, and marinade it for an hour or two with sliced carrot, onion, turnip, herbs, parsley, bayleaf, thyme, peppercorns, cloves, and sliced lemon; sprinkle the meat well with salad oil or clarified butter, and when ready for cooking take a sheet of well-greased paper, and wrap up the meat in it with the vegetables, and roast or bake, taking care to keep it well basted, say two hours for about four to five pounds; then remove the paper and herbs, and put back to the fire to brown; serve with some good gravy sauce, such as gravy from roast meat, or a little stock boiled with glaze, round the meat. Brush the fillet over with a little warm glaze, and garnish with scraped horseradish on the top, and serve horseradish sauce in a boat.

### Rumpsteak with Oysters.

(*Bifteck aux Huitres.*)

Take a piece of rump steak from one and a half to two pounds, season the meat with pepper and salt and salad oil, then grill or broil for fifteen to twenty minutes; dish up on a hot dish and serve with the sauce as below poured over and the oysters in the centre of the meat, and garnish with fried potatoes round. For the sauce put three tablespoonfuls of white wine into a stewpan and boil it to half the quantity, then add four large tablespoonfuls of very rich thick brown sauce, half an ounce of glaze, and a pinch of castor sugar; boil up together, then work into it by degrees two ounces of fresh butter. Place the pan in the bain marie and add a teaspoonful of finely chopped parsley and a dust of cayenne, and one dozen raw bearded oysters (say for four or five persons) and the liquor of the oysters which must be boiled with the

beards till reduced to a half part, and then strained into the sauce.

### Braised Rump Steak.

(*Bifteck braisé.*)

Season two and a half pounds of rump steak with a little salt and pepper, and put it in a stewpan with about an ounce of butter; place a cover on the pan, and let it fry for about twelve minutes; then sprinkle the steak with about one tablespoonful of flour, and well shake the pan to prevent the steak clinging to the bottom; add about a pint of water or ordinary stock, bring to the boil, skim well, add a bunch of herbs and about two dozen button onions peeled and blanched, also some blanched and scooped carrots and turnips. The steak will require from one and a half to two hours gentle braising. The carrots and onions should be added about an hour and the turnips about half an hour before dishing, as that will be sufficient time for cooking them. The gravy should be replenished by more stock or water as it reduces. When the steak is cooked, dish it up with the vegetables placed round it in bunches; strain the gravy in which the steak was cooked and pour it round, and serve whilst very hot. Cooked tomatoes and button mushrooms are a good addition.

### Fricandeau of Beef.

(*Fricandeau de Bœuf.*)

Take a piece of lean rump of beef, and lard it with rather thick pieces of fat bacon; season the beef well all over with pepper and salt, and tie it up in a nice form with string; put in a stewpan about two ounces of butter, one large sliced carrot, two or three sliced onions, a few slices of turnip and celery, herbs, such as thyme, bayleaf, parsley, marjoram and basil, four or five cloves, one blade of mace, about six black peppercorns, and put the meat on top; cover over with a well-greased paper, close the stewpan down, and let fry for fifteen or twenty minutes. Pour in on the side of the pan about half a pint of stock or gravy; let the meat stew steadily, keeping it well basted, and adding more stock as that in the pan reduces. Allow about twenty minutes' cooking for each pound. When the fricandeau is cooked, take it up and strain

the gravy, remove all the fat and reduce the gravy till about as thick as single cream ; boil it up and pour it over the beef, which can be garnished with tomatoes or mushrooms, braised vegetables, and fancy cut potatoes.

### Beef Steak and Kidney Pie.

(*Pâté de Bœuf et Rognons.*)

Take about two pounds of beef or buttock steak, and cut up in about two-ounce pieces ; cut the core from an ox kidney and then cut it up in slices ; season together with a little chopped parsley, thyme, bayleaf, chopped eschalot or onion, basil and marjoram, pepper and salt, and one or two mushrooms. Put a little fat in a frying or sauté pan, and when it is warm put in the meat &c. ; let all fry quickly for five or six minutes ; take up, mix with the meat a little flour, and turn into a pie dish ; fill it up with water or a little gravy. When cool cover with puff paste, and place it in a moderate oven to cook gently for about two and a half hours. If the pie crust gets too deep a colour put a piece of wet paper over it. When serving place a napkin on a flat dish, stand the pie dish on it, and garnish with fresh parsley.

### Pigeon and Beef Steak Pie.

(*Pâté de Pigeon et Bœuf.*)

Pick, singe, and bone the pigeons, and cut each bird into four pieces ; take four birds to one pound of fillet of beef or rump steak, cut the latter in little square pieces and season all with chopped bayleaf, thyme and parsley, chopped eschalot, a little salt and pepper ; put into a buttered sauté pan and fry together for eight or ten minutes, then mix in a tablespoonful of flour, put all into the pie dish, fill the dish with good gravy, and garnish the top with halves of hard boiled eggs and button mushrooms that are masked with a little chopped parsley, cover the pie with puff paste, glaze the paste over with whole beaten up egg, mark the top with the knife and bake in a moderate oven for about two hours. Serve hot or cold for a remove or for a luncheon dish. Any kind of game or poultry can be used in the same manner.

### Beef and Lark Pudding.

*(Pouding de Bœuf et Mawviettes.)*

Have eighteen or twenty larks picked and boned ; season them with a little black pepper, a little salt, finely chopped herbs (parsley, thyme, and bayleaf), and two or three washed fresh mushrooms chopped (the tinned mushrooms can be used if the fresh are not to be procured). Cut up one pound and a half of fillet or rump steak in little square pieces about half the size of the boned larks ; rub six boned and filleted anchovies through a sieve, and mix this and the larks and the meat together, and sprinkle a tablespoonful of fine flour over all. Prepare a suet crust as in recipe given, and with it line a buttered basin or plain mould to about one third of an inch thick, pressing the paste well to the basin or mould ; fill it in with the larks and beef, leaving enough room to put in a pint of cold water or ordinary stock free from fat ; wet round the edge of the paste with a little cold water, cover over with paste, press the edges together, trim off any superfluous paste, tie a cloth over the top, and put the basin or mould in a pot containing boiling water sufficient to cover it, and let it boil on steadily for five or six hours ; take it up, remove the cloth, run a knife round between the paste and the edge of the basin, and turn the pudding out on to a very hot dish, and sprinkle the top with a little finely chopped parsley or truffle.

### Lark Pie à la Moderne.

*(Pâté de Mawviettes à la Moderne.)*

Pick, cleanse, and bone about eighteen larks. Take one pound of rumpsteak, cut it up in little dice shapes, also a quarter of a pound of fat and lean bacon or ham, one small onion and two fresh mushrooms cut up, a few chopped herbs, such as thyme, parsley, and bayleaf, a pinch of salt and pepper, put these all together in a pan with about one and a half ounces of butter or good fat, and just fry over the fire for about eight or ten minutes, then pound all together until quite smooth and rub it through a coarse wire sieve ; put the mixture into a forcing bag with a pipe, and fill the birds with it. Line a French raised pie tin or square flour tin with raised piecrust to not quite a quarter of an inch thick, and place the birds in,

wet the edge of the paste and then cover it up with more paste rolled somewhat thinner, press the edges well together, trim them, and brush over the top with whole beaten up egg, roll some of the paste out very thin and stamp it out with a plain or fluted cutter and ornament the top of the pie with these; place a band of buttered paper round the pie and put it into a moderate oven and bake for about one hour or an hour and a half, according to the size; remove the paper and tin and place the pie on the dish. Put the bones from the larks, all chopped up fine, half an onion sliced, and half an ounce of butter into a stewpan with a little bayleaf and thyme and two or three black peppercorns; fry all together, with the cover on the pan, for about fifteen to twenty minutes, then add a little gravy or stock and boil all together for about half an hour: strain, and remove the fat, put the gravy to re-boil and fill up the pie with it with a funnel through a little hole made in the top of the crust. This pie can be served either hot or cold.

### Beef and Lark Pie

(*Pâté de Bœuf et Mauviettes.*)

Take some boned larks, fill them inside with a farce prepared as below and then arrange each in a nice plump form. Take about one pound of fillet of beef for every twelve larks, cut the meat into little square pieces and put it into a sauté pan with an ounce of butter, two chopped eschalots, a teaspoonful of chopped parsley, two chopped bayleaves and a sprig or two of thyme, season with pepper and then very quickly sauté it over a brisk fire for four to six minutes; sprinkle over it a small tablespoonful of flour, and mix with it about half a pint of brown stock, put the larks with the beef into the pie dish in which it has to be cooked, then cover over with puff paste and bake in a moderate oven for about one and a half hours. Serve hot or cold for dinner as a remove, or for luncheon or breakfast.

*Farce for Larks.*—For twelve larks take four hard boiled yolks of eggs and rub them through a wire sieve, mix it with two ounces of very finely chopped beef suet, four chopped fresh mushrooms, two ounces of breadcrumbs, one dessert-spoonful of chopped parsley, three bayleaves, a teaspoonful of thyme, a tiny dust of nutmeg, a good pinch of white pepper and salt; mix all together with two whole eggs, and use.

**Roast Ox Heart.***(Cœur de Bœuf rôti.)*

Take an ox heart that has been hanging for three or four days, remove all the pipe and blood from it, and fill it quite full of herb farce; fasten it up with a needle and string, rub the heart over well with warm dripping and fold it up in a well greased paper; tie it up, put the heart in a baking tin in the oven, or hang it up to roast for three to three and a half hours, keeping it well basted with dripping, then remove the paper and dish up on a hot dish and serve round it a good brown sauce or tomato sauce or brown caper sauce, and garnish with olive potatoes. This dish requires to be served whilst very hot. If the heart is roasted it must be suspended by the string with which it is tied up, so that the hook of the jack does not pass into the meat, and the thick part must be uppermost.

**Sheep's Hearts.***(Cœurs de Mouton.)*

Prepare these in the same way as for an ox heart, cooking them for about one hour, and serve with the same sauces and garnish.

**Minced Beef.***(Émincé de Bœuf.)*

Put three quarters of a pint of brown sauce into a stewpan with one large eschalot finely minced; boil these together till the sauce has reduced to half the quantity, then mix with it three quarters of a pound of lean beef (roast if possible) that has been cut in little dice shapes; make it quite hot in the bain marie, then dish on a hot dish and garnish round with poached eggs that are sprinkled with a little chopped parsley, or crisply fried potatoes or croûtons, and serve.

**Stuffed Loin of Veal Roasted.***(Filet de Veau farci.)*

Bone about five or six pounds of the loin of veal, remove any unnecessary fat, leaving the kidney if liked, farce it with

herb farce, and sew it up in the shape of a galantine, then rub it over with dripping, put it in a well-greased paper, and roast or bake it gently for about two hours, keeping it well basted; take up, remove the paper, glaze the meat over with a little warm glaze, and put again to the fire or in the oven to brown, say for about ten or fifteen minutes, then place it in a tin with half a pint of cream, and keep it well basted with this for about fifteen minutes. If cream cannot be used baste with Espagnol sauce; take up, remove the string, and fix two or three hatelet skewers in it to keep it in shape; place it on a hot dish, and pour round it the cream or sauce that is left in the tin after it has been passed through the tammy and just boiled up. The veal should be garnished with little bunches of crisply fried bacon, cut up in little dice shapes and drained from the fat; hot Veloute sauce to be handed in a sauceboat.

### **Fricandean of Veal with Sorrel.**

*(Fricandean de Veau à l'Oseille.)*

Trim and lard neatly the top of the fillet of veal with bacon, and put it to braise in a well-buttered pan as for fricandean of beef. Any odd bits of the larding bacon may also be put in the pan; place a buttered paper over it, and let it fry with the lid of the pan on for about twenty minutes, then add a little good stock and braise it in the oven for about two hours and a half to three hours, occasionally adding more stock as that in the pan reduces. Take up and glaze and crisp the lardons, and strain off the gravy, removing the fat. If you have not enough of this gravy for the fricandean add a little glaze and good stock, boil up together adding a pinch of sugar, tammy and serve either round the meat or in a sauceboat. Garnish the fricandean with a purée of sorrel and poached eggs. Spinach may be used instead of sorrel as a good accompaniment. Any of the fricandean when cold makes an excellent dish, and should be served garnished with aspic jelly, and the cold gravy in a sauceboat.

### **Calf's Head en Tortue.**

*(Tête de Veau en Tortue.)*

Put half a calf's head into cold water well salted, and let it lie in it for twenty-four hours, during which time the water

should be occasionally changed ; when ready to cook remove and blanch the brains ; tie up the head in a clean cloth and put it into a stewpan with enough cold water to cover it, bring to the boil, then strain, rinse and return to the stewpan and cover it either with water or gravy stock, add a good plateful of vegetables to it, such as one or two carrots cleaned, two or three onions, one leek, a few strips of celery, a good bunch of herbs, such as thyme, parsley, bayleaf, basil, marjoram, a few black and white peppercorns, a blade or two of mace, and four or five cloves, bring to the boil, then skim and cover the pan and boil for three and a half to four hours according to the size ; then take up and remove the cloth, cut the meat in square pieces large enough to allow one for each person, take off the outer skin by means of a small knife and arrange the pieces on a large square or round croûton of fried bread in a pile, and garnish this and round the dish with slices of braised sweetbread, and the calf's brains cut in nice slices, and the tongue removed from the head and skinned and glazed ; also cooked crayfish or prawns, and slices of cooked lobster, hard boiled yolks of eggs sprinkled with lobster coral, button mushrooms and truffles ; serve a good espagnole sauce in a boat, and some round the dish. Hatelet skewers to fix the prawns, truffles, and mushrooms, and fastened in the croûton, are very pretty. This makes a very excellent dish to serve for a luncheon party. The liquor in which the head has been cooked will come in well for mock turtle soup in which any of the remains can be used up.

### Boiled Calf's Head.

*(Tête de Veau à l'Anglaise.)*

Cleanse the half or whole of a calf's head as in the recipe for 'Calf's Head en Tortue,' then by means of a small pointed knife remove all the bone from the head and remove the brains ; when the bone has been removed roll up the head lengthwise in the form of a galantine, then fasten it up in a clean buttered cloth and bind it with a piece of tape to keep it in good shape, put it into a saucepan with enough cold water to cover it, one tablespoonful of salt and a good plateful of raw cleaned vegetables ; bring to the boil, then skim and cover the pan over with the lid and let it continue boiling for three and a half to four hours according to the size,

then take up, remove the cloth, and place the head on a hot dish and serve over it good parsley sauce in which put the calf's brains which have been blanched and cut up in little dice shapes, crimp the ear by cutting it with the scissors, arrange the tongue, which has been skinned, on the side of the head, and serve very hot.

### Hashed Calf's Head with Mushrooms.

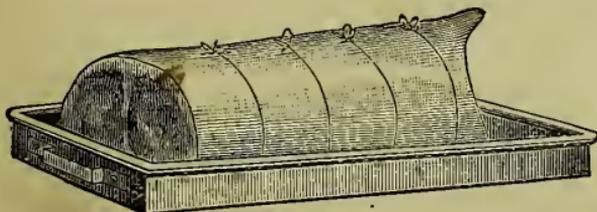
(*Tête de Veau hachée aux Champignons.*)

Cut up one or two peeled onions in tiny dice shapes, put them into a stewpan with two ounces of butter and fry till a nice golden colour, then add the juice of one large lemon, half a wineglass of sherry or white wine, and the liquor from a tin of button mushrooms, reduce to a creamy consistence, then add three quarters of a pint of brown sauce, half an ounce of glaze, and re-boil. Cut up some calf's head that has been left from a previous meal, boil it up in the sauce and simmer gently on the side of the stove for about fifteen to twenty minutes, then dish up in a pile, pour the sauce over and garnish round with little croûtons of fried bread and sliced button mushrooms sprinkled all over. The mushrooms should be warmed in the tin in the bain marie with a little of the liquor from the pan or a little light stock. Serve for luncheon or dinner dish.

### Roast Saddle of Mutton.

(*Selle de Mouton rôtie.*)

Trim off all unnecessary fat from a saddle of mutton, place it in a well-greased paper and tie it up. Put it either to



roast or to cook in the oven, taking care to keep it well basted while cooking. To well cook the meat allow twenty minutes for each pound, if wanted underdone fifteen minutes will be

sufficient. Within half an hour of the meat being cooked, remove the paper, and then put the meat again to the fire to get a nice golden colour; then dish up and serve with good clear gravy. Red currant jelly (see recipe) or Laver can also be served if liked. The meat must be served very hot.

### Leg of Mutton with Tomatoes and Mushrooms.

*(Gigot de Mouton aux Tomates et Champignons.)*

Take a leg of mutton about eight pounds that has been well hung, trim it, wrap it in a greased paper if the fire is fierce, and roast it or bake it for two and a half to three hours, keeping it well basted; when ready to serve, dish up and garnish it round with tomatoes and mushrooms prepared as below. Dish the tomatoes alternately with mushrooms round the mutton; pour the gravy from the tomatoes and mushrooms in a sauceboat or serve round the joint.

*Prepared Tomatoes.*—Peel and cut the tomatoes in halves; season them with a little pepper and salt, and cook them in a tin in the oven for about twelve minutes with a little butter or dripping; put a little greased paper over them, and occasionally baste them.

*Prepared Mushrooms.*—Well wash the mushrooms, peel and dry, then put them in a saucepan with a little butter or dripping mixed into a teaspoonful of flour, a little pepper and salt, and about a quarter of a pint of stock or gravy; let them boil for about fifteen minutes, then take up and sprinkle over them a little chopped parsley.

### Leg of Mutton à la Durand.

*(Gigot de Mouton à la Durand.)*

Bone a leg of mutton of about seven or eight pounds and season it inside with a little pepper, salt, chopped herbs, such as bayleaf, thyme, parsley, and eschalot; truss the leg into as natural a shape as possible, tying it with string or fastening it with skewers; put into a stewpan four ounces of clean fat or butter, two sliced onions, one sliced carrot, a little celery, bunch of herbs, four or five fresh mushrooms, and two good tomatoes sliced; place the mutton on the vegetables, cover it with a buttered paper, and fry all together for fifteen

to twenty minutes over a moderate fire, then add one gill of sherry or mushroom liquor and a wineglassful of claret; let this simmer till the liquor has nearly all reduced, then add half a pint of good brown gravy or stock and stand the stewpan in the oven for two and a half hours, keeping the meat well basted whilst cooking and adding more gravy or stock as that in the pan reduces. When cooked take up and remove the trussing strings or skewers and glaze the leg over with warm glaze; strain the liquor from the pan and let it remain till a little cool, then remove the fat, mix in three quarters of a pint of brown sauce, boil it up, keeping it skimmed, strain it, serve some round the dish and some in a sauceboat. This dish may be garnished with turned and braised olives, button mushrooms, and sliced truffles. The bone and the vegetables can be used up in the stockpot.

### Leg of Mutton à l'Espagnole.

*(Gigot de Mouton à l'Espagnole.)*

Take a small leg of mutton, bone it as far as the knuckle, leaving that in; lard it straight down with lardons of fat bacon and strips of French gherkin placed alternately and closely; trim the lardons, and season the inside of the leg with pepper, salt, chopped eschalot, and chopped parsley, and tie up into a nice form; place it in a buttered stewpan with a good bunch of herbs (thyme, parsley, bayleaf, basil, and marjoram); put a buttered paper over the top of the joint, and let it fry on the side of the stove for about twenty minutes with the lid on the stewpan; then add by degrees half a pint of white wine and one and a half pints of good stock, and let it simmer for one and a quarter hours; peel two or three dozen small button onions, put them in cold water with a pinch of salt, just bring them to the boil, drain them, rinse them in cold water, and put them into the stewpan with the meat and let them braise for about one hour, then remove them, take up the joint, remove the strings, glaze it over, and put it in the oven to crisp and get a nice brown colour. Strain off the liquor in which the mutton was cooked, remove the fat from it, add half a pint of brown sauce, and boil till it has reduced one fourth part, add to it the juice of three oranges and tammy it; then mix into it four or five finely sliced French gherkins and a tiny pinch of castor sugar, and keep it hot in the bain

marie till required to be served. Dish up the joint and garnish round it with the onions and *very small* fried pork sausages placed alternately; pour the sauce round it and serve very hot. See end of last recipe.

### Boiled Leg of Mutton. Caper Sauce.

(*Gigot de Mouton bouilli. Sauce Câpres.*)

Take a well hung leg of mutton, trim it as for roasting, cutting away the meat from the knuckle-bone, then put it into a clean cloth and tie it up, place it in a stewpan with enough boiling water to cover it, with salt to season, also some perfectly fresh, well cleaned and prettily cut vegetables, such as celery, carrot, leeks, turnips, onions, herbs—thyme, bayleaf, parsley, peppercorns, and cloves; bring to the boil, then skim well and allow the meat to simmer on the side of the stove very gently for two and a half to three hours, according to the size of the joint, then when cooked take up, remove the cloth, and place the leg on a very hot dish, pour a little of the strained gravy round it and garnish with the vegetables, serve with caper sauce in a sauceboat. The liquor from the boiling can be used for mutton broth.

### Boiled Shoulder, Loin or Neck of Mutton.

Cooked and served in a similar way, time being allowed for cooking according to weight of the joint.

### Loin of Mutton Farced.

(*Filet de Mouton farci.*)

Take a well hung loin of mutton, bone it and remove all the unnecessary fat from it, season it with pepper and salt, and farce it with herb farce; sew it up with string into a nice form, and brush it all over with warm butter or dripping, put it in a moderate oven for three quarters of an hour, keeping it well basted, then strain off the fat in which it has been cooking, and pour half a pint of good brown gravy in the tin, return the fillet to the oven for another three quarters of an hour, basting it occasionally with the gravy; when cooked, take it up, remove the string and brush over with a little

warm glaze, return it to the oven for about ten minutes, then dish on a very hot dish, and garnish round in bunches with any nice braised vegetables, such as carrots, turnips, and button mushrooms, small Spanish onions, &c. Serve the gravy in which the joint was cooked and that from the vegetables boiled up together, and freed from fat, on the dish. Use up the bones for the stockpot and the fat for frying.

### Roast Loin of Mutton à la Française.

(*Filet de Mouton à la Française.*)

Remove any unnecessary fat from the loin of mutton, and take out the bones; lay it on the table and beat it out with a wet meat chopper or cutlet bat; season inside with black pepper, salt, and a little finely chopped onion or eschalot, and a little chopped lean ham or uncooked bacon. Place a layer of herb farce on the seasoning and roll it up, fasten up tightly by means of a needle and string, then put it in the oven in a buttered or greased paper in a baking tin with a little fat for about half an hour; take up and remove the paper; brush over with the whole egg beaten up, and roll it in browned breadcrumbs; put it again in the oven for about three quarters of an hour, keeping it occasionally basted; when cooked draw out the string, put the meat on the dish and serve with brown caper sauce as below, some of which serve on the dish, and some in a sauceboat. Piquant or Bourguignotte sauce may be served if preferred.

*Caper Sauce (Brown).*—Put the bones with some fat that was removed from the joint to fry with onion (sliced), a little thyme, parsley, bayleaf, and three or four peppercorns, and a pinch of salt, till well browned, but not burnt: if you have any cooked meat bones put them in the pan, cover with cold water, and then let all come steadily to the boil; keep well skimmed, and boil on slowly for about one and a half hours, then remove the fat; this fat, if boiled with a little water, and any sediment taken away and put to cool, will do for frying purposes. Fry one and a half ounces of butter or fat with one and a half ounces of flour till a good brown colour, and mix in three quarters of a pint of the prepared stock, stir till it boils, then add one and a half tablespoonfuls of common brown vinegar; strain through a strainer, add two tablespoonfuls of capers and use.

**Breast of Mutton Grilled. Brown Caper Sauce.**

(*Poitrine de Mouton grillée aux Câpres.*)

Take the breast of mutton, remove all the unnecessary skin and fat from it, and then saw the bones through without cutting the meat so as to be able to remove them when the breast is cooked; tie it in a cloth or piece of muslin; double up the breast and tie it tightly with a string, put it in a saucepan with enough cold water to cover it, add a little salt, two or three onions, one large carrot, one turnip, a little celery, leek, a bunch of herbs, and six or eight black peppercorns; when the water boils skim it well and then put on the cover and let it boil gently for about three hours; take up on a dish, unfasten the cloth, remove the string and the bones from the breast and place it flat on a dish; season it with pepper and salt, and put it to press with another dish or baking tin with a weight on the top. When it is cold beat up a whole raw egg and brush the breast all over with it; sprinkle it well all over with browned breadcrumbs, place it in the grill iron and let it hang before a clear fire for about twenty minutes, keeping it basted occasionally with a little clean fat or butter. If you have not the means for grilling, put the breast on a tin in the oven with a few little pieces of butter on the top and cook for the same length of time; when ready to serve dish up with a garnish of tomatoes from which the core and pips have been removed, and which have been filled with a purée of cooked mushrooms, or other nice vegetables, then put on a buttered tin in the oven sprinkled with a few browned breadcrumbs, and cooked for ten minutes; pour brown caper sauce (as in preceding recipe) round it. Serve very hot.

**Stuffed Shoulder of Mutton.**

(*Épaule de Mouton farcie.*)

Bone a shoulder of mutton, remove all unnecessary fat, and lard the top with four or five rows of lardons of fat bacon. Make a farce with four mutton kidneys skinned and cut into dice shapes, a quarter of a pound of raw lean bacon cut in the same way, half an onion chopped very fine, quarter of a pound of mutton suet, two good tablespoonfuls of chopped herbs, quarter of a pound of freshly made breadcrumbs, three whole

eggs, and a little pepper and salt. Mix it well together, shape it into a long roll, wrap it in a large piece of pork caul, and lay it on the inside of the boned shoulder, which must be then rolled up like a galantine and sewed up underneath, and tied round here and there with string or tape. Place it in a stew-pan prepared for braising, and fry it in the braise for about twenty minutes with a buttered paper over; then add half a pint of good gravy or stock and put the cover on, set the pan in the oven and let the shoulder braise for two hours, keeping it well basted and adding more stock as the liquor in the pan reduces. Take it up, remove the strings &c., brush the joint over with warm glaze, put it on a baking tin, and set it in the oven to crisp the lardons and brown. Dish up and serve with brown onion sauce in the dish, and also in a sauceboat. When the string is removed fix the joint with hatelet skewers. The dish is much improved by being garnished with a macedoine of vegetables. Use up bones &c. as in above recipes.

### Hot Pot of Mutton.

Take some neck or loin of mutton for this dish and cut it in cutlets, allowing one to each person; remove all unnecessary fat and skin from them, season well with pepper and salt, and place on each cutlet or chop three or four slices of raw mutton kidney, arrange them neatly in a greased pie dish so that they slightly overlap each other, sprinkle them with finely chopped eschalot and chopped parsley, and place one or two bearded oysters on the top of the kidney. Have some blanched potatoes cut in rounds about a quarter of an inch thick, stamp them out with a plain round cutter about two inches in diameter, then arrange these in coils all over the cutlets; pour into the dish the liquor from the oysters and half a pint of good gravy; break up in small pieces one ounce of butter and sprinkle on the potatoes, place a buttered paper over and stand the dish in a tin with a little boiling water underneath it; let it remain in the oven for about two hours, occasionally adding a little more gravy, then dish it on a dish-paper or napkin. Sprinkle a little finely chopped parsley and a few French capers over the top, and serve very hot. This is a nice dish for a relevé for luncheon, and also for sending out for shooting parties, and can be used instead of a joint for a small party. Game and poultry would also be good cooked in the same way, the birds, of course, being first boned and then cut up.

### Haricot Mutton.

(*Haricot de Mouton.*)

Take about two pounds of the scrag or neck of mutton, remove all the unnecessary fat and bone, cut up the meat in neat pieces, and season with pepper and salt, and fry in a greased pan with six onions cut in dice shapes till a nice brown colour; then sprinkle over the meat a tablespoonful of flour, and mix it up with a spoon, cover over with cold water, let it come to the boil, occasionally skimming it, then put into the pan a bunch of herbs and simmer for about two to two and a half hours, then add a few cooked or tinned peas or French beans and button mushrooms, remove any fat from it and the bunch of herbs; dish up in a pile, and serve with it one or two carrots and turnips, which should be scooped in rounds about the size of a Spanish nut with a vegetable scoop (or, if this is not obtainable, the vegetables can be cut in olive shapes) and added to the pan about an hour before the meat is done. If small button onions are used, they should be blanched and added about the middle of the cooking.

### Minced Mutton with Cucumber.

(*Émincé de Mouton aux Concombres.*)

Peel a cucumber and cut it up in slices about a quarter of an inch thick; put the slices in a basin and sprinkle them with a little salt, French vinegar, or lemon juice; let them remain for one hour, and then rinse them in cold water; put them into a stewpan with about half their quantity of lean ham cut in slices and stamped out in rounds, one ounce of butter, add enough stock to cover them, and cook steadily on the side of the stove till the cucumber is tender; strain off the gravy into a stewpan and boil it down till it is as thick as thick cream, then pour it over the slices of cucumber and ham and sprinkle with a very little finely chopped parsley. Take some cold mutton, either roast or boiled, and cut it up in little dice shapes; mix into it one and a half ounces of sifted flour for every half pound of the meat, with a very little salt and white pepper. Boil together for the same quantity of meat half a pint of stock, two tablespoonfuls of brown sauce and one finely chopped eschalot; after ten minutes'

boiling mix in the prepared minced mutton; let the whole re-boil, then dish up; take the cucumber and ham separately and garnish alternately round the mutton to form a border, pour round the thick gravy from which they were taken, and serve while hot.

### Roast Neck of Lamb à la Nevenaise.

(*Carré d'Agneau rôti à la Nevenaise.*)

Trim the neck of lamb neatly and put two skewers in it to keep it a nice shape; tie a piece of buttered or greased paper over and roast it for about three quarters of an hour, keeping it well basted. When ready to serve take out the skewers, and if you have a little thin glaze, mask the top of the neck over lightly with it. Garnish with braised carrots, and serve hot with the gravy round. The gravy from the carrots should be enough to serve as sauce for the lamb without further liquor, but should it be very strong add a little stock.

### Irish Stew.

(*Gibelotte de Mouton : Etuvé à l'Irlandaise.*)

The scrag end of the neck of mutton, say two and a half to three pounds, can be used for this dish. Cut up the meat in neat pieces and season with pepper and salt, put it into a greased stewpan with six or eight large onions cut up small, and fry for fifteen to twenty minutes (but if button onions are obtainable fry the meat separately and add the onions about one hour before serving), then sprinkle over it a tablespoonful of flour and cover it either with cold water or light stock, and add a large bunch of herbs, and simmer for about one and a half to two hours; within half an hour of the meat being cooked add two and a half to three dozen blanched olive potatoes, and season with a little pepper and salt; when cooked skim off the fat and dish the meat up in a pile, and arrange the onions and potatoes round and pour the gravy on the dish; sprinkle the potatoes with a little chopped parsley and serve.

### Grilled Mutton with Piquant Sauce.

(*Tranches de Mouton grillées. Sauce Piquante.*)

Cut straight through the thick end of a leg of mutton into one and a half inch slices, season these with mignonette

pepper, finely chopped eschalot, parsley, bayleaf, and thyme, a little salt, and salad oil; let the meat lie in the seasoning for an hour before cooking, then grill or broil them for twelve to fifteen minutes, and dish on a pile of fried potato chips with piquant sauce round, and serve very hot.

### Roast Chicken with Watercress.

*(Poulet rôti au Cresson.)*

Take a fowl that has been hung for three or four days, truss it for roasting either with a needle and string or with trussing skewers, rub the fowl all over with clean dripping and then roast it in front of a brisk clear fire for twenty-five to thirty minutes, or cook it in the oven; take up on a plate and remove the strings and skewers, place it on a hot dish and serve it very hot and garnish it with nice crisp watercress that has been picked clean and the water shaken from it and seasoned with a little salad oil and tarragon vinegar and a pinch of salt. Serve gravy and bread sauce in sauceboats. If liked, the chicken can be served with the gravy round it, and in that case the cress should be served on a separate plate.

### Roast Chicken à l'Espagnole.

*(Poulet rôti à l'Espagnole.)*

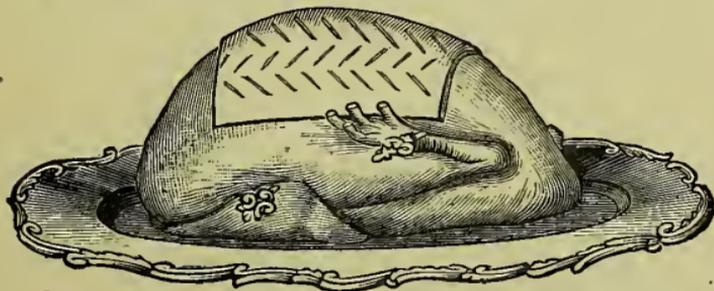
Make a stuffing mixture as follows:—Chop up very fine twelve poultry or game livers, having first carefully removed the galls, and having blanched them by putting in cold water with a little salt, and just bringing it to the boil. If you cannot get these use half a pound of calf's or sheep's liver, two ounces of lean raw ham or bacon, one eschalot, sprig of thyme, two French gherkins, two bayleaves, all chopped fine, and a tablespoonful of chopped parsley, mixed all together; season with a little pepper and salt; put this mixture into a sauté pan with two ounces of butter, and fry for three or four minutes over a brisk fire, then well mix in a quarter of a pound of fresh white breadcrumbs and two raw yolks of egg, and stuff a cleansed chicken with it; truss it up as for roasting, and secure the ends; place it in a large piece of fresh pork caul, and rub it well over with dripping; place it on a baking-tin in a moderate oven for about twenty minutes, keeping it well basted, then brush it over with raw white of

egg, and sprinkle it with finely chopped lean ham; put it back on the tin in the oven, with a greased paper just on the top; leave it there for about fifteen minutes. Dish up, and serve Espagnol sauce round it.

### Boiled Poularde with Veloute Sauce.

*(Poularde bouillie. Sauce Veloute.)*

Pick and singe the poularde, that has been hung for three or four days, trussing it as for braising, place a piece of slitted fat bacon on the breast; rub it over with lemon juice and tie it up in a little buttered muslin or paper, and put it then into a stewpan with three or four onions sliced, a bunch of herbs, six or eight peppercorns, two or three cloves, a pinch of salt,



and cover with boiling water. Let it simmer gently on the side of the stove for about one and a quarter to one and a half hours, then take up on a hot dish, remove the trussing strings or skewers and the muslin and insert hatelets, and serve with about two pints of good creamy Veloute sauce over. The bacon may or may not be served as preferred.

### Chicken with Tarragon.

*(Poulet à l'Estragon.)*

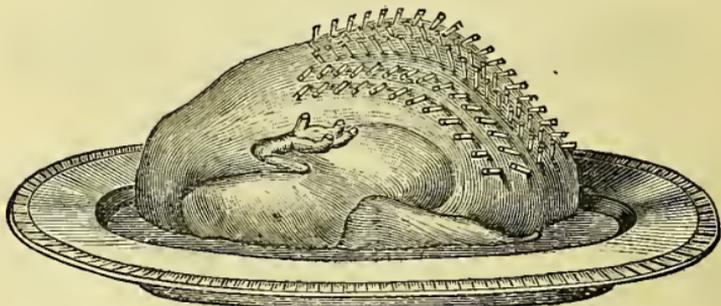
Truss the chicken as for braising, put it into a clean stewpan with some good gravy or stock and about two tablespoonfuls of blanched and shredded tarragon leaves; let this boil gently for about forty minutes; take up the chicken and strain the tarragon from the gravy, clear the gravy, taking two whites and shells of egg beaten up with a fork or whisk for each pint of stock, let it come gently to the boil, add the tarragon leaves and boil up the chicken

in the gravy for eight or ten minutes; remove the trussing strings, dish up and pour the gravy round the dish and serve. If a stronger flavour of tarragon is desired more tarragon leaves may be added just before serving.

### Poularde à la Valencienne.

*(Poularde à la Valencienne.)*

Prepare a poularde for braising and lard the breast with lardons of fat bacon, put it into a stewpan with two ounces of butter, two sliced onions, one sliced carrot, a large bunch of herbs, six or eight peppercorns, and four or five cloves; place the poularde on the vegetables, cover it with a well-buttered paper, fry for fifteen to twenty minutes, then add to it about half a pint of stock and put into a moderate oven, and braise it with the pan covered down for about three quarters of an hour, adding more stock as that in the pan reduces, and keeping the fowl well basted. When cooked take it up and



remove the string or trussing skewers, then place it on a baking tin, and brush over with a little warm glaze; replace in the oven for about ten minutes to crisp the lardons and dish up on the rice prepared as below; strain the gravy, remove the fat from it, and serve in a sauceboat with the poularde, and should there not be sufficient gravy left from the braise, add a little more good hot stock to it before straining.

Prepare the rice for dishing the fowl up on by putting three quarters of a pound of Patna rice into a stewpan to blanch, then wash it and put it back into the saucepan with half a pint of tomato pulp and half a pint of stock that has been coloured with a little carmine, add a bunch of herbs, and two ounces of butter; watch the rice coming to the boil, then

cover it over with a piece of well-buttered white foolscap or kitchen paper that is cut to fit the stewpan ; let the rice cook on the side of the stove for about three quarters of an hour, when all the grains should be quite separate and tender ; great care should be taken not to mix it at all with a spoon ; the pan itself should be shaken when the grains require mixing. When the rice is cooked turn it out in a pile on the dish and place the poularde on it. Have two or three truffles, six or eight button mushrooms and about a quarter of a pound of lean ham, tongue, or spiced lean beef cut in shreds like Julienne ; sprinkle these all over the top of the fowl and here and there on the rice, and serve.

### **Poularde Breadcrumbed. Egg Sauce.**

*(Poularde panée. Sauce Œufs.)*

Take a poularde trussed for roasting and rub it all over with clean dripping or butter ; place a piece of slitted bacon over the breast and put it to roast before a nice fire, keeping it well basted, for about twenty minutes ; take it up, remove the bacon and brush carefully all over with a beaten up whole egg ; sprinkle it thoroughly all over with browned bread-crumbs, place it on a buttered or greased tin, put a buttered paper over the bird, and cook it in the oven for fifteen to twenty minutes, according to size. Dish up on a hot dish, having removed the paper and the strings, and serve with it, in a sauceboat, egg sauce made thus :—Fry one and a half ounces of butter and one and a half ounces of flour together in a stewpan till a pale colour ; mix into it half a pint of good white stock, stir till it boils, add half a gill of cream, a few drops of lemon juice, a tiny pinch of salt, a dust of cayenne, and pass it through a tammy cloth ; then add four hard boiled yolks of eggs which have been passed through a wire sieve. Serve quite hot. This is an excellent sauce to serve with pheasants and other game.

### **Poularde à la Crème.**

*(Poularde à la Crème.)*

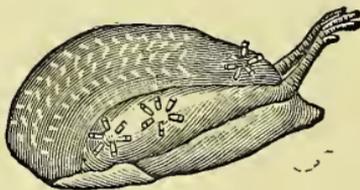
Choose a good fat poularde, draw and cleanse it. Prepare a stuffing with half a pound of finely chopped suet, half a pound of finely chopped ham, half a pound of breadcrumbs, two ounces of herbs (thyme, parsley, bayleaf, marjoram, and basil),

season to taste with pepper, salt, little nutmeg, pinch of sugar and cayenne, mix all together with three raw yolks of eggs. Arrange this stuffing in the crop of the poularde, and truss it; pour some warm butter or clean dripping all over it, place it in the oven for about ten minutes, take it out and baste it all over again, then cover it with browned breadcrumbs. Take a slice of the fat of bacon about one eighth of an inch thick and sufficiently large to cover the whole of the breast, slit the bacon through in two or three rows as closely as possible in order to let the breast of the poularde brown and the bacon become dry and crisp. Cook for about thirty-five minutes in a quick oven. Dish up and serve very hot with a good creamy Veloute sauce round and some in a boat.

### Poularde à l'Anvers.

(*Poularde à l'Anvers.*)

Have a fat poularde trussed for roasting, and the breast well larded with lardons of fat bacon; place it in a well greased paper, and roast or bake it for half to three quarters of an hour, according to size. About ten minutes before



serving take up and remove the paper, and put the bird near the fire to get crisp, then remove the trussing strings and dish up on a hot dish. Garnish the poularde round with bunches of little fried forcemeat balls and a compote of apples, and serve with Espagnol sauce in a sauceboat. Hatelets may be used.

*Compote of Apples.*—Peel the apples and cut them in small pieces, quarter shapes, trim them round and boil them in syrup till they are spongy; do not let them break.

### Roast Turkey. Oyster Sauce.

(*Dindonneau rôti. Sauce Huttres.*)

Cleanse, singe and truss the turkey for roasting, stuff the body of the bird with a herb stuffing, and the crop of the bird

with alternate layers of pork farce and purée of chestnuts. Cover the breast of the turkey with thin slices of cut bacon to keep it moist, and roast for about one and a quarter hours for a medium sized bird, keeping it well basted while cooking. When cooked, and of a nice brown colour, dish up and serve with oyster sauce in a boat and a purée of chestnuts in a vegetable dish. The tail of the turkey should be drawn through the crop, and the bird stuffed from that end.

*Herb Stuffing.*—Take eight ounces of breadcrumbs, four ounces of chopped suet, two tablespoonfuls of chopped herbs (thyme, parsley, bayleaf, with a little basil and marjoram), little pepper, salt, and a dust of nutmeg and four eggs; mix all together, and make up into a ball and use.

*Pork Farce.*—Cut up and pass twice through a mincing machine two pounds of good fresh pork, season it with pepper and salt and mix with it the liver of the turkey which has been chopped fine.

*Chestnut Purée.*—Cut off the tops of two or three pounds of chestnuts, bake them for fifteen minutes, remove the skins, and put them in enough light stock to cover them, let them come to the boil, put a buttered paper on the top, and cook them till tender and dry; pass them through a fine wire sieve, mix in a pat of butter, a pinch of sugar, and a little liquid carmine, sufficient to make the farce a pale salmon colour; set aside some to serve in the vegetable dish; work the remainder up together, and use as directed above.

### Boiled Turkey and Celery Sauce.

(*Dindonneau bouilli. Sauce Céleri.*)

Cleanse and truss a good turkey for boiling, stuff the crop of the bird with one to two pounds of sausage meat, according to the size of the bird, sew up the crop, put one or two pieces of slitted fat bacon over the breast of the bird, and wrap it well up in a buttered paper, place it in a saucepan and surround it with plenty of vegetables, such as onions, leeks, celery, carrots, and a bunch of herbs, add a few peppercorns, a blade or two of mace, half a dozen cloves, and pour into the pan sufficient boiling stock to cover the turkey, let it re-boil, skim it, draw it to the side of the stove, and let it simmer gently for about one to one and a half hours; then dish up, remove the trussing strings, pour the celery sauce over it, and garnish

with braised celery and little balls of herb farce, arranged alternately. The stock in which the turkey was boiled will do for white stock, &c.

### Turkey à la Chipolata.

(*Dindonneau à la Chipolata.*)

Cleanse and singe a nice turkey, draw the sinews from the legs, take off the head and remove the breastbone; prepare three farces for it—namely, one of chestnuts and one of herbs, as in recipe for roast turkey, and one of pork sausage as below, reserving half a pound of the sausage farce for the chipolata garnish; make each into a roll, place them side by side, put them in the bird, sew up the bird where the skin was cut, and truss the turkey with a strong string or with skewers for roasting, rub it well over with clean fat, and cover over the breast with thin slices of slitted fat bacon; wrap the bird in a thin, well greased kitchen paper, and roast it for one to one and a half hours, according to the size of the bird, keeping it well basted; fifteen minutes before the end of the cooking, remove the paper and bacon, and let it take a nice golden colour; dish up and serve with chipolata garnishing placed in little bunches here and there round the bird, and hand a good Espagnol sauce in a sauceboat. The chipolata garnish can be mixed to form the bunches, or the different ingredients of it may be put in little bunches, separating them according to taste.

*Pork Sausage Farce.*—Cut the fresh pork up in small pieces and pass it twice through a sausage machine, season with pepper, salt, and a teaspoonful of finely chopped sage, add the breadcrumbs, mix well together, put aside half a pound of the mixture to put in the chipolata garnish, roll up the remainder, and use.

*Chipolata Garnish. Bottled Financière.*—Stand the bottle of Financière in the bain marie, let the liquid get hot, and use.

*Braised Carrots and Turnips.*—Cooked separately, half a pint of each cut in rounds about the size of a Spanish nut. The carrots and turnips must be peeled and blanched; put an ounce of butter in a stewpan and fry the vegetables therein till lightly coloured, add a quarter of a pint of stock, and let them braise on the side of the stove; the carrots will require

an hour's braising, and the turnips about half an hour; more stock must be added as that in the pan reduces. When the vegetables are cooked, the stock in the pans should be of the consistence of thin cream. Add a tiny pinch of sugar, and keep them separately hot in the bain marie till required.

*Little Sausages*—Take the half pound of the sausage farce which was set aside and make it into little sausages with the thoroughly cleaned skins of pig's belly, fry these for ten or twelve minutes, keeping constantly turned while frying in order that they may be a nice golden colour.

### Roast Goose with Compote of Apples.

(*Oie rôtie. Compote de Pommes.*)

Cleanse and truss the goose for roasting and fill it with a goose stuffing and fasten it up with a skewer or string, rub the goose well over with clean dripping, wrap it in a well greased paper, and put it to roast or bake for three quarters of an hour, according to size; it should be a pretty golden colour when cooked. Take up, remove the trussing strings and paper, and serve with a nice hot compote of apples and some thin brown sauce in a boat. Apple sauce can be served instead of the compote if liked.

### Roast Haunch Venison.

(*Hanche de Venaison rôtie.*)

Take a haunch of venison which has been freed from the core and hung for fourteen to twenty-one days, or even longer if liked, and which has been daily rubbed over with a dry cloth, saw off the knuckle, and then rub all over with clean dripping, and then wrap it up in a thickly greased paper, cover the paper over with a stiff cold water paste, and then cover the paste all over with another greased paper, tie the haunch well over with string to keep the paste well together, place the meat before a good clear fire or in a moderately heated oven, and cook for four and a half to five hours, keeping well basted; within half an hour of serving the venison, take it up and remove all paper and paste, dust the haunch well over with sifted flour, and then put it again to the fire and let it get quite brown, keeping it basted; when ready to serve

dish it up, and serve good flavoured clear gravy or brown sauce with it, and have handed in a sauceboat some hot red currant jelly. Serve the venison very hot.

### Hashed Venison.

(*Venaison hachée.*)

Take some of the remains of any roast venison, cut it up in very thin neat slices, fat and lean together; for a pound of meat sprinkle it with a dessertspoonful of fine flour that has been sifted; put three quarters of a pint of good flavoured brown sauce into a stewpan with one ounce of glaze, one tablespoonful of red currant jelly, and boil up together, add one and a half wineglasses of port wine (or claret could be used), put in the meat, and just allow all to boil up, then dish it up on a very hot dish. Little croûtons of fried bread can be used for garnishing if liked, and red currant jelly as for roast venison served with it.

### Venison Marinaded à la Baltique.

(*Venaison marinée à la Baltique.*)

Marinate the top of a leg of venison, say about ten to twelve pounds, for fourteen to twenty-one days, in the mixture given below, rubbing it well every other day with the marinade. When sufficiently pickled rinse it, dry it, and lard it well with thick lardons of fat bacon, tie it up with a tape, and put it in a stewpan with two ounces of butter, a few odd pieces of fat bacon, half a stick of celery, two carrots, four onions all sliced, bayleaf, thyme, and parsley; fry for half an hour, then add half a bottle of claret, and let it reduce to half the quantity, and add one pint of brown sauce and a quarter of a pound of red currant jelly, and let it all cook for about two and a half hours, adding more wine and sauce if needed. Just before it is ready to serve, take up the venison on a tin, brush it over with warm glaze and crisp the lardons in the oven, or if this is not hot enough use a salamander. Remove the fat from the liquor in which the venison has been cooked, and pass it with the vegetables through the tammy and serve it as sauce. If more sauce is required for the number of guests, add to it a little more claret and brown sauce, re-boil, and serve very hot. Garnish the venison with French plums which have

been cooked in claret, in the proportion of half a pint to a pound of plums, for one hour, allowing three or four to each person. For the marinade for the venison take a tablespoonful of French mustard, half a tablespoonful of English ditto, one ounce of crushed peppercorns black and white, a saltspoonful of pounded mace, half a pound of salt, half a nutmeg pounded, a saltspoonful of ground allspice, a tablespoonful of chutney, twelve pounded cloves, a teaspoonful of ground cinnamon, twelve bayleaves, three eschalots pounded and four good sprigs of thyme chopped fine, and mix all these ingredients with half a pound of brown sugar, and rub well into the venison as directed.

### Roast Sucking Pig.

(*Cochon de Lait rôti.*)

Prepare a stuffing for the pig as follows:—Cut twelve thin slices of well buttered bread from a tin loaf, sprinkle each slice with very finely chopped sage leaves, season with white pepper and salt and a very little nutmeg, and place the slices one on the top of the other, and cut them across into four parts, then put them inside the pig, and on the top of the slices place a layer of sausage farce as given below, then fasten up the belly by means of a trussing needle and string; then brush the pig all over with salad oil and truss it up, wrap it in a double fold of kitchen paper that has been well oiled or steeped in warm butter, tie it up, and put it either to bake or roast for two and a half to three hours, according to the size of the pig, care being taken to keep it thoroughly basted while cooking. About half an hour before the cooking is complete remove the paper and brush the pig all over with thick cream, and return it to the fire to get a nice deep golden colour, and to get crisp; then cut off the head and split the back, lay the two halves of the pig on the dish with the head at the top. Serve with brown sauce and apple sauce in sauceboats, and hot currants on a napkin. The pig must be served very hot.

*Sausage Farce.*—Pass two and a half pounds of fresh pork through a sausage machine twice, then season it with a teaspoonful of finely chopped sage and two minced eschalots; season with white pepper and salt, and a tiny dust of grated nutmeg; mix and use.

*Currants for Pig.*—Wash the currants, dry them, and put them on a tin in the oven for about ten minutes, then dish up and use.

### Boiled Leg of Pork.

(*Gigot de Porc bouilli à l'Anglaise.*)

Take a small leg of salted pork that has been in pickle for about six to ten days, remove the foot, rinse it in cold water, and let it lie in cold water for about two hours before cooking. Then dust it over with fine flour that has been sifted and tie it up in a nice clean cloth. Put it into a stewpan with enough cold water to cover it, bring gently to the boil, then skim and put the lid on the pan and let it simmer very gently, allowing twenty-five minutes to cook each pound of meat. When done take up and remove from the cloth, place a frill on the knuckle bone and garnish the dish with neatly cut cooked parsnips and little squares of boiled cabbages that have been pressed well in the sieve or cullender before being cut in shapes. Also serve peas pudding in a separate dish, to be handed. The liquor from the cooking will make good stock for pea soup.

*Peas Pudding.*—Take two pounds of split peas which have been soaked for one day, well wash them and put them in a stewpan, cover with cold water, bring to the boil, then strain and wash well in cold water, return to the stewpan with three quarts of water, a dessertspoonful of salt, a pinch of white pepper, and a quarter of a pound of butter; bring to the boil, put a cover on the pan, and let it simmer on the side of the stove for about two and a half hours (keeping the peas occasionally stirred), when they should be perfectly tender and quite a purée; pass through the sieve, re-warm in the bain marie, dish up in a pile, and serve.

### Roast Fillet of Pork. Robert Sauce.

(*Filet de Porc rôti. Sauce Robert.*)

Take a nice small loin of fresh pork, chop the bone between each joint, score the skin closely, then season it with salad oil, a tablespoonful of chopped sage, two finely chopped peeled onions, two tablespoonfuls of lemon juice, and a little salt and mignonette pepper. Let it lie in this marinade for

two hours; then take a well greased paper, run a skewer through the middle of the loin, and wrap it up in the paper with the seasoning. Roast or bake it for two hours allowing time for cooking each pound as in the above recipe. Within half an hour of serving take off the paper and dust the pork over with browned breadcrumbs, and then return it to the fire to finish the cooking; dish up and remove the skewer, and serve with pickled cabbage and pickled onions, arranged in bunches on one side of the dish, and with Robert sauce in a sauceboat.

The marinade can be used over again for pork or veal cutlets, chops, &c.

Veal is excellent cooked in a similar manner.

### Roast Leg of Pork with Apple Sauce.

*(Gigot de Porc rôti. Sauce de Pommes.)*

Take a small fresh leg of pork, remove the foot and score the skin very finely; then with a very sharp-pointed knife cut about four inches from the knuckle an incision into the lean part of the meat, holding the knife almost horizontally, so as to make a sort of pocket about an inch under the skin and extending inwards under the meat as far as the knife will reach and almost to the width of the joint. Fill this pocket with a stuffing made as follows: Cut up very finely three peeled onions, one and a half dozen sage leaves (fresh gathered if possible), two ounces of freshly made white breadcrumbs, half a saltspoonful of ground pepper, and a teaspoonful of salt. Mix up all together with two whole raw eggs, and put into the leg and use, sewing up the incision. Wrap up the leg in a well greased paper, and tie it over well with string, and roast or bake, allowing about twenty-five minutes for each pound. Half an hour before serving, take up, remove the paper, and put back to the fire to allow the skin to get a pretty brown colour and quite crisp; then dish up on a hot dish and remove the string from it. Serve with a good brown sauce round it and hot apple sauce in a sauceboat; a frill can be used if liked.

If the leg is preferred plainly roasted, prepare it in the same way, without the stuffing, and serve with it sage and onion sauce in a boat; also apple and the brown sauce as in recipe for sucking pig.

### Boiled Ham with Spinach and Champagne Sauce.

(*Jambon aux Epinards. Sauce Champagne.*)

Soak the ham in cold water for about twelve hours before cooking, occasionally changing the water; then pare off the underpart and saw the knuckle off evenly; tie the ham up in a clean cloth and cook it in boiling water for about two and a half to three hours, according to the size of the ham, allowing twenty minutes' very gentle boiling to each pound of ham. When cooked remove the cloth and the skin, excepting round the knuckle, and trim the fat neatly. Lay it in a stewpan or a deep baking dish and pour over it a small half bottle of champagne, then brush the ham over with thin glaze, and place in the oven to get quite crisp and brown. Keep basting it with the champagne, and when the ham has absorbed the liquid, dish it on a hot dish and serve.

Serve with a purée of spinach in a separate dish and champagne sauce in a sauceboat.

### Roast Ham à la Bigarade.

(*Jambon rôti à la Bigarade.*)

Trim a York ham and soak it for about twelve hours, occasionally changing the water; then dry it, wrap it in a well greased paper and roll it in water paste similar to that used for venison. Roast or bake it for about three hours, keeping it well basted with fat while cooking. When done remove the paste, paper, and skin, except just at the knuckle, put the ham in a pan and pour over it two or three wine-glasses of sherry, glaze it well, and put it in the oven for fifteen or twenty minutes, basting it well with the sherry; then dish it up. Serve with iced orange salad and Bigarade sauce, both handed. Use up the trimmings in gravy stock.

## CHAPTER X.

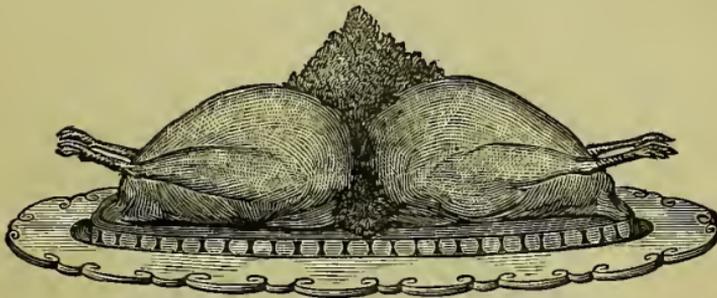
## ROASTS OF GAME FOR SECOND COURSE.

## PLAIN ROASTS.

## Roast Pheasants with Cress.

(*Faisans rôtis au Cresson.*)

LET the birds be hung by the under part of the beak separately on hooks, and sufficiently long to develop their flavour; for this purpose a cold, dry, and, above all, a thoroughly airy place should be chosen. About four days' hanging in such a place will generally meet the requirements; but when a 'higher' state is wished for let the birds hang until the feathers from the under part at the tail end are easily detached. When the bird has reached the required



degree of flavour pluck it, remove the crop by making an incision in the back of the neck, taking care not to break the skin of the crop, and remove the entrails by cutting the vent a little, singe and truss it for roasting, but in no case wash it; tie a piece of fat slitted bacon over the breast and roast it for fifteen to twenty minutes in front of a quick fire, the exact time, of course, depending on whether the bird has to be well done or underdone. It is an essential point, and one which

cannot be too strongly insisted on, that the bird must be well basted during the roasting, especially during the beginning, for if it once becomes dry in any part, no amount of after attention can rectify it. If proper convenience is not at hand for roasting, baking can be resorted to; but the necessity for basting would be even more urgent. When the bird is cooked it should be immediately transferred to a piece of trimmed and buttered toast or a croûton, which may be in one piece, or cut into three or four, according to whether the bird is to be served whole to each person or carved. When placed on the toast on the dish, garnish it with watercress and hand with it browned breadcrumbs, bread sauce, and gravy prepared from game bones; in no case should the gravy be sent to table on the same dish as the bird. The slitted bacon may or may not be served with the pheasant. Such is the proper service when served hot, either for breakfast, luncheon, or second course dinner dish; but when served cold it should be prepared the same way, and sent to table with the simple garnish of watercress or fresh parsley.

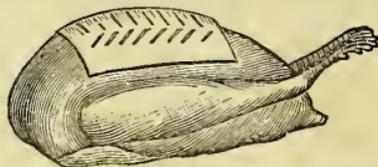
### Partridge, Grouse, Ptarmigan, and Blackcock.

These birds are prepared and served in the same manner as pheasants in the above recipe.

### Guinea Fowl.

(*Pintade rôtie.*)

Truss and place a piece of slitted fat bacon on the breast and roast in front of a brisk fire as for pheasant, serve on a croûton of fried bread, garnish with watercress and



serve with a good Espagnol sauce and bread sauce in sauce-boats. Egg sauce or Soubise sauce are very good with this bird.

### Quails with Watercress.

(*Cailles au Cresson.*)

When the birds are picked and singed, draw them by making an opening at the back of the neck and removing the head with the neckbone and crop, the trail may be removed or not as preferred; truss the birds for roasting, rub them all over with a little warm butter, place a nice fresh vineleaf on the breast of each bird, and cover each over with a thin square slice of fat bacon, fasten this over the breast by means of a string attached to the trussing skewer; several birds can be arranged on the same skewer; roast or bake from ten to twelve minutes, basting well (with butter is best). When cooked, remove the skewer and strings, leave the vineleaf and bacon on, dish each bird on a little crouton of fried bread, garnish with watercress or watercress salad, and hand in separate sauceboats browned breadcrumbs and a good gravy.

### Ortolans.

(*Ortolans.*)

These birds are cooked with the trail left in them. Pick, singe, remove the crops and truss them and prepare them for cooking in the same manner as the quails in the last recipe, and allow eight to ten minutes roasting before a brisk fire. A fresh bayleaf may, if liked, be substituted for the vineleaf as used with the quails. Complete the service the same as for quails.

They should be basted *continually* with butter during the whole time of roasting.

### Larks Roasted.

(*Mauviettes rôties.*)

Pick, singe, and cleanse the birds in the same way as ortolans, but remove the gizzard, the trail may, if liked, be left in; arrange them on a thin skewer by passing it through their bodies to truss them, cut off the feet, brush them over with warm butter or clean dripping, and place a little piece of fat slitted bacon on the breast of each, and roast before a

brisk fire for eight to ten minutes, keeping them well basted with dripping or butter during the whole time they are cooking. Have some toasted bread buttered, and cut in little square pieces or stamped out with a small round cutter, place these on a baking tin, and put them under the birds which are cooking to catch the drippings or gravy from the larks; when the birds are cooked, take them up and remove the skewer, place each bird on a separate piece of toast and arrange them round the dish, fill up the centre with browned breadcrumbs, and at each corner of the dish place a nice pile of watercress salad and quarters of cut lemon.

### Larks Crumbed and Roasted.

(*Mauviettes panées.*)

Prepare the birds as in the foregoing recipe, put in each a little piece of the seasoning prepared as below, then brush each over with beaten up raw yolk of egg and warm butter mixed together, and after that roll each in browned breadcrumbs, skewer and roast them as in the last recipe, occasionally and carefully basting them with butter. Dish on the toast in a similar manner to above arranged round the dish, and serve with fried potato straws in the centre. Prepare a seasoning for twelve birds with a quarter of a pound of fresh butter, a tablespoonful of chopped parsley, two hard boiled yolks of egg rubbed through a wire sieve, one eschalot chopped fine, one ounce of browned breadcrumbs and one ounce of fresh washed and chopped mushrooms, a little pepper and salt, all mixed well together, and use a piece about the size of a large filbert for each bird.

### Wheatears and Ruffs and Reeves.

These should be prepared and cooked whilst quite fresh in the same manner as larks; but bread sauce or good melted butter well flavoured with lemon juice being handed with them, and the dish garnished with watercress &c., as for larks or ortolans.

### Roast Duck with Apples.

(*Canard rôti au Compote de Pommes.*)

Cleanse and truss the duck for roasting, rub it well with dripping or butter and roast before a clear fire for twenty-five

to thirty minutes, keeping it well basted, dish up and garnish round with a compote of apples. This should be served very hot, and a good brown sauce handed.

### Roast Duck with Cress.

(*Canard rôti au Cresson.*)

Cook the duck as in the last recipe, and garnish the dish with watercress in place of the compote, and serve with the same sauce.

### Roast Duckling.

(*Caneton rôti.*)

Cleanse, truss, and roast in front of a clear brisk fire for about twenty-five minutes, and serve as in the recipe for roast duck.

### Roast Wild Duck.

(*Canard Sauvage rôti.*)

Take the bird cleansed and trussed for roasting, rub it over with butter or clean fat, dust it over with flour, and put it in front of a brisk fire to roast quickly for fifteen minutes, basting it frequently. Serve it with watercress salad on the dish, garnish with slices of lemon freed from skin, and hand cayenne pepper with it. The sauce as below for teal may also be handed.

### Wild Duck with Orange Salad. Port Wine Sauce.

(*Canard Sauvage au Salade d'Oranges. Sauce Vin d'Oporto.*)

Singe, cleanse, and truss the wild duck for roasting; rub it all over with fat, and roast it in front of a brisk fire for fifteen to eighteen minutes, keeping it well basted; when cooked remove the string, dish it up, and serve orange salad on a separate dish, and port wine sauce in a sauceboat.

### Roast Teal.

(*Sarcelle rôtie.*)

Prepare and roast this bird for twelve to fifteen minutes in the same way as duck or wild duck. Dish it up with

watercress garnish and quarters of lemon. It may be also dished up on toast which has been placed in a tin underneath it whilst it was roasting. Hand a sauce in a sauceboat, prepared as follows: Put in a stewpan the juice of a lemon and of an orange, four tablespoonfuls of good flavoured brown sauce, half an ounce of glaze, and two finely chopped eschallots; bring it to the boil and skim it; add a wineglass of port or claret and a dust of castor sugar; tammy it and serve very hot.

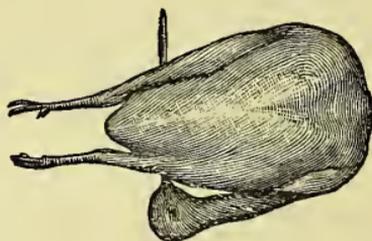
### Widgeon.

This is cooked and served in the same way as teal.

### Roast Woodcock.

(*Bécasse rôtie.*)

Pick these birds with the greatest care, so as not to break the skin, which is particularly tender; do not draw them. Cut off the wing at the first joint, press the legs to the sides, and pass the beak of the bird through the legs and body; brush over with clean dripping or butter, and put a piece of slitted bacon on the breast, and roast in front of a



brisk fire for fifteen minutes (or less, if preferred underdone), keeping them well basted. Put pieces of toast under to receive the drippings from the trail whilst roasting, as described in recipe for roasting larks. Dish up on the toast, garnish with watercress, and serve immediately they are removed from the fire. The slitted bacon may be left on the birds if desired.

### Roast Snipe.

(*Bécassine rôtie.*)

This is prepared, cooked, and served in precisely the same manner as woodcock, but less time is allowed for the roasting

—say ten to twelve minutes—and great care is required in the basting lest they become at all dry.

### **Bordeaux Pigeons Roasted.**

*(Pigeons de Bordeaux rôtis.)*

Truss and roast as for partridge; place a piece of fat bacon on the breast of each and roast for about fifteen minutes, basting the birds frequently. When cooked, take up, remove the strings and skewers, remove the bacon, and brown them in front of the fire; replace the bacon, and dish each bird on a fried croûton; garnish with watercress or salad, and serve good Espagnol or Piquant sauce in a sauceboat.

### **Roast Plovers.**

*(Pluviers rôtis.)*

Truss these birds without drawing them, as for woodcock; roast them for twelve to fifteen minutes, with toast under them, as in recipe for woodcock, and serve with sauce as given for teal (see recipe 'Roast Teal') in a sauceboat, or good melted butter made acid with lemon juice, and garnish with watercress or watercress salad and quarters of lemons.

### **Roast Hare.**

*(Lièvre rôti.)*

Take a hare which has been hung for seven or eight days; skin it thus: Cut off the fore and hind legs at the first joint, slit the belly skin right along, raise the skin and force the hind legs out of it, leaving the tail on: draw the skin over the back and head and forelegs, taking care to leave the ears on, and remove the eyes by means of a small knife; open it along the belly and remove the intestines, leaving only the kidneys, and taking care not to break the pouch. Should the pouch by any accident get broken, wipe the inside of the hare with a dry cloth. Cut the sinews beneath the hind legs and press them towards the head, and bring the fore legs backwards to the hind ones, so that a skewer can be passed through the two legs on one side and through the body and put through the two legs on the other side, and fasten the

skewer with a string over the back, so that the hare is kept in nice shape on the skewer. Press back the head, and pass a skewer through the top of the shoulder and the back of the neck, and out through the top of the other shoulder, and fasten the string as above. Brush well all over with warm dripping, put a piece of slitted bacon to cover the back, and tie it down with string in three or four places, and roast in front of a brisk fire for twenty to twenty-five minutes, according to the size of the hare or whether it is wished to have it lightly or well cooked. Keep it well basted during the roasting, and when done dish it up on a hot flat dish, remove the strings and skewers, keep the bacon on, and garnish with watercress, and serve with clear gravy or the sauce made from the hare's liver and blood, as below. Warm red currant jelly or green gooseberry sauce can be served in a sauceboat.

*Sauce for the Hare.*—Remove the gall carefully from the liver of the hare, then blanch it and rinse in cold water and chop it fine; put into a stewpan one ounce of good butter, one peeled eschalot chopped fine, a dust of cayenne pepper, a pinch of salt, a teaspoonful of chopped parsley, a pinch of chopped thyme, one fresh mushroom washed and dried and chopped, and one bayleaf; fry these together for six to eight minutes, then add a wineglass of port wine, a quarter of a pint of thick brown sauce, half an ounce of glaze, a dessert-spoonful of red-currant jelly, and bring to the boil; skim, and then add the blood of the hare, in which is mixed about one ounce of butter broken up in little pieces, and stir it very quickly into the sauce, and on no account allow it to boil after adding the blood to it, then add the chopped liver and serve hot in a sauceboat.

### Leverets.

Prepare, cook and serve in precisely the same manner as above.

### Roast Rabbit.

(*Lapin rôti.*)

Skin and prepare the rabbit for roasting as in the above recipe for hare, with or without the bacon, and roast before a brisk fire for about thirty minutes, basting it well during the roasting with the following: Take two ounces of warm

butter or dripping, one ounce of finely chopped beef suet, one ounce of browned breadcrumbs, one and a half gills of cream or milk, two raw yolks of egg, a tablespoonful of finely chopped parsley, one chopped bayleaf, two finely chopped eschalots, a little pepper and salt, and the juice of a lemon, mix all together and use. When the rabbit is sufficiently cooked dish it up and remove the trussing skewers &c., and garnish it with watercress or salad, and serve a sauce made as below in a sauceboat.

*Sauce for the Rabbit.*—Take half a pint of Veloute sauce and mix with it the blanched and finely chopped liver of the rabbit having first removed the gall, pour off the fat from the mixture used for the basting, and mix the remainder with the sauce and chopped liver, add a dessertspoonful of tarragon vinegar, and a dust of cayenne pepper, boil up and use.

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## ROASTS LARDED, STUFFED, &c.

### Pheasant à la Stafford Northcote.

*(Faisan à la Stafford Northcote.)*

Pick, draw, and truss the pheasant as for roasting, lard it closely down each breast with lardons of fat bacon, put it into a stewpan with enough good flavoured stock to cover it, add two wineglasses of Marsala sherry, a bunch of herbs (bayleaf, thyme, parsley, basil, and marjoram), six or eight black peppercorns and the same number of white, two Jamaica peppers, a blade or two of mace, and two onions not sliced, and cook for fifteen minutes; take up the bird, dust it all over with flour, brush it well over with olive oil, and put it to roast in front of a brisk fire till a nice brown colour, keeping it well basted. Dish up, remove the trussing strings, garnish it straight down the breast with slices of lemon and slices of raw tomatoes alternately, having removed the peel and pips from the tomatoes and seasoned the slices with a little salad oil, tarragon vinegar, and a pinch of salt, also garnish round the dish here and there with little bunches of endive and watercress; serve the following sauce in a boat.

*Sauce for Pheasant à la Stafford Northcote.*—Put a quarter of a pint of the liquor in which the pheasant was

cooked into a stewpan with half an ounce of glaze, the juice of one lemon, half a pint of brown sauce, half a glass of Marsala sherry, and one and a half tablespoonfuls of chutney; boil up together till reduced about a fourth part, keeping it skimmed, then tammy, make hot again, and use.

### Truffled Pheasant.

(*Faisan aux Truffes.*)

Take a well hung fat pheasant, pick it carefully so as not to break the skin, singe it, split the skin at the back of the neck, and remove the neckbone, head, and crop, then draw up the entrails through the neckhole and bone the bird as far as the bottom of the breast, season it inside with finely chopped eschalot, pepper and salt, and stuff it with a farce prepared as below, and fasten up the opening and truss it for roasting; place a piece of slitted fat bacon on the breast, wrap it up in a well greased paper, and roast or bake it for forty-five to fifty minutes, keeping it thoroughly basted during the cooking. When cooked, remove the paper, strings, skewers, and the slitted bacon, and dish on a hot dish, and serve over it champagne sauce to which a few shredded or minced truffles have been added.

*Farce for Truffled Pheasant.*—Take three quarters of a pound of fat and lean fresh pork or bacon, and half a pound of lean veal or other white meat, pound together in the mortar till quite smooth, and then pass it through a wire sieve and mix with it a pound of cleansed fresh or bottled truffles chopped fine (using the liquor as well of bottled), and a glass of Madeira or sherry; season with cayenne pepper, salt, and a chopped eschalot, and use.

### Broiled Partridges.

(*Perdreaux grillés.*)

Take some picked and cleaned young partridges, split them in halves, leaving the legs and feet on, but clip off the toes; press the leg of each half up towards the wing bone, and pass a skewer through the wing bone and breast, and into the leg, so as to make each half bird as near a cutlet shape as possible; then season with black pepper, chopped eschalot and parsley, warm butter, and the birds' own livers chopped

very fine, dip them into browned breadcrumbs and grill or broil them over a very moderate fire for twelve to fifteen minutes, keeping them basted with warm butter. Dish them up *en couronne* with the centre filled with crisply fried potatoes, and serve with them a good Chasseur sauce.

### Stuffed Partridges. Poivrade Sauce.

(*Perdreaux farcis. Sauce Poivrade.*)

Pick, singe, and cleanse the partridges and truss them as for roasting, then stuff them with a stuffing prepared as below, and brush them over with warm dripping or butter, place a piece of thinly cut, sliced fat bacon on the breast, and roast before a brisk fire, or cook in a hot oven for about fifteen minutes, keeping them well basted, then when done, take up, place each bird on a fried croûton that has been spread with fresh butter and sprinkled over with chopped parsley and chopped eschalot, and a little sprinkling of cayenne pepper, garnish the birds with any nice salad, and serve with them Poivrade sauce in a boat.

*Stuffing for the Partridges.*—Take for three birds twelve small game livers, blanch them and chop them up fine, and add to them a teaspoonful of chopped capers, one chopped eschalot, four ounces of raw fat and lean bacon that has been pounded and rubbed through a wire sieve, a little black pepper and salt, two ounces of bread that has been steeped in two tablespoonfuls of warm cream and one whole raw egg, mix well together, and use.

### Quail à la Gastronomer.

(*Caille à la Gastronomer.*)

Take the trail from the quail, chop it fine, and mix it with about its bulk of finely chopped fat bacon, and one eschalot, a saltspoonful together of thyme, parsley, and bayleaf, all chopped fine together, season with a little pepper and salt, and a dessertspoonful of breadcrumbs, bone and stuff the bird with this, and sew it up; place a piece of fat, thinly cut bacon on the breast, and roast or bake for about twelve minutes, basting it with a little fresh butter. Place a piece of toast under the bird to catch the gravy dropping from it. When the bird is cooked, put the gravy from it into a wineglass

of white wine in a pan, and boil up with a quarter of an ounce of glaze; strain, remove the fat, and serve in a sauceboat. Dish the bird on the toast, and have watercress salad handed and lemon cut in quarters, or garnish the dish with these.

### Quails à la Souvaroff.

*(Cailles à la Souvaroff.)*

Pick and cleanse some quails and, if small, cut them in halves, if large, in joints; then take a Souvaroff jar and put the quails in it, packing the portions closely together. Strew over them some sliced truffles, and add similar layers till the jar is nearly full, then cover entirely with sherry or Madeira, and place the cover on the jar; cut a band of foolscap paper sufficiently large to go round, make a good thick paste with half a white of egg and a little flour, sufficient to make it into a stiff paste, add a few drops of liquid saffron to colour it, and then with this paste fix the band of paper round the edges of the jar and cover; put the jar in a stewpan or tin containing boiling water to about three quarters of the depth of the jar, put a paper all over it, and stand it in a moderate oven for about half an hour, then take up and serve hot or cold. If the quails are to be served hot, remove the paper and pin a napkin, folded in the shape of a band, round the jar, and stand it on a dish on a napkin or dish-paper. If the quails are to be served cold, it is best to leave the paper round the jar, and remove it just before the dish is sent to table. Any kind of game or poultry can be used instead of quails, and if large birds are used they should be first boned and then cut up. This dish can be used as an entrée, and for second course, or for luncheon, breakfast, or any cold collation.

### Roast Prairie Hen.

*(Poule de Prairie rôtie.)*

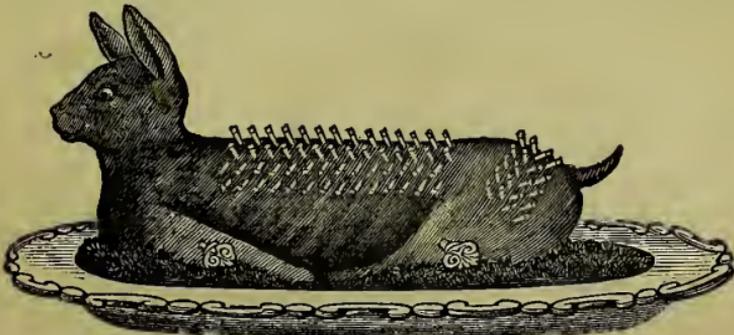
Pick, singe, draw, and truss as for pheasant, lard the breast thickly with lardons of fat bacon, brush all over with warm butter or dripping, and roast for twenty-five to thirty minutes; when cooked, take up and dish on a fried croûton, garnish with watercress or a good celery salad, and serve with Reforme sauce made quite acid with lemon juice, in a sauceboat.

**Roast Baron of Hare.***(Râble de Lièvre rôti.)*

Skin and cleanse the hare and wipe it with a dry cloth, take off the head to the end of the neck, and the fore legs, and chop off the hind legs through the thighs, level with the body. These parts can be used up for a civet of hare or hare soup. Make a herb farce with two ounces of freshly made white breadcrumbs, one good tablespoonful of freshly chopped herbs (such as parsley, thyme, basil, and marjoram), one and a half ounces of finely chopped beef suet, a little pepper and salt and cayenne pepper, mix well together with two whole eggs until worked up into a ball; place this inside the hare, sew it up, remove the outer skin from the back, and lard all over the fillets and the tops of the legs closely with fat bacon, truss the hare as for roasting, wrap it in a well greased paper, tie it up, and roast it before a brisk fire, keeping it well basted for fifteen to twenty minutes, remove the paper, crisp the lardons in front of the fire, dish up, remove the trussing strings, place it on a hot dish, and garnish with tomato and watercress salad, and serve green gooseberry sauce in a sauce-boat.

**Roast Hare Larded. Irlandaise Sauce.***(Lièvre piqué. Sauce Irlandaise.)*

Skin, draw, and truss the hare for roasting, lard the back fillets with finely cut lardons, trim these neatly, put a square



piece of buttered paper over the hare, and roast it for about twenty minutes, then remove the paper, and keep it well basted

for about five minutes more: take it up, remove the strings, and serve it on a hot dish. Have Irlandaise sauce handed with it in a sauceboat and garnish with watercress seasoned as in other recipes of game.

### Roast Rabbit with Tomato Sauce.

(*Lapin (Lapereau) rôti. Sauce Tomates.*)

Skin the rabbit so that the ears and tail remain on, cleanse it and stuff it with herb farce, sew up the rabbit and truss it for roasting; lard it with neat lardons of bacon and trim the ends of the lardons evenly, rub the rabbit all over with clean dripping or butter, roast it for about half an hour, keeping it well basted, then take it up and brush it over with cream and place it in the oven or in front of the fire to crisp; dish up, remove the trussing strings and use one or two hatelet skewers to keep the rabbit in shape; serve round it a good hot tomato sauce, and garnish with watercress salad.

## CHAPTER XI.

## DISHES IN PLACE OF OR TO FOLLOW GAME,

OFTEN CALLED SECOND COURSE DISHES.

[Many of the dishes given in this chapter will be found serviceable as breakfast, luncheon, &c., dishes.]

**Slices of Ox tongue à la Monaco.**

(*Tranches de Langue de Bœuf à la Monaco.*)

Take some thin slices of cooked ox tongue and stamp out rounds with a cutter about two inches in diameter, put these in a sauté pan in a little stock lightly flavoured with sherry; when they are quite hot dish up each slice on a croûton of fried bread that is covered with a purée of fresh mushrooms, on the centre of the tongue place a slice of marrow prepared as below. Put half a pint of thick brown sauce into the sauté pan with the liquor in which the tongue was warmed, add to it half an ounce of glaze, boil up, then add a teaspoonful of English and French mustard, tammy and serve up very hot round the croûtons, which are to be nicely arranged on a hot dish.—N.B. The sauce must not be boiled after the mustard is added, or it will curdle.

*Blanched and Devilled Marrow.*—Blanch the marrow and cut it in slices about a quarter of an inch thick, mask it with devil paste, and sprinkle it over with a few browned breadcrumbs; place on a baking tin on a piece of foolscap paper, and cook in a quick oven for four or five minutes.

**Slices of Ham with Tomatoes.**

(*Tranches de Jambon aux Tomates.*)

Cut some cooked ham into neat thin slices, put them into a buttered sauté pan or baking tin and sprinkle them with a little very finely chopped eschalot and parsley, place a well

buttered paper over and cook in a moderate oven for ten to twelve minutes; dish up on a hot dish and pour boiling tomato sauce over the slices; sprinkle the dish all over with finely chopped cooked button mushrooms and parsley; garnish round the edge of the dish here and there with little bunches of the hard boiled yolk of egg which has been rubbed through a wire sieve, and serve very hot.

### Slices of Ham with Tarragon Cream Sauce.

*(Tranches de Jambon au Crème à l'Estragon.)*

Arrange and season some sliced ham in a sauté pan as in the last recipe, put in the pan a little cream, say three tablespoonfuls to half a pound of ham, and make it quite hot. Break into a buttered sauté pan four whole eggs, add four tablespoonfuls of cream (that in which the ham was warmed can be used) a good pinch of finely chopped tarragon, a pinch of salt, a dust of cayenne, an ounce of butter broken up into little pieces, the pulp of one large tomato which has been rubbed through a sieve with a wooden spoon, a dessertspoonful of tarragon vinegar and a few drops of Marshall's liquid carmine, stir all together over the fire till the mixture thickens to a creamy consistency, then turn it out on to a hot dish and arrange the slices of ham round it, and garnish the dish with little bunches of small croûtons of fried bread; cut in rounds or dice shapes, and serve whilst hot. In making this dish reckon one egg to each person.

### Little Cases of Lobster au Gratin.

*(Petites Caisnes de Homard au Gratin.)*

Make half a pint of thick Bechamel sauce and add to it half a teaspoonful of essence of anchovy, a tiny dust of cayenne, if liked, and the live spawn of the lobster, pounded with an ounce of butter till quite smooth, or a little of Marshall's liquid carmine may be used if the spawn is not to be had; stir the whole over the fire till it boils, pass it through the tammy, and mix with it a tablespoonful of thick cream. Cut up a small cooked lobster in little dice shapes, add these and a pinch of finely chopped parsley to the above sauce, and nearly fill the little red-edged soufflé cases, oiled and dried,

with the mixture; put a few browned breadcrumbs on each, and a tiny piece of butter; place the cases on a tin, and put them in the oven for about twelve or fifteen minutes. Dish on a dish-paper or napkin, garnish with green parsley sprigs, and serve.

### Little Lobster Soufflés à l'Adeline.

*(Petits Soufflés de Homard à l'Adeline.)*

Take six ounces of lobster, four washed and boned anchovies, one tablespoonful of anchovy essence, two tablespoonfuls of thick cream, one ditto of mayonnaise sauce, a saltspoonful of Marshall's liquid carmine, and a dust of cayenne pepper; pound the lobster and the anchovies till smooth, then add the remaining ingredients and three quarters of a pint of cool aspic jelly, then rub it all through the tammy or fine hair sieve, and whip it till nearly cold; add two tablespoonfuls of stiffly whipped cream, one large tablespoonful of mayonnaise sauce, and four large tablespoonfuls of cooked lobster that is cut in little dice shapes, and a pinch of finely chopped parsley, or tarragon and chervil; have some little paper or china cases surrounded with higher paper, and then fill up the cases with the above mixture, using a forcing bag and large plain pipe for the purpose. If you have an ice cave, have it lightly charged with ice and a little salt; stand the little soufflés in it for about three quarters of an hour; they must not be allowed to get hard: when they are ready to serve, remove the bands of paper, and ornament the top of each little soufflé with mayonnaise aspic and a little sprig of tarragon in the centre. Dish them on a dish-paper, and serve with little shreds of crisp lettuce in the centre. The above quantity will make enough for fourteen cases. If you have no ice cave, put them in a tin on ice.

### Little Cases à la Chevalier.

*(Petites Caisses à la Chevalier.)*

Chop up fine three of Krüger's marinated fillets of herring, and mix with them one good tablespoonful of mayonnaise sauce, a dust of cayenne pepper, two good tablespoonfuls of chopped picked shrimps or lobster, a little chopped tarragon and chervil, and a few drops of Marshall's liquid carmine, to

make the whole a pale salmon colour, then mix in lightly a quarter of a pint of thickly whipped cream, and arrange the mixture in little fancy paper cases; this is best done by using a forcing bag and plain pipe. Put them in the ice cave for about half an hour, or on a tin on top of ice and salt to get quite cold and till the cream gets set, but not hard. When about to serve, sprinkle the top of each with a little chopped tarragon and chervil, and arrange them neatly on a dish. These can also be used as a hors-d'œuvre, or as a luncheon dish.

### Croûtes à l'Italienne.

(*Croûtes à l'Italienne.*)

Cut some round or square croûtons of bread about one and a half to two inches in width or diameter, and fry them quite crisp in oil or clarified butter, place a boned and rolled anchovy on each croûton, and sprinkle them over with finely shredded white meat, such as rabbit or chicken left from a previous meal, and which has been warmed between two plates over boiling water, and a little chopped parsley on top; make a thick tomato purée and slightly flavour it with tarragon vinegar, and whilst it is boiling hot, pour it round the croûtes, sprinkle a few capers on the top and serve at once.

### Croûtes à la Genève.

(*Croûtes à la Genève.*)

Cut out some round croûtons about two inches in diameter, from slices of stale bread about a quarter of an inch thick, and fry them as in the above recipe till a pretty golden colour, arrange them *en couronne* on the dish on which they are to be served, and put a nice slice of hot blanched marrow on each of the croûtes. Break three whole eggs in a basin, add one chopped eschalot, a teaspoonful of chopped parsley, pinch of pepper and salt, three tablespoonfuls of cream and one ounce of butter broken up in little pieces; mix well together and stir over the fire in a saucepan till the mixture thickens, then add a quarter of a pound of fat and lean bacon or ham which has been cut in tiny dice shapes and fried till crisp, then strained; pour the whole over the croûtes in the dish, sprinkle over a little chopped parsley, and serve at once.

### Little Salads à la Progrès.

(*Petites Salades à la Progrès.*)

Prepare a purée of salsify, as below, take some little square paper cases and fill them with it, put them away to get cold, make as many little timbales of vegetables as you have paper cases of salsify, and place one in the centre of each on the salsify, garnish round the timbales with little pieces of green mayonnaise, cut in triangular shapes; these are also nice as a luncheon or supper dish.

*Purée of Salsifies.*—Wash and peel one pound of salsifies, and cut them in lengths of about an inch; put them in salt and water with the juice of a lemon till they are to be cooked (this is important, or they will turn a dark colour), then put them into boiling water, seasoned with a little salt and lemon juice, and let them boil for one and a half to two hours; strain and press them and rub them through a fine wire or coarse hair sieve, and to every four tablespoonfuls of the purée add one of thick mayonnaise sauce, one tablespoonful of stiffly whipped cream, and a quarter of a pint of aspic jelly whilst liquid; mix all together and when cold use. This quantity is enough for eight to ten cases.

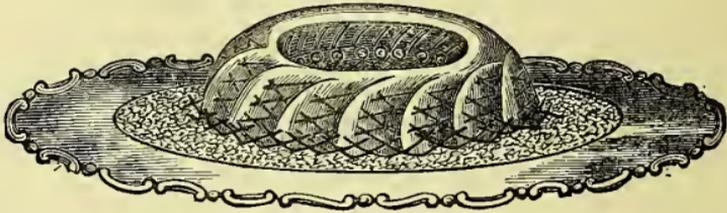
*Timbales for Little Salads à la Progrès.*—Line some little bombe or dariol moulds with aspic jelly very thinly, then place about a teaspoonful of macedoine of cooked vegetables in each, and fill up with liquid aspic jelly; let these set, then dip them in hot water and turn out. The prepared macedoine in tins is the simplest to use for this.

### Chicken Salad à la Hanson.

(*Salade de Volaille à la Hanson.*)

Take some cold fowl and cut it into neat oval fillets about one eighth of an inch thick, and smoothly spread over one side of them a mixture made with two tablespoonfuls of chopped capers, four hard boiled yolks of egg rubbed through a wire sieve, two ounces of cooked and chopped chicken, pinch of chopped tarragon and chervil, and four anchovies boned, filleted, and passed through a sieve; carefully stir these ingre-

dients into two teaspoonfuls of thick mayonnaise sauce and a quarter of a pint of aspic jelly till the whole is nearly set, and then use; mask over the mixture on the fillets with mayonnaise aspic and place the fillets on a tin or dish, garnish the masking with shreds of French gherkin and tongue or ham, and set the garnish with a little aspic jelly to keep it in its place. Line a nest-shaped mould with aspic jelly to one eighth of an inch thick, arrange round the bottom of the mould a border of olives which have been turned and farced with a fillet of anchovy and garnished round with shreds of gherkin and tongue; a little aspic jelly will be required to set the garnish round the olives and also to set the olives themselves in the mould; place the prepared fillets neatly round the mould so



that they slightly overlap, and fix them in their places with a little aspic; mix about four tablespoonfuls of mayonnaise aspic with four tablespoonfuls of cucumber cut in pea shapes and cooked till tender, four tablespoonfuls of each of cooked or tinned peas and French beans, the latter being cut up into small pieces; colour with a little apple green and fill up the mould with this salad and put it aside to set till firm; to turn it out, dip the mould in warm water for a second and turn on to a cold dish in the usual way; garnish with chopped aspic, and here and there sprigs of chervil. Serve also as a luncheon or supper dish.

### Salad à la Nuremburg.

(*Salade à la Nuremburg.*)

Take some well washed crisp lettuce or endive, pick it in little pieces, and dry it in a clean cloth, have some celery, cooked beetroot, and peeled cucumber cut in strips like Julienne about one and a quarter inches long, and keep the celery in cold water till quite crisp; take some cold cooked chicken, or any kind of game or poultry, and fillets of anchovy, and Spanish

olives, also cut up in strips; place all these on a dish or in a salad bowl, season with a sprinkling of mignonette pepper and a little salt, chopped eschalot, tarragon, and chervil, pour over a salad dressing prepared as below, and mix all up together, then sprinkle with a few shreds of French red chillies and gherkin and hard boiled yolk of egg that has been rubbed through a wire sieve, and round the bottom of the dish (if a flat one) place little bunches of beetroot. Serve also as a luncheon dish, or for any cold collation.

*Dressing for Salad à la Nuremburg.*—Put two raw yolks of eggs into a basin with a saltspoonful of salt, and the same of French mustard and English mustard, work together with a wooden spoon, and add by degrees a quarter of a pint of salad oil, and then mix with it one tablespoonful of tarragon vinegar and a pinch of castor sugar, and a quarter of a pint of stiffly whipped cream, and use.

### Salad à l'Adeline.

(*Salade à l'Adeline.*)

Cut some celery in lengths of about an inch, and then into fine shreds, keep it in water until perfectly crisp; then have some peeled cucumbers, radishes, and tomatoes cut in the same way, and put some picked leaves of tarragon and chervil in cold water till wanted for use. Have some salsifies, when in season, or cooked artichoke bottoms cleaned and cut in lengths of about an inch, and cook until tender, then put to drain on a sieve, and when ready for use mix with a little salad oil and tarragon vinegar; pile them up in the centre of a silver dish, and then arrange the other vegetables seasoned similarly to the salsifies round so as to form a border; pour an iced tomato mayonnaise round the base of the salad, and sprinkle all over with the picked tarragon and chervil and a little chopped eschalot. This is an excellent dish either for luncheon or second course, or any cold collation.

*Tomato Mayonnaise.*—Mix together one large tablespoonful of tomato sauce, one large tablespoonful of mayonnaise sauce, and rather better than a quarter of a pint of aspic jelly; tammy and use.

### Little Salads à la Viennoise.

(*Petites Salades à la Viennoise.*)

Cut some brown bread and butter about a quarter of an inch thick, and then cut it out with a plain round cutter about the size of half-a-crown; have a purée prepared of either veal, rabbit, chicken, or any kind of game or poultry, thus:—Take two ounces of the meat, one large tablespoonful of Bechamel sauce, one ounce of fresh butter, half a saltspoonful of salt, a tiny pinch of white pepper, two hard boiled yolks of eggs, and a dessertspoonful of tarragon vinegar; pound these together, and then, when quite smooth, pass through a fine wire sieve, add a saltspoonful (together) of finely chopped tarragon and chervil; mix well, and then take a forcing bag and pipe (a large rose pipe is the best), pass the purée through on to the brown bread and butter; make it stand about half an inch thick on the bread, then cut some thin slices of tongue or ham and stamp them out with a plain round cutter in a smaller size than the bread; press this on the top and in the centre of the chicken purée, and then, in the centre of the tongue, place about a teaspoonful of tomato salad and a little sprig of tarragon and chervil. Dish on a dish paper or napkin.

*Tomato Salad.*—Peel the raw tomatoes and remove all the pips, cut them in little dice shapes, and to three good sized tomatoes add a dessertspoonful of salad oil, a saltspoonful of tarragon vinegar, and a pinch of salt; mix all together and add one or two small truffles that are finely chopped.

### Salad of Fruits.

(*Salade de Fruits.*)

One and a half pounds of mixed fresh fruits, such as stoned cherries and the kernels, sliced pineapple, stoned and sliced grapes, strawberries, and slices of melon and banana; put all together in a pan, and sprinkle over them a dessertspoonful of castor sugar, a little cut tarragon and chervil, one tablespoonful of brandy, the same of sherry, ditto of salad oil, and a teaspoonful of tarragon vinegar. When mixed together, place in a plain mould or stewpan in ice; let it get thoroughly cold, and, when ready to serve, turn it into a salad bowl.

Have half a pint of champagne iced, and pour it over the salad just as it is to be served, then sprinkle over it some finely shredded fresh cocoanut, that is cut in long pieces, or some of Linton Hubbard's desiccated cocoanut, and on the cocoanut sprinkle a little shredded blanched pistachio nut. This can also be served in the place of a sorbet.

### Cherry Salad.

*(Salade de Cerises.)*

If using fresh cherries, stone and crack the nuts, and take out the kernels; mix each pound of cherries with one tablespoonful of salad oil, a few drops of tarragon vinegar, a tablespoonful of brandy, and a pinch of sugar, add a teaspoonful of tarragon and chervil picked in tiny pieces, and leave on ice for a little time before using. If using preserved cherries, the uncrystallised are best.

### Orange Salad.

*(Salade d'Oranges.)*

Cut the peel from six oranges, carefully removing all the pith, then cut out the pulpy pieces in each of the natural divisions so that there is no skin of any kind or pips taken with the pieces of fruit, sprinkle over these pieces a little very finely chopped tarragon and chervil, a dessertspoonful of salad oil, a dessertspoonful of brandy, and a pinch of sugar. Serve up in a pile on a dish. This salad should be served very cold, and should be placed on ice if possible one hour before using.

### Marrow on Toast.

*(Moelle sur Croûtes.)*

Split a large marrowbone, remove and blanch the marrow and pound it with four hard boiled yolks of eggs, add a tablespoonful of finely chopped parsley, a pinch of chopped bayleaf and thyme, a little cayenne pepper and salt, and when well mixed and quite smooth, spread it on some small rounds or squares of toast about an inch thick, or on fried croûtons, in the centre of which little wells about a quarter of an inch

deep have been made, sprinkle a few browned breadcrumbs on the top, place them on a piece of paper on a baking tin, cover them with a similar piece of paper, and put them in a quick oven for ten to twelve minutes; dish them up, sprinkle them with a little chopped parsley, and serve very hot. The marrow will be sufficient for about eight croûtes.

### **Marrowbones with Toast.**

*(Savouret aux Croûtes.)*

Saw the marrowbones in halves, trim them neatly, and cover them with a stiff water paste, tie the paste on in a cloth and put them into a saucepan with plenty of boiling water and a little salt, and boil for about two hours and a half; take up, remove the cloth and the paste, fasten a clean napkin round each half, arrange on a dish, and serve with strips of dry toast round. To make the paste sufficient for two bones, one and a quarter pounds of flour will be required.

### **Croustades of Marrow à l'Albany.**

*(Croustades de Moelle à l'Albany.)*

Take half the breast of a cooked chicken, or some rabbit if preferred; chop it up very finely, and then mix it with two hard boiled yolks of eggs, which have been rubbed through a sieve or chopped fine, one chopped eschalot, pinch of chopped parsley, thyme, bayleaf, two ounces of white breadcrumbs, and one large fresh mushroom that has been well washed, dried, and chopped, a dust of cayenne pepper, and a little salt; mix well all together in a basin with half an ounce of raw butter and two raw yolks of eggs. Cut some little rounds of bread about two inches in diameter and one and a half inches thick, and cut them so that the insides can be scooped out after they have been fried; fry the croustades a golden colour, scoop them out; place a piece of the prepared mixture about the size of a walnut in each, pressing it round the croustade, and put inside this a nice slice of blanched beef marrow; cover this with more of the mixture, piling it well on the top of the croustade; sprinkle with a few lightly browned breadcrumbs, and place in a moderate oven for twelve minutes with a buttered paper over; when cooked,

disk up on a purée of fresh mushrooms, and serve for an entrée for dinner or luncheon, or for a second course dish. They should be served very hot.

*Purée of Mushrooms for Croustades.*—Well wash one pound of fresh mushrooms, and chop them fine and put them in a sauté pan with one and a half ounces of butter; draw down on the side of the stove for seven or eight minutes, then mix with two tablespoonfuls of freshly made bread-crumbs; season with a little white pepper and salt, add two or three tablespoonfuls of brown sauce, boil up and use.

### Mushrooms with Marrow.

*(Champignons à la Moelle.)*

Peel and well wash and dry some fresh mushrooms, season with a little pepper, salt, chopped parsley, chopped eschalot, and a tablespoonful of good gravy; put the mushrooms in a well buttered sauté pan with a buttered paper over them, and cook them on the side of the stove or in a moderate oven for about fifteen minutes, keeping them well basted while cooking. Put into a stewpan two or three tablespoonfuls of brown sauce, half an eschalot, a tablespoonful of sherry or mushroom liquor, and half an ounce of glaze, let it boil up, then add some pieces of blanched beef marrow cut in slices about a quarter of an inch thick, but do not let the sauce boil after the marrow is added or it will become oily. Fry some little rounds of white bread till a nice golden colour, place a mushroom on each, and dish them in a round like cutlets on a very hot dish; mix together the sauce and the liquor from the cooked mushrooms, and pour this over the mushrooms, and place a slice of marrow on each. This dish must be served very hot for breakfast or second course.

### Fritot à l'Armagnac.

*(Fritot à l'Armagnac.)*

Take half a pound of cooked white meat, four boned and well washed anchovies, three hard boiled yolks of egg, two ounces of grated Parmesan cheese, pinch of salt and cayenne pepper, and one tablespoonful of thick Bechamel sauce; pound these all together till the whole is perfectly smooth, then rub it

through a wire sieve, and mix into this purée two ounces of freshly-made white breadcrumbs, a teaspoonful of chopped parsley, one very finely minced eschalot, two whole raw eggs, and one ounce of warm butter; divide it into portions about the size of a chestnut, roll these into ball or cylinder shapes, dip them into fine flour, and then into raw white of egg, and afterwards into frying batter, and fry in clean boiling fat till a pretty golden colour, which will take four or five minutes. Dish up on a dish-paper, garnish with fried parsley, and hand Parmesan sauce in a sauceboat.

### Fritot of Kidney à l'Américaine.

*(Fritot de Rognon à l'Américaine.)*

Take three mutton or pork kidneys and remove the skins and cores, and cut them up in little square pieces; warm half an ounce of butter in a pan, add half a very finely chopped eschalot, pinch of white pepper and a little salt, a teaspoonful of chopped parsley, one ounce of raw lean ham or bacon minced fine, six or eight turned and chopped olives and the kidneys, and fry all together over a quick fire for about three minutes; turn it into a strainer, let the fat run off and mix the other ingredients with half a pint of thick brown sauce prepared as under, and let it all get cold. For each fritot take about a teaspoonful of the mixture and roll it into a ball, and wrap it in a piece of cleansed pork caul just sufficient to hold it, dip the fritots into frying batter and fry them in clean boiling fat for about three to four minutes, when they should be a nice golden colour; take up and let the fat drain off; sprinkle one third of the number of fritots with finely chopped parsley, one third with finely chopped cooked tongue, and one third with hard boiled yolk of egg that has been rubbed through a wire sieve; arrange them tastefully in a pile on a dish-paper and serve hot. These may also be served for luncheon.

*Thick Brown Sauce for the above.*—Fry together two ounces of butter and two ounces of flour, add half a pint of good brown stock and stir over the fire till it boils, then mix with it two raw yolks of eggs and stir again over the fire till it thickens, wring it through the tammy and use as above.

**Fleur of Anchovies à la Trésor.**

(*Fleur d'Anchois à la Trésor.*)

Butter a square fleur shape, and place it on a buttered paper on a baking tin, then line it with a savoury paste, prepared as below, and put in it a buttered paper cut to its shape; fill this with rice or some dry grain, and put it in the oven to cook for about fifteen minutes, then take out the grain and the paper, fold a band of paper round the shape as if it were a soufflé, and fill up the fleur with the following mixture, viz.:—One and a half ounces of fine flour, one and a half ounces of butter, a dessertspoonful of essence of anchovy, a little of Marshall's carmine or some pounded live spawn, a little cayenne, a pinch of white pepper, and two raw yolks of eggs, all mixed together with one and a half gills of cold milk; stir on the stove until it boils, then well mix in a pint of chopped shrimps and two good tablespoonfuls of finely chopped cooked lobster or cooked salmon, six boned anchovies chopped very fine, and the whipped whites of four eggs; when poured in the mould, sprinkle a few browned breadcrumbs and about half an ounce of butter broken in pieces on the top, and bake for about twenty minutes. Dish up, remove the paper and mould, and serve at once.

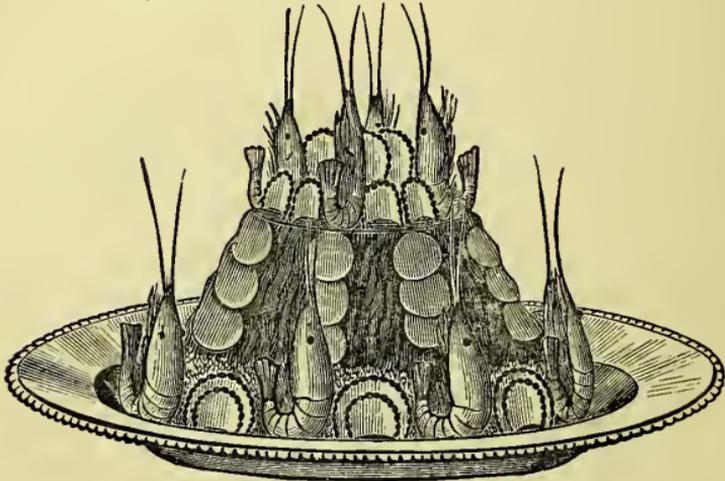
*Paste for Fleur d'Anchois à la Trésor.*—To four ounces of flour add one and a half ounces of butter, and rub these together until quite smooth, then add one raw egg, a teaspoonful of essence of anchovy, a little cayenne, and a few drops of carmine; mix this with a little cold water into a stiff dry paste, and use as directed above. The above quantities will be sufficient for six to eight persons.

**Prawns à la Princesse de Galles.**

(*Crevettes à la Princesse de Galles.*)

Line the nest mould with aspic jelly about one eighth of an inch thick, cut out by means of a plain round cutter the purée of shrimps prepared as below in rounds about the size of a shilling piece, and arrange these up the sides of the mould, allowing three rounds to each line; between these lines place little thin strips of French gherkin, some of which also place on the top of the mould; set this with

aspic jelly, then fill up the centre with the mayonnaise mixture; when cold, dip the mould into hot water, pass a clean cloth over the bottom to absorb any moisture, then turn out on to a dish, and form a border with chopped aspic jelly;



garnish round the border alternately little thin rings of scalloped cucumber and large prawns (see engraving), arrange the top of the mould similarly, and serve for second course or for a cold collation, or in the fish course.

*Purée of Shrimps.*—Pound a quarter of a pound of picked shrimps with four boned anchovies, one large tablespoonful of thick Bechamel sauce, one tablespoonful of salad oil, half a tablespoonful of tarragon vinegar, a little of Marshall's liquid carmine, and a little cayenne pepper; when pounded, pass through the tammy or fine hair sieve with a good half pint of aspic jelly, and put it into a sauté pan to get cold; then cut out as described above.

*Mixture for Centre of Mould.*—Take three ounces of cooked lobster and a quarter of a pint of picked shrimps, and chop these together till fine; add a teaspoonful of chopped tarragon and chervil, or parsley, eight or twelve small stoned and chopped olives, and two peeled tomatoes from which the pips have been removed; cut in dice shapes, mix all together with two tablespoonfuls of thick mayonnaise sauce and two and a half gills of liquid aspic jelly; continue stirring till the mixture begins to set, then use.

**Maccaroni au Gratin.***(Maccaroni au Gratin.)*

Put a quarter of a pound of Naples maccaroni into boiling water, season with a little salt, and cook for twenty minutes; when cooked strain off and put into cold water similarly seasoned till required for use, then cut it in lengths of about one and a half inches; butter the dish on which it is to be served, and place on it a thick layer of good Bechamel sauce in which some grated Parmesan has been mixed, as below, arrange the maccaroni on that, and put more of the sauce over the top; this is best done by using a forcing bag and large rose pipe for the purpose; sprinkle a few browned breadcrumbs over it and put a few small pieces of butter here and there on the top, stand the dish in a tin containing boiling water, and let it cook in a quick oven for fifteen to twenty minutes; when about to serve brown the top with a salamander and send to table boiling hot as a second course or luncheon dish. For the above quantity of maccaroni take a pint of thick Bechamel sauce and mix into it a quarter of a pound of grated Parmesan cheese. This will make a dish for six to eight persons.

N.B.—Some kinds of maccaroni require two to three hours boiling.

**Maccaroni à la Napolitaine.***(Maccaroni à la Napolitaine.)*

Cook and cut up a quarter of a pound of Naples maccaroni as in the above recipe, and mix it with two ounces of fresh butter, half a pint of tomato sauce, six or eight cooked button mushrooms, a quarter of a pound of cooked lean ham or tongue, and two or three truffles, all cut up in the same way; let these get thoroughly hot in the bain marie, and then serve for a second course or luncheon dish. This is excellent for serving with braised fowl, fillet of beef or veal, for a relevé, or for luncheon.

**Nouilles à la Napolitaine.***(Nouilles à la Napolitaine.)*

Prepare some Nouille paste with half a pound of fine flour, &c. (see Recipe), roll it out very thin and cut it in strips about

an eighth of an inch wide and two inches long, put these into sufficient boiling milk and water (half and half) to cover them well, and let them cook for twenty to twenty-five minutes, then drain and put on the dish in which they are to be served, pour about half a pint of hot tomato sauce over them, and garnish the dish with strips of tongue or ham, truffles and button mushrooms that have been warmed between two plates over boiling water, and serve hot. This can be served for luncheon.

### **Nouilles au Gratin.**

*(Nouilles au Gratin.)*

Make, cut, cook, and drain the Nouilles as in the last recipe, arrange with the same sauce as for 'Maccaroni au Gratin,' and finish and serve in a similar manner.

### **Nouilles à l'Espagnole.**

*(Nouilles à l'Espagnole.)*

Prepare, cut, cook, and drain the Nouilles as for 'Nouilles à la Napolitaine,' and mix with them half a tin of sliced button mushrooms which are made hot in the bain marie and half a pint of good Espagnole sauce; just bring the whole to the boil, and turn it out on to a very hot dish, garnish round with slices of cooked tomatoes (see recipe, 'Garnishes'), sprinkle the dish with finely chopped parsley, and serve.

### **Nouilles with Parmesan.**

*(Nouilles au Parmesan.)*

Prepare, cut, cook, and drain the Nouilles as above, and mix them with a quarter of a pound of grated Parmesan cheese, a tiny dust of cayenne and two tablespoonfuls of hot cream; boil up together, turn out on to a hot dish, brown the top with a salamander, and serve very hot.

### **Lazagnes.**

These are made from the same paste as the Nouilles, the only difference being that they are cut larger, sometimes in

one and a half inch squares or in pea shell shapes ; they can be dressed in the same way as Nouilles.

### Raviolis.

Prepare some Nouille paste with half a pound of flour, &c., roll it out as thin as half-a-crown, keeping it well floured while so doing, and cut it out in rounds about one and a half inches in diameter, lay the rounds out on a slab, and well wet the upper surface of half the number with cold water by means of a paste brush. Place a little ball of the farce prepared as below, about the size of a Spanish nut, on each of the wetted rounds ; then take a dry round and place it on the top of a wetted one ; keep your fingers well floured, and press the edges of these rounds of paste together. Have ready a pan of boiling water, lightly seasoned with salt, and carefully put in the prepared raviolis. This will reduce the temperature of the water ; bring it quickly again to the boil, and then draw the pan to the edge of the stove, and let the contents simmer for about twenty minutes. Afterwards carefully raise them with a slice on to a hair sieve, and let them drain well. Then place them in layers in a deep dish, well buttered, pouring over each layer a good tomato sauce. When the dish is full, cover the top over with more sauce, and sprinkle it with a few browned breadcrumbs, and a few tiny pieces of butter dropped here and there to prevent the top drying. Place the dish so prepared in a tin containing boiling water, in a quick oven for about fifteen minutes, and serve hot. This can be served as a luncheon dish, or as a second course dish, with grated Parmesan handed. The raviolis can also be served (after being plainly boiled as above) in soup, for 'potage au raviolis,' but they should be made about half the size of the above, and Parmesan should be handed as in the second course dish.

*Farce for Raviolis.*—Take a quarter of a pound of chicken or game, one and a half ounces of tongue or ham, cut these up in little cubes with edges about one tenth of an inch (half of the brains of a calf, blanched and similarly cut, will be an improvement, but are not a necessary ingredient) ; mix with this two tablespoonfuls of grated Parmesan cheese and about half a teaspoonful of finely chopped parsley. Season very lightly with salt and pepper and a very slight dust of nutmeg, and stir all these together with three raw yolks of eggs, then use.

### Potato Cases with Brains.

(*Caisses de Pommes de Terre aux Cervelles.*)

Peel some rather large potatoes, wash them well and cut them in halves lengthways, on the flat of each half about one eighth of an inch from the edge cut round with a pointed knife, and with a vegetable scoop remove the inside of the potato so as to form a sort of cup about one eighth of an inch thick; the halves should all be trimmed to the same oval size before forming the cases; put each case as it is made into a basin of cold water with a little salt, when a sufficient number are formed take them up and rub each of them with a perfectly dry clean cloth, then put them into clean boiling fat to cook till they feel tender, which will take about three to four minutes, then take them up, let the fat re-boil, and just before serving drop the cases in the boiling fat to crisp them; when nice and crisp arrange on the ends of each case a slice of blanched hot calf's or sheep's brains and a slice of cooked tomato, and between the slices in the centre of the case put about a teaspoonful of tarragon sauce, sprinkle over these a few picked leaves of chervil and two or three long thin strips of French gherkin, dish up *en couronne* on a dish-paper, and serve very hot.

### Risot à la Napolitaine.

(*Risot à la Napolitaine.*)

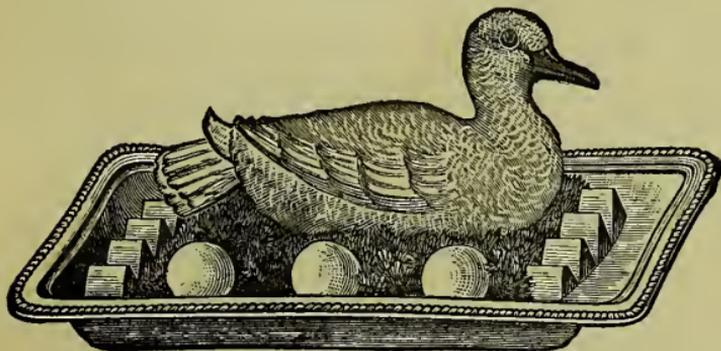
Take six large onions, peel and cut them up in very tiny dice shapes, put them into a stewpan with six ounces of butter or fat, and fry them till a pretty golden colour, then put with them three quarters of a pound of blanched Patna rice, and one quart of good flavoured stock, and half a pint of good tomato sauce, a piece of cinnamon, two cloves, and a blade of mace tied up in a bunch of herbs (thyme, bayleaf, parsley); watch the stock come to the boil with the rice and then put a well buttered paper over, cover the pan down and let the rice simmer gently on the side of the stove for about three quarters of an hour, occasionally stirring or well shaking up the pan, and adding during the cooking about half a pint more stock that is coloured with live spawn or carmine; the grains of rice should be quite separate when cooked, then mix with it

four ounces of grated Parmesan cheese and two ounces of warm butter with a tiny dust of cayenne pepper, let it remain on the side of the stove till the cheese has melted; turn it out on to a hot dish, and garnish round with cooked crayfish or sliced lobster, or any nice pieces of fish left from a previous meal, also button mushrooms and truffle if liked.

### Iced Cream with Foie Gras à la Caneton.

(*Crème glacée au Foie Gras à la Caneton.*)

Take one and a half pints of cream and season it with a pinch of cayenne pepper and a little salt; mix with it three quarters of a pint of liquid aspic jelly and freeze in the freezing machine until the mixture is setting, then line the duck mould with it, colouring a small portion with a little of Marshall's apricot yellow to represent the beak of the bird; when the mould is lined, fill up the centre with the contents of a jar or tin of pâté de foie gras from which the fat has been removed, then close up the mould and put it into the charged



ice cave or in a mixture of ice and salt to freeze for about one hour; if placed in ice and salt the joints of the mould should be luted with dripping to prevent the brine entering; when frozen dip the mould into cold water and turn out the duck on to a bed of chopped aspic jelly and garnish it round with little eggs, made by putting a portion of the cream and foie gras in small egg moulds and freezing them similarly to the duck, and little blocks of cut jelly and sprigs of picked chervil. If you have glass eyes for the duck they give it a finished appearance. Serve for an entrée or second course dish, or for

any cold collation. The same mould may be used for a large variety of different dishes.

### Timbale of Foie Gras à la Bourgeoise.

*(Timbale de Foie Gras à la Bourgeoise.)*

Take a plain round Charlotte mould and line it about one eighth of an inch thick with aspic jelly, and garnish it with some cooked peas and carrots and turnips, that are cut out with a small pea cutter and plainly boiled, arrange these in rows round the mould, first carrot, then turnip and peas, and so on; when the mould is quite covered with the rows set them with more aspic jelly till it is about a quarter of an inch thick. Have the contents of a tin of pâté de foie gras turned out on a plate, remove the fat from it, and mask it over with a good brown chaudfroid sauce, making the masking about a quarter of an inch thick, and using the sauce when it is beginning to set, then put the foie gras into the prepared mould and fill it with aspic jelly, let it set, and when firm dip the mould into hot water, turn out on to a dish, garnish it with chopped aspic and bunches of the same cut vegetables as used in the mould, seasoning them with a little salad oil and tarragon vinegar.

### Truffles à la Serviette.

*(Truffes à la Serviette.)*

If using the fresh truffles they require to be well washed and scrubbed in several waters and carefully peeled; put a few pieces of ham or bacon in a stewpan with a good bunch of herbs, such as thyme, parsley, and bayleaf, and a little nice flavoured stock, and a half bottle of champagne; cover them with a buttered paper, and let them cook fast on the stove or in the oven; as the liquor reduces add more champagne, then drain and strain off the liquor, remove all the fat, and serve the truffles in a napkin and the gravy in a boat. Serve hot. The truffles will require about an hour's cooking, or, if large, one and a half hours'. If fresh truffles are used the peelings, after being well washed, can be used up for farcing purposes.

**Boiled Plovers' Eggs.***(Œufs de Pluviers bouillis.)*

Plovers' eggs to be served plain should be boiled for seven to ten minutes, according to taste, and served on a napkin either hot or cold, and garnished with green parsley.

**Plovers' Eggs à l'Epernay.***(Œufs de Pluviers à l'Epernay.)*

Take some plovers' eggs, allowing one to each person; boil them for seven minutes, then shell them whilst hot; cut some little round croûtons and hollow them out so as to hold the eggs as if in egg-cups; fry them crisply in clean boiling fat till a very pale golden colour, then dish up the eggs in them, and when about to serve pour the sauce over them.

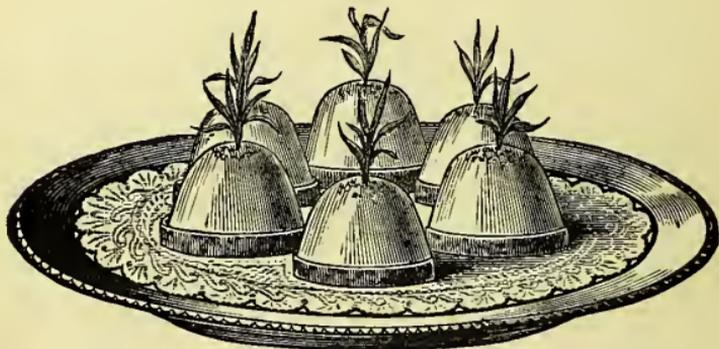
*Sauce for Plovers' Eggs.*—Put a quarter of a pint of champagne in a stewpan with two or three sliced truffles, a little dust of castor sugar, a tiny pinch of cayenne, half a very finely chopped eschalot, a pinch of chopped parsley and thyme, a dust of chopped bayleaf, two tablespoonfuls of good brown sauce, and a quarter of an ounce of glaze, and boil up together; then work in bit by bit one ounce of fresh butter, and add the juice of half a lemon; pour the sauce over the eggs, and serve quite hot. This dish is quite suitable for a dinner party.

**Plovers' Eggs à la Charmante.***(Œufs de Pluviers à la Charmante.)*

Take some plovers' eggs that have been boiled and shelled; line some egg moulds or dariol moulds with aspic jelly, garnish them with thin strips of cooked beetroot, hard boiled white of egg, and French gherkin; arrange the garnish crosswise, and when the mould is sufficiently covered set the garnish with more aspic and put a plover's egg inside each, and fill up the mould with the jelly and let it set; turn out as usual and dish up on a border of aspic; garnish the centre of the dish with a cucumber and celery salad and serve.

If the egg moulds are used the piccolo border mould is best to dish them on, as it contains the hollows for setting the eggs in.

*Cucumber and Celery Salad.*—Peel the cucumber, remove the seeds, and cut it in Julienne shreds about one inch long ; prepare similarly an equal weight of well washed fresh crisp celery, strain and then mix with the cucumber with a table-spoonful of mayonnaise sauce, a table-spoonful of stiffly whipped cream, a little picked tarragon and chervil and a few drops of tarragon vinegar, and use as above.



Artichoke Bottoms en Robe. (See p. 248.)

## CHAPTER XII.

*DRESSED VEGETABLES.***Boiled Olive Potatoes with Onion Purée.***(Pommes de Terre Olives à la Purée d'Oignons.)*

**PEEL** the potatoes and cut them in pieces into the form of olives, and put them into cold water with a little salt. When required to cook, put them in the saucepan with enough cold water to cover them and a pinch of salt; boil till tender, taking care that they do not break; take them out, drain them, and dish them in a round; pour onion purée over them, and serve.

**Mashed Potatoes Baked.***(Purée de Pommes de Terre au Four.)*

Boil some peeled potatoes, with a little salt in the water, till they are tender; then drain them, and when quite dry pass them through a wire sieve, or mash them in the saucepan; season with a little pepper and salt, a little warm butter and a little milk, to make them moist; when these are well mixed roll the mixture into a ball, place it on a buttered tin, and draw it up into a loaf or beehive shape with a knife or a fork; sprinkle it over with browned breadcrumbs, made from crusts of bread baked, crushed up, and rubbed through a sieve. Cook the potatoes in the oven for about twenty minutes with a few little pieces of butter placed here and there on them. When a pretty colour dish up, lightly sprinkle a little parsley over, and serve while hot.

**Potatoes à la Princesse.***(Pommes de Terre à la Princesse.)*

Take one pound of plainly boiled potatoes and pass them through the wire sieve; mix well into this purée one and a half ounces of butter, one ounce of Parmesan cheese, one and a half raw yolks of eggs, a pinch of salt and white pepper, and make into little rolls about two and a half inches long and three quarters of an inch in diameter, using a little flour as for rolling paste; put these on a buttered baking tin, and glaze over with the whole beaten up egg, mark with the knife, and bake a nice brown colour in the oven; pour over them a little warm butter and sprinkle with chopped parsley and serve hot.

**Potatoes à la Bechamel.***(Pommes de Terre à la Bechamel.)*

Put some potatoes to boil; when they are cooked season them with a little salt, and pass them through a wire sieve; mix them into a light dry purée, with a little piece of fresh butter, a tiny dust of white pepper, and a little milk or cream. Make it warm in the bain marie and dish up hot in a dome shape, and pour a nice creamy Bechamel sauce over it. Garnish the top with little shreds of tarragon or chervil.

**Potatoes in Blanquette.***(Pommes de Terre en Blanquette.)*

Peel some potatoes and cut them into the shape of olives; put them in a stewpan with a little salt and enough cold water to cover them; let them boil till tender, taking care that they do not break, strain them and leave them on the side of the stove to dry, then take up, sprinkle them with a little chopped parsley, and mask each piece with Blanquette sauce; let this get cold, then dip each into whole beaten up egg and freshly made white breadcrumbs; fry them in clean boiling fat till a nice golden colour; dish them up on a dish-paper, and serve.

### Sauted Potatoes.

(*Pommes de Terre sautées.*)

Take cold boiled potatoes and cut them into slices about a quarter of an inch thick, and then in rounds with a plain cutter. Put some clarified butter or clean fat in a sauté pan to get hot, put in the potatoes and fry them a nice golden colour on both sides; drain them, sprinkle with a little chopped parsley and a tiny bit of salt; dish in a round on a dish-paper. Serve hot.

### Potatoes Crumbed.

(*Pommes de Terre panées.*)

Peel and boil the potatoes carefully; when they are cooked, but not broken, split them in halves; season with a little white pepper and salt; pour over them a little warm butter, and then dip them in browned breadcrumbs, place them on a buttered tin and cook in a quick oven for about fifteen minutes. Dish up on the plan used for cutlets, and serve hot.

### Potato Straws.

(*Pailles de Pommes de Terre.*)

Peel the potatoes and shred them in lengths of about three inches and one eighth of an inch thick, keep them in salt and water till ready to cook, then dry them in a cloth and put them in a frying basket into hot fat and cook till they are tender; remove the basket from the fat and let it stand on a plate to drain; boil up the fat in the pan, and when quite boiling put the potatoes in again for about a minute to crisp them, keeping the basket moved about. When done they should be quite crisp. Serve with a little finely chopped parsley, and a dust of salt sprinkled over. These are nice for serving with steaks, chops, &c.

### Fried Potatoes with Soubise Sauce.

(*Pommes de Terre frites. Sauce Soubise.*)

Prepare the potatoes, cutting them into the shape of a quarter of a lemon; dry them in a clean cloth; when quite

dry fry in a frying basket in clean hot fat ; leave the potatoes frying in this till they are tender, then take up and drain, and when about to serve put them in boiling fat for about two or three minutes ; when they are brown and crisp dish them up, sprinkle with finely chopped parsley, and serve with Soubise sauce round the base of the dish.

### Potatoes à l'Italienne.

*(Pommes de Terre à l'Italienne.)*

Peel and plainly boil some new potatoes, and when they are cold cut them in slices about one eighth of an inch thick, and arrange some of these in a deep buttered pie dish in a round ; sprinkle them with finely chopped parsley, a little finely chopped eschalot, and a little chopped lean ham or tongue, and then with a little grated Parmesan cheese, and put about two tablespoonfuls of thick Veloute sauce in the centre ; repeat the arrangement till the dish is full, and cover all over the top layer with more sauce, so that the whole is masked over ; sprinkle the top with grated Parmesan cheese, stand the dish in a tin containing boiling water, and cook in the oven till a pretty golden colour, which will take about fifteen minutes in a quick oven ; take up and garnish round the edge with a little border of chopped tongue or ham, with here and there on the border little bunches of chopped parsley.

### Croquettes of Potatoes à la Maître d'Hôtel.

*(Croquettes de Pommes de Terre à la Maître d'Hôtel.)*

Cook one pound of potatoes, and, when they are quite dry, pass them through a fine wire sieve, then, while they are hot, mix them with one ounce of butter, a pinch of salt, a dust of white pepper, and two raw yolks of eggs. Mix into a paste, and let it remain till cold, then roll out with a little flour, and make into cylinder shapes two inches long by one inch in diameter ; egg and breadcrumb, and fry in clean boiling mutton fat till a nice golden colour ; arrange on the dish, and serve with maître d'hôtel butter. These can also be served on a napkin or dish-paper without garnish.

**Potato Soufflé with Parmesan.**

*(Soufflé de Pommes de Terre au Parmesan.)*

Wash and bake three large potatoes in their skins ; when cooked, cut in halves and take out the insides, and pass them through a sieve. Steamed potatoes may be used instead of baked if liked ; add two raw yolks of eggs, four whites whipped, two tablespoonfuls of grated Parmesan cheese, one and a half ounces of warm butter, a little cayenne, and a pinch of salt, and mix all together ; fill the half skins with this, using a forcing bag with a large plain pipe for the purpose, then sprinkle over the top a few browned breadcrumbs and a little grated Parmesan cheese, also a few little pieces of butter. Bake for about fifteen minutes in a moderate oven, and serve on a dish-paper.

**Potato Salad.**

*(Salade de Pommes de Terre.)*

Cut the potatoes in small dice shapes or with a peacutter, to be about a pint when they are cut out ; put them in a stewpan with enough cold water to cover them and a pinch of salt ; boil till tender, but do not let them break ; strain off and let cool. Mix in a basin with a wooden spoon one large tablespoonful of mayonnaise sauce, one tablespoonful of thick cream, a teaspoonful of tarragon vinegar, a good pinch of salt, a teaspoonful of chopped tarragon and chervil, that have been pressed after being chopped, then add the potatoes and serve. Take fresh tomatoes, peel them and remove the pips ; cut them in little square pieces and season with a little salt, salad oil, and tarragon vinegar, and use as a garnish round the salad.

**Potato Salad with Fine Herbs.**

*(Salade de Pommes de Terre aux fines Herbes.)*

Cut three or four cold boiled potatoes in little dice shapes and mix them with one tablespoonful of thick mayonnaise sauce, a teaspoonful of tarragon vinegar, one tablespoonful of thickly whipped cream, one eschalot chopped fine, and one teaspoonful of chopped tarragon and parsley mixed together ; pick the leaves from some nice crisp fresh watercress, and leave them in cold water till wanted, then shake the water

from them and sprinkle them with salad oil, tarragon vinegar, and a little salt; cut some peeled cucumber in Julienne shreds, and season this in the same way as the cress; place the potato mixture, as above, in the centre of the dish, and arrange little bunches of the cress and the cucumber round. This is a nice salad for luncheon or second course.

### Potato Salad with Anchovies.

*(Salade de Pommes de Terre aux Anchois.)*

Cut four or five cold cooked potatoes in dice shapes; peel and remove the pips from a similar number of tomatoes, and season with a little tarragon, chervil, and capers all chopped, pepper and salt, and fill them up with the potato; dish them, and pour over them the following salad dressing: Take two tablespoonfuls of stiffly whipped cream, and mix it on to one large tablespoonful of thick mayonnaise sauce, a dessertspoonful of tarragon vinegar, six boned and well-washed anchovies cut up in little dice shapes, and a teaspoonful of finely chopped parsley, and keep on ice till ready to serve.

### Peas with Butter.

*(Petits Pois au Beurre; or, Petits Pois à l'Anglaise.)*

If using tinned peas put the tin containing them in the bain marie to get quite hot, strain off the liquor and mix with each half pint one and a half ounces of fresh butter and a pinch of castor sugar, toss up together and serve on a hot dish. If using fresh peas take the peas as freshly gathered as possible, shell them and keep them covered with a damp cloth till required to be cooked, then put them in a stewpan containing boiling water, a good sized whole onion and a small well washed lettuce tied up with a little mint, season with a little salt and cook for about fifteen minutes. Strain carefully and mix with butter as for tinned ones. If the peas are desired plainly boiled, cook them in the same way and serve without the butter &c.

### Peas à la Française.

*(Petits Pois à la Française.)*

Boil the peas as in the foregoing recipe, and then mix them with a little good creamy Veloute sauce and a tiny

pinch of castor sugar, say two tablespoonfuls of sauce to each half pint of peas, and serve hot.

### Peas à la Windsor.

*(Petits Pois à la Windsor.)*

Put two ounces of butter into a clean stewpan with one pint of freshly shelled peas, a little bunch of green mint, one whole onion peeled, a quarter of a pint of cream, and one small well washed crisp lettuce that is very finely shredded, and a pinch of castor sugar; cover up the stewpan and let the contents cook for fifteen to twenty minutes on the side of the stove, giving it an occasional shake while it is cooking. When the peas are cooked remove the onion and mint from the pan and strain three raw yolks of eggs that have been mixed with two large tablespoonfuls of cream and a pinch of salt on to the peas, and shake the pan about until the contents are like thick cream; then dish up the peas in the centre of a border of purée of spinach that is arranged with a forcing bag and a large rose pipe, and serve quite hot.

### Peas au Gras.

*(Petits Pois au Gras.)*

Take one quart of freshly shelled peas, rinse and stew their shells in a quart of water with a sprig of mint and a few fresh lettuce leaves, cooking them for about half an hour; then strain the liquor into a stewpan on to the shelled peas and a very finely minced onion and a sprig of finely chopped green mint; add a quarter of a pound of streaky salt pork that has been cut up in little dice shapes, and boil together for half an hour; then mix in one ounce of fresh butter worked up quite smooth, with one ounce of fine flour and a half gill of Veloute sauce; boil up together and add a pinch of castor sugar, then turn out on a hot dish and garnish with little fried potato straws that are perfectly crisp.

### Purée of Green Peas à la Flamande.

*(Purée de Petits Pois à la Flamande.)*

Take one and a half quarts of perfectly fresh peas, put them into a stewpan with two ounces of butter, one finely

sliced onion, one very crisp and dry fresh lettuce, twelve heads of fresh asparagus, having taken off the points, which must be plainly boiled and used for garnishing the purée when dished up, and a good bunch of mint, and tie the shells of the peas up in a piece of clean muslin and place them on the bottom of the stewpan; then put in about one pound of home-made pork sausages and a quarter of a pint of cream, place the cover on the pan and let the peas draw down on the side of the stove for about three quarters of an hour, giving the pan an occasional shake while the peas are cooking; when they are tender remove the packet of shells and the sausages and keep the latter hot till wanted; add to the peas left in the stewpan a quarter of a pint of cream that is mixed with two ounces of fine flour and stir all well together till the mixture boils, then let the contents cook on the side of the stove for about five minutes and rub the mixture through the sieve, make it hot in the bain marie and turn it out on a hot dish in a pile, and garnish it round with the sausages and points of asparagus, and serve while quite hot.

### French Beans à la Crème.

*(Haricots verts à la Crème.)*

Take one and a half to two pounds of fresh gathered French beans, string and then cut them in long thin strips, well wash them in cold water, and when ready to cook plunge them into plenty of boiling water seasoned with salt and a very little bit of soda; boil quickly for fifteen to twenty minutes, then drain in the cullender. Put two ounces of butter and one ounce of fine flour into a stewpan, and fry together without discolouring; mix with it half a pint of cream and stir till it boils, add the juice of half a lemon, a dust of castor sugar, tammy, and then mix up the boiled beans in it, re-boil and turn out on to a very hot dish and garnish with little rings of fried bread, and serve at once.

Plainly boiled French beans are prepared as in the first part of this recipe.

### French Beans à la Hâte.

*(Haricots verts à la Hâte.)*

Take one and a half to two pounds of perfectly fresh gathered French beans, string and cut them into little dice

shapes, wash them in clean cold water, and then put them into a stewpan in which there is plenty of boiling water; season with a little salt and a tiny piece of soda, and boil them very quickly for about fifteen minutes and then strain them off. Take one large onion, chop it up small, put it to blanch, strain it off, and put it into a sauté pan with two ounces of fresh warm butter, one chopped bayleaf, a sprig of thyme, a teaspoonful of chopped parsley, and season with a little salt; fry together for about fifteen minutes without discolouring, add a tablespoonful of French tarragon vinegar, the same of white wine, a gill of cream, and one ounce of butter that is mixed till quite smooth with one ounce of flour; stir all together again over the fire till the mixture boils, then add the cooked beans, and turn out on a hot dish and serve with a few little bunches of any kind of cooked game or poultry livers that have been rubbed through a wire sieve and then warmed between two plates over hot water.

### Sauted French Beans.

(*Haricots verts sautés.*)

Cut the beans rather fine, put them in water and well wash them; put plenty of boiling water in a saucepan and a tiny bit of soda, and season with salt, then put in the beans; bring them quickly to the boil and cook for twenty minutes (or half an hour if not tender); strain off the water, dry them well and put them in a sauté or clean fryingpan and place on the stove; let them get well heated and dry and then put in a nice piece of butter; turn them about for a minute or so, mix with them a little chopped parsley and a few drops of strained lemon juice. Serve at once, and be sure they are very hot.

### White Haricot Beans à la Maître d'Hôtel.

(*Haricots blancs à la Maître d'Hôtel.*)

Take some white haricot beans, soak them in clean cold water for a day or so before cooking them, occasionally changing the water, then put them into a stewpan with enough cold water or light stock from veal, rabbit, or chicken to cover them; place on the top of the beans a good bunch of herbs, one peeled onion, and a little bacon or ham bone; put

a buttered paper on the top and the cover on the pan, and let the beans cook very steadily on the side of the stove for three and a half to four hours, occasionally adding a little more stock so as not to allow the beans to become burnt, and now and then giving the pan a shake up so that the beans get equally cooked; when they are quite tender but not broken, and have absorbed all the liquor, remove the onion, herbs, and bone, and put into the pan two ounces of fresh butter, the strained juice of one lemon, and a large tablespoonful of finely chopped parsley, and just toss up; when the butter has melted turn the beans on to a hot dish and serve while very hot. The butter &c. is sufficient for one pound of beans, weighed before cooking.

### White Haricot Beans à la Fredenborg.

*(Haricots blancs à la Fredenborg.)*

Take some white haricots, prepare and cook them as in the foregoing recipe; when quite tender remove the herbs, bacon, and onion, chop up the onion quite fine, and put it into a small stewpan with about a gill of white wine, a quarter of a pint of very thick tomato sauce, and four fresh truffles chopped up fine (if they cannot be got, use fresh mushrooms that have been washed and chopped), boil all together for about fifteen minutes, add half an ounce of glaze, and pour this sauce all over the beans, re-boil and turn out on a hot dish and garnish with slices of smoked beef or nice thin slices of tongue that have been warmed and arranged round as a border and serve very hot.

### Purée of Haricot Flageolets.

*(Purée de Flageolets.)*

Put half a pound of flageolets to soak in cold water for a day before using them, change the water occasionally and put them to cook with one onion and a little bunch of herbs in good flavoured light stock with two ounces of lean ham or bacon, cook for three or four hours, and when quite dry and tender pass them through a wire sieve; mix the purée up with a pat of butter and a little cream, and use while quite hot.

### Fricassée of Broad Beans.

(*Fèves en Fricassée.*)

Take the young beans for this dish; they should be shelled just before cooking. Put them in boiling water, with a little salt and a very tiny bit of soda, a little bunch of herbs, such as thyme, parsley, and bayleaf; cook for fifteen minutes, then strain and take off the outer skins. Boil up half a pint of well flavoured white stock, either from veal, rabbit, or chicken; mix one and three quarter ounces of butter and the same weight of flour together in a stewpan, stir the stock into the pan, and when it boils mix in a good tablespoonful of cream, one raw yolk of egg and the juice of half a large lemon; stir on the stove till it thickens, strain and mix the beans into it; make quite hot and then dish up; garnish with little croûtons cut in the shape of small cutlets and fried in clean fat or clarified butter, and masked over with the yolk of hard boiled egg which has been passed through a wire sieve, and with cooked tongue passed in the same manner; put the croûtons round the beans, and sprinkle the centre of the beans over with a very little chopped parsley or chopped truffle.

### Broad Beans. Espagnol Sauce.

(*Fèves à l'Espagnole.*)

Shell some freshly gathered broad beans and put them into a stewpan with enough boiling water to cover them, season with a little salt, and bring to the boil, strain them, remove the shells that cover the beans, and rinse them, put them into a stewpan with half a pint of good brown gravy for each pound and a half of the beans (weighed after being shelled), boil the beans till tender in the stock with a bunch of herbs and two peeled eschalots finely chopped, then drain from the stock and boil the strained liquor down to the consistency of thick cream, then add to it one and a half gills of good Espagnol sauce, a teaspoonful of finely chopped parsley and the beans, and re-boil; turn them out on a dish, garnish round with a little border of crisply fried bacon that is cut up in little dice shapes, lightly sprinkle a little chopped parsley over and serve very hot.

**Broad Beans à la Crème.***(Fèves à la Crème.)*

Take some fresh broad beans and proceed as in foregoing recipe for blanching and shelling them, and boil them for about fifteen minutes, then strain off from the water. For one and a half pounds of the beans, when shelled, take three quarters of a pint of single cream, one large onion finely minced, and a bunch of herbs, and boil for about twenty-five to thirty minutes with the pan covered tightly down, then remove the herbs; fry one and a half ounces of butter with one ounce of fine flour in a separate pan, pour the liquor with the onion on to it and stir till it boils; then add this to the beans and give the pan an occasional shake until the sauce re-boils, then add a tablespoonful of finely chopped tongue or lean cooked ham; turn out on a hot dish, and garnish round with slices of crisply fried bacon, and serve very hot.

**Seakale with Butter Sauce.***(Chou de Mer. Sauce Beurre.)*

Take some nice fresh seakale, trim off the root and rinse well from grit, arrange the pieces evenly together and then tie up in a bundle, and leave it in clean cold water till ready to cook; then put the seakale into a good sized stew-pan with plenty of boiling water seasoned with a little salt and lemon juice, and cover the pan partly with the lid, and let it boil for thirty to thirty-five minutes, or even longer if not tender; take it up with a slice on a sieve or cloth and let it drain, placing a clean damp hot cloth over it to keep it quite hot; dish it up on a slice of plainly toasted bread, cut the string and draw it carefully from the seakale, and serve with plain melted butter sauce over it or in a sauceboat. This vegetable should be served boiling hot.

**Seakale fried. Cream Sauce.***(Chou de Mer frit. Sauce Crème.)*

Prepare some seakale as in the foregoing recipe, and when cooked drain it well and season it with chopped eschalot,

chopped parsley, a little mignonette pepper, and a little lemon juice; let it lie in this seasoning for about one hour before frying, then split the sticks into two or three pieces, sprinkle each over with a little fine flour and dip into a whole beaten up egg and into freshly made white bread-crumbs, roll them with the hand carefully so as to make the crumbs appear smooth, then put them in a frying basket or frying rack and place it in a pan containing some clean boiling fat, and let it fry for eight to ten minutes till a pretty golden colour; take up and dish on a dish-paper, garnish the centre with fried parsley and serve very hot with cream sauce in a boat, or it may, if liked, be poured round the dish, when the paper would be dispensed with.

### Boiled Salsifies.

(*Salsifis bouillis.*)

Peel and cut the salsifies into pieces and drop them into cold water seasoned with salt and lemon juice, that they may not change colour; when ready to cook put them into boiling water similarly seasoned and boil them for two hours and a half, then strain them and mix with about two ounces of butter, the strained juice of half a lemon, a dessertspoonful of chopped parsley, turn into a hot dish and serve.

### Braised Celery.

(*Céleri braisé sur Croûtes.*)

Well wash and trim the heads of celery and leave them in cold water for one or two hours, then tie them up with string and put them in a stewpan with cold water sufficient to cover them; bring to the boil, then wash them in cold water. Put a little butter in a stewpan with a few sliced vegetables, such as carrot, onion, and a very little turnip, and place the celery on the top; cover over with a buttered paper, and fry gently for about fifteen minutes; add about one and a half pints of stock; let the celery braise steadily on the stove for about two and a half hours, adding more stock as that in the pan reduces; when cooked take up and split the heads into quarters, and flatten them out with a knife; dish on fried croûtons cut in kite shapes, lightly glaze over, and dish up like cutlets.

Strain the gravy in which the celery was cooked, remove the fat, boil up, and serve round the celery.

### Celery à la Villeroi.

*(Céleri à la Villeroi.)*

Cleanse and trim one or two sticks of celery, leaving as much of the bottom of the stalk on it as is tender; braise it as in foregoing recipe, and when it is cooked remove the strings and cut each stick in four or six pieces lengthwise, flatten these a little with a knife, and fold each in about three-inch lengths. Make half a pint of thick Bechamel sauce; when the Bechamel has boiled and while quite hot, add two raw yolks of eggs and one tablespoonful of thick cream and stir over the fire till it thickens, but it must not be allowed to boil; add the juice of half a lemon and season with a little salt, tiny dust of nutmeg and cayenne, and pass it through the tammy and mask the pieces of celery with the sauce, covering each piece lightly over; let the masking get cool, then dip each piece into some whole beaten up egg and into freshly made white breadcrumbs and make it into a nice smooth form, put it into the frying basket and fry in boiling fat till a pretty golden colour; dish up either straight down the dish on a paper or napkin in the form of cutlets, and serve. This may be served as a second course dish, in which case pour tomato sauce or thin Soubise round the dish.

### Ragoût of Celery.

*(Céleri en Ragoût.)*

Cleanse, blanch, and braise one or two fresh white sticks of celery as in the recipe for braised celery; when it is cooked take it up and cut it in neat square pieces; dish these up on a hot dish in a circle like cutlets; clean three or four medium sized mushrooms and cook them in a little butter for about ten minutes in the oven or on the stove, then cut them up in shreds and add them to two ounces of cooked tongue or lean ham, likewise cut up and mix all with the strained liquor in which the celery was braised; make this quite hot, and, having removed the fat, pour all over the celery, garnish the dish with bunches of crisply fried small dice-shaped croûtons, and serve hot.

**Celery à la Crème.***(Céleri à la Crème.)*

Take two or three sticks of well washed crisp celery, trim and tie them up in a bundle, and put it into cold water, bring to the boil, then take it up and rinse it in cold water, and put it into a pan with enough new milk to cover it, two sliced onions and a bunch of herbs, and simmer gently for about three hours, adding more milk as that in the pan reduces. Take it up, untie the bundle and split each stick into four pieces, spread these out smoothly with a knife, and roll each up in a cylinder shape and put it on fried croûtons and dish up on a hot dish. Fry together two ounces of butter and two ounces of flour without browning, and mix on to this a pint of the milk and the onions in which the celery was cooked, and stir over the fire till it boils; add the juice of half a lemon, a dust of cayenne pepper, and rub all through the tammy, make it hot in the bain marie, and then add two tablespoonfuls of stiffly whipped cream, and pour it over the celery, and sprinkle the dish lightly with a little chopped parsley and serve. Any of the liquor left from the cooking of the celery can be used up in white soups.

**Braised Leeks with Poached Eggs.***(Poireaux braisés aux Œufs pochés.)*

Take some nice fresh leeks, cut off the tops, tie up and blanch them, then put them into a stewpan to fry with a little sliced onion, carrot, and turnip, and a bunch of herbs, a few black and white peppercorns, a blade of mace, and one ounce of butter; fry all together for about fifteen minutes, then add a quarter of a pint of stock, cover the pan down with the lid and braise for one and a half to two hours, adding more stock as that in the pan reduces; take up, remove the string, and split in halves (or quarters, if large), smooth out with a knife, roll up and place each piece on a little round croûton of fried bread, lightly glaze over each piece of the leek, and then dish up; straight down both sides of the dish and down the centre arrange a row of poached eggs that are sprinkled over the top with a little finely chopped lean ham or tongue, strain the liquor in which the leeks were cooked, and make it hot, and serve round the dish.

### Leeks à la Méditerranée.

(*Poireaux à la Méditerranée.*)

Take some perfectly fresh young leeks, and trim off the tops; cleanse them thoroughly from grit, and tie six or eight together with a string, and put them into a saucepan to blanch, take up and put them into a stewpan with enough chicken, veal, or rabbit stock to cover them, place a cover on the pan and let them cook till tender, which will take two to three hours according to their age; then take up on a plate or dish and untie and separate them, split each leek open, and fill them inside with cooked sausage meat, placing a piece in each about the size of a finger, fold each leek into its natural form, and roll it into fine flour, then into whole beaten up egg and into freshly made white bread-crumbs, and fry in clean boiling fat for about eight to ten minutes, and dish on a hot dish and serve with slices of cooked sliced tomato in the centre.

### Small Onions à la Bruxelles.

(*Petits Oignons à la Bruxelles.*)

Take two or three dozen small onions, peel and blanch them, and put them into a stewpan with half a pint of cream and two ounces of fat and lean raw ham or bacon cut up in little dice shapes; well wash a crisp lettuce, and shred it finely, and sprinkle over it a little pepper and salt and a very slight dust of nutmeg, and place it on the top of the onions, put a well-buttered paper over it, and cover the pan over with the lid, and let it simmer for about one hour, then add to it three raw yolks of eggs that have been mixed with a tablespoonful of white wine and four tablespoonfuls of Veloute sauce, shake the pan about over the fire after adding the yolks, and when the mixture has thickened, turn it out on to a hot dish, and brown the top with the salamander, and garnish it round with a border of plainly boiled sparghetti that is lightly sprinkled with grated Parmesan cheese, and serve very hot.

Sparghetti is a kind of maccaroni.

### Small Fried Onions.

*(Petits Oignons frits.)*

Put some small white onions that have been peeled into a stewpan with cold water and a little salt, and bring them to the boil; then strain and put them into a clean stewpan to cook for one hour with two ounces of butter (for one quart of onions), the juice of a lemon, and a quarter of a pint of white stock, cover the pan over and let them cook steadily on the side of the stove; take up when tender, and roll them in finely chopped parsley, and then into fine flour and whole beaten up egg, and place them in a frying basket, and fry them in clean boiling fat till a pretty golden colour; dish up on a bed of crisply fried parsley, and serve at once, with the following sauce in a boat: Take the liquor in which the onions were cooked, and mix it with a gill of reduced Veloute sauce, boil up, tammy, and use.

These are also very good to serve as a garnish with rump steak or roast mutton.

### Spanish Onions with Maître d'Hôtel Butter.

*(Oignons d'Espagne à la Maître d'Hôtel.)*

Peel the onions, put them in cold water with a little salt, just bring it to the boil, take up the onions, wash them in cold water, and then put them into plenty of boiling water, season with salt, and boil gently for two or three hours; when they are tender put them on a sieve, and let all the water drain from them; dish up, and place on the top of each a little maître d'hôtel butter, and serve.

### Onions Farced à la Banville.

*(Oignons farcis à la Banville.)*

Blanch some peeled medium sized Spanish onions and put them in a saucepan with enough light stock to cover them, and boil them till tender; take them up and stamp out the insides, as if coring them, with a plain round cutter about one to one and a half inches in diameter; fill up the insides of the onions with a farce prepared as below, and then sprinkle them

over with flour and egg, breadcrumb them, and fry them in clean boiling fat for about ten minutes. Rub the pieces that were taken from the centres of the onion through a wire sieve, and add a pat of butter, a little pepper and salt, two raw yolks of eggs, four tablespoonfuls of cream or milk, and stir together in the bain marie till the mixture thickens, then turn it out on to a hot dish; place the onions on the top of this purée, and serve at once. Use the stock these were cooked in for soup purposes.

For farcing six onions, take six blanched game or poultry livers, remove the gall from them, and chop them up very fine; mix them with two chopped eschalots and a quarter of a pound of chopped up cooked white meat, such as rabbit, chicken, veal or pork, four raw chopped button mushrooms, a tablespoonful of finely chopped herbs, and a little pepper and salt; put all these into a sauté pan and sauté for about five minutes, then mix with two ounces of freshly made white breadcrumbs and one whole egg, mix up together, and use. This would be sufficient to serve for twelve people.

### Fritot of Onions in Slices.

*(Fritot d'Oignons en Tranches.)*

Peel and blanch some large onions, drain them and cut them in slices about one eighth to one quarter of an inch thick, place these in a sauté pan with a little warm butter, taking care to keep the slices perfect, season them with chopped parsley, pepper and salt, cover them with a greased paper, and put them in a very moderate oven for about fifteen to twenty minutes, then take them up separately with a palette knife and dip them into frying batter and drop into clean boiling fat and fry till a pretty golden colour; dish on a hot dish and garnish with fried parsley in the four corners of the dish. Put the liquor in which these were drawn down into a stewpan and add to it the strained juice of one lemon, a tablespoonful of cream, two raw yolks of eggs, and stir these all together in the bain marie till the sauce thickens, then wring it through the tammy, add a little chopped parsley, and pour over the onions and serve.

### Braised Carrots.

(*Carottes brais es.*)

Have some peeled carrots cut either in rounds with a cutter or in small kite shapes, using only the red parts ; when they are trimmed put them in a stewpan with cold water and a pinch of salt, let the water come to the boil, strain off and wash and dry them. Put two ounces of butter in a stewpan, and when it melts put in a pint of the cut carrots, let them fry a nice golden colour, add about a quarter of a pint of good brown stock and braise on the side of the stove with a buttered paper over them and keep well basted for about an hour. As the gravy reduces add a little more (it will take a pint of gravy to cook them), and when the carrots are cooked the gravy should present the appearance of a nice glaze ; free the gravy from fat, add a pinch of sugar and use. Dish up in a pile.

The gravy from the carrots should be enough to serve as sauce with a joint without further liquor, and should it be very strong, add a little stock.

### Carrots   la Lilloise.

(*Carottes   la Lilloise.*)

Scrape or peel some good fresh carrots, say four or five, and if they are large split them lengthways in five or six pieces, taking out the core, which can be used for flavouring purposes ; cut these pieces in kite, oval, or little square shapes ; wash them well and put them into a stewpan with plenty of cold water, a good pinch of sugar, and a pinch of salt ; cook till tender, then take them up carefully, place them on a sieve and let them drain. Put into a saut  pan half a pint of good Veloute sauce and half a gill of cream ; place the carrots carefully into this and let them boil for about ten minutes ; have some little cro tons of bread cut as near as possible to the shape of the carrots, and fry them in clean fat ; dish these alternately with the carrots on a warm dish on a border of mashed turnips, as in ' *Pur e de Navets   la Cr me,*' in the form of cutlets ; add a few drops of lemon juice, a teaspoonful of chopped capers, and a pinch of chopped parsley to the sauce and pour it round the base of the dish ; serve hot. This is a nice dish for second course or for luncheon.

**Parsnips with Cream.***(Panais à la Crème.)*

Take some nice fresh parsnips, peel and wash them, then cut them into the shape of olives, using only the outside part for the purpose; put them into a stewpan and cover them with cold water seasoned with a little salt and lemon juice, bring to the boil, then strain, and put into a stewpan with two ounces of good fresh butter; add a quarter of a pint of cream, a little pepper and salt, and a quarter of a pint of creamy Bechamel sauce; cover over with a buttered paper, put the lid on the pan and cook gently for about thirty to thirty-five minutes; sprinkle with a little finely chopped parsley and the juice of half a lemon, and turn out on a hot dish and serve hot.

**Parsnips à la Hamelin.***(Panais à la Hamelin.)*

Take say three nice full grown parsnips, peel and well wash them, then scrape well, and cut up all the outside part in slices, and put these into a stewpan; to one pound of the parsnip thus prepared, mix with half a pint of cream half a pint of thick Bechamel and a large onion peeled and chopped up fine, season with a little salt and white pepper, stir till it boils, then stand the pan on the side of the stove, and let it boil for about twenty-five to thirty minutes; fry together two ounces of butter and one ounce of fine flour without discolouring, and stir it into the purée till it boils; then rub through a wire sieve, re-warm in the bain marie, and dish it up on a hot dish in a pile and pour all over it a pint of green peas cooked as in recipe 'Green Peas with Butter.'

**Turnips à la Mancelle.***(Navets à la Mancelle.)*

Take about one pound of young turnips, peel them and cut them in lengths of about two inches by half an inch square, put them to blanch, then rinse in cold water and place them in a buttered sauté pan, season with a little salt and pepper, chopped parsley and eschalot, and then sprinkle

over them a set of blanched calf's or sheep's brains that are cut up into little dice shapes, put a buttered paper over the top, and place the lid on the pan and let it draw down on the side of the stove for about twenty minutes, then add a few drops of lemon juice and four large tablespoonfuls of thick Veloute sauce, boil up all together, dish *en couronne* on a hot dish and garnish with one or two red chillies and a few long thin strips of French gherkin, and serve while very hot.

### Turnips with Butter.

(*Navets au Beurre.*)

Take some young freshly gathered turnips, peel and wash them, cut them out into olive shapes, put them into cold water, add a little salt and bring them to the boil, rinse and dry them in a clean cloth, and put them into a clean saucepan with two ounces of butter for each pound of turnips, weighed before being cooked, add a few drops of strained lemon juice and a pinch of salt, put a piece of buttered paper over the turnips and let them cook very gently for about twenty minutes, sprinkle with a little chopped parsley, dish up and serve hot.

### Purée of Turnips à la Crème.

(*Purée de Navets à la Crème.*)

Peel and wash two pounds of turnips ; if large cut them up in pieces ; put them into enough cold water to cover them, with a pinch of salt ; let them come to the boil, then strain off the water and put them into clean boiling water seasoned with a little salt, and cook till tender, which will take fifteen to twenty minutes ; strain and press the water from them, rub them through a wire sieve, and put the purée into a stewpan with a tablespoonful of fine flour that has been passed through the sieve, one and a half ounces of butter, a pinch of castor sugar, a dust of white pepper, and half a gill of cream ; stir together till it boils, then turn neatly on to the dish, and form a border round it with shreds of turnip cut in Julienne form and plainly boiled for about ten minutes, then strained, and sprinkle lightly with finely chopped parsley. This will make a dish for five or six people. If liked, a tablespoonful of

thick Bechamel sauce can be used instead of the flour. This can be served for luncheon or dinner with the Remove or with cutlets or mutton chops.

### Artichoke Bottoms en Robe.

(*Fonds d'Artichauts en Robe de Chambre.*)

Take some cooked artichoke bottoms (these can, if liked, be bought already prepared in tins), season them with a few drops of lemon juice and chopped parsley; have some very fresh and very small eggs poached, and place one of these eggs on each artichoke bottom; care must be taken that the egg does not break; cover the egg over entirely with a light purée of cooked chicken or white meat, using a bag and plain forcing pipe for the purpose; make the purée of chicken quite smooth over the top with a knife which is occasionally dipped in boiling water, and then stand each artichoke bottom containing the egg and the purée on a little round fried croûton; place these on a baking tin in a moderate oven with a well greased paper over the top of them, and leave them in the oven for about ten minutes; sprinkle them with a little chopped tongue or ham and parsley; stick a little sprig of tarragon in the top of each, and dish up on a dish-paper or napkin, and serve for second course or luncheon dish, or for an entrée.

*Purée of Chicken or White Meat.*—Pound half a pound of cooked white meat with two tablespoonfuls of thick Bechamel sauce, one dessertspoonful of tarragon vinegar, one ounce of butter, a little white pepper and salt; when pounded smooth rub the mixture through a coarse hair or fine wire sieve, put into the bain marie, and make quite hot, and use.

See engraving on page 226.

### Artichoke Bottoms à la Barigoule.

(*Fonds d'Artichauts à la Barigoule.*)

Cut the top ends from the globe artichokes and put them in a stewpan to blanch, with plenty of cold water, a pinch of salt, and the juice of a lemon. When they come to the boil strain, and then put them again in boiling water, seasoned as before, for ten minutes, and boil; take up, pull out the choke, and drain. Put in a saucepan half a pound of chopped ham or

bacon, about one ounce of fresh butter, and a teaspoonful of good salad oil, with a pound of fresh mushrooms (that have been well washed and all the water pressed from them), and one eschalot, both chopped fine, and a good dessertspoonful of chopped parsley; season these with a little salt and half a saltspoonful of mignonette pepper, and fry all together for about five minutes; let them cool and add two raw yolks of eggs; then with this mixture fill up the space of the artichoke (from where the choke was removed), and tie them up with string. Put in a stewpan two ounces of butter, one onion sliced, half a carrot sliced, a little bunch of herbs tied together, such as thyme, parsley, and bayleaf; put the prepared artichoke bottoms in this, and cover over with a buttered paper; put the lid on the pan and fry for about fifteen minutes, then add two or three tablespoonfuls of good stock; braise for about three quarters of an hour; dish up; strain the gravy from the braise, remove the fat from it, and boil it up with three or four tablespoonfuls of good brown sauce, and serve round the artichokes quite hot.

### **Artichoke Bottoms à la Princesse.**

*(Fonds d'Artichauts à la Princesse.)*

Take some cooked artichoke bottoms, season them with a little salad oil and chopped tarragon and chervil and a little tarragon vinegar; then place inside each a thin slice of raw tomato similarly seasoned, and arrange round the tomato little pieces of cooked chicken, tongue, and cucumber that are cut in rounds about the size of a sixpenny piece; set these with a little aspic, and in the centre of each place a little Tartare sauce, dish these on rounds of tomato aspic and serve one to each person as a second course dish or for luncheon or a cold collation.

### **Artichoke Bottoms with Asparagus Heads à l'Estragon.**

*(Fonds d'Artichauts aux Pointes d'Asperges à l'Estragon.)*

Take some tinned artichoke bottoms and warm them in their liquor by putting the tin containing them into boiling water; when hot remove them from the tin, drain them, and fill up the centre of each with asparagus points that have been

plainly boiled and drained, and then mixed with a little warm butter. When ready to serve pour over them sauce as below. This is an excellent dish for second course or luncheon.

Fresh artichokes can, if liked, be used instead of the tinned ones.

*Sauce for Artichokes.*—Take five tablespoonfuls of cream and put it into a stewpan with two ounces of fresh butter, four raw yolks of eggs, a pinch of salt and white pepper, stir it with a wooden spoon in the bain marie till it begins to thicken, then add one tablespoonful of tarragon vinegar and pass it through a tammy or strain it through a strainer, then add a good pinch of chopped tarragon, and pour over the artichokes while hot.

### Artichoke Bottoms à la Mornay.

(*Fonds d'Artichauts à la Mornay.*)

Take the tinned artichoke bottoms, allowing one to each person, make them hot (by standing the tin in the bain marie), then strain and dish up on round croûtons straight down the dish on which they are to be served, and pour the sauce over the artichokes, and then over the sauce pour the cheese mixture and brown it all over with the salamander; garnish the edge of the dish with finely chopped parsley, and serve very hot.

Fresh artichokes can, if liked, be used instead of the tinned ones.

*Sauce for Artichokes.*—Half a pint of thick Veloute sauce mixed with two ounces of grated Parmesan cheese, stir till it boils, tammy and use.

*Cheese Mixture for Artichokes.*—Three ounces of Gruyère or other cheese cut up in thin slices, mixed with two tablespoonfuls of thick cream and a tiny dust of cayenne; stir in a stewpan over the fire till the cheese melts, and use at once.

### Vegetable Marrow, Stuffed and Fried.

(*Courge à la Moelle farcie et frite.*)

Take a very small vegetable marrow for this dish, peel it carefully, so as to keep it a nice shape, then cut it level at the ends, and scoop out the inside. Put it to cook very carefully for twelve to fifteen minutes in a stewpan, in plenty of boiling

water, with a little salt; take up with a slice, and place it in a basin of cold water, then drain. Put four ounces of chicken or rabbit, or any white meat, pounded till smooth, with one large tablespoonful of thick Bechamel sauce, two raw yolks of eggs, and a tiny dust of cayenne pepper; pass this through a fine wire sieve, put it into a forcing bag with a large plain pipe, and fill up the marrow with it; then roll it in flour, and brush over with the whole beaten up egg; roll in bread-crumbs, and fry a nice golden colour in clean boiling fat; dish on a napkin or dish-paper; garnish at both ends with fried parsley. This can be served for luncheon or a second course dish.

### Vegetable Marrow Fried.

*(Cource à la Moelle frite.)*

Take some very small fresh cut vegetable marrows, peel and remove the seed part, cut them in pieces about two inches long and two inches wide, then rinse them in cold water, in which leave them till ready to cook, then put them into a stewpan with boiling water seasoned with a little salt, boil for about fifteen minutes, then take up carefully, drain, and season with a little salt and pepper, pour over them a little warm butter, and dip into fine flour, then into whole beaten up egg, and then into freshly made white breadcrumbs; put into a frying basket and fry for about five minutes in clean boiling fat till a pretty golden colour, then dish up on a dish-paper in a pile on a hot dish, and serve at once while perfectly crisp from the frying. Garnish with fried parsley.

### Boiled Vegetable Marrow. Butter Sauce.

*(Cource à la Moelle bouillie. Sauce Beurre.)*

Take some marrow as in the foregoing recipe, cut it in nice shaped pieces either round or square. Cook them in the boiling water till tender, which will take about fifteen to twenty minutes according to the size, then take up and drain, and place on a slice of toasted bread or a croûton, and pour melted butter sauce all over, and serve while hot.

**Asparagus. Hollandaise Sauce.***(Asperges. Sauce Hollandaise.)*

*Tinned Asparagus.*—Open the tin and stand it on the hot plate till quite hot, then drain the asparagus on a sieve and dish it up on a slice of dry hot toast, and serve Hollandaise sauce in a sauceboat.

*Asparagus Fresh.*—Cleanse the asparagus and trim it evenly, tie it up with tape into a bundle, and leave it in cold water to get firm before boiling it, wrap it in a piece of muslin to prevent the heads being broken, put it into boiling water in a good sized saucepan with a little salt, and cook for about twenty-five to thirty minutes, according to the size of the heads, and dish up as above.

**Asparagus Cold. Sauce Vinaigrette.***(Asperges froides. Sauce Vinaigrette.)*

Clean the asparagus and leave in cold water for about half an hour to get firm; then put it in a pan that is large enough to hold it well; cover it with plenty of boiling water seasoned with salt. Cook till the tops are tender, then take up, lay it on a plate and put on ice, if you have any. When quite cold, dish up and serve with Vinaigrette sauce.

This sauce is also very good with hot asparagus.

**Asparagus Ragoût à la Colbert.***(Ragoût d'Asperges à la Colbert.)*

Cleanse three or four dozen sticks of asparagus, cut off the tops, and keep in cold water till required, boil them plainly for about fifteen to twenty minutes; strain them and pour a little warm butter over them. Take one lettuce and one head of endive, and let them remain in cold water till quite crisp, wash and dry them well by shaking them in a clean cloth, put them into a stewpan with two ounces of butter, a bunch of herbs (bayleaf, thyme, parsley), a handful of well washed and dried sorrel, two finely chopped eschalots, and the stalks of the asparagus; cover the pan over and let these ingredients draw down on the side of the stove for fifteen

to twenty minutes ; then add two ounces of Brown and Polson's cornflour and half a pint of thick tomato sauce and cook the whole over the stove for twenty-five minutes, occasionally stirring it ; rub it through a fine sieve and put it in the bain marie to get hot ; dish it up and garnish round it with poached eggs and the points of asparagus. This is an excellent second course or luncheon dish ; for a dinner of eight to ten persons the above will be sufficient without game or poultry for the second course dish.

### Asparagus à la Crème.

(*Asperges à la Crème.*)

Take some nice fresh asparagus, cleanse it, and trim all the sticks evenly, then tie it up and put it into boiling water with a little salt, and let it boil for about ten minutes ; take it up and put the asparagus into a stewpan with about one pint of new milk, one large finely minced onion, a bunch of herbs, and a very finely minced, fresh, well washed lettuce ; cook together for about twenty minutes, then take up the asparagus, and add to the mixture in the stewpan two ounces of butter and the same of fine flour that have been fried together for about ten minutes but not discoloured ; stir together till it boils, then add a gill of thick cream mixed with three raw yolks of eggs and the juice of a lemon, stir this all together over the fire till the mixture thickens, then rub it all through the tammy and make it hot again in the bain marie, place the asparagus on a slice of buttered toast or on a croûton of fried bread, and pour the prepared sauce all over it and serve at once while very hot.

### Egg Plants Farced.

(*Aubergines farcies.*)

Divide the egg plant lengthways, make four or five incisions in the inner side of each half, taking care not to cut the skin, sprinkle with salt and soak in water for about an hour ; press out all the water and scoop out the centres, and put the plant in a sauté pan with two tablespoonfuls of olive oil. Chop up the centres with a little salt and pepper, very little thyme, parsley, and bayleaf, and a fresh mushroom washed

and pressed ; put a teaspoonful of olive oil into a stewpan, add the chopped ingredients, fry all together for six or eight minutes, add enough brown sauce to moisten the whole ; place some of this mixture into the hollow halves of the plant, sprinkle over with browned breadcrumbs, cook in the oven on a tin for about fifteen minutes, serve on croûtons cut in flat pear shapes, about two and a half inches long and hollowed out to hold the egg plant steady. This may be used for second course or luncheon dish.

### **Egg Plants with Anchovies.**

*(Aubergines aux Anchois.)*

Take some egg plants, remove the stems, split them in halves, and slit the inside of each half in four or five places, making the incisions lengthways ; season these spaces inside with pepper, salt, finely chopped eschalot, and parsley ; have some neat fillets of anchovy that have been freed from bone and washed, steep these in olive oil and place one in each incision of the egg plants ; brush the plant over with oil or warm butter, sprinkle the top over with browned breadcrumbs, and place them on a greased tin and cook them in a moderate oven for about twenty minutes ; dish up on a hot dish on a paper, garnish with nice green parsley, and serve at once while very hot.

### **Egg Plants Broiled or Grilled.**

*(Aubergines grillées.)*

Take the egg plants, remove the stems, split them in halves or quarters, steep them in warm butter, season them with pepper and salt, a little mustard, and chopped lean ham or bacon, and sprinkle them lightly with freshly made white breadcrumbs and grill or broil for eight to ten minutes till a nice golden colour, then dish up on a hot dish, pour a little warm butter round, and serve hot.

### **Egg Plants à la Rohan.**

*(Aubergines à la Rohan.)*

Take six or eight egg plants, pull their stems off and split them in halves ; take out the insides and chop them up very

finely, and mix with it the following: A sprig of tarragon and chervil chopped fine, two washed fresh mushrooms, a good pinch of salt and white pepper and a small onion finely chopped, and fry these all together in two tablespoonfuls of good olive oil for about five minutes, then add twelve raw bearded sauce oysters that have been cut up into little dice shapes, and two ounces of fresh French roll that has been steeped in half a gill of boiling cream; mix up all together with two raw yolks of eggs and the juice of half a lemon, and re-fill the egg plant cases with the mixture and place them in a buttered sauté pan with three or four little strips of finely cut fat bacon over, and put into a moderate oven for about fifteen minutes. Put the liquor and beards from the oysters into a stewpan with a sliced onion and half a pint of new milk, let this simmer on the side of the stove for about fifteen minutes, then mix it on to two ounces of butter and one and a half ounces of fine flour which have been fried together; stir together till it boils, then add a wineglass of Chablis, two tablespoonfuls of cream, a dust of cayenne pepper, tammy, and add a pinch of chopped tarragon and chervil; dish up the egg plants *en couronne* and pour the sauce round them.

### Tomato Salad à la Couronne.

(*Salade de Tomates à la Couronne.*)

Make half a pint of thick mayonnaise sauce, to it add a dust of castor sugar, a saltspoonful of chopped tarragon and chervil, four large raw tomatoes that have been peeled, pips removed, and cut up in little dice shapes, and a good quarter of a pint of aspic jelly while still liquid, and put the mixture aside on ice in a cool place till it begins to set. Take some little red-edged soufflé cases, and fasten round each a strip of foolscap paper to stand about one and a half inches above the top of the case so as to form a cylinder; the paper can be fastened with a little sealing-wax; when the mixture is beginning to set pour it into the cases so as to come about an inch up the paper cylinders higher than the top of the cases, put them aside in the refrigerator or in ice to get ice cold and set; remove the strips of paper, put a teaspoonful of chopped aspic on the top of each, and sprinkle over it a little finely chopped tarragon and chervil. Dish on a dish-paper, and serve for second course, luncheon, or supper dish,

**Tomatoes à l'Andalouse.***(Tomates à l'Andalouse.)*

Take some small fresh tomatoes, remove the cores, take out all the pips, skin them, and leave on ice (if you have it) to become quite cold; also take some cooked artichoke bottoms. When about to serve have two tablespoonfuls of salad oil mixed with a dessertspoonful of tarragon vinegar, a few drops of chilli vinegar, a pinch of salt, and a tablespoonful (together) of chopped tarragon and chervil; a little chopped eschalot may also be added if liked. Season both the artichokes and tomatoes with this, and then place a tomato on an artichoke bottom, and pour the remaining sauce over, and serve.

**Tomatoes à la Française.***(Tomates à la Française.)*

Take some small ripe tomatoes, cut out the core and remove all the pips, skin the outsides, then season the insides with a little salad oil and tarragon vinegar, a little pepper and salt, and chopped eschalot. Have about six well washed and boned anchovies shredded, and the cooked breast of a chicken also shredded, and fill up the tomatoes with these shreds. Take some hard boiled eggs that have been cooked for seven minutes, cut these in round slices about a quarter of an inch thick, mask them with chopped tarragon and chervil or parsley; place a little shredded crisp lettuce on the dish, and place the slices of egg on the lettuce, and a tomato on the top of each slice of egg. Serve for a second course dish or, if arranged in small quantities and served on small plates or paper, as a hors-d'œuvre.

**Tomatoes stuffed with Mushrooms.***(Tomates farcies aux Champignons.)*

Remove the stalks and scoop out the pips from the tomatoes; well wash, dry, and chop fine six or eight fresh mushrooms and put them in a stewpan with one and a half ounces of butter, a little pepper and salt, and half an eschalot

chopped fine ; fry these for about ten minutes ; mix with them two tablespoonfuls of freshly made white breadcrumbs and a teaspoonful of finely chopped parsley ; let this stand on the stove for about six minutes ; fill up the tomatoes with it, and on the top of each put a few browned breadcrumbs and a tiny bit of butter ; put them on a buttered tin in the oven for about twelve minutes. These can be served as a vegetable or second course dish, and are nice for garnishing a joint or steaks, &c.

### Lettuce à l'Espagnole.

(*Laitue à l'Espagnole.*)

Wash the lettuce well in plenty of cold water, take off the outer leaves, the best of which can be kept for soup. Put the lettuce in cold water with a little salt, when the water comes to the boil take up the lettuce and rinse it well in cold water, put it on a sieve to drain, then tie it up with string. Put about two ounces of good butter in a stewpan with a carrot cut lengthways, also an onion sliced and a bunch of herbs, such as a sprig of thyme, parsley, and bayleaf tied up, about six peppercorns, a few pieces of fat bacon and two cloves. Arrange the lettuce on the vegetables, and then cut a paper to fit the stewpan. Butter the paper and put it over the vegetables, put the cover on the pan and let it fry gently for about fifteen or twenty minutes, then add about a quarter of a pint of stock and place the pan in the oven. The lettuce should be frequently basted on the top (just tilt the stewpan and take the gravy up with a spoon and drop it on the lettuce) ; let all braise with the stock for about one hour, then take up, and if the lettuce is a good size it may be cut in four pieces lengthways, then just flatten and turn the ends over so as to make the lettuce about two and a half or three inches long, glaze them lightly over and dish them on croûtons fried a pale golden colour, and cut in the shape of a kite. Dish up straight down the dish. The gravy from the braise to be strained and the fat removed, then boiled up. If the gravy tastes strong just add a pinch of castor sugar. Pour this round the lettuce and serve with four little bunches of crisply fried ham or bacon arranged round the dish in bunches. Cut the bacon in small dice shapes, put them in a sauté pan and fry till crisp, then put into a strainer and

drain off the fat. Lightly sprinkle it with a little chopped parsley and use at once.

### Cauliflowers à la Kahlenberg.

(*Choux-fleurs à la Kahlenberg.*)

Trim, and then put the cauliflowers in cold water with a good piece of salt, let them lie in the water for an hour if possible, then put to blanch in cold water with a little salt. When they come to the boil wash them in cold water and then put them in plenty of boiling water with a little salt, cook gently till tender. Always leave the stalks long and nicely trimmed. When the cauliflowers are cooked drain them, and if large they will cut into six pieces. Cut them lengthwise through the stalks and then dish them round the dish and pour a nice creamy Bechamel sauce over, then sprinkle over with cooked carrot and turnip and picked and blanched parsley. Have the carrot and turnip cut in Julienne shapes about one inch long, put these to blanch with cold water and a pinch of salt, and when they come to the boil strain and pour a little cold water over. Put them in boiling water and a little salt to boil until tender, then strain and have a little pat of fresh butter just warmed and mix the vegetables in it. Have the parsley picked in tiny leaves and put it in cold water with a tiny pinch of soda and salt, when it comes to the boil strain it off and leave in cold water till wanted.

### Cauliflower with Black Butter.

(*Chou-fleur au Beurre noir.*)

Trim the cauliflower, and boil it as in foregoing recipe; when it is cooked drain and cut it, if large, into eight or ten nice pieces; dish it in the form of cutlets, and then pour over it black butter, and serve hot.

### Cauliflower au Gratin.

(*Chou-fleur au Gratin.*)

Trim the cauliflower and blanch it; put it to boil in boiling water till it is tender; then take up and drain. Butter

the dish on which it is to be served and put on it about two tablespoonfuls of the sauce as below; put the cauliflower on the sauce and then cover it over thickly with the sauce, and smooth it all over with a palette knife; sprinkle it with browned breadcrumbs; stand the dish in an ordinary baking tin containing about a pint of boiling water; place in the oven for about fifteen or twenty minutes, and when a nice golden colour take it from the oven and sprinkle over it a very little grated Parmesan cheese. Stand the dish on another with a napkin, and serve very hot as a second course or luncheon dish.

*Sauce for Cauliflower.*—One pint of thick Bechamel sauce, a quarter of a pound of grated Parmesan cheese, two tablespoonfuls of grated Gruyère cheese, two tablespoonfuls of cream, a little dust of cayenne pepper and pinch of salt, mixed well together, and use.

### Cauliflower à la Varenne.

*(Chou-fleur à la Varenne.)*

Trim a cauliflower and place it in salt and water for about one hour; then put it into cold water with a pinch of salt; bring to the boil, and then rinse the cauliflower and put it again into boiling water, which is seasoned with salt, to cook till tender. When cooked cut it in pieces and dish up in a coil; pour parsley sauce over, and garnish it round with braised carrots or a macedoine of vegetables, and place the cut up stalks of the cauliflower in the centre. Serve for a luncheon or second course dish.

### Cauliflower with Curry Sauce.

*(Chou-fleur à la Sauce Kari.)*

Blanch and plainly boil the cauliflower for fifteen to twenty minutes till tender, then cut it up into nice long pieces, each sufficient for one person; place the pieces in a sauté pan and pour the curry sauce (as for Curry à la Simla) over them, let it boil up, and then draw the pan to the side of the stove, and let it stay there for ten or twelve minutes; dish the pieces up in the form of cutlets, pour the sauce over them and garnish round the cauliflower with little bunches of grated cocoanut which have been warmed between two plates over

boiling water. This is an excellent dish for luncheon or second course, or it may be served in the place of an entrée.

### Soufflé of Cauliflower à la Baronne.

(*Chou-fleur en Soufflé à la Baronne.*)

Trim a nice cauliflower, put it to blanch, then rinse it and put it into boiling water with a little salt, and let it cook till tender; take up again, drain and cut it in neat pieces and place them in a buttered soufflé dish with alternate layers of raw sliced tomatoes; season with a very little salt and white pepper, and fill up the dish with a soufflé mixture prepared as below, and sprinkle over with a few browned breadcrumbs; place a few pieces of butter here and there on the top, and bake in a moderate oven for thirty minutes, dish upon a paper with a napkin round, sprinkle it with a little chopped parsley, and serve for second course or luncheon.

*Mixture for Cauliflower Soufflé.*—Mix two ounces of butter, one and a half ounces of fine flour, one and a half raw yolks of eggs, tiny dust of cayenne, a saltspoonful of salt with not quite half a pint of cold milk; stir over the fire till it boils, then add three ounces of grated Parmesan cheese and the whites of three eggs that have been whipped stiff, with a pinch of salt, and use.

### Chicory à la Théodore.

(*Chicorée à la Théodore.*)

Take five or six heads of chicory, put them in cold water for an hour or so before cooking, then take off the outside leaves which can be used up for making a purée soup; put the best parts of the chicory into a stewpan with plenty of boiling water and a little salt and boil them for about twelve to fifteen minutes, then take up and drain off all the water by pressing them between two plates or in the cullender until quite dry; chop the chicory up very fine and put it into a sauté pan with two ounces of butter and two finely chopped eschallots, season with a little pepper and salt, and a tiny dust of nutmeg, add a tablespoonful of flour and stir together till it boils, then mix into the purée a quarter of a pint of very stiffly

whipped cream, and turn out on a hot dish and garnish with quarters of cooked plovers' eggs when in season; when these are not to be had, use slices of hard boiled chicken's eggs, and serve very hot.

### **Cabbage with Mashed Potatoes.**

*(Chou à la Purée de Pommes de Terre.)*

Take six good sized potatoes, peel and boil them, and when cooked rub them through a wire sieve. Take a small cabbage that has been well washed and cooked till quite tender in boiling water, lightly seasoned with a little salt, then pressed from the water and rubbed through a wire sieve; mix the two purées together with two ounces of butter, a pinch of white pepper, and a gill of thick cream, stir all together in the bain marie till hot, then dish up in a pile, and garnish with little strips of puff paste or prettily cut croûtons, arranged round as a border, and serve while very hot.

### **Brussels Sprouts with Bacon.**

*(Choux de Bruxelles au Lard.)*

Put to soak in cold water, with a little salt, for about one hour, one pound of Brussels sprouts, small and trimmed; then put them in boiling water with a little salt and a tiny piece of soda, and boil them for about fifteen minutes; take them up and drain them on a sieve. Cut up about six ounces of bacon or ham into small dice shapes and fry them till crisp, but do not discolour them; take up the pieces of bacon and put the sprouts in the same pan with the fat from the bacon; sprinkle in a little dust of pepper, and fry the sprouts for about five minutes; then sprinkle in the pieces of bacon and turn the whole on the dish for serving, dust it over with a tablespoonful of grated Parmesan cheese, and serve. This can be served as a second course vegetable or with removes.

### **Brussels Sprouts with Parmesan.**

*(Choux de Bruxelles au Parmesan.)*

Trim one or two pounds of Brussels sprouts and let them lie for about one hour in cold water with a little salt, then

put them into a stewpan with sufficient fresh cold water to cover them, a little salt, and a tiny piece of soda; bring them to the boil, strain off the water, rinse them with cold water and put them into a stewpan with water, salt, and soda as before, and let them boil for twelve to fifteen minutes; then strain them carefully on a sieve, taking care not to break them at all; butter the bottom of the dish on which they are to be served, and put into it about two tablespoonfuls of Parmesan sauce, then a layer of the sprouts, and over them a little more sauce and a little grated Parmesan, continuing the layers till all the sprouts are dished up in a neat pile; then pour the remaining sauce over it, and sprinkle it with a little of the grated Parmesan cheese. Stand the dish on a baking tin with hot water round the dish, and let it stand thus in the oven for twelve to fifteen minutes; if it is not then of a pretty brown colour, brown it with the salamander or in front of the fire. Arrange a border of fried croûtons about one inch in length round the sprouts, and serve hot either as a second course or luncheon dish.

### Purée of Spinach.

(*Purée d'Épinards.*)

Take two pounds of fresh spinach, pick the stalks off and well wash it, then put it in a saucepan and cover with cold water; add a good pinch of salt and a tiny piece of soda; bring to the boil quickly, keeping it pressed down under the water with a spoon; when it boils strain into a cullender or a sieve; rinse with cold water, then press it and rub through a coarse wire sieve, or chop it very fine; when passed put it in a clean stewpan with two ounces of butter, a tiny dust of pepper, salt, and sugar, and one tablespoonful of flour that has been passed through a sieve; mix up well together, then add two good tablespoonfuls of cream or good gravy; stir till it boils, then use.

### Little Soufflés of Spinach.

(*Petits Soufflés d'Épinards.*)

Put one pound of washed spinach in cold water with a pinch of salt and a tiny piece of soda; let it come to the boil, then strain it off and press the water well from it; pass it through a fine wire sieve, then put it in a basin or pan and

add to it three raw yolks of eggs, a tiny pinch of white pepper, a very tiny dust of sugar, two tablespoonfuls of stiffly whipped cream and four stiffly whipped whites of egg, and mix well together; pour this into oiled paper soufflé cases, and bake in a moderate oven for twelve or fifteen minutes, sprinkle a few browned breadcrumbs on the top before putting in the oven, and put a tiny piece of butter on each to prevent the soufflé being dry. Serve these, directly they are cooked, on a hot dish on a dish-paper for a second course dish.

### Spinach with Butter.

(*Epinards au Beurre.*)

Take two pounds of freshly picked spinach, wash it well in two or three cold waters, then drain it thoroughly and put it into a clean stewpan in which are two ounces of butter and two ounces of fine flour that have been fried together but not discoloured, cover the stewpan down and let the spinach cook in this way till drawn down to a creamy consistency, which will take about twenty minutes, then rub it through a fine wire sieve, and then return it again to the stewpan, add to it half a gill of cream, re-boil, add a tiny dust of white pepper and a very little salt, dish up and garnish it round with little croûtons of fried bread or little leaves of puff paste that are baked a pretty golden colour, and serve.

### Dry Curry of Vegetables.

(*Kari sec de Légumes.*)

Peel four onions and cut them in tiny dice shapes or thin slices and put them with two ounces of butter (or fat) in a stewpan and fry together till a nice golden colour, then add a dessertspoonful of Marshall's curry powder, a saltspoonful of ground ginger, ditto of salt, three red dry chillies pounded, four cloves or a pinch of ground cloves, a pinch of ground cinnamon, a teaspoonful of finely-chopped bayleaf and thyme, the juice of one large lemon, and half a pint of water or stock; cook together till the mixture is quite dry, but taking care that it does not burn, then mix into it about one and a half pints altogether of any nicely cooked vegetables, such as carrots, cauliflowers, turnips, beans, &c., just mix up all together, and dish in a border of rice made with a quarter of a pound of rice. Serve for luncheon or second course dish.

## CHAPTER XIII.

*BREAKFAST, LUNCHEON, ETC., DISHES.***Grilled Chicken. Tartare Sauce.***(Poulet grillé. Sauce Tartare.)*

TAKE a plucked chicken, singe it and cut it partly down the back and remove all the bones except that just at the bottom part of the back, draw out the sinews from the thighs, trim the feet and legs, scald them, peel off the outer skin, and place them in the thighs and skewer up the fowl for cooking. Butter a pan and place the bird in it, put a peeled potato within the breast of the bird to give it a plump appearance, brush it all over with warm butter and grill for about twenty minutes, occasionally basting it with the butter in the tin; then take it up and brush it all over with whole egg beaten up and dip it in browned breadcrumbs, place a few little pieces of butter here and there on the top of the breast and grill for five to ten minutes more; then dish it up, remove the potato, and garnish with clear mixed pickles, chutney, and crisp watercress, and serve Tartare sauce in a sauceboat. The watercress should be carefully picked and kept in cold water till about to be used, when it should be seasoned with a little salad oil and tarragon vinegar. If there is no convenience for grilling, put the fowl for the same time and manner in a moderate oven. This dish is also excellent when cold.

**Deville Chicken in Pieces.***(Poulet découpé à la Diable.)*

Take any cooked cold chicken and cut it in neat pieces; mask these with warm butter, and then with devil paste (see

recipe ('Devil Paste'), and sprinkle them all over with browned breadcrumbs; place them in a tin with a little butter and cook them in a quick oven for about fifteen minutes, taking care not to dry them; dish up on a dish-paper in a circle, and garnish the centre with a little well washed and picked watercress, seasoned with a little salt, salad oil, and a few drops of vinegar.

Any pieces of other poultry or game can be prepared in the same manner.

### Minced Chicken.

*(Poulet émincé.)*

Take three quarters of a pint of thick creamy Bechamel sauce, make it quite hot in a bain marie, then mix with it three quarters of a pound of finely minced cooked chicken left from a previous meal, add to it a very tiny dust of cayenne pepper and a pinch of salt; let the whole get quite hot in the bain marie, then turn out on a dish in a pile and garnish round the edge with sliced and seasoned tomatoes and poached eggs, sprinkled with chopped parsley and bunches of fried croûtons in little dice shapes, and serve hot.

### Spatchcock.

Pick and singe the chicken, split it down the back with a sharp knife through the bone, remove the trail and cleanse the bird, cut off the feet and first joints of the legs and the head and neck, season the inside of the bird well with pepper and salt, finely chopped eschalot, parsley, thyme, and bayleaf; arrange the bird in a flat form and skewer it with two skewers, brush it over with warm butter, and put it in a hanging grill in front of the fire and cook for about twelve minutes, keeping it well basted; then take it up and sprinkle it well over with lightly browned breadcrumbs, return it to the grill, and cook again for about ten minutes; take it up, remove the skewers, and dish on a hot dish, and serve with it in a boat Tartare, Piquant, or other sharp sauce. This can be served as a second course dish. Pheasant, partridge, &c., can be served the same way.

### Curried Chicken à la Simla.

(*Poulet en Kari à la Simla.*)

Pick, singe, and cleanse a chicken and cut it up in neat joints, put into a stewpan two ounces of butter or dripping, with four onions that are cut up small, two sour apples, two bayleaves, and a sprig of thyme chopped fine; put the chicken into the pan, and season it with a saltspoonful of ground ginger, the same of mignonette pepper and salt, one or two crushed Jamaica peppercorns, a dessertspoonful of tamarinds, a saltspoonful of coriander powder, a teaspoonful of turmeric powder, and the same of chutney; fry for about fifteen minutes, then add one ounce of crème de riz (rice cream), half a grated cocoanut, and the milk of a whole one, and the juice of one large or two small lemons; cover these ingredients with one quart of water or stock, and boil gently for half an hour; mix in a basin an ounce of rice cream with a quarter of a pint of water, and stir it into the above mixture till it boils; draw the pan to the side of the stove and let it simmer for about ten minutes, then remove the joints of chicken from the pan and keep them warm in the bain marie; have the sauce rubbed through a hair sieve or tammy, then re-boil it up; dish up the joints of chicken on a hot dish in a pile and pour the sauce all over it; garnish round the dish alternately with bunches of grated cocoanut (that has been warmed between two plates) and bunches of the compote of sultanas, and hand boiled rice on a plate. This dish can also be served for an entrée or in place of roast game or poultry.

*Compote of Sultanas.*—Pick and well wash half a pound of sultanas, and put them into a stewpan with enough cold water to cover them, bring to the boil, then strain and rinse them and return to the stewpan; add one ounce of castor sugar, a quarter of a pint of water, one bayleaf, and a piece of cinnamon about an inch long tied up together, boil for about half an hour, then remove the bayleaf and cinnamon, and use.

### Fritot of Chicken and Tomato Sauce.

(*Fritot de Poulet aux Tomates.*)

Take a young white chicken that has been hung for three or four days, pick, singe, and cleanse it, and then cut it up into

neat joints as if for fricassée; put it into a stewpan with two onions sliced, a bunch of herbs, a few peppercorns and a pinch of salt; cover it with boiling water and place the pan on the stove, watch it re-boil, then skim the stock and allow the chicken to boil gently for about fifteen to twenty minutes according to its size, then leave to get cold in the stock if time will allow; take up and remove all the outer skin and trim the joints neatly, place them in a basin and season them with salad oil, very finely chopped eschalot and parsley, the strained juice of half a lemon, a little salt and mignonette pepper; leave the meat in the seasoning for about one hour and a half, then dip each joint into frying batter and drop into clean boiling fat and fry for five to eight minutes, when the batter should be perfectly crisp and a nice brown colour; take up and place on a frying drainer; dish up on a hot dish on a dish-paper, garnish with crisply fried parsley and serve hot tomato sauce in a sauceboat with it.

### Compote of Partridge.

*(Perdreau en Compote.)*

Pick and cleanse the bird, truss it for braising, and lard the breast with lardons of bacon, put it in a buttered stewpan with a piece of carrot, one or two onions, in each of which stick two cloves, a piece of turnip and celery, a bunch of herbs such as thyme, parsley, and bayleaf, and six or eight peppercorns; cover with a buttered paper, put the lid on the stewpan and fry all together for about fifteen minutes, then add a quarter of a pint of good stock, place the pan in the oven, and let the bird braise for about an hour, keeping it well basted while cooking, and adding more stock as that in the pan reduces; then take up, brush it over with a little warm glaze, and put it again in the oven on a baking tin to crisp; then dish up, and garnish with braised carrots, onions, turnips, peas, and cauliflower (if in season), or artichoke bottoms and picked parsley, or tarragon and chervil; strain the gravy the bird was cooked in, remove the fat, and reduce it with a little more good brown gravy, and serve either round the dish or in a sauceboat.

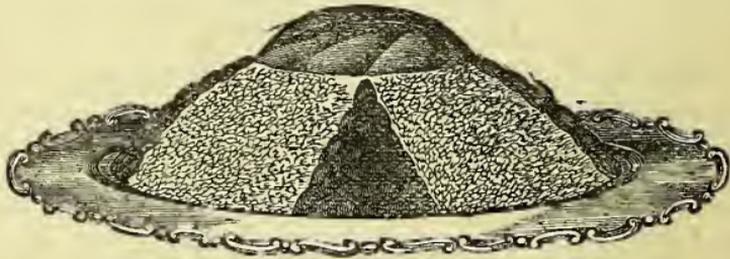
*Vegetables for Garnishing the Partridge.*—Cut the vegetables in any pretty design you please, and put them into cold water with a little salt; just bring them to the boil,

then strain them, and put each of the different kinds of vegetable into separate stewpans with a little butter, and fry them lightly for about ten minutes; then cover them with stock, and cook them till tender on the side of the stove.

### Curried Pheasant à la Pondicherry, Cold.

(*Faisan en Kari à la Pondicherry froid.*)

Pick, cleanse, and singe the pheasant and cut it up into neat joints; put into a stewpan two ounces of butter, four sliced onions, two bayleaves chopped very fine or pounded, two sprigs of thyme, two Jamaica peppercorns, a saltspoonful of mignonette pepper, a teaspoonful of pounded coriander seed, half a saltspoonful of cumin seed, half a saltspoonful of turmeric powder; add the pieces of pheasant and fry all together for about fifteen minutes, then mix well in two tablespoonfuls of crème de riz and cover the whole with about one quart of well flavoured stock, the juice of two lemons, a pinch of salt, a tablespoonful of tamarinds, and two green capsicums, bring to the boil, and let this simmer gently on the side of the



stove for half an hour, removing any fat as it rises. When cooked take up the pieces of meat and pass the other ingredients through the tammy cloth for the sauce and pour a little of it over the pieces of pheasant. When the meat is cold dish it up in a border of boiled rice neatly piled up on the dish, and on the rice serve prepared French plums arranged in four triangular bunches, as in the engraving; pour more of the sauce over the meat, and any remaining may be served in a sauceboat. This dish may also be served hot.

*French Plums for Curry.*—Boil three quarters of a pound of French plums or prunes with two ounces of loaf sugar in enough cold water to cover them for one hour; take them up, and if the dish is to be served cold, put them on the ice to get very cold, and use.

### Pheasant à l'Albert.

(*Faisan à l'Albert.*)

Pick, singe, and cleanse the bird, and then cut it in neat joints, season it with ground ginger, salt, and a little cayenne; put it into a stewpan with two ounces of butter and two finely sliced Spanish onions if small—if large, one will be sufficient; add a bunch of herbs, thyme, parsley, and bayleaf, and fry for about twenty minutes; then add a teaspoonful of turmeric powder, a saltspoonful of crushed cumin seed, the juice of one lemon, one wineglass of sherry, one ounce of good glaze, and a pint of tomato sauce; cook all together for about half an hour, then remove the fat, and take up the joints; tammy the sauce, then mix again with the pheasant, and serve with a border of rice, very small tomatoes prepared as below, and button mushrooms. Serve hot.

*Tomatoes for Pheasant à l'Albert.*—Take very small tomatoes, remove the pips and skin, and put them in a sauté pan with a little butter; season with pepper and salt, and cook for about ten minutes with a buttered paper over, and then use.

### Châteaubriand Steak and Fried Potatoes.

(*Châteaubriand, aux Pommes de Terre frites.*)

Cut the fillet of beef one and a half to two inches thick; trim off all unnecessary fat and skin; season with salt, pepper, and salad oil, and let it lie in the seasoning for at least one hour before cooking; then put it on oiled straws, between two thin slices from the neck of beef, which can afterwards be used up in other ways, and cook for twelve or fifteen minutes over a bright fire; then dish up, and serve with fried potatoes, and a sauce prepared thus:—Put a wineglassful of white wine into a stewpan; then mix into it one ounce of glaze and four good tablespoonfuls of brown sauce; boil up together, and add by degrees two ounces of fresh butter, working it in bit by bit; when the butter has dissolved mix in a teaspoonful of chopped parsley and half the juice of a lemon, and a tiny pinch of castor sugar; pour over the fillet, and serve at once. The fillet is best when grilled.

### Porterhouse Steak.

(*Entrecôte.*)

Cut a slice about one and a half inches thick from the top of a well hung sirloin of beef, season it with pepper, salt, and salad oil, and broil for fifteen minutes, dish up on a hot dish and serve very hot with horseradish sauce round it; made as below.

*Hot Horseradish Sauce.*—Fry together in a stewpan two ounces of butter and two ounces of flour without discolouring them, then mix in half a pint of good flavoured chicken stock and half a gill of cream and stir together till it boils, then add the juice of one lemon and two raw yolks of eggs, and stir over the fire again till it thickens, but do not let it boil, add a teaspoonful of mixed English mustard, wring it through the tammy, add a tablespoonful of French vinegar, a dust of castor sugar, and four large tablespoonfuls of freshly grated horseradish, mix well and use.

### Rump Steak à la Béarnaise.

(*Bifteck à la Béarnaise.*)

Season the rump steak with pepper and salt, and a little salad oil or warm butter, let it remain in the seasoning for about one hour before cooking, then put it to grill or broil. For one pound of meat cook for twelve to fifteen minutes, turning it only once while cooking, then place on a hot dish and serve with Bearnaise sauce and fried potatoes over.

### Rump Steak à la Polonaise.

(*Bifteck à la Polonaise.*)

Take a piece of well hung rump of beef, cut a steak from it about two inches thick and season it well with ground ginger, salt, chopped eschalot, and salad oil or warm butter, let it remain in the seasoning for about one hour, then place it in a grill and grill or broil it for fifteen to twenty minutes according to the thickness, dish on a hot flat dish and garnish with a fritot of artichoke bottoms and boiled cauliflower and asparagus heads, and serve with Polonaise sauce

round the base ; arrange on the steak little bunches of finely scraped horseradish and lightly sprinkle it with chopped tarragon and chervil. The cauliflower should be cut into nice branches and have a little warm butter poured over it.

### Fillets of Beef à la Maître d'Hôtel.

(*Filets de Bœuf à la Maître d'Hôtel.*)

Take a piece of fillet of beef and cut it in slices about an inch thick and two inches in diameter, bat out with a wet chopping knife, remove all unnecessary fat and skin, and season the fillets with pepper and salt, pour over some warm butter or salad oil, and grill or broil from eight to ten minutes. Dish up straight down the dish, and on the top of each fillet place a piece of Maître d'Hôtel butter about the size of a walnut, and on this just sprinkle a little warm glaze and serve at once with fried ribands of potato round the base. The Maître d'Hôtel butter should not be put on the fillets till they are about to be served. This is also good as an entrée for dinner.

### Little Fillets of Beef à l'Empereur.

(*Petits Filets de Bœuf à l'Empereur.*)

Take a piece of the fillet of beef and cut it in very small fillets and season with pepper and salt ; cut little thin slices of calf's liver to the same size as the fillets of beef ; place the beef and calf's liver together and lard them through with thin lardons of fat bacon to join them together ; trim the lardons, pour a little warm butter over the beef, and grill or broil the fillets on straws for about eight to ten minutes on the liver side, and then place the grill on a baking tin in a hot oven for five to eight minutes to cook the top side ; lightly glaze the fillets over with a little warm glaze, and sprinkle them with a few sliced mushrooms ; dish them on a potato border, and serve with any nice green vegetable in the centre and Bordelaise sauce round.

### Miroton of Beef.

(*Miroton de Bœuf.*)

Take two good sized Spanish or four ordinary onions, peel and slice them finely, put them in a sauté or frying pan with

two ounces of butter or fat, season with a little pepper and salt, and put in with them a bunch of herbs; fry all together very gently for about fifteen or twenty minutes and till a nice golden colour, then mix into the pan one and a half tablespoonfuls of French vinegar, about three quarters of a pint of good brown sauce, a gill and a half of brown stock, and a pinch of castor sugar; let this boil on the stove for about twenty minutes, skimming off any of the fat that rises to the top; pass the sauce with the onions through the tammy. Put about two or three tablespoonfuls of the prepared sauce in the dish on which the miroton is to be served; place some thin slices of cold roast beef on the sauce in layers, pour the rest of the sauce over the top layer of the meat; sprinkle on it a few browned breadcrumbs; stand the dish containing the miroton in a tin containing boiling water, and place it in a good hot oven for about twelve to fifteen minutes; then garnish round the edge of the dish with peas, beans, cauliflowers, or any other nice vegetable, and serve directly it comes from the oven for a luncheon dish, or for a remove at dinner.

Mutton or veal can be treated in the same way.

### Hashed Beef (rich).

(*Bœuf haché.*)

Put for three or four persons three quarters of a pint of brown sauce into a stewpan with one finely chopped eschalot, and boil together for about ten minutes; then add to it one pound of very finely sliced cold roast lean beef, adding a little fat from the beef to it. Just allow the sauce to boil up after having added the beef, then turn out on to a hot dish and serve. If liked, a tablespoonful of mushroom catsup can be added.

### Hashed Beef (ordinary).

(*Bœuf haché.*)

Take some brown gravy, put into it a very finely minced onion, boil together till the onion is tender, and then add any cold thinly cut slices of beef with which a little flour has been mixed, add a little salt and pepper, re-boil, and then turn out on a hot dish and serve.

**Beef Kidney à la Tuileries.***(Rognon de Bœuf à la Tuileries.)*

Take a beef kidney, remove the skin and core, and cut it up into little dice shapes, put a frying-pan on the stove with one and half ounces of fat or butter, make it quite hot and then strew in the kidney with an equal quantity of lean ham or bacon cut in the same way, season with a tiny dust of cayenne pepper and a little chopped bayleaf, thyme, eschalot, and parsley, and fry together for eight to ten minutes, constantly shaking the fryingpan while cooking, then strain off the fat and mix with it three or four tablespoonfuls of parsley sauce, return to the saucepan, make it hot, and turn out on a hot dish, round the edge of which a purée of mushrooms has been arranged, and then garnish round the edge of the mushroom purée with soufflés or straws of potatoes, and sprinkle the latter with a little chopped parsley.

**Beef Kidney with Mustard.***(Rognon de Bœuf au Moutard.)*

Take an ox kidney, remove the core, cut it up in slices about a quarter of an inch thick, and season it with pepper and salt; put two ounces of butter or beef dripping into a pan with four finely minced onions; fry these for ten to fifteen minutes, then add the kidney, cover the pan down, and let these cook together for twelve to fifteen minutes; strain off the fat, then add half a pint of good thick tomato sauce and a dessertspoonful of French vinegar; boil up together and add a teaspoonful of chopped fresh parsley, and a teaspoonful each of French and English mustard mixed; then dish on a hot dish with a purée of spinach or endive round as a border. Serve for an entrée for luncheon or dinner.

**Fried Ox Ears. Piquant Sauce.***(Oreilles de Bœuf frites. Sauce Piquante.)*

Take the ox ears, scald them, remove all the hair by means of a small knife, then wash them well in several waters, and when perfectly clean put them into a stewpan with enough cold water to cover and a little salt. When it comes to the boil, strain and rinse in cold water, and then put them into

some stock or water and flavour well with vegetables, such as carrot, onion, celery, leek, and herbs, such as thyme, parsley, bayleaf, basil, marjoram, and twelve to fifteen peppercorns; boil gently for eight to ten hours, then take up and put to press between two plates till cold; then cut each ear into three or four pieces, and steep in warm butter, season with a little fresh chopped mushroom that has been washed, a little chopped eschalot, parsley, thyme, bayleaf, and mignonette pepper, and dip into whole beaten up egg and into freshly made white breadcrumbs, and fry in clean boiling fat till a pretty golden colour. Dish up on a paper and garnish with fried potatoes or parsley, and serve Piquant sauce in a boat. This is a nice dish for an entrée for dinner or luncheon. Pigs and calves' ears done in a similar manner are nice.

### Salt Beef for Immediate Use.

Take a piece of fresh beef, about eight pounds of the rump or other joint, rub it well for ten to fifteen minutes with a pound and a half of common salt, tie it with string, put it in a cloth and tie it up tightly in it, plunge into boiling water, and allow it to cook gently for two and a half hours; take up, remove the cloth and string, dish up on a hot dish, garnish with carrots and cabbage, and serve suet pudding with it. A little of the liquor in which the beef was cooked can be served round the beef and the remainder can be used as stock for pea and other soups.

The carrots for serving with the beef should be scraped and washed and cut in quarters and neatly trimmed, and put to boil with the beef for an hour and a half.

The cabbage for serving with the beef should be boiled with it for about three quarters of an hour, then drained in the cullender, pressed, and cut into square portions.

The suet pudding can also be boiled with the beef, and will take one and a half to two hours.

### Boiled Salt Beef.

(*Bœuf Salé bouilli.*)

Take about twelve pounds of the rump or brisket of beef. If the latter is used, bone it. Rub it daily for about ten minutes for six or eight days before cooking, turning the meat

over each day, with four pounds of common salt, one pound of moist sugar, one ounce of bay salt, and one ounce of saltpetre in powder. When ready to cook, rinse off the salt and brine, skewer it up, and tie it with a piece of tape or string; put it into a saucepan with enough warm water to cover it; when it comes to the boil skim it well and let it simmer on gently till cooked, allowing twenty minutes for each pound of meat. Dish up and serve as in the foregoing recipe.

The pickle can be used repeatedly, adding a little fresh salt from time to time.

### Bubble and Squeak.

Take some thinly cut slices of cold boiled salt beef (fat and lean) and sprinkle over it a very little black pepper; put a piece of butter or clean beef dripping into a sauté or frying pan, make it hot, then put the slices of beef into it, and fry them on both sides till a pretty golden colour; then take up and put the pieces of meat between two plates and keep them hot over boiling water till ready to dish up. Have a nice fresh cabbage plainly boiled and pressed from the water; chop it up finely on a clean board, then put it into the pan in which the beef was fried and fry it for about five minutes; turn it out in the centre of a hot dish on which it is to be served and arrange the fried slices of beef round, and serve very hot.

### Pressed Salt Beef.

Take twelve to fifteen pounds of brisket of beef, remove the bones and rub it well every day for about ten minutes for eight or ten days with three pounds of common salt, one pound of moist sugar, three ounces of saltpetre, and two ounces of bay salt. When ready to cook take it from the pickle and rinse it with cold water, roll it up into a cylinder shape or leave it flat and tie it up very tightly with tape, put it into a cloth and tie it up; then put it in a saucepan with warm water and plenty of vegetables and herbs, such as carrots, leeks, celery, onions, turnips, parsnips, bayleaf, thyme, basil, marjoram, and parsley, a blade or two of mace, a few black and white peppercorns and six or eight cloves; watch the water boil, skim it, and simmer on for six to seven hours; then take up and re-roll the meat in the cloth, and then put it to press between two

dishes with a heavy weight on it till perfectly cold ; then remove the cloth and strings, trim the edges, and brush over the top with a little glaze. Dish up and garnish with parsley or aspic jelly.

Use the liquor from the cooking to boil bones &c. in for stock.

### Spiced Pressed Beef (for Cold Dish).

(*Bœuf épicié.*)

Take a piece of fresh thin flank of beef, remove the skin and bone. Take two and a half pounds of dry common salt, three ounces of saltpetre, three ounces of bay salt, a pound and a half of moist sugar, a saltspoonful of powdered cloves, a teaspoonful of powdered mace, a teaspoonful of ground black pepper, a teaspoonful of powdered allspice, six pounded eschalots, one ground nutmeg, twelve fresh bayleaves, and a dessertspoonful of thyme ; pound these all together till fine, then rub them through a hair sieve and mix them with a little carmine to make it a nice colour ; rub the meat with it for about ten minutes each day for fourteen to sixteen days, and let it lie in the pickle, turning it each day. When ready to cook rinse it and roll it up in the form of a galantine, bind it tightly round with tape and roll it in a well buttered muslin ; put into a stewpan two ounces of fat bacon, pork or beef dripping, two sliced carrots, two large onions, one large turnip, three or four strips of celery, a large bunch of herbs (thyme, basil, marjoram, parsley, bayleaf), four eschalots, a teaspoonful of black and white peppercorns and two blades of mace, and place the meat on the top of the vegetables and cover the pan down ; let it fry for about half an hour, then add to it a bottle of cooking claret and cover it with light stock or water ; cook it steadily for five or six hours (for eight to ten pounds), and when cooked put it to press in the liquor till cold ; then take up, remove the muslin &c., and brush it over with good clear glaze that has been reduced with a little aspic jelly. Garnish the dish with chopped aspic jelly and little blocks of the same cut in any pretty design. The liquor in which the beef was cooked will make good brown gravy for sauce, and the pickle can be used several times.

**Fillets of Veal. Green Gooseberry Sauce.***(Filets de Veau. Sauce Groseilles vertes.)*

Take some fillet of veal, say about one pound and a half to two pounds, cut it into slices and then into neat little fillets; bat them out, using cold water to prevent them sticking to the board, then place them on a dish and season them with a little salt and cayenne pepper, and dip them into warm butter, then into whole beaten up egg that is mixed with a little finely chopped cooked tongue or ham in the proportion of half an ounce of tongue to one raw egg, then into fine flour and again into the egg, and drop them into clean boiling fat and fry for five or six minutes; take up, dish on a dish-paper and serve with crisply fried potato straws in the centre and with very hot green gooseberry sauce in a boat.

**Fillets of Veal à la Bordelaise.***(Filets de Veau à la Bordelaise.)*

Take some lean fillet of veal, about one and a half to two pounds for six to eight persons, cut it through in slices about a quarter of an inch thick, and trim it into little rounds about two inches in diameter; season these with finely chopped eschalot, fresh mushroom, thyme, bayleaf, and parsley, put a tablespoonful of salad oil or clarified butter or fat in a sauté pan and let it boil, then put the fillets into the pan and fry till a nice golden colour, turning them once during the frying; they will take about eight or ten minutes to cook, then take them up and place them on a hot dish, arranging them straight down the dish so that they overlap each other; then serve with Bordelaise sauce, round or over the dish as liked.

**Grenadins of Veal.***(Grenadines de Veau.)*

Cut some lean fillet of veal in small neat slices about a quarter of an inch thick, lard them on one side rather thickly with lardons of fat bacon, and trim these off evenly; then put the slices in a stewpan with vegetables, &c., as in recipe for Braised sweetbread, and fry for about fifteen minutes, then add about a quarter of a pint of good stock, put the

cover on the pan and place it in a moderate oven for about one and three quarter hours, occasionally adding more stock as required; take up the slices, brush them lightly over with glaze, dish up on a hot dish and garnish with any nice green vegetables. Strain the gravy from the pan, remove the fat from it, re-boil it, and serve it round the dish.

### Curry of Veal.

(*Veau en Kari.*)

Melt in a saucepan two ounces of butter or fat, and put into it two pounds of neck or breast of veal cut up into little neat pieces, season with a little salt and ground pepper, together with four or five good sized onions and two apples peeled and sliced, and a bunch of herbs, fry for about fifteen or twenty minutes till a nice golden colour, then add a large tablespoonful of Marshall's curry powder, teaspoonful of curry paste, ditto chutney, one tablespoonful of tamarinds, the juice of one lemon, and two ounces of flour, mix well, and add rather better than three pints of cold water, bring to the boil; skim, and let boil for about two hours, remove any fat from the surface, take out the meat, and dish it in a pile in the centre of the dish; pass the stock through the tammy or sieve, and boil it up; form a border of rice round the meat, pour some of the sauce over the meat, and the rest round the rice, and serve some of the boiled rice on a plate, on a napkin or dish-paper.

### Calf's Liver and Bacon. Italienne Sauce.

(*Foie et Lard sautés à l'Italienne.*)

Take some fresh calf's liver, cut it in thin neat slices, season it with a little pepper and salt, and sprinkle it well all over with flour, then fry it a pale golden colour in boiling clarified butter or clean fat on both sides in a sauté pan, dish it up on a bank of potato purée straight down the entrée dish, arranging the pieces of liver with thin slices of crisply fried bacon, garnish the side of the pieces with the same purée of potato, using a forcing bag with rose pipe for the purpose, sprinkle here and there a little chopped parsley, pour Italienne sauce round the base of the dish, and serve very hot for luncheon or dinner.

**Calf's Liver with French Beans.**

*(Foie de Veau aux Haricots verts.)*

Cut three quarters of a pound of calf's liver in little dice shapes, season them with pepper and salt; cut up two onions in a similar way, season them likewise; then melt two ounces of butter in a sauté pan, and add to it a sprig of chopped thyme and bayleaf, and fry the onions in it for about fifteen minutes; drain off the fat into another pan and mix the onions with four tablespoonfuls of good brown sauce in a stewpan and let this simmer for about ten minutes; then put the liver into the pan containing the fat, and fry it four or five minutes and mix it with the onions and brown sauce, taking care that the latter does not boil after the liver is mixed with it. Cut some French beans in lengths of about one inch, plainly boil them, then drain them when cooked, mix with them a pat of butter and a few drops of lemon juice and dish them up so as to form a border, and put inside this the liver prepared as above. This is a nice dish for an entrée for dinner or luncheon, or for a second course dish in place of game.

**Fritot of Calf's Foot. Vinaigrette Sauce.**

*(Fritot de Pied de Veau. Sauce Vinaigrette.)*

Take a fresh calf's foot, put it in cold water with a little salt for several hours before cooking, then tie it up in a clean cloth or a piece of muslin and put it into cold water with a little salt and bring to the boil, then strain and wash it well in cold water; put again into a clean stewpan with one or two sliced onions, a good bunch of herbs, a carrot, a turnip, a little celery and leek, a pinch of salt, about one dozen peppercorns, four cloves, and a blade of mace; cover with stock or water, and bring gently to the boil, then skim and let it simmer for three or four hours, according to the size of the foot, and then take up, remove the cloth, split the foot, and take out the bones from it; put it on a plate, and sprinkle the inside of it with chopped tongue or ham, parsley, eschalot, mignonette pepper, and a little mushroom chopped fine. Close up the foot again, and put it to press till cool, then cut it in neat pieces and dip in frying batter, and fry in clean

boiling fat till a pretty golden colour, dish up on a paper or napkin on a hot dish, and garnish with fried parsley. Serve hot with vinaigrette sauce for an entrée, second course, or luncheon dish.

### Grilled Mutton Chops.

(*Côtelettes de Mouton grillées.*)



Trim the chops neatly, as in engraving, season them with pepper, salt, and salad oil, grill or broil for ten or twelve minutes, dish up with a little good clear gravy round.

### Fillet of Mutton à la Charlton.

(*Filet de Mouton à la Charlton.*)

Take a loin of mutton, bone and trim it and roll it up and tie it with a string into the form of a galantine and place it in a buttered stewpan; sprinkle all over with finely chopped onion, bayleaf, thyme, parsley, and a little mignonette pepper, and fry quickly with the pan covered for about fifteen minutes, then pour into the pan two tablespoonfuls of mushroom ketchup and about half a pint of tomato pulp, and adding a little more if needed during the cooking; let this simmer gently on the side of the stove or in the oven for about  $1\frac{1}{4}$  hours, take up and press till cold, then dip into flour and whole beaten up egg, and then in freshly made white breadcrumbs, and fry a pretty golden colour in clean boiling fat for about five minutes, dish up and serve with tomato sauce round. Any of the remains from cooking the fillet can be put into the stock for making brown sauce.

### Fillets of Mutton with Artichoke Bottoms.

(*Filets de Mouton aux Fonds d'Artichauts.*)

Take a piece of loin of mutton that has been well hung, remove all the bone and unnecessary fat and skin from it and then cut it into fillets about an inch and a half thick, bat them out on a wetted board and shape them into nice formed fillets, then lard them with lardons of fat bacon just round the edge to form a pretty border, trim the lardons, season with a little pepper and salt, and put the fillets on a plate; season them

with warm butter, and sprinkle over the centre of the fillets a little finely shredded gherkin, and leave them lying in the seasoning for about one hour before cooking; place them on a fold of well oiled foolscap paper, and put them on a tin with a buttered paper over, and cook them in a quick oven for twelve to fifteen minutes; then remove the top paper, lightly brush over the fillets with a little warm glaze, and crisp the lardons with the salamander or in the oven. Have some cooked artichoke bottoms, and dish these up alternately with the fillets of mutton on a border of mashed potato and serve very hot with Piquant or Poivrade sauce round.

### Fillets of Mutton with Soubise Sauce.

(*Filets Mignon de Mouton. Sauce Soubise.*)

Take the two long fillets out from the under part of the saddle of mutton, remove all the skin and fat from them, and cut them through lengthways in slices about three inches long; bat these out with a wet chopping knife, and trim them round the edges; season them with pepper and salt and steep them in warm butter, dip them into freshly made white bread-crumbs, bat them lightly with a palette knife to make the crumbs quite smooth, and grill or broil for seven to ten minutes; dish up straight down the dish, and pour a nice creamy Soubise sauce round them. These can also be served with a good clear meat gravy, if liked, and garnished with peas and served with Espagnol sauce.

### Curried Mutton.

(*Mouton en Kari.*)

Peel six good sized onions, cut them up small, and put them into a stewpan with two ounces of fat or butter and two and a half to three pounds of boned scrag of mutton, or other part if preferred, cut up in neat pieces; season with a little salt, a pinch each of ground ginger, mace, cinnamon, and thyme, and two or three chopped bayleaves; fry all together till a nice brown colour, then add two tablespoonfuls of flour, a tablespoonful of Marshall's curry powder, a tablespoonful of chutney, the strained juice of one lemon, and sufficient water or light stock to cover it, and boil very gently for one and a

half to two hours, keeping it skimmed as the fat rises to the surface; dish the meat up in a pile in the centre of a hot dish, in a border of boiled rice, and serve round the meat the gravy in which it was cooked, which can first be tammied, if preferred.

### Hashed Mutton.

(*Mouton haché.*)

See Hashed Beef, and prepare the mutton in a similar manner.

### Sauted Kidney.

(*Rognon sauté.*)

Take four mutton kidneys, remove the skins and cores, and cut them into slices crosswise about barely a quarter of an inch thick, and season with a little pepper and salt; put one and a half ounces of butter in a sauté pan, and let it get hot but not browned; put the slices of kidney into the pan as soon as the butter is quite hot, and keep shaking about in the pan over the fire for about two minutes; then turn them into a pointed strainer, and let the fat they were cooked in drain from them; clean out the pan, and put in it about one tablespoonful of sherry; when this is hot add half an ounce of glaze and three or four tablespoonfuls of brown sauce, let this boil up for two or three minutes, then add the slices of kidney, but do not let them boil, or they will shrivel up and become tough; pile them on a hot dish with the sauce round, and garnish with five or six little bunches of fried potatoes. Serve for breakfast, luncheon, or entrée. Kidneys prepared the same way can be served in an omelet for breakfast, luncheon, or second course.

### Kidney à la Brochette.

(*Rognon à la Brochette.*)

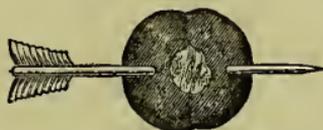
Take one kidney for each person, remove the skin and core from it, and split it lengthways down the side opposite to the core, cutting it nearly in half, but not quite through, so that it will open out like a book; season the inside with pepper and salt, steep the kidney in warm butter, and before the

butter has time to get cool dip the kidney into freshly made white breadcrumbs, pass an ordinary steel skewer through the



On Skewer for Cooking.

halves of the kidney crossways to the cut so as to keep it open, then grill or broil for eight to ten minutes at a moderate fire. When the kidney is cooked the crumbs should be a pretty golden colour; remove the skewer, and replace it



On Hatelet for Serving.

with a hatelet skewer, put a few drops of glaze, if you have any, into each kidney, and just at the time of serving a piece of Maître d'Hôtel butter about the size of a walnut in each. These kidneys can be served for an entrée or second course dish, or for breakfast or luncheon.

### Sauted Kidney à la Campagne.

*(Rognon sauté à la Campagne.)*

Take the skin from some mutton kidneys, remove the core, and then cut them in slices crosswise, allow one kidney to each person, season them with white pepper and a little salt, and for four or five kidneys put one and a half ounces of butter into a sauté pan, and make this quite hot, then add the sliced kidneys; fry them for three minutes over a quick fire, and then put them into a strainer to drain off the fat; put into the same pan two tablespoonfuls of sherry, and reduce this to half the quantity, add one and a half gills of thick tomato sauce, and boil up together, then replace the kidney with half its bulk of sliced button mushrooms; let these become quite hot in the sauce, which, however, must not be allowed to boil, or the kidney will become hard. Dish up in a pile, and garnish round with little thinly cut slices of bacon that have

been fried till quite crisp; form a pretty border with little croûtons prepared as follows: Cut some bread in kite shapes and fry a pale golden colour in clarified butter or clean fat, then cover them with hard boiled yolk of egg that has been pressed through a wire sieve, and over this sprinkle a little hard boiled white of egg prepared in the same way; also sprinkle on each a little chopped parsley, and serve very hot.

### Deville Liver and Kidney à la Brochette.

*(Brochette de Foie et Rognon à la Diable.)*

Take two or three mutton kidneys, skin them, and remove the core, and cut them in slices about the eighth of an inch thick; also take some game or poultry livers; cut these in slices, and stamp them out in rounds as near as possible to the size of the slices of kidney; have some raw fat bacon or ham cut in thin slices, and stamp these out in the same way; steep the slices of kidney and liver in warm butter, and then in a seasoning made with pepper, salt, parsley, bayleaf, eschalot, and thyme, washed mushrooms, or a few tinned ones, all chopped fine and mixed together, and then sprinkle them over with a few browned breadcrumbs; steep the bacon in the warm butter, and then into the crumbs. Take some common skewers, and arrange the slices of kidney, liver, and bacon on them in the order of bacon, kidney, bacon, liver; repeat this until there is enough on each skewer to serve for one person, say, about three pieces each of liver and kidney; press these up close together on the skewer, and grill or broil them on the underside for about six or eight minutes on greased straws; then place the grill on a baking tin, and put them in a quick oven for eight or ten minutes; remove from the grill, and replace the ordinary skewer with a silver hatelet; dish them up in a round on a hot dish, and serve with fried potatoes in the centre and sauce round the base; this is suitable for an entrée, for luncheon, breakfast, or for a second course dish.

*Sauce for Devilled Liver and Kidney à la Brochette.*—

Put half a pint of brown sauce into a stewpan with a tablespoonful of lemon juice and one eschalot chopped up fine (a tablespoonful of sherry may be added if liked); boil together for about eight or ten minutes; then tammy, and mix into it a teaspoonful of finely chopped parsley.

### Pigs' Feet Stuffed.

(*Pieds de Porc farcis.*)

Soak four fresh pigs' feet in salt and water for a day, then put them in a saucepan with cold water and a little salt; let them come to the boil; remove and wash them in cold water; put them into the saucepan with cold water to cover them, season with a little salt, and cook till tender. Take them up and let them get a little cool, split them underneath and take out all the little bones. If the feet are large, they may be cut in halves; press well into each a piece of stuffing about the size of a walnut, and dip them into the raw white of egg, seasoned with a pinch of salt, mixed up with a fork; wrap up each twice round in a piece of pork caul, dip again in the white of egg, and put them in a greased sauté pan or tin, and place them in the oven, or cook on the stove, for twelve to fifteen minutes. Dish up, and serve with brown mustard sauce round. Sixpennyworth of caul will be sufficient for a large dish; the caul should be put in salt and water for some hours before using, and if the salt water is changed from time to time the caul may be kept in stock. This is a good breakfast or luncheon dish.

*Stuffing for Pigs' Feet.*—Take three quarters of a pound of fresh pork, lean and fat, from the loin or leg, that is weighed after being passed through the sausage machine; if you have no sausage machine, cut the same quantity up very fine, and to it add a good pinch of salt, a little mignonette pepper, small eschalot or a tiny piece of onion chopped fine, a little chopped parsley, one raw yolk of egg, one good tablespoonful of fresh breadcrumbs, and mix well together, and use.

### Pigs' Feet à la Cendrillon.

(*Petits Pieds à la Cendrillon.*)

Blanch four pigs' feet by putting them in cold water with a pinch of salt and bringing them to the boil, and then put them to cook till tender; take out the bones and fill the feet with farce; arrange them with sliced truffle on the top and wrap them in cleansed pork caul; then brush them over with white of egg and sprinkle browned breadcrumbs all over with the exception of that part which is decorated with the

truffle; cook in the oven on a buttered tin for fifteen minutes. Dish on a purée of mushrooms with the sauce round the base.

*Sauce for Petits Pieds à la Cendrillon.*—To half a pint of brown sauce add a wineglassful of white wine, a good teaspoonful of French mustard, and a saltspoonful of English mustard; boil up, tammy and use.

*Farce for Petits Pieds à la Cendrillon.*—Pound half a pound of loin of pork and pass it through the machine, then mix with it a saltspoonful of mignonette pepper, a dust of cayenne, a pinch of salt, three chopped truffles or mushrooms, one eschalot chopped fine, and one raw yolk of egg; mix all together and put into a forcing bag with a pipe and use.

### Pigs' Feet à l'Anglaise.

(*Pieds de Porc à l'Anglaise.*)

Take some well cleansed pigs' feet and put them into a saucepan with enough cold water to cover them, season it with salt, bring it to the boil, skim it and boil on gently for three and a half to four hours, then take up and when slightly cooled split the feet, remove the bones, and season inside with chopped sage and onion, and a little pepper and English mustard, and fold them up again and put to press between two plates with a weight on the top. When cold take up and cut in strips about one inch wide; dip these into fine flour and then into a whole beaten up egg and freshly made white bread-crumbs, bat with the palette knife to make quite smooth, and then put them into a frying basket and fry in clean boiling fat for about five minutes, then take up, dish on a dish-paper, and garnish with fried parsley and serve very hot.

### Pork Brawn.

(*Fromage de Cochon.*)

Take half of a pig's head and two pigs' feet that have been cleansed and then salted for four days, rinse them in cold water and put them into a saucepan with enough cold water to cover them, and bring to the boil, skim the water and allow it to simmer on the side of the stove for four and a half to five hours; take up, remove all the bones from the head and feet, and cut all up together in little square pieces and season with pepper and salt, and a very little dust

of nutmeg ; put into a brawn press (if you have one ; if not, put it into a basin or charlotte mould) with about half a pint of the liquor in which the head was cooked, press it, and when cold turn out and garnish with picked green parsley.

### Sauted Rabbit à la Castillaine.

(*Lapereau sauté à la Castillaine.*)

Take young rabbits for this dish, skin and cleanse hem and cut them up into little neat joints, season them with a little salt, chopped eschalot, chopped capers, tarragon and chervil, and chopped raw bacon (lean and fat), put the pieces into a sauté pan with a tablespoonful of salad oil or clarified fat that is quite boiling, and fry the joints in it till perfectly brown, but not allowing the seasoning to burn, then drain off all the fat and add a tablespoonful of white wine and boil together till the wine is nearly reduced ; add half a small grated cocoanut (or some of Linton's concentrated fresh cocoanut) and the milk of the cocoanut, and half a pint of tomato sauce, boil up together for about twelve to fifteen minutes, and turn out on to a hot dish, serve with four or six little bunches of cooked salsifies round the base and sprinkle over a little finely chopped parsley.

### Boiled Rabbit with Onion Sauce.

(*Lapereau bouilli. Sauce aux Oignons.*)

Skin a young rabbit, and truss it and tie it up for boiling, put it into a stewpan with enough boiling water to cover it, and two or three sliced onions, a bunch of herbs, a few peppercorns, a little salt, and three or four cloves ; bring to the boil, and then skim and boil gently for one to one and a half hours, according to the size and age of the rabbit ; take up and remove the string, place it on a hot dish, and pour over it a good Soubise sauce. This dish is often served with plainly boiled pork.

### Rabbit à l'Allemande.

(*Lapin à l'Allemande.*)

Skin the rabbit, leaving on the ears and tail, and truss it as for roasting. Prepare a stewpan that is large enough to hold the rabbit, by putting it into two ounces of butter, two

ordinary sized carrots that are cleaned and sliced fine, two onions, two small turnips, three or four strips of celery, two large fresh tomatoes, three or four fresh mushrooms, a bunch of herbs (such as thyme, parsley, bayleaf, basil, and marjoram), and four or five peppercorns ; put the rabbit on the top of these, cover a buttered paper over it, put the lid on the pan, and let it fry for about twenty minutes ; then sprinkle over it three tablespoonfuls of tarragon vinegar and one pint of brown sauce, and let it simmer gently with the buttered paper over for about half an hour. Take up the rabbit, strain the liquor from the vegetables and pound them till quite smooth, then rub them through a hair sieve or tammy with the liquor ; keep the rabbit warm, put the sauce in a stewpan and bring it to the boil. Dish up the rabbit, pour the sauce all over it, and garnish it round with bunches of French beans, peas, artichokes, and flageolets ; sprinkle the rabbit with picked and blanched tarragon and chervil leaves or parsley, and garnish with hatelet skewers, if liked. The vegetables used for garnishing should be plainly boiled, or they can be bought in tins ready prepared, and will only require to be warmed by standing the tins in boiling water over the fire.

### Dry Curry of Rabbit.

*(Kari sec de Lapereau.)*

Cleanse and cut up a rabbit in joints, season with coriander powder, a little salt and ginger ; cut up in fine slices six small or three large onions and two sour apples, and tie up a bunch of herbs (basil, marjoram, thyme, bayleaf, parsley), and put them to fry in a quarter of a pound of butter or dripping till a nice golden colour, then add the joints of the rabbit, cover the pan down, and let them fry with the onions &c. for about ten minutes ; then sprinkle in half a large or one small grated cocoanut (or use Linton's concentrated fresh cocoanut) and the milk from the nut, and one and a half ounces of fine flour that has been passed through a sieve, add one tablespoonful of Marshall's curry powder, three crushed red peppers, the juice of two lemons, one ounce of glaze, and half a pint of stock ; mix well, and let it simmer for about one hour, keeping it skimmed ; take up the pieces of meat and keep them hot, and rub the sauce through the tammy. Form a border of boiled rice on the dish, and within

it dish up the joints, sprinkle each piece with a little grated cocoanut, and pour the sauce over. This can be served hot or cold for dinner or luncheon.

### Jugged Hare.

(*Civet de Lièvre à l'Anglaise.*)

Skin, cleanse, and cut the hare in nice neat pieces, not larger than an egg; season with pepper and a little cayenne and salt, and fry over the fire with two ounces of butter and about two ounces of small square pieces of bacon until a good brown colour, put it into a wide mouthed jar with four good wineglasses of port wine or claret, and cover over the jar; then put it in the oven for twenty minutes to half an hour, add about a pint of really good strong game stock, one and a half ounces of glaze and one tablespoonful of strained lemon juice, put into a muslin bag a piece of cinnamon about one inch long, four cloves, four bayleaves, a blade of mace, a sprig of thyme, twelve peppercorns, two Jamaica peppers, and a sprig of marjoram and parsley; tie up the bag, add to the above, then cover the jar over with water paste and put in the oven again for three hours in a pan containing boiling water; when the meat is cooked strain off the gravy and thicken it with one and a half ounces of fine flour and the same of butter mixed together; boil it up and pour it back on to the meat; make the whole quite hot and then dish up in a pile. Serve fried force-meat balls round the base of the dish, and serve for dinner or luncheon.

### Civet of Hare.

(*Civet de Lièvre.*)

Cut a cleansed hare into neat joints and put them in a pan with two ounces of butter, two dozen small blanched onions, a bunch of herbs, and a quarter of a pound of fat bacon cut up in small dice shapes, fry all together for about fifteen minutes, then sprinkle in two tablespoonfuls of flour; add half an ounce of glaze, a pint of thick brown sauce, and about half a pint of claret or port, and simmer gently for about one hour; then remove all the onions, bacon, and hare from the gravy; re-boil the latter, and add to it a small clove of scraped garlic, which is mixed into an equal quantity of butter, and tammy; add the onions, bacon, and hare to the sauce, let them boil up together, and dish in a pile on a hot dish, and garnish

with kiteshaped croûtes, fried a nice golden colour, and button mushrooms. If the small button onions cannot be obtained, ordinary sliced onions may be used; these should not be taken up with the meat, but passed through the tammy with the sauce.

### Kedgerie of Fish.

(*Kedgerie de Poisson.*)

Put a gill of thick cream into a stewpan with one and a half ounces of butter and season with a pinch of salt and a tiny dust of cayenne pepper; boil up all together, then mix with six large tablespoonfuls of any cold cooked fish, two large tablespoonfuls of plainly boiled rice, and four hard boiled eggs that are cut up in small pieces; just let the kedgerie boil up, and then turn out on to a hot dish in a pile. Serve for a breakfast dish.

### Croquettes of Fish à la Montglas.

(*Croquettes de Poisson à la Montglas.*)

Fry two ounces of butter with two ounces of flour till a pale golden colour, mix on to this half a pint of milk which has been boiled with a little mace and an eschalot for flavour, and stir till it boils; add half an ounce of live spawn which has been pounded with half an ounce of butter, and let it boil up, mix in two raw yolks of eggs, and stir over the fire till the sauce thickens, season with a pinch of salt, a dust of cayenne and nutmeg, and pass it through the tammy. Cut up the following into small dice shapes and add them to the sauce, viz.:—Two large or four small fillets of cooked sole, four button mushrooms, three or four blanched sauce oysters, and the body or the two claws of a cooked lobster; let the mixture cool, then take it up in portions of about a dessertspoonful, roll these into a ball with a little flour, dip them into whole beaten up egg, and then into freshly made breadcrumbs, and with a palette knife form them in cutlet shapes, and fry in boiling fat until a nice golden colour; dish up on a paper or napkin and garnish with fried parsley and frills. They may be fried in balls, cylinder or other shapes, if preferred. If live spawn cannot be obtained, use a little of Marshall's liquid carmine. These can also be made entirely of white fish, as that left from a previous meal.

### Grilled Bloaters.

(*Harengs grillés.*)

Take some bloaters, cut off their heads and tails, and split them from the top of the neck straight down the back, remove the roes and every particle of bone by passing the forefinger under the backbone from the tail, and press the fillets of each fish as near as possible towards each other, to make the fish appear plump; take out any blood or unclean parts from the roe and place it carefully down between the two fillets, pour over the fish a little warm butter, steeping it on both sides, place it in the grill to cook either to broil or grill for about five to eight minutes according to the size. If this means of cooking is not convenient, place them in a clean tin that is lightly buttered, and put a paper over and cook them in a moderate oven for the same time. Dish up on a hot silver dish and brush over with a little warm butter and garnish with little sprigs of fresh green parsley, and serve while quite hot.

### Kippered Herrings.

Remove the heads and tails, pour over them a little warm butter, grill or broil for five to eight minutes; dish up on a hot dish, pour over them a little more warm butter and serve.

### Fried Fresh Herrings with Herbs.

(*Harengs frits aux fines Herbes.*)

Take some nice fresh herrings, wash them in salt water, then dry them well in a clean cloth and cut off the heads and tails, split and bone as for grilled bloaters, and thoroughly cleanse from any unclean parts; when all the bones are removed season them with pepper and salt and brush them over on the inside with a little warm butter or oil, and sprinkle also with chopped parsley and eschalot and a very little laurel leaf; close up the herrings into their natural shapes and flour them well, brush them over with whole beaten up egg, and fry in clean boiling oil or fat for about eight minutes; when a pretty golden brown take up, dish on a dish-paper and garnish with green parsley. These are nice hot or cold.

**Stuffed Herrings with Mustard Butter.***(Harengs farcis au Beurre de Moutarde.)*

Take four good sized nice fresh herrings, split them and remove all the bones as in foregoing recipes, season the insides with the following seasoning, viz.: Mix all together a pinch of pepper and salt, one ounce of freshly made white bread-crumbs, one ounce of warm melted butter, two washed, boned, and chopped anchovies, and chopped parsley, bayleaf, thyme, and eschalot (one tablespoonful all together of the herbs); close the fish again into their natural shapes and steep them in warm butter or dripping, and grill or broil, or cook on a greased tin for ten to twelve minutes; dish on a hot dish and serve with mustard butter as made below, on the top.

*Mustard Butter.*—Take two ounces of butter, a teaspoonful of mixed English mustard, the same of French mustard, the juice of half a strained lemon, and half a tablespoonful of French tarragon vinegar; mix up all together, then use.

**Grilled Herrings. Mustard Sauce.***(Harengs grillés. Sauce Moutarde.)*

Clean the herrings and cut slits in the sides from the back to the roe about a quarter of an inch apart, season with oil, pepper, and salt, grill or broil for about ten to fifteen minutes, dish with mustard sauce round, or in a sauceboat if the number of guests is large.

**Soused Herrings.***(Harengs marinés.)*

Take half a dozen nice fresh herrings, cut off the heads and tails and thoroughly cleanse them, then wash them in cold water with a little salt, dry them with a cloth, and put them in a pie dish or basin, and cover them with French vinegar and cold water, using half of each; tie up loosely in a piece of muslin several fresh bayleaves, three or four sprigs of thyme, twelve to fifteen black and white peppercorns, three or four cloves, and a little mace, place the packet in the centre of the fish and then cover the dish over with a piece of buttered

paper, stand the dish in a tin containing boiling water, and stand it in a moderate oven for twenty-five to thirty minutes, then put away till cold.

Mackerel, sprats, thin slices of salmon or trout, can be cooked and served in the same manner.

### Mackerel and Sprats.

These can be cooked in any of the ways given for fresh herrings.

### Dried Haddocks Boiled.

(*Merluche fumée bouillie.*)

Take a dried haddock and trim off the fins and tail, skin it and cut it into neat pieces about two inches square, put these into a stewpan with enough cold water to cover them well; bring it to the boil, then take up the pieces, arrange them neatly on a hot dish, and pour over them a little warm butter that is seasoned with a little white pepper, sprinkle with a little chopped parsley, and serve while hot.

### Dried Haddock Grilled.

(*Merluche fumée et grillée.*)

Take a dried haddock, trim off the fins and tail, and then pour over it a little warm butter or salad oil, and put it to grill or broil for ten to twelve minutes according to the size; take it up and pour over it a little more warm butter and season with a little pepper and serve.

### Purée of Dried Haddock.

(*Purée de Merluche fumée.*)

Remove all the fish from a large smoked haddock, free it from skin and bone, chop it up fine, season it with a little cayenne pepper and a dessertspoonful of chopped parsley for each pound of the chopped fish, mix it with a quarter of a pound of cooking butter and two tablespoonfuls of thick cream, and make it quite hot in a stewpan, stirring it occasionally with a wooden spoon; when quite hot turn it out on to a hot dish in a neat pile and arrange round it a border of fried croûtons or

nicely shaped pieces of toast, sprinkle the purée with a little chopped parsley and lobster coral. The bones and skin will make fish stock.

### Fillets of Haddock (Fresh) à la Maître d'Hôtel.

*(Filets de Merluche à la Maître d'Hôtel.)*

Remove the fillets from a fresh haddock and free them from all the bones and skin, and cut them each into three or four pieces according to their size; bat these out with a wetted knife, trim them neatly and place them in a buttered sauté pan and season them with a little white pepper, salt and lemon juice, put a buttered or greased paper over them and let them cook in a moderate oven for ten to twelve minutes, dish them on a hot dish, and pour the liquor in which they were cooked round them and serve with a piece of Maître d'Hôtel butter about the size of a filbert on each fillet. Use the bones &c. for fish stock.

### Fried Fillets of Haddock à la Cologne.

*(Filets de Merluche frits à la Cologne.)*

Take the fillets of a fresh haddock as in the foregoing recipe, and cut them in long strips and about one inch wide, season them with a little mignonette pepper, a sprinkling of anchovy essence, salad oil and chopped parsley, and let them remain in the seasoning for about one hour; take them up and sprinkle them over with fine flour and dip them entirely into whole beaten up egg and freshly made white breadcrumbs, tie each fillet into the shape of a lover's knot and drop them into clean boiling fat and fry them till a nice golden colour; take them up and arrange them round a pile of crisply fried parsley, and serve hot.

Soles are excellent prepared in the same way.

### Haddock à la Marta.

*(Merluche à la Marta.)*

Wash a fresh haddock and dry it well in a clean cloth, trim off the fins, split it down the belly, remove all the bones, cut off the head, and cleanse the inside; lay the fish open, season the inside with a little pepper and salt and the strained

juice of two lemons, place the fish on a well-buttered tin and pour over it about an ounce of warm butter, put a buttered or greased paper over it and stand the tin containing it in another tin with hot water in it, and cook in a moderate oven for about fifteen minutes; take up the fish, place it on a hot dish, strain the liquor from the tin in which the fish was cooked into a stewpan and work into it by degrees an ounce of butter and two tablespoonfuls of Bechamel sauce, add half a pint of picked chopped shrimps, three boned anchovies chopped fine and washed, a teaspoonful of essence of anchovy, and two tablespoonfuls of cream, make quite hot but do not let it boil, pour it over the haddock and sprinkle it with a few French capers, and serve very hot.

### Hake.

This fish may be cooked and served in the same way as haddock.

### Lobster à la Maître d'Hôtel.

*(Homard à la Maître d'Hôtel.)*

Plunge a nice live lobster into boiling water and a little salt, and boil it for twenty minutes, take it up, pull the body from the head, split both in halves, take off the claws and crack them, season all with a little cayenne pepper, and put a small piece of Maître d'Hôtel butter on each portion; serve at once on a hot dish in a pile.

Lobster prepared in this manner and served with anchovy butter is excellent.

### Lobster à la Milanaise.

*(Homard à la Milanaise.)*

Put a live lobster into a stewpan with half a pint of boiling fish stock and one and a half gills of white wine, one sliced onion and a bunch of herbs, boil together for about twenty minutes, take up the lobster, split the bones, remove all the meat, cut it in slices and keep these hot between two plates over boiling water till wanted. Remove the bunch of herbs from the stewpan, and to the other ingredients add a quarter of a pint of thick tomato sauce and boil up, work in one ounce of butter which has been mixed with two ounces of fine flour,

one and a half ounces of grated Parmesan cheese and two tablespoonfuls of cream, add an ounce of pounded live spawn, re-boil, rub through the tammy, make the sauce quite hot in the bain marie and pour it over the pieces of lobster when they are dished up.

### Lobster au Gratin.

*(Homard au Gratin.)*

Fry together without discolouring a quarter of a pound of fine flour and a quarter of a pound of butter, and then stir on to this till it boils one pint of milk which has been first boiled with a blade of mace and an eschalot for flavour, and add one ounce of pounded lobster spawn, a dessertspoonful of anchovy essence, a dust of cayenne, a pinch of salt, and a gill of cream, and stir over the fire until it re-boils; wring it through a tammy and use as below.

Take the meat from a large freshly cooked lobster and cut it up in neat slices, arrange some of the prepared sauce on a buttered dish in which the lobster is to be served, then place a layer of sliced lobster on this and spread a layer of the prepared sauce on the top, continue the layers of fish and sauce until the dish is full, finishing with a layer of the sauce, using a rose pipe and bag for arranging the top layer, sprinkle browned breadcrumbs over the top with little pieces of butter here and there, stand the dish in a tin containing boiling water to about three parts of the depth of the dish and cook in a very quick oven for fifteen to twenty minutes, take up, sprinkle the top with finely chopped parsley and lobster coral, and serve very hot. The top should be a nice golden colour when taken from the oven, and can be browned with the salamander if preferred so.

### Curried Lobster à la Sultan.

*(Homard en Kari à la Sultan.)*

Put into a stewpan three large peeled and minced onions with two ounces of clean fat or butter, two bayleaves, two sprigs of thyme and parsley, and a saltspoonful of ground ginger; fry together gently till a pretty golden colour, then mix in with them a teaspoonful of Marshall's curry powder, a teaspoonful of curry paste, a dessertspoonful of tamarinds,

two tablespoonfuls of finely grated cocoanut, a quarter of a pint of cocoanut milk, a tablespoonful of flour, and three quarters of a pint of milk, stir over the fire till it boils, then put the cover on the pan and allow it to simmer gently on the side of the stove for about half an hour, add the juice of one large lemon and rub the mixture through a fine hair sieve or tammy it. Take the meat from two large boiled lobsters as in the foregoing recipe, cut it up into nice slices, add them to the prepared sauce, make the whole perfectly hot in the bain marie, and turn it out on to a hot dish in the centre of a border of boiled rice; sprinkle the rice here and there alternately with a little lobster coral and finely chopped parsley, and serve. This dish can also be served cold. The above is sufficient for six to eight persons.

**Prawns, Crayfish, or Crab** can be dressed in the same way.

### Pilau of Lobster.

*(Pilau de Homard.)*

Put a live lobster into a quart of fish stock or water with a teaspoonful of salt, and boil gently for half an hour with six cloves, a piece of cinnamon about two inches long, a good pinch of saffron, eighteen cardamons, three large whole onions, a bunch of herbs (thyme, parsley, and bayleaf), and a piece of garlic the size of a clove; then strain off the stock and put it into a stewpan with three quarters of a pound of blanched Patna rice and a quarter of a pound of butter or beef dripping to cook till tender, which will take about one hour; remove the meat from the lobster, season it with ginger and salt, and cut it up into neat pieces; arrange the rice round the sides on the bottom of the pan; put the lobster in the centre, and let it remain on the stove for a quarter of an hour. Cut three or four onions in round thin slices, season with ground ginger and salt, and fry them in clarified butter till crisp and a pretty golden colour; then strain and keep them warm. Fry similarly two ounces of blanched almonds, the same weight of stoned raisins, and three or four small raw sliced tomatoes, and season them with ground ginger and salt. Turn the rice out on to a hot dish and arrange with the lobster on the top of the rice, and garnish it with bunches of almonds, raisins, tomatoes, and onions prepared as above; also little bunches of finely chopped parsley and

lobster coral if you have it ; also red chillies placed here and there towards the top. Sprinkle the cardamons that were cooked in the fish stock over the dish, and serve for an entrée or for second course or luncheon.

### Devilled Crab.

(*Crabe à la Diable.*)

Put a medium sized live crab in boiling water with a little salt and cook it for twenty-five to thirty minutes according to size, take it up, remove the claws, scoop out all the creamy part from the large shell, putting away the gills and bag which are found on the top of the inside of the shell ; pull out all the meat from the claws with a fork. Clean the crabshell to use for serving. Reduce half a pint of thick Veloute sauce with a gill of thick cream to half the quantity, then add a dessertspoonful of essence of anchovy, a dust of cayenne pepper, a dessertspoonful of chutney, a teaspoonful of chilli vinegar, a teaspoonful of English mustard mixed with a little water, a teaspoonful of French mustard, a pinch of salt, two very finely chopped eschalots, a tablespoonful of chopped parsley, two chopped red chillies, and the creamy part and meat of the crab except that taken from one of the claws ; stir all together and place the mixture into the shell, smooth it over, sprinkle the top with browned breadcrumbs, place it on a baking tin, and cook in a quick oven for fifteen to twenty minutes, take up and put it on a hot dish and garnish the top with the meat from one of the claws, having first warmed it in a little mushroom liquor or light stock between two plates over boiling water, sprinkle the top with a little finely chopped parsley and lobster coral (if at hand), garnish round with sprigs of green parsley, and serve very hot.

### Scolloped Oysters.

(*Coquilles d'Huitres.*)

Take two and a half dozen nice fresh plump oysters, beard them and split them in halves, or they may be served whole if liked, and place them in half a dozen buttered china or other imitation shells, and cover them with the sauce prepared as below, sprinkle them with a few pale browned

breadcrumbs, and put little pieces of butter on each here and there and bake in a moderate oven for ten to twelve minutes, dish on a dish-paper or napkin and serve very hot. If preferred very brown on the top, they can be browned with the salamander. This is also an excellent second course dish.

*Sauce for Scalloped Oysters.*—Fry lightly together two ounces of butter and four ounces of fine flour, then add a quarter of a pint of milk, quarter of a pint of liquor from the oysters, a saltspoonful of essence of anchovy, two table-spoonfuls of white wine, a dust of cayenne pepper, and stir together till it boils, then add two raw yolks of eggs, a table-spoonful of thick cream, a few drops of lemon juice, and stir over the fire until it thickens, but do not let it re-boil, tammy it, add a pinch of finely chopped parsley and a very small piece of eschalot chopped very fine, and use as directed.

### Fritot of Lobster à la St. Remo.

(*Fritot de Homard à la St. Remo.*)

Remove the flesh from a freshly cooked lobster and cut the back fillet in slices about one eighth of an inch thick; season these with a little cayenne, mignonette pepper, a little salad oil, a little essence of anchovy, and a few drops of lemon juice; let it lie in this seasoning for about one hour before cooking, then sprinkle it with finely chopped parsley. Have some peeled tomatoes freed from pips and cut in slices about one eighth of an inch thick; place one slice of the lobster between two slices of the tomato and then dip in frying batter, drop into clean boiling fat, and fry till a pretty golden colour; dish up *en couronne* on a dish-paper, and serve hot for a breakfast or second course dish.

### Buisson of Prawns.

(*Buisson d'Ecrevisses.*)

Take a cone or pyramid of firm aspic jelly, or cooked rice, or bread, and neatly arrange all over it plainly boiled prawns sticking them into the block by their tails, garnish it between them here and there, and round the base with pieces of lemon and sprigs of green parsley.

**Fried Sole.***(Sole frite au Beurre.)*

Skin a nice sole on both sides, remove the head, trim the fins and tail and wash it in salt water, dry it in a clean cloth and dip it into fine flour so that it is perfectly dry, put it into a frying pan in which two ounces of butter or clean fat have been made very hot and fry it for about ten to twelve minutes, according to size, turning it only once during the cooking; take it up and serve it on a hot dish with a little fresh butter on the top if liked, and garnish with fresh parsley.

**Fried Sole Breadcrumbed.***(Sole frite et panée.)*

Prepare, wash, dry, and flour a sole as in the foregoing recipe, then dip it into whole beaten up egg and freshly made white breadcrumbs, and drop it into clean boiling fat, which must be sufficient to cover it, and fry for ten to twelve minutes; dish up and garnish as in the foregoing recipe.

**Fried Sole à la Colbert.***(Sole frite à la Colbert.)*

Trim, wash, and dry the sole, and split the underneath fillets straight down with the point of the knife; break the bone about an inch from the tail and head; flour the fish and then dip it in whole beaten up egg and in breadcrumbs, put into boiling fat to fry about ten minutes till a nice golden colour. When the fish is cooked take it from the fat and with a fork take out the bone from the centre, and fill in the space with Maître d'Hôtel butter; place the fish on the dish with the split side downwards, and serve hot.

**Boiled Sole with Black Butter.***(Sole bouillie au Beurre noir.)*

Trim and wash a sole as in the recipe for Sole à la Française, then put it into a sauté pan with enough cold water to cover it, to which has been added a little salt and lemon juice, let it come to the boil, then draw it to the side of the

stove and let it poach for eight to ten minutes, dish it on a hot dish, pouring over it some black butter (see Sauces), and serve.

### Fillets of Sole in Cases à la Maître d'Hôtel.

*(Filets de Sole en Caisses à la Maître d'Hôtel.)*

Skin the sole, take off the fillets, bat them out well, trim them neatly, season the skinned side with white pepper and salt, and roll up each fillet so that the seasoned side is inwards, tie up each in a little band of buttered paper, and place them in a buttered stewpan, pour a little lemon juice over the fillets, put the cover on the pan, and place it in a moderate oven or on the side of the stove for twelve to fifteen minutes; remove the paper from the fillets, and place each one in a small paper case which has been rubbed on the outside with salad oil and dried in the screen. When about to serve place on the top of each fillet a piece of Maître d'Hôtel butter about the size of an olive, pour a few drops of thin glaze on the top of the butter, dish the cases quickly on a dish-paper, and serve hot. These can be served for breakfast or luncheon, or as a dinner fish. Any liquor left over from the cooking of the fillets can be kept for fish stocks.

### Grilled Sole.

*(Sole grillée.)*

Skin, trim, wash and dry the sole, then slit the four fillets slantingly, each slit about a quarter of an inch apart, season it with a little white pepper and salt, and steep it in salad oil or warm butter, place it on oiled straws on a grill and cook over or in front of the fire for eight to ten minutes. Dish up on a hot dish, garnish with a little picked parsley, and serve with Tartare or other nice sauce in a boat, or a little warm butter may be poured over it instead of the sauce. This is also nice served with anchovy or Maître d'Hôtel butter.

### Skate with Black Butter.

*(Raie au Beurre noir.)*

Take about one and a half pounds of nice fresh crimped skate, truss the pieces into any pretty form, using a needle

and fine string for the purpose, and place them in a basin with clean cold water that is well salted, let them lie in this for about one hour, and rinse them in fresh clean cold water just before cooking; put the skate into a stewpan and cover it with cold water that is seasoned with salt and about three tablespoonfuls of French vinegar to the quart of water; tie together in a piece of clean muslin a few slices of cleaned carrot, sliced onion, turnip, celery, and herbs (thyme, bayleaf, parsley), and a few black and white peppercorns, and put the packet into the pan with the fish, bring to the boil, then let the pan stand on the side of the stove for about five to eight minutes, take up the pieces carefully with a slice, and arrange them tastefully on a very hot dish, cut and draw out the strings. Have some boiling black butter poured all over the skate, and send it up to table very hot. It can be served for dinner, luncheon, or breakfast, as liked. This is also excellent with Tartare sauce, which can be handed.

### Ichthys (Fish Sausages) for Breakfast.

These can be split and grilled or broiled, and should be served on a hot dish. They are excellent when fried in a little butter and dished as meat sausages.

### Poached Eggs.

(*Œufs pochés.*)

Put into a stewpan about a quart of water, two tablespoonfuls of French vinegar, and a good dessertspoonful of salt, and bring it to the boil: this is enough to poach six eggs at once; break the eggs from the shells, taking care not to split the yolks, and place them in the boiling water; see that the water re-boils, then draw the pan to the side of the stove, and let it remain for about two and a half to three minutes; carefully take them up, and place them in a pan with hot water, and trim the edges; boil up the water in which they were poached, place them in it again just to get hot, take them up on a slice, drain on a clean cloth. Dish them on squares or rounds of buttered toast or croûtons, and serve.

**Eggs à la Crème.***(Œufs à la Crème.)*

Take some eggs, as fresh as possible, and poach them ; trim them neatly, and dish each on a little fried croûton of bread and pour some hot creamy Bechamel over them, sprinkle the tops with a little finely chopped parsley or truffle, and serve with little rolls of fried bacon as a breakfast dish. These may also be served without the bacon as a luncheon or second course dish.

**Fried Eggs.***(Œufs frits.)*

Put some salad oil in a frying pan, and when it boils break each egg separately on a plate and drop it into the oil, turn it over and over with a wooden spoon, making it in the form of a ball, and when a pretty golden colour take it up. Dish *en couronne* on a dish-paper on a hot dish. These can also be served with fried bacon, and as a garnish to another dish. The oil for this purpose can be used repeatedly, but will require to be strained off each time. Clean fat or butter can be used instead of the oil according to choice.

**Eggs on the Plate.***(Œufs sur le Plat.)*

Rub the dish on which the eggs have to be served with fresh butter, and sprinkle on it a little salt and white pepper, then carefully break the eggs on to the dish, being careful that the yolks do not break, season with a little salt and pepper, and pour carefully in the dish a dessertspoonful of cream for each egg, and drop here and there little pieces of butter ; place the dish on a tin containing hot water, and stand it in the oven for four or five minutes ; just before serving take a red hot salamander, and hold it over just to brown the tops.

**Eggs à la Princesse.***(Œufs à la Princesse.)*

Put the eggs into a sauté pan and cook them in the oven till the whites are firm enough to cut and the yolks not hard ;

then trim them round with a plain round cutter and arrange them on croûtons of fried bread that are cut about the same size as the eggs, and ornament the eggs alternately with chopped parsley, tongue, and hard boiled yolk of egg that has been passed through a wire sieve. Arrange these on a dish, with rounds of lean ham or tongue that has been warmed in a little clear gravy or sherry between two plates; allow one egg to each person and serve with the sauce round the dish for breakfast or luncheon.

*Sauce for Eggs à la Princesse.*—Three tablespoonfuls of cream, one yolk of egg, one ounce of butter, and a little cayenne. Stir in the bain marie till it thickens, then tammy, add a few drops of lemon juice, and a pinch of finely chopped parsley, and use.

### Eggs in Dariols with Tomato Butter.

(*Œufs en Darioles au Beurre de Tomates.*)

Butter some dariol moulds and sprinkle half of them with chopped tongue or truffle, and the other half with chopped parsley; break a fresh egg in each mould, and put a little piece of butter on the top of each, stand the moulds in the stewpan, which has a fold of paper on the bottom, and hot water to come nearly to the top of the moulds, and cook in the oven until the eggs are lightly set; take them up, pass a little knife round the moulds, and turn the eggs out on a dish on little round croûtons of fried bread, pour tomato butter round them, and serve for breakfast, luncheon, or a second course dish.

### Eggs à la d'Orléans.

(*Œufs à la d'Orléans.*)

Butter a sauté pan well; break some eggs in it, allowing one to each person; place the pan carefully on the stove and as soon as the white of the egg begins to set, place the pan in the oven; leave it till the yolk of the egg is set, but not hard, then take out and cut each egg out with a plain round cutter, leaving the white of each about one eighth of an inch round the yolk; dish these straight down the dish on which they are to be served, and pour over them D'Orléans sauce.

### Eggs à la Tripe.

(*Œufs à la Tripe.*)

Take some eggs that have been boiled for seven minutes and shell and slice them, using a wet warm knife for the purpose. Butter the dish well in which they are to be served, place a thin layer of creamy Bechamel sauce on the bottom, and on this place a layer of the sliced eggs; sprinkle these lightly with a little very finely chopped eschalot and fresh parsley, add another layer of sauce and then the eggs as before, and continue in like manner until the dish is nearly full. Let the sauce be on the top, and sprinkle over this a few browned breadcrumbs and about half an ounce of butter broken in tiny pieces; then place the dish in a tin containing boiling water, and stand in a hot oven for about fifteen to twenty minutes; then take up, remove the dish from the tin and sprinkle the top over with the hard boiled yolk of egg (that has been passed through a fine wire sieve) and a little chopped parsley. Serve for a second course, breakfast, or luncheon dish, and allow one egg to each person.

### Little Tarragon Creams.

(*Petites Crèmes à l'Estragon.*)

Put into a basin one large white and two yolks of eggs, a quarter of a pint of cream or milk, a little white pepper and salt; beat up well with a fork till smooth, and add a little chopped tarragon. Butter some little dariole moulds (hexagon ones if you have them), and sprinkle them with chopped tongue and truffle mixed; pour in the cream mixture, and stand the darioles in a stewpan in boiling water to about three quarters the height of the moulds. When the water re-boils, draw the pan to the side of the stove and poach for about twenty minutes or half an hour till the creams are set; turn out on to a warm dish, and serve cream sauce round them prepared as follows:—Put into a stewpan one ounce of butter, two raw yolks of eggs, four tablespoonfuls of thin cream, a tiny pinch of salt, and three or four drops of lemon juice; stir in the bain marie over the fire till the sauce thickens, then add a saltspoonful of tarragon vinegar and strain it through a strainer or tammy; mix in a light sprinkling of

chopped tarragon and use. This sauce will be found nice to serve with fillets of soles, whittings, &c., for breakfast, luncheon, or dinner.

### Curried Eggs à la Bengal.

(*Œufs en Kari sec à la Bengal.*)

Peel three onions, cut them in very thin slices and put them into a stewpan with two ounces of fat or butter and two ounces of chopped lean bacon; add two finely chopped bay-leaves and a sprig of chopped thyme; fry these all together for about fifteen minutes till a nice golden colour, being careful not to break the onions more than possible in the frying; then lightly sprinkle in a tablespoonful of fine flour, add a teaspoonful of cardamons, one small scraped clove of garlic, a saltspoonful of ground allspice, a teaspoonful of Marshall's curry powder, a pinch of ground ginger, a teaspoonful of salt, three quarters of a pint of any light meat stock or milk, and boil together on the side of the stove till the mixture is almost dry; then add to it twelve hard boiled eggs that have been cut up in thin round slices, and make all hot in the bain marie; then turn out on a hot dish in a border of plainly boiled rice; garnish round the rice with little bunches of hard boiled yolks of egg that have been rubbed through a wire sieve, and shredded green capsicums, and serve.

Cooked vegetables are excellent served in the same way, and fish, poultry, or meat left from previous meals can be used in a similar manner.

### Devilled Eggs.

(*Œufs à la Diable.*)

Break some eggs into a buttered sauté pan and fry them carefully till the whites will cut firm, taking care not to break the yolks; then with a plain round cutter about two and a half inches in diameter, trim them in rounds to remove any of the jagged whites, dish them up *en couronne*, or straight down the dish, and pour over them a sauce prepared as below, brown the tops with a red hot salamander, and garnish the dish with little bunches of dice shaped fried croûtons, and serve very hot.

*Sauce for the Devilled Eggs.*—Put in a stewpan one and a

half ounces of butter, two tablespoonfuls of cream, a dust of cayenne pepper, a pinch of salt, bring to the boil, then add a teaspoonful of French mustard, a teaspoonful of chutney, a saltspoonful of English mustard, and two raw yolks of eggs, stir all together over the fire till the sauce thickens, then add an ounce of grated or chopped lean ham and one finely chopped red chilli, and use. This sauce would be sufficient for six or eight eggs.

### Scrambled Eggs.

(*Œufs au petit Feu.*)

Break three eggs into a stewpan, and add four tablespoonfuls of single cream, one and a half ounces of butter, a little chopped parsley and half an eschalot, a pinch of salt and white pepper, and a dust of nutmeg; stir all together over the fire with a wooden spoon till the mixture begins to thicken, then turn out on to some well-buttered fingers of toast, and serve at once.

### Eggs with Parmesan.

(*Œufs au Parmesan.*)

Take half a pint of thick Bechamel sauce and mix with it half a gill of cream and two ounces of grated Parmesan cheese, a dust of cayenne pepper, and a teaspoonful of mixed English mustard; butter the dish on which the eggs have to be served and place a thin layer of the sauce in it, then sprinkle over it a little very finely chopped lean ham or tongue, and over this lay some thin slices of hard boiled egg, place another layer of the sauce over, and repeat the layers in the same way until the dish is full, finishing with a layer of the sauce; smooth it over with the palette knife, and put it into a moderate oven with a lightly buttered paper over, standing the dish in a tin containing boiling water, and cook for about fifteen minutes, take it up, pour over it a little cheese cream sauce as for Salmon à la Morny, brown with the salamander, and serve at once with a little chopped tongue or ham round the edge of the dish.

### Cutlets of Eggs with Peas.

(*Côtelettes d'Œufs aux petits Pois.*)

For ten to twelve cutlets prepare half a pint of thick Bechamel sauce, season it while hot with a little salt and cayenne

pepper, add two raw yolks of eggs, and stir over the fire till it thickens, but do not let it boil; tammy it or pass it through a hair sieve. Boil four eggs for seven minutes, remove the shells, and with a wet knife cut them up in little tiny dice shapes; add to them a tablespoonful of cooked lean ham or tongue, four button mushrooms, and one or two truffles all similarly cut up, or a teaspoonful of washed, dried, and finely chopped parsley instead of truffles. Mix these ingredients into the Bechamel sauce and put it aside to get cold. Flour a board, slab, or large flat meat dish, and put the mixture out on it in little piles about the size of a bantam's egg; roll each of these out with the hand into a round ball, using some fine flour for the purpose, then with a palette knife press them flat and into the shape of a pretty little cutlet, dip them into well beaten up whole egg, and envelope them in freshly made white breadcrumbs, making them smooth and neat: place them in a frying basket and fry them in a pan with enough clean boiling fat to well cover them, and let them fry till a pretty golden colour, which will take about three or four minutes; dish them on little round croûtons of fried bread, and serve cooked or tinned peas in the centre; pour a nice creamy Veloute sauce or a thin creamy Bechamel sauce round the dish. Little pieces of parsley stalk can be placed in the top of each cutlet to carry a frill if liked. The cutlets may be served with crisply fried parsley alone as a garnish for the centre, which is very pretty, and they should be dished on a dish-paper or napkin.

### Omelet with Herbs.

*(Omelette aux fines Herbes.)*

Break into a basin four whole eggs, add three tablespoonfuls of new milk, one ounce of butter, half a saltspoonful of salt, a pinch of white pepper, a dust of castor sugar, a very tiny dust of nutmeg, half a small eschalot, chopped fine and then pressed in a cloth, a teaspoonful of finely chopped parsley, similarly pressed, and a small pinch of thyme and bayleaf. Mix all together with a fork, then put one and a half ounces of butter in the omelet pan and when it is quite hot pour in the mixture; lightly move it about with a wooden spoon, and when the mixture thickens, roll it over with a palette knife into the shape of a half-moon and turn it on to a warm dish.

### French Omelet.

(*Omelette à la Française.*)

Mix well together in a basin four whole eggs, two good tablespoonfuls of new milk, one and a half ounces of butter, a little salt and white pepper, and a tiny dust of nutmeg; melt one and a half ounces of butter in an omelet pan, then pour in the mixture and fry for two or three minutes, stirring the mixture so that all of it may be equally cooked, then towards the end of the frying, form it into a half-moon shape, turn it out on to a hot dish, and serve quite hot as a breakfast, luncheon, or second course dish.

### Bacon and Mushrooms.

(*Lard aux Champignons.*)

Wash and peel some fresh mushrooms, and then put them in a stewpan with a quarter of a pint of brown sauce and a little butter, season with pepper and salt and draw down on the side of the stove for ten to fifteen minutes, dish up on round croûtons of fried bread or buttered rounds of toast, serve with slices of very thinly cut bacon which has been fried till crisp between each, and pour the sauce from the mushrooms round; sprinkle with a little finely chopped parsley and serve.

### Porridge.

Put one pint of Thomson's Oatmeal in a basin with one quart of cold water overnight, then, in the morning, put it into a stewpan and stir it over the fire until it boils; draw the pan to the side of the stove and boil steadily for about half an hour, stirring occasionally while cooking, and adding by degrees about half a pint of warm water; then take up and serve. This may be eaten with salt or with cream or milk, or it may be cooked in milk if liked.

### Sandwiches à l'Impériale.

(*Sandwiches à l'Impériale.*)

Cut some fresh brown bread in slices about a quarter of an inch thick, and then mask it with the following mixture:-- Take for eight or ten persons two ounces of Gilson's cream of

bloater and three hard boiled yolks of eggs and pound them together; add a quarter of a pound of fresh butter, and work in the mortar till smooth; then rub through a hair sieve and mix into it by degrees a half gill of stiffly whipped cream; spread this on the bread, and sprinkle it all over with very finely shredded celery that has been kept in cold water for about an hour to get crisp, then strain from the water and season with a little salad oil, chopped tarragon and chervil, a very little French vinegar, and a tiny dust of salt; close the cream in by placing another slice of bread on the top; butter this and sprinkle with hard boiled yolk of egg that has been passed through the sieve, and over this, lightly sprinkle with chopped parsley, cut out the bread in strips, and with the mixture prepared as above make a little rose on the top of each sandwich with a rose pipe and bag; dish up on a dish-paper and garnish with green parsley and coral. Serve for a savoury for dinner or luncheon, or as a breakfast dish, or for any cold collation.

### Tomatoes à la St. Germain.

(*Tomates à la St. Germain.*)

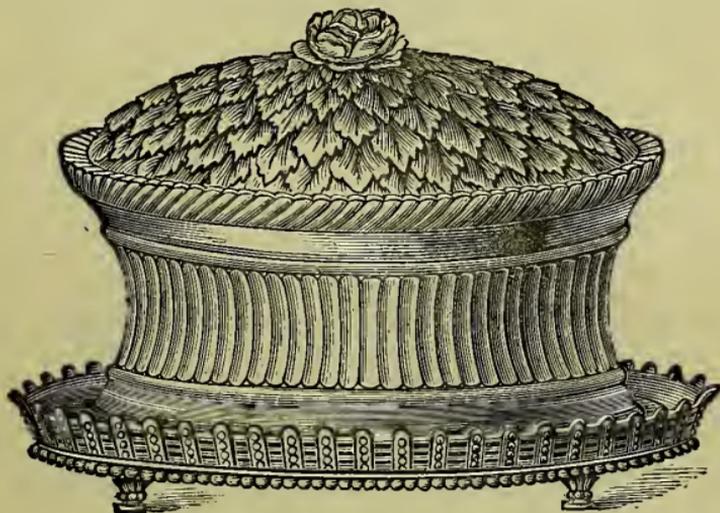
Take nice ripe good sized tomatoes, remove the core and pips, and season the insides with a little salt and white pepper. Mix half a pint of thick Bechamel sauce with a set of cooked sheep's or calf's brains that are cut up in pieces about the size of a small Spanish nut, and add a little finely chopped raw parsley; allow three or four pieces of brains and a dessert-spoonful of sauce for each tomato, put this into the tomato, and press it in; sprinkle on the top a few browned bread-crumbs; place the tomatoes on a well buttered tin, and bake in a brisk oven for about twelve or fifteen minutes. Fry till a golden colour in clarified butter some rounds of stale bread, cut about a quarter of an inch thick and two inches in diameter; dish the tomatoes on these, and serve on a dish-paper, and garnish with a little watercress or a little green parsley. These can be used for luncheon, entrée, or for second course.

### French Raised Game Pie.

(*Pâté de Gibier à la Française.*)

Prepare a raised pie paste, and with it line a No. 2 size French raised pie mould to scarcely a quarter of an inch thick;

then prepare a farce or mince as follows :—Take ten ounces of veal, twelve ounces of fresh pork, and chop very fine, or pass twice through a mincing machine ; season with pepper, salt, a little nutmeg and cayenne, and arrange this on the paste in the mould. Fill in with fillets of pigeon, chicken, or any game you may have, strips of tongue, ham, or bacon, hard boiled yolks of eggs that are masked with chopped parsley and seasoned with pepper and salt, button mushrooms, pistachios, truffles, pâté de foie gras, cockscombs, and any farced birds, such as larks, quails, or ortolans, so as to stand higher than the mould : cover in with more of the farce or mince, and then put a somewhat thinner layer of paste over the top, first wetting the edges of the paste round the mould, press the



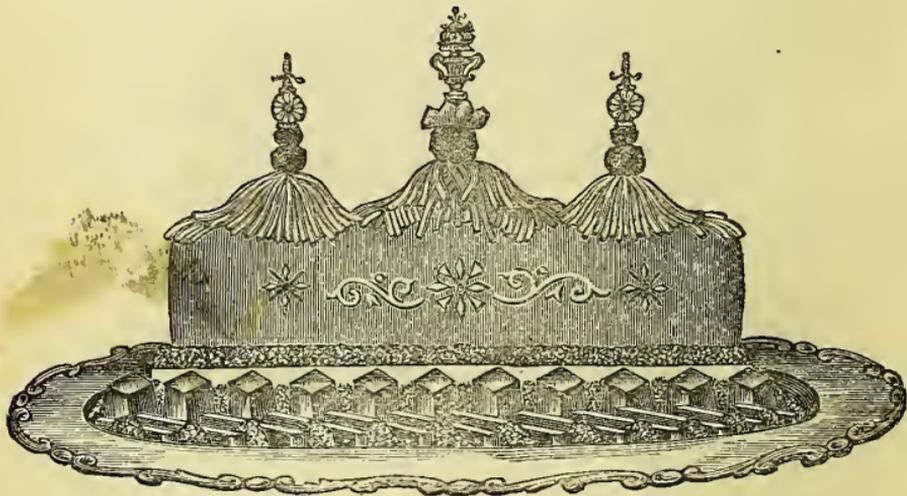
edges together, and trim off the paste ; brush the top lightly over with cold water, stamp out some rounds of the paste and work them into leaves or other pretty designs, and ornament the top of the pie with them ; fix a buttered paper round the mould standing some six inches higher than the top of the pie. Bake gently for about two and a half to three hours, taking care that the paste is not browned, as it should be a rich fawn colour when done ; when cooked put the pie aside in the mould till it is cold, then remove the top by cutting the paste through round the edge of the mould, and fill up the pie with any nice meat jelly that is not quite set, and put aside again till the jelly is quite set.

then cover the top with some chopped aspic and replace the paste cover. Remove the mould, dish on a paper, and it may be garnished round with aspic jelly. Care must be taken when filling up the mould that the jelly is not too liquid or it will go through the paste. This is excellent as a side dish, or for wedding breakfasts, ball suppers, and, in fact, for use generally.

### Galantine of Chicken.

(*Galantine de Volaille.*)

Bone the bird and season it inside with pepper, salt, cayenne, and a little nutmeg. Prepare as below a forcemeat of veal or fresh pork chopped very fine or passed through a mincing machine, and season this well; place it out about one



inch thick on a slab, arrange on this strips of cooked ham or bacon and tongue, blanched pistachio nuts, almonds and truffles. Roll up the forcemeat and carefully push it into the boned bird at the neck end, using a little cold water whilst doing so to bind the meat. Butter a cloth and tie up the galantine in it, and cook it in stock with herbs and vegetables such as thyme, parsley, bayleaf, basil and marjoram, a few peppercorns, carrots, turnips, leeks, celery, &c., for about one and a half to two hours according to size, then remove from the cloth and tie it up again to tighten it, and put it to press until quite cold and firm. Dish up and garnish

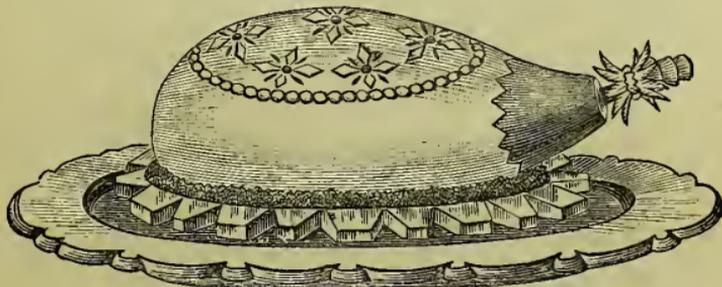
with truffle and aspic to taste. If wished to look well, arrange it on a croûton or a block of rice. Galantines of any game or poultry are made in a similar manner.

*Forcemeat for Galantine.*—For a moderate size fowl take ten ounces of lean veal, twelve ounces of fresh pork, a quarter of a pound of ham, a quarter of a pound of tongue, twenty-four pistachio nuts, twelve almonds, three or four truffles, about six or eight turned olives and five or six boned anchovies if liked.

### Ham with Jelly.

*(Jambon à la Gelée.)*

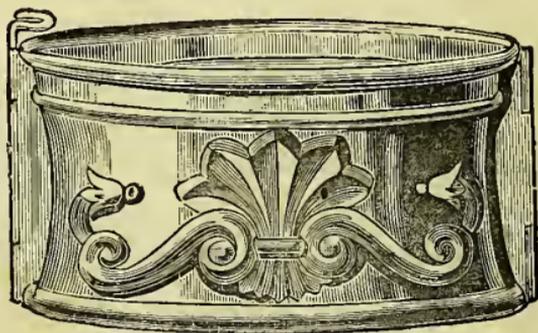
Take a nice small York ham, soak it overnight in cold water, then trim off about one eighth of an inch of the underneath part, and saw off the end of the knuckle; tie the ham up in a clean cloth and put it in a saucepan with enough cold water to cover it, bring gently to the boil, then



place the cover on the pan, and let it simmer very slowly for two and a half to three hours, take the pan from the stove and set it aside till quite cold, take up the ham on a dish, remove the cloth and carefully take off the skin from the ham, with the exception of that towards the knuckle end which can be left on to about the depth of three and a half inches, and the edge of which can be vandyked by means of a pair of scissors. Take a sharp small pointed knife and carefully trim the top part of the fat off the ham, and then wipe all over with a clean dry fine cloth; have some aspic jelly just liquid and of the consistency of thick cream, and with this by means of a paste brush glaze over the ham, place it on a silver dish and then garnish it tastefully with cut aspic jelly and butter as shown in the design, using a forcing bag

with a little rose pipe for the purpose ; garnish also round the edge of the dish with prettily cut blocks of aspic jelly, and between each block a little rose of the butter can be formed ; place on the knuckle bone a prettily cut frill of white foolscap paper and serve. This is a nice dish for a ball supper, luncheon party, &c.

*Butter for Garnishing Ham.*—Take half a pound of fresh butter, put it into a clean basin, and work it with a clean wooden spoon till quite white like cream, which will take about fifteen minutes, then divide the butter into two parts, colour one part with a little of Marshall's cherry red or liquid carmine till a pale salmon colour, put both parts side by side into a forcing bag with a rose pipe and they will come out from the pipe in mixed colours.



Fancy Copper Raised Pie Mould.

## CHAPTER XIV.

*SWEETS, PUDDINGS, CAKES, BREADS, ETC.***Little Choux with Apricots.***(Petits Choux aux Abricots.)*

FOR the choux paste put half a pint of water in a pan with a quarter of a pound of butter and two ounces of castor sugar; when it boils mix into the pan five ounces of fine-sifted flour, stir quickly and mix well, and let the pan stand on the stove for ten minutes for the contents to cook. Let the mixture cool, and then mix in by degrees three whole eggs and a little vanilla essence: work the paste well with the egg, and put it in a forcing bag with a plain tin pipe, and press it out to about the size of a large walnut on to baking tins. Glaze over with a whole egg beaten up, and bake for about twenty minutes to half an hour; when cool, split in halves and place in the half of an apricot; close the paste up again and glaze over with maraschino icing; let this cool, and ornament it with thickly whipped cream sweetened and flavoured with vanilla. Use a rose pipe and bag for the cream, and form a rose on the top of each with it. Serve on a dish-paper or napkin.

**Chocolate Profiteroles.***(Profiteroles au Chocolat.)*

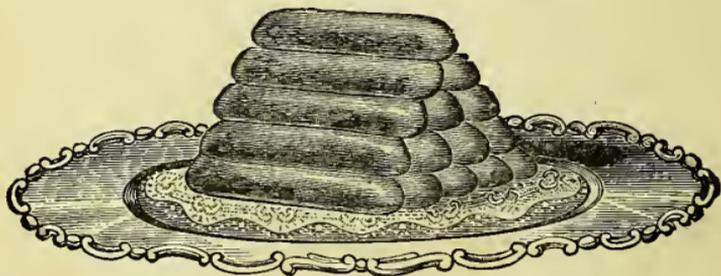
Make a choux paste as in foregoing recipe and force it out from the bag on to a dry baking tin in shapes about the size of a small button mushroom, brush over with whole beaten up egg and put them into a moderate oven to bake for twenty-five to thirty minutes. When cooked make a small hole with a little knife in the under part of the choux, and by means of a forcing bag with a small plain pipe fill each with pastry

custard or with very stiffly whipped and sweetened cream, then arrange these one above the other in a pile on the dish on which they are to be served, and when about to serve pour over them a good chocolate sauce. These may be served hot or cold for a dinner or luncheon sweet, and for any cold collation.

### Coffee Eclairs.

(*Eclairs au Café.*)

Prepare a choux paste and put it in a forcing bag as in above recipe, and force it out on to an ungreased baking tin, making the eclairs four inches long and half an inch in diameter; brush the eclairs over with beaten up whole egg. Put them to bake in a moderate oven for about half an hour; when they are cooked they should be a pretty golden colour.



Let them get cold, split them down one side and fill with cream prepared as follows:—Half a pint of double cream whipped stiff with two ounces of castor sugar and flavoured with a little vanilla essence or vanilla sugar. Close up the eclairs and then glaze them over with coffee glaze. When the glaze is dry dish them on a dish-paper or napkin. These can be served for dinner or luncheon.

### Beignets Soufflés.

(*Beignets Soufflés.*)

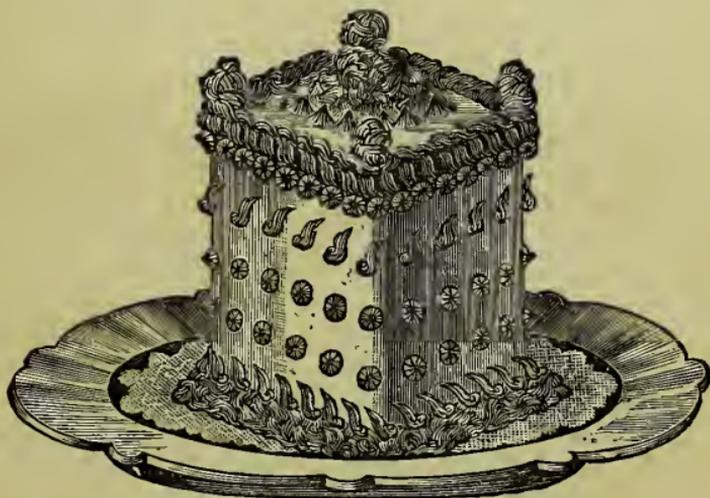
Prepare a choux paste and put it in a forcing bag as in the foregoing recipe, using a large plain pipe, squeeze it out of the pipe over very hot fat, and when about as much as the size of a large filbert is out cut it off with a knife and let the pieces drop into the fat; cook them for eight to ten minutes, keeping the fat over the fire all the time and continually turning the beignets over. They should swell to the size of a small

chicken's egg and be a pretty golden colour when cooked. Take up on a pastry rack or sieve and then roll them in castor sugar, dish up on a dish-paper or napkin, and serve while quite hot for a sweet for dinner or luncheon. The quantity in recipe for Little Choux would be enough for eight or ten persons. The fat should not *boil* when the paste is put in, or the beignets will be browned before they are properly cooked.

### Metternich Cake.

(*Gâteau à la Metternich.*)

Take four whole eggs, six ounces of castor sugar, a pinch of cinnamon, and the very finely chopped peel of a lemon; whip these all together in a stewpan over boiling water till the mixture is just warm; then remove and whip until cold and thick, and mix into it four ounces of fine warm flour that has



been passed through a sieve. Butter a square fleur mould, place it on a baking tin, and put a double layer of buttered paper on the bottom inside the mould; then pour in the mixture, and bake in a moderate oven for one hour. The cake should be a very pale fawn colour when cooked.

Prepare a similar quantity of the above mixture, but in addition add about a saltspoonful of Marshall's cherry red or carmine and a few drops of essence of vanilla, and finish as for the first mixture.

When both mixtures are cold cut them in slices and arrange them together in alternate layers, placing between each slice a layer of Vienna chocolate icing; when they have reached the required height mask over with Maraschino glaze and then dish on a cake bottom. Garnish the cake as in engraving with Vienna chocolate icing and rose Vienna icing, and serve. This would be nice to serve for a dinner sweet, when ice cream or fruits may be served with it.

### Iced Orange Cake.

*(Gâteau d'Oranges glacé.)*

Put six whole eggs into a stewpan with a saltspoonful of Vanilla essence, ten ounces of castor sugar, the very finely chopped peel of three oranges and a teaspoonful of Marshall's liquid carmine; whip this mixture with a whisk over boiling water on the stove till it is warm, then remove from the fire and continue the whipping till the ingredients are cold and thick like stiffly whipped cream, mix into it with a wooden spoon six ounces of fine flour (that has been rubbed through a wire sieve) and put into the screen to get warm; brush over a No. 4 size Charlotte mould with warm butter, paper it, butter this also and dust over with flour and sugar mixed in equal proportions, pour the cake mixture into the mould and bake in a very moderate oven for one and a quarter hours, then turn out the cake on to a pastry rack or sieve and let it get quite cold; cut it in slices and mask over each slice with orange marmalade that has been rubbed through a sieve, place the slices together in their original form and glaze over the cake with maraschino and orange glaze; when the glaze is beginning to set sprinkle all over it some finely shredded blanched pistachio nuts and dish on a dish-paper; serve for a dinner sweet with ice or a macedoine of fruit, or it can be served for dessert or afternoon tea. The same mixture may also be baked in any small fancy moulds.

### Marchpane of Cherries.

*(Massepain de Cerises.)*

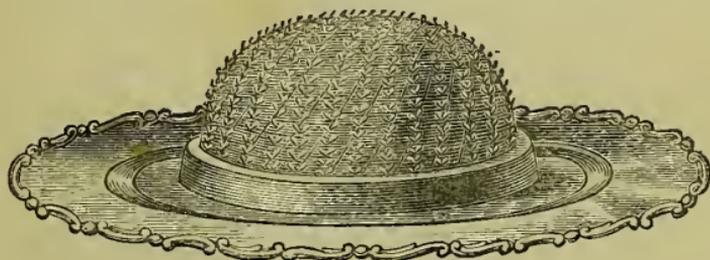
Take the stones from half a pound of ripe cherries, pound the fruit, and then add one pound of castor sugar and one and

a quarter pounds of finely chopped sweet almonds ; put in a pan all together and stir over the fire till quite dry ; put it out to cool, and then mix it with the whites of four small eggs and a quarter of a pound of castor sugar, a very little cherry red to brighten the colour, and one teaspoonful of Kirsch syrup ; then, when well mixed together, have some foolscap paper oiled or greased with clarified butter, and place the mixture on it in any shapes you please ; dust over with icing sugar, and dry in a moderate oven till quite crisp. These will keep well in a dry place in a box.

### Cake à la Trouville.

(*Gâteau à la Trouville.*)

Prepare a sponge mixture, as follows :—To four ounces of castor sugar add four eggs ; heat over boiling water until lukewarm, then remove and whip till cold and stiff, and add, by degrees, three ounces of fine flour that has been passed through the sieve ; have a melon mould rubbed over well with cold butter and dusted over with sifted flour and put in the mixture ; put a band of buttered paper round and place it in a moderate oven for about thirty-five to forty minutes ; when the



cake looks a pretty golden colour, put a piece of paper over the top, and care must also be taken to prevent the bottom of the cake getting discoloured, say by placing an extra baking tin under it. When the cake is cooked turn it out, and when cool scoop out the inside of the cake and rest it in a basin or mould, nearly fill up the hollow with apricot or any other fruit purée, cut the bottom slice off the piece scooped out of the cake and fix this over the purée to keep it in when the cake is turned over ; glaze all over with coffee glaze, and when cold dish on a border of vanilla cream iced (prepared as below) ;

when the glaze is set, make little incisions all over, and put in them shredded pistachio, dried cherries, and almonds.

*Vanilla Cream Iced for Border.*—Freeze one and a half pints of single cream, flavoured with vanilla and sweetened with four ounces of castor sugar, then put it in a border mould large enough to rest the cake on, and stand it in the ice cave for about one and a half hours; when sufficiently set turn out on a dish-paper on the dish it is to be served on, and on this place the cake, and serve.

### Apricots à l'Américaine.

(*Abricots à l'Américaine.*)

Fry till a pretty golden colour, in clarified butter, some cut-out rounds of French roll about a quarter of an inch thick; drain them and sprinkle them with icing sugar, and put them on a baking tin in the oven to glaze; put on each of these croûtons the half of a hot cooked apricot; the tinned fruit made hot will do for this; arrange *en couronne* round the dish on which they are to be served, and pour a custard as in Peaches à la Crème round the dish.

### Apricot Soufflé with Aubois Sauce.

(*Soufflé d'Abricots au Sauce Aubois.*)

Take two ounces of fine flour, two ounces of butter, four raw yolks of eggs, a quarter of a pound of castor sugar, a saltspoonful of essence of vanilla, a saltspoonful of Marshall's apricot yellow, two tablespoonfuls of syrup from a tin of apricots, and mix these ingredients with half a pint of milk, and stir the whole over the fire till it boils, then mix in the contents of a small tin of apricots cut up in little squares, two ounces of finely chopped almonds, and six whites of eggs which have been whipped stiff, with a pinch of salt. Take a buttered soufflé tin, size No. 2, and surround it with a buttered paper so that the paper stands three inches above the edge of the mould, tie the paper with a little string, pour the above mixture into the tin, and bake in the oven for three quarters of an hour. When the soufflé has been in the oven for twenty-five minutes, dust it over with icing sugar, so that it will be glazed when finished. When cooked remove the

paper and wrap a napkin round the tin, or put it into a silver soufflé dish, if you have one. Serve immediately with iced Auboise sauce in a sauceboat.

### Stewed Pears with Vanilla Cream.

*(Compote de Poires au Crème Vanille.)*

Peel the stewing pears and put them in the stewpan with enough cold water to cover them, add twelve ounces of sugar to each quart of water, a little piece of stick cinnamon, a little lemon peel, and a few drops of Marshall's liquid carmine; cook for two and a half hours, gently simmering, take them up, and let them cool; reduce the syrup in which they were cooked to the consistence of single cream. When the pears are cold, stamp out the cores with a long vegetable cutter, and fill up the centres with stiffly whipped cream flavoured with vanilla and sweetened, using a forcing bag and rose pipe for the purpose; sprinkle them with finely shredded blanched sweet almonds or pistachios; dish up and pour the syrup round them. This is a nice luncheon or dinner sweet.

### Stewed Prunes.

*(Compote de Pruneaux.)*

Into a saucepan put three quarters of a pound of French plums, a quarter of a pound of loaf sugar, three quarters of a pint of claret, and a little piece of stick cinnamon and lemon peel tied together, and cook for about three quarters of an hour; remove the cinnamon and lemon peel, and reduce till the syrup is about the consistency of thick cream. Use when cold.

### Strawberry Soufflé à la Parisienne.

*(Soufflé de Fraises à la Parisienne.)*

Take three quarters of a pint of fresh strawberry pulp that has been rubbed through a sieve or tammy, then mix it with two and a half ounces of finely sifted flour, two ounces of butter, one gill of cream, three quarters of a pound of castor sugar, a few drops of essence of vanilla, and enough liquid carmine to make it a pretty red colour, and four raw yolks of eggs; stir together over the fire till the mixture boils, then

add three quarters of a pound of sliced ripe strawberries and six whites of eggs that are whipped stiff, with a pinch of salt, pour the mixture into a soufflé tin or pie dish, place a band of buttered paper round the tin or dish, and bake in the oven for about forty minutes; when it has been in the oven about twenty minutes dust it over with icing sugar; when cooked, remove the paper, place a folded napkin round the dish, and serve it on a hot dish with a purée of iced strawberries handed in a sauceboat or glass, for dinner or luncheon.

*Iced Strawberry Purée.*—Pound together one pound of strawberries, half a pound of castor sugar, the juice of one lemon, and a few drops of Marshall's liquid carmine, rub through a tammy, and stand on ice till wanted for use.

### Compote of Strawberries.

(*Compote de Fraises.*)

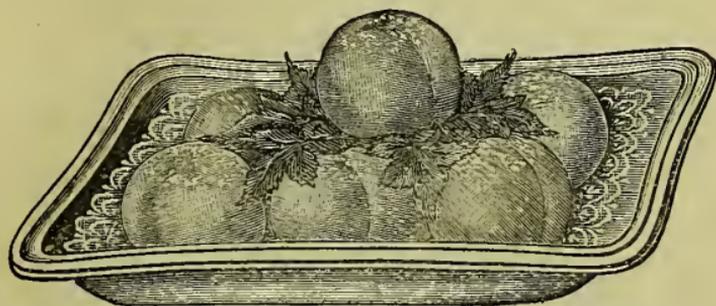
Pick the stalks from the strawberries, then put them in a thick syrup made as in recipe for Savarin flavoured with a little maraschino (or any other nice flavouring); colour the syrup with a little carmine, and serve in a glass dish with a little whipped cream or any nice little fancy cakes.

### Peaches à l'Australienne.

(*Pêches à l'Australienne.*)

Prepare a Florence paste as below and line some well oiled half-peach moulds about a quarter of an inch thick with it, trim the edges evenly, cutting them round with a knife, and leave the paste in the moulds until it is cold, then loosen it round the edge by means of a pointed knife, and turn it out. Have some stiffly whipped cream, flavour it with vanilla and sweeten slightly, put it into a forcing bag with a plain pipe, and force about a teaspoonful into each half of the peach shapes, place on the cream half of a small cooked or raw ripe skinned peach (or apricot, if liked). Have some Royal icing coloured with a little of Marshall's liquid carmine, making it as near as possible the colour of the Florence paste, then put it into a forcing bag with a plain pipe and force a little border of it out on to the edges of one half of the peach shapes, then put the halves of the peaches together so as to form a

whole peach, and leave them to dry for about fifteen to twenty minutes; place them on a pastry rack, and glaze them over with maraschino glaze; when the glaze is dry lightly brush over with a little powdered carmine, and dust over with a little castor or icing sugar; then dish them up on a dish-paper, garnish with natural or artificial leaves, and serve for



a dinner sweet or for any cold collation. Custard may be handed in a separate dish or sauceboat.

*Florence Paste.*—Take half a pound of blanched and finely chopped almonds, put them into a stewpan with half a pound of castor sugar, three tablespoonfuls of brandy or any liqueur, the juice of one large lemon, and a teaspoonful of Marshall's liquid carmine; stir this all together over the fire for seven or eight minutes, keeping the mixture stirred all the time, then use at once while hot.

### Little Nougats with Cream.

*(Petits Nougats à la Crème.)*

Put half a pound of almonds in a saucepan with enough cold water to cover them, and stand the pan on the stove and allow it to come to the boil; then strain off the water and wash the almonds in cold water, and then put them in a cloth and rub them all well together to take off the skins; split the almonds in halves and then shred them in very fine lengths; put them on a baking sheet and bake them a very pale golden colour, keeping them well turned and moved. Put half a pound of castor sugar in a stewpan with two tablespoonfuls of lemon juice, boil together till a pretty golden colour, then mix in half a pound of the prepared almonds; just boil up, mixing them well together, then mould as soon as possible as below.

These may be filled with whipped cream mixed with a little purée of fresh fruits and garnished round the edge with the halves of dried cherries or little pieces of dried fruit. Dish on a napkin or dish-paper, serve for a sweet for dinner, luncheon, supper, &c. These little cases can also be served with a compote of fruits or with custard or ice. They will keep some days if put away in a dry place; it is best to keep them in a box with a pastry drainer on the bottom.



*To Mould the Nougat.*—Take some dariol moulds and oil them well; put a small quantity of the nougat on an oiled slab and beat it out with the palette knife, taking care not to break the almonds more than possible, line the moulds with the paste as thinly as you can, trim the edges, take a small knife and loosen the nougat from the mould and remove them; let them get cold, then use as above. They may also be filled with whipped cream, sweetened vanilla, or any flavouring you please.

### Walnuts in Nougat à la Crème.

*(Noix en Nougat à la Crème.)*

Take the little walnut moulds, oil them both sides and then put in each half a thin layer of nougat, prepared as in the foregoing recipe by chopping them up fine instead of shredding them, pressing it to the shape of the mould; when this is cool, remove and fill one half of the case with whipped cream sweetened with two ounces of castor sugar to half a pint of the cream, and flavoured with eight drops of essence of vanilla; and, in the other half, place half a skinned walnut that has been glazed over with coffee icing; join the two halves together with a little Royal icing, using a bag

with a plain pipe for the purpose; when this is set, glaze over with pale coffee icing and let this set; then put each nougat



in a little fancy paper case and arrange on the dish as in the engraving. Serve for a sweet for dinner or for a cold collation or for dessert.

### Little Caramel Puddings.

(*Petites Crèmes au Caramel.*)

Make a custard with two ounces of castor sugar, three whole eggs, about six drops of essence of vanilla, and half a pint of single cream or milk; mix well together and strain. Have about eight small plain darioles, and divide the juice of one lemon and two ounces of castor sugar between them; stand them on the stove till the sugar gets a deep golden colour (caramel), then turn the moulds round and round to make the caramel cover all round the sides of them; dip the outside of the moulds in cold water to set the caramel, then pour in the custard; steam till firm; turn out and serve either hot or cold.

### Meringues with Vanilla Cream.

(*Meringues à la Crème Vanille.*)

Put the whites of four fresh eggs into a clean bowl or stewpan with a tiny pinch of salt, and whip them till quite stiff; mix in quickly half a pound of castor sugar with a wooden spoon. The mixture must be only lightly worked after the sugar is added. Warm a baking tin, and rub it over with a piece of white wax, and then put the mixture out on the tin with a bag and plain pipe, in quantity about the

size of a crown piece. Dredge them over with icing sugar, and put into a very moderately heated oven for two or three hours, letting them bake a nice fawn colour. When they are dry remove them from the tin, and when cold serve with cream on each, or place them on a pile of the cream. Prepare the cream as in the foregoing recipe.

### Savarin with Liquid Sunshine Rum.

*(Savarin au Rhum Liquid Sunshine.)*

Pass one pound of fine flour through a wire sieve, and put about a quarter part of the flour into a small basin; mix one ounce of German yeast and a pinch of salt into a quarter of a pint of tepid milk and water, and work it into the quarter part of the flour into a little round ball, and cut a cross on the top; then with the remaining flour make a little well in a basin, stand the dough in this and draw the flour over it, cover the basin over with a cloth, and leave it in or on the screen for about fifteen to twenty minutes till the dough has well broken through the flour; put all out of the pan on to the table or slab, break into it seven small whole eggs, add ten ounces of good butter and two ounces of castor sugar; mix all together and work it well for twenty minutes, cutting the paste well between the fingers, and working it lightly and quickly by drawing it up and casting it back, making a sort of circular motion with the hands to and from you; when the paste is ready it will leave the hands perfectly clear; then mix into it a quarter of a pound of finely shredded almonds; have the moulds for the savarins well buttered with cold butter, and sprinkled over with some finely shredded almonds; half fill the moulds with the mixture, place a band of well buttered paper round each, standing about as high again as the mould, tie or stick the paper with a little of the same paste; if using a mould with a pipe peel a potato or a carrot and cut it to fit the pipe, roll this in a little band of buttered paper and put it to stand up in the pipe to prevent the mixture as it rises from running down the pipe; stand the mould on a baking tin, and let the savarin rise in the screen; when the mixture has well risen and is of a very light appearance, put it into a rather quick oven and bake till a pretty golden colour; remove the papers &c., turn out and stand on a pastry rack, pour the boiling syrup prepared as

below over it, and when well soaked serve hot or cold. This can be served plain or with whipped and lightly sweetened cream flavoured with any nice essence or with a purée of fruit. This quantity will make three good sized savarins, each being enough for about six persons if well made.

*Syrup for Savarin.*—Twelve ounces of loaf sugar, one and a half pints of water; boil down to half the quantity, then add one large wineglass of Liquid Sunshine rum, and use.

### Baba with Fruits.

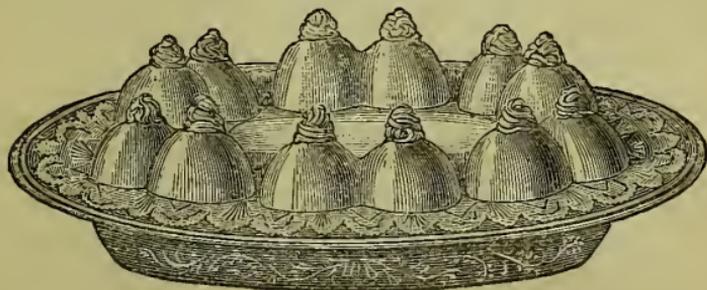
(*Baba aux Fruits.*)

Prepare the paste with one pound of flour and other ingredients as in the foregoing recipe, colour it with a little saffron or apricot yellow, and when it leaves the hands clear while working, mix in about six ounces of various dried fruits; place it in buttered moulds, let it rise well, and then bake in a moderate oven for rather better than half an hour. Soak in syrup flavoured well with rum. Serve with apricot sauce over and round the base.

### Siamese Twins.

(*Jumeaux Siamois.*)

Prepare some choux paste (see Recipe) and put it into a forcing bag with a plain pipe; force it out into two rounds each about the size of a walnut, join the two together, brush over with whole beaten up egg, and bake in a moderate oven



for about half an hour; they should then be a pretty golden colour. When baked put them aside till cold, then glaze over with maraschino glaze, when this is set, put some cream prepared as below into a forcing bag with a small rose pipe

and force a little rose shape on the top of each ball as in the engraving. Dish up on a dish-paper or napkin and serve for dinner or luncheon sweet, or for any cold collation.

*Maraschino Glace for Siamese Twins.*—To three quarters of a pound of Marshall's icing sugar add two tablespoonfuls of maraschino syrup, one tablespoonful of warm water, and six or eight drops of sap green; mix together, just warm over the stove and use at once.

*Cream for Siamese Twins.*—Whip till quite stiff half a pint of cream and sweeten it with two ounces of castor sugar, then add a few drops of essence of vanilla and six or eight drops of carmine; after this is added draw a fork through the cream, which will give it a marbled appearance and make a very pretty effect.

### Custard with Fruit.

(*Crème aux Fruits.*)

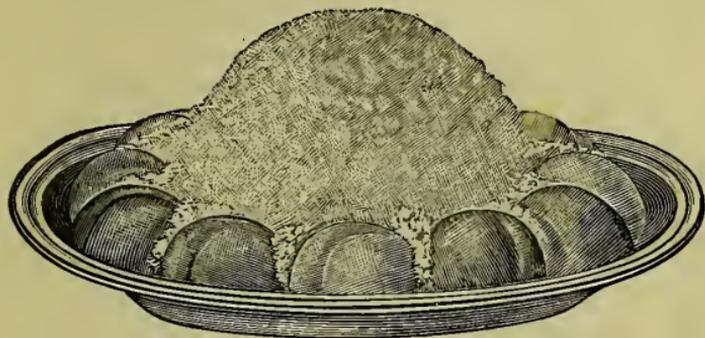
Boil one pint of milk with a quarter of a pound of loaf sugar, two bayleaves, and a small piece of lemon peel, for about five minutes; stir two tablespoonfuls of Brown and Polson's cornflour into a quarter of a pint of cold milk, add it to the boiled milk and let it boil for two or three minutes. Have ready in a basin six or eight raw yolks of eggs beaten up, and pour upon them the hot mixture, stirring well together; return all to the saucepan, and stir over the fire till it thickens. Do not let it boil or it will curdle. Strain into a dish or glasses and serve cold. Sprinkle a little coloured sugar on the top or crushed ratafia biscuits. This is nice for serving with fruit tarts or with stewed fruit hot or cold.

### Peaches à la Crème.

(*Pêches à la Crème.*)

Put four whole eggs into a stewpan with the finely-chopped peel of a lemon and four ounces of castor sugar, whip together over boiling water till just warm, then take off and whip till cold and like thick cream, and mix into it by degrees three ounces of fine flour that has been passed through a sieve and just warmed in the screen; butter some peach tins with warm butter, and dust them over with castor sugar and fine flour mixed together in equal quantities, put the mixture prepared

as above into the moulds to about half their depth, and bake in a moderate oven for about fifteen minutes; after this leave the cakes in the moulds for a few minutes before turning out, when turned out lightly brush over with a little carmine pow-



der, and then dust them over with very fine castor sugar, completely coating them; pour some custard into the dish the peaches are to be served on, lightly sprinkle the peaches on the underside with a little sherry or brandy, and dish them on the custard as shown in the engraving, then fill up the centre with Snow Cream in a pile, sprinkle the cream here and there with coloured sugar or chopped pistachio nuts, and serve.

### Cornets with Cream.

(*Cornets à la Crème.*)

Mix together into a paste four ounces of finely chopped almonds, two ounces of fine flour, two ounces of castor sugar, one large raw egg, a pinch of salt, and a tablespoonful of orange flower water. Put one or two baking tins into the oven, and when they are quite hot rub them over with white wax and let the tins get cool; then spread the paste smoothly and thinly over the tins (say, one tenth of an inch thick) and bake in the oven for three or four minutes; take out the tins and quickly stamp out the paste with a plain round cutter about two and a half to three inches in diameter, and immediately wrap these rounds of paste on the outside of the cornet tins which have been lightly oiled inside and out, pressing the edges well together so that the paste takes the shape of the cornet; then remove the paste and slip it inside the tin and put another one of the tins inside the paste so that it is

kept in shape between the two tins ; place them in a moderate oven and let them remain till quite crisp and dry ; take them out and remove the tins ; these can be kept any length of time in a tin box in a dry place. Ornament the edges with a little Royal icing by means of a bag and pipe, and then dip the icing into different coloured sugars ; fill them with whipped cream sweetened and flavoured with vanilla, using a forcing bag and pipe for the purpose, and arrange them in a pile on a dish-paper or napkin. These cornets can also be filled with any cream or water ice, or set custard or fruits, and served for a dinner, luncheon, or supper dish.

### Nantes Cake.

(*Gâteau de Nantes.*)

Make one pound of puff paste, roll it out into a large sheet, and then cut it in three or four pieces about the size of a dinner plate, wet each piece, place them one on top of the other on a wet baking tin, and then cut it out in a round about six inches in diameter. This can be done by placing a plate of the desired size on the top of the paste and cutting it round with a knife ; take a smaller sized plain round cutter, and cut through two of the layers of paste, leaving about two inches of the paste as a border ; leave the two bottom layers uncut, remove the cut out centres of the top layers, and brush over the edges and top of the paste with whole beaten up egg ; cut out with a little knife any pretty design round the edge. Prepare an almond paste and put it in the centre of the paste, put it in a moderate oven to cook for about five minutes, then open the oven door, and dust the cake over with icing sugar by means of a dredger, and let it continue cooking for about half an hour, then take out of the oven, pour a little Royal icing on the top of the almond mixture, replace the cake in the oven, and let it cook for about ten to fifteen minutes until the icing is a pretty fawn colour, then take up, dish on a paper or napkin, and serve for a sweet for dinner or luncheon, or for a supper dish.

*Almond Mixture for centre of Gâteau de Nantes.*—Have a pound of finely chopped blanched almonds, two ounces of good butter, two ounces of castor sugar, two ounces of finely cut or grated vanilla chocolate, six or eight drops of vanilla essence, and two raw yolks of eggs ; mix all these ingredients into a smooth paste and use.

**Timbale à la Maltoise.***(Timbale à la Maltoise.)*

Work one pound of butter to a cream with half a pound of finely chopped almonds that are baked a nice golden colour, add a teaspoonful of essence of vanilla, then mix into it one pound of castor sugar; work this for about ten minutes, and add a quarter of a pound of rice cream, eleven eggs by degrees, and eight ounces of fine flour that has been passed through the sieve; work the paste again with the flour for ten minutes, then divide into three parts, colour one part with carmine, one with a tablespoonful of finely grated chocolate and about a saltspoonful of coffee brown, and leave the remaining one uncoloured. Put the paste to bake in plain moulds that are papered and buttered, in a moderate oven for about half an hour, then cut out in rings and arrange the colours alternately, joining the rings together with a little apricot jam till the timbale is complete; trim it and glaze with chocolate glace. Ornament with pale green icing and violet leaves. Serve with vanilla cream in the centre and a macedoine of iced fruits in a separate dish.

**Melon à l'Impératrice.***(Melon à l'Impératrice.)*

Take half a pound of butter, half a pound of baked almonds chopped fine, six ounces of rice cream (*crème de riz*), two



saltspoonfuls of Marshall's apple green, six whole eggs, four ounces of castor sugar, two saltspoonfuls of essence of vanilla;

work the butter till like a cream, then add the rice cream, sugar, colouring, and the eggs by degrees, and finally the almonds, and work all together for about fifteen minutes. Butter and flour the two halves of the melon mould, and half fill them with the above paste, bake for about half to three quarters of an hour in a moderate oven; turn the cakes out of the mould; when they are cool trim them off evenly, so that when put together they will form a ball; scoop out the centres and fill the spaces with apricot or strawberry jam and whipped cream, sweetened and flavoured with vanilla; place the two parts together, glaze the cake with noyau or maraschino glaze coloured with a little apple green, dish on a border of nougat on a paper, garnish with leaves, and serve.

### Brioche.

(*Brioche.*)

Take one pound of flour, ten ounces of butter, one ounce of German yeast, a teaspoonful of salt, a tablespoonful of sugar, seven whole eggs. Mix the yeast in about five tablespoonfuls of warm milk and water, and with it make a quarter of the flour into a paste. Place the other flour in the pan and the paste in the centre, first cutting it round with the knife, then cover it over with a cloth and let it stand in a warm place to rise a little; put it out on the slab and well work in the eggs, and after it leaves the hand clear, work in the butter and put it to rise again for five minutes in a cool place. It should always be made thus far over night and finished in the morning, as it really requires twelve hours' standing. Make it into a round ball, bake in a plain round Charlotte mould or in small moulds in a moderate oven. A large brioche will require about one and a half hours to cook. If intended for a sweet it may have mixed with it some dried cherries, citron, lemon, and orange peel, or any other nice fruits, say about six ounces altogether, cut in dice shapes. Any kind of preserve may be sent to table with it as a compote.

### Little Puddings à la Grande Belle.

(*Petits Poudings à la Grande Belle.*)

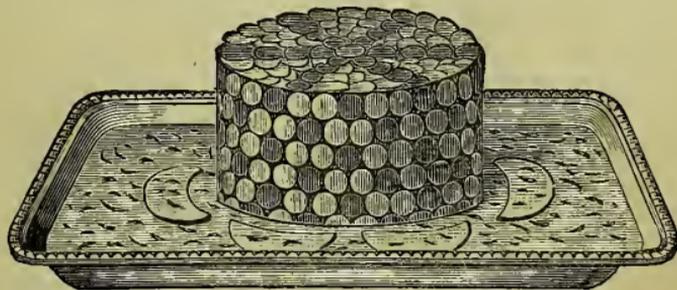
Take some small dariol moulds and butter them well with cold butter, then sprinkle the bottoms with shredded pistachio

nuts and the sides with little shreds of mixed peel cut up in the same way; partly fill up the moulds with freshly made brown breadcrumbs, then prepare a custard with three whole eggs mixed with half a pint of single cream, one tablespoonful of maraschino syrup, one and a half ounces of castor sugar, and a pinch of ground cinnamon, which will be sufficient for eight medium sized moulds; mix up well together and strain into the moulds, which should stand in a stewpan with a piece of paper underneath them, and add boiling water to about three parts their height; watch the water re-boil, then draw the pan to the side of the stove, and steam for three quarters of an hour; turn out and serve hot or cold with an apple purée round the base.

### Pineapple Pudding.

(*Pouding aux Ananas.*)

Put one and a half gills of new milk in a pan with half a stick of vanilla pod to infuse for about twenty minutes, standing the pan in the bain marie; mix a quarter of a pound of warm butter, a quarter of a pound of fine flour, and a quarter



of a pound of castor sugar in a stewpan, and add the prepared milk to it, stir over the fire till it boils, turn into a basin and let it cool, then mix into it three raw yolks of eggs, and work well together for seven or eight minutes, and add two and a half whipped whites of egg and two tablespoonfuls of cut pineapple. Have a plain mould well buttered and papered with foolscap paper buttered on both sides, and ornament it all over with pineapple and angelica that are cut with a plain round cutter about the size of a sixpenny piece; pour the mixture into the mould and steam for sixty to eighty minutes; then turn out, remove the paper and serve iced Audois sauce round it, and some of it in a boat; garnish the dish with pieces of pineapple round, and sprinkle over it a little shredded pistachio.

### pudding à la St. George.

(*Pouding à la St. George.*)

Put a quarter of a pound of butter, with the peel of a lemon chopped fine, into a basin and work it till like a cream, then add a quarter of a pound of castor sugar and work for about five minutes; add five ounces of sponge or vanilla biscuit crumbs and one ounce of fine flour that has been sifted, work these for about five minutes and add by degrees three raw yolks of eggs and four ounces of beef suet chopped fine, half a wineglass of brandy and the same of maraschino, two or three crystallised or preserved apricots cut up in fine slices, and three stiffly whipped whites of egg. Have a mould well buttered and papered with a buttered paper, ornament the mould with dried cherries and apricots and blanched and shredded pistachio nuts in any pretty design; then put in the prepared pudding mixture, and steam for two hours and a half. When cooked, turn out carefully, remove the paper and serve the sauce as below round the dish, and iced apricots, cherries, raspberries, or currants if in season, or bunches of dried cherries if fresh fruit is not in season. The fresh fruit should be mixed with a little castor sugar and put on ice till wanted.

*Sauce for Pudding à la St. George.*—Take two tablespoonfuls of apricot jam, two wineglasses of Marshall's maraschino syrup, two wineglasses of the syrup from the preserved apricots, or plain syrup if crystallised apricots have been used, and a saltspoonful of apricot yellow; boil up all together, rub through the sieve or tammy, and keep on ice till wanted, then pour round the dish and serve.

### Little Cranberry and Apple Puddings.

(*Petits Poudings de Canneberges et Pommes.*)

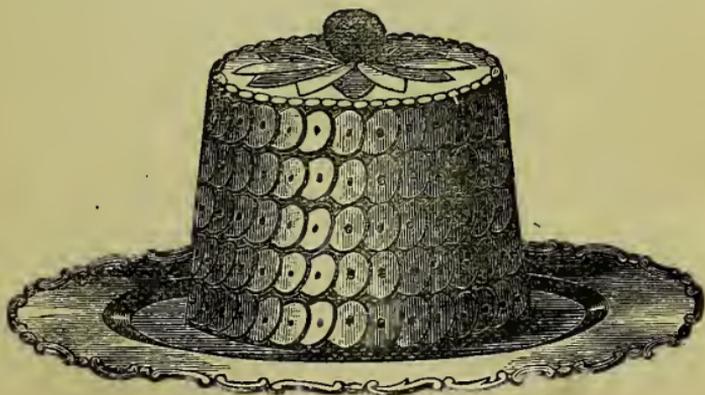
Pick the cranberries, wash them well, and let them drain on a hair sieve till wanted. Cut up into a stewpau about one pound of good cooking apples, add two ounces of castor sugar, half a pod of vanilla split, quarter of a pint of water, and cook to a pulp, then rub it through a sieve. Take a quarter of a pound of good beef suet finely chopped, half a pound of fine flour, a pinch of salt, and mix into a stiff paste with cold water; roll it out to about a quarter of an inch thick, and

neatly line some little dariole moulds with it, having first well buttered the moulds and masked over the butter with brown sugar; spread the apple purée all over the inside of the paste, fill up the darioles with the cranberries, and put into each a good teaspoonful of castor sugar and a teaspoonful of water; cover over the tops with a layer of the paste, tie a little piece of cloth over each mould, put them into a saucepan with boiling water, and let them boil for one and a quarter hours. Take them up, remove the cloths, run a little knife round the edges, turn them out on to a very hot dish, and serve with Devonshire or whipped cream. Reckon one for each person.

### Apples à la Princesse Maude.

(*Pommes à la Princesse Maude.*)

Peel one and a half pounds of good cooking apples, cut them up and cook them in three quarters of a pint of water with four to six ounces of loaf sugar, according to the sweetness of the apples, two bayleaves, and the finely cut peel of one lemon; when the apples are perfectly soft dissolve with them three quarters of an ounce of Marshall's Finest Leaf Gelatine, and pass the whole through the tammy; divide the



purée into two parts, and redden one of them with liquid carmine and whiten the other with a little thick cream, and put them into separate saucepans to about a quarter of an inch thick, and let them set; put the pans on broken ice if you have any; when the purée is set, cut out in rounds with a plain cutter about the size of a shilling for ornamenting round the mould, and in leaf shapes for the bottom of the

mould, and in the centre of each of the rounds set a little round of angelica with a little liquid jelly. Line a plain Charlotte mould with lemon jelly to about one eighth of an inch thick, set the cut leaves of apple purée regularly on the bottom of the mould with the stalk ends at the centre, and the rounds regularly round the side of the mould in alternate colours, fix these in their places with a little more of the lemon jelly, and fill up the centre with the following cream, viz. :—Separately dissolve the odds and ends of the cuttings of the purée with two tablespoonfuls of lemon jelly, and let them stand till somewhat cool, then add to each a quarter of a pint of thickly whipped cream, and pour them into the mould in alternate layers, and put to set on broken ice if you have any; when required turn out on a dish; place on the top a ball of stiffly whipped cream sweetened and flavoured with vanilla essence, and lightly sprinkle with a little chopped pistachio nuts.

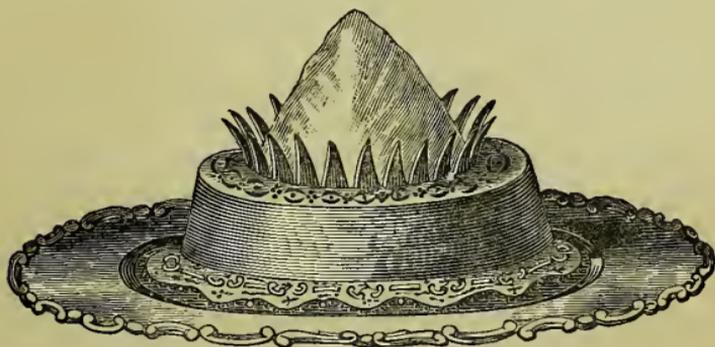
### pudding à la Louise.

(*Pouding à la Louise.*)

Take a plain round mould, butter it well, and put a well buttered paper round inside. Have some glacé cherries and cut each in four or five slices; line the mould all over with these, pressing each slice on to the paper as you put them in. When the mould is lined all over fill it with broken vanilla or sponge cakes; then prepare a custard by breaking three and a half whole eggs in a basin (for a half pint mould) and mixing with them one and a half ounces of castor sugar, one tablespoonful of orange flower water, and one and a half gills of milk or cream; mix up all together with the whisk, add a few drops of vanilla or any other essence you may like to use, then strain this into the prepared mould and put it into a stewpan containing boiling water to half the depth of the mould; watch the water re-boil, then let the pan stand with the lid on on the side of the stove for about three quarters of an hour to steam. Turn out on to the dish, remove the paper, and have some stiffly whipped cream, sweetened and flavoured with vanilla and coloured with a little carmine, and put it round the pudding, using a forcing bag and rose pipe to form roses or leaves. Sprinkle with shredded and blanched pistachio, and Linton's desiccated cocoanut, and serve hot or cold.

**Rice à la Parisienne.***(Riz à la Parisienne.)*

Take a deep plain border mould, line the top with dried cherries and angelica, cut each cherry in four or six slices, and with the finger form them into a half-moon shape; stamp out little rounds of angelica with a small round cutter, or cut it with a knife into diamond shapes; set the fruit with a little lemon jelly; also line the mould round the sides with the same jelly. If the mould is to be enough for eight persons, put three ounces of Carolina rice to blanch in cold water; when it comes to the boil strain off and wash it in cold water; put it to cook in a pint of new milk, with one bayleaf and a piece of cinnamon about one inch in length, and four ounces



of loaf or castor sugar; cook gently on the side of the stove until the rice has become quite tender and the milk reduced to about a quarter of a pint, and while the rice is quite hot dissolve in it rather better than a quarter of an ounce of Marshall's gelatine; if more flavour is liked, about six drops of essence of vanilla or a little vanilla sugar may be used; put it out in a basin, and whilst it is cooling add half a pint of whipped cream, and mix well together; put it into the prepared mould; let it set, and when firm dip in warm water; and turn out on a dish; place a compote of any kind of fruit in the centre, cover the fruit over with lightly sweetened whipped cream; garnish with cut angelica or dried cherries all round between the rice and the cream.

### Light Bread Pudding with Cherries.

*(Pouding de Pain aux Cerises.)*

Boil half a pint of new milk, then mix into it two ounces of freshly made breadcrumbs, a strip of thinly cut lemon peel and one ounce of butter; boil for about ten minutes. Beat up two whole eggs, add three ounces of castor sugar and half a pint of milk; mix well together into the boiling milk and breadcrumbs, pour into a buttered pie dish, sprinkle it with two ounces of dried cherries cut in shreds, put a few little bits of butter on the top, and bake in a moderate oven till a pretty golden colour.

### Apple Tart.

*(Tarte de Pommes.)*

Peel and cut the apples up in fine slices, fill the dish with them, sprinkle them with a little very finely chopped lemon peel, and cover with moist sugar; put a little water in the dish, cover with tart paste, ornament the edge of the paste with a paste jagger or knife, brush it over with a little cold water and sprinkle it with about two ounces of rather roughly crushed loaf sugar; cook in a moderate oven for about half or three quarters of an hour till the fruit boils, which you can tell by the juice oozing through the paste; should the pie not be cooked when the paste is a pale golden colour, cover it all over with wetted paper to prevent it becoming too brown. The fruit should be put high in the dish to give the tart a good appearance. Serve hot or cold.

### Plum Pudding.

*(Pouding aux Raisins à l'Anglaise.)*

Ingredients: One and a quarter pounds of chopped beef suet, three quarters of a pound of freshly made white breadcrumbs, six ounces of flour, a quarter of a pound of Brown and Polson's cornflour, three quarters of a pound of stoned raisins, a quarter of a pound of chopped almonds, three quarters of a pound of currants washed and dried, three quarters of a pound of sultanas, one pound of chopped apples, half a pound of chopped mixed peel, one pound of moist sugar, the juice of two lemons, the peel of two lemons cut fine and

chopped, one nutmeg grated, half a pint of milk, six whole eggs, and two ounces of Borwick's baking powder.

Mix these ingredients well together in a basin, then tie them up tightly in a clean pudding cloth that is dusted over with flour and brown sugar, put it into boiling water, and boil for about twelve hours. The pudding may also be boiled in a basin, in which case the basin should be buttered and then dusted over inside with Demerara sugar, and the ingredients put in and a cloth tied over. When the pudding is cooked, turn it out, dust it over with a little castor sugar, and serve brandy or Liquid Sunshine rum butter with it.

*Plum Pudding (richer).*—Ingredients: One and a half pounds of chopped beef suet, half a pound of freshly made white breadcrumbs, three quarters of a pound of dried cherries, six ounces of fine flour, one pound of stoned raisins chopped, one pound of picked sultanas, one pound of currants washed and dried, half a pound of Valencia almonds chopped, one pound of moist sugar, one pound of mixed peel chopped, one and a half pounds of chopped apples, a quarter of a pound of cornflour, ten eggs, the juice and chopped peel of four lemons, one grated nutmeg, two ounces of Borwick's baking powder, one wineglass of brandy, a wineglass of Liquid Sunshine rum, a quarter of a pint of milk, and a saltspoonful of salt.

Mix, cook in a mould, basin, or cloth, and serve as in previous recipe.

### Mince Pies.

Ingredients for mincemeat:—One and a half pounds of lean underdone roast beef, two pounds of beef suet, one pound of stoned raisins, one pound of picked sultanas, one and a half pounds of apples, one and a half pounds of pears, one pound of mixed peel, three quarters of a pound of blanched and chopped Valencia almonds, the thin peel of two oranges and two lemons. All the before-mentioned ingredients are to be chopped and then mixed with one pound of well washed and dried currants, a quarter of an ounce of mixed powdered spice, the juice from the lemons and oranges, one and a half pounds of Demerara sugar, half a pint of brandy, half a pint of sherry, half a pint of port, one wineglassful each of Marshall's Marshino syrup and Noyeau syrup, and a quarter of a pint of Liquid Sunshine rum.

Make some puff paste, roll it out a quarter of an inch thick, and line some little plain or fancy pattypanns with it ;

place a teaspoonful or dessertspoonful, or more, of mincemeat in each, according to its size, wet the edges of the paste and cover the mincemeat over with more paste; brush over the top with beaten up whole egg, and put them in a quick oven for about five minutes, then take them out, dust them over with icing sugar to glaze them, and put them back to bake for fifteen to twenty minutes. Dish up in a pile on a dish-paper or napkin, and serve hot.

### Pancakes Glazed.

#### *Crêpes glacés.*

To make four or five nice pancakes, take one whole egg, one ounce of fine flour, a pinch of very finely chopped lemon peel, or four or five drops of vanilla essence, and three large tablespoonfuls of milk. Mix the egg, flour, and flavouring together till the whole presents a smooth appearance, then add the milk by degrees until the whole is thoroughly well mixed into a batter. Make a clean omelet or frying pan quite hot, and brush the bottom over with warm fat by means of an old paste brush; the fat should be kept in a stewpan on the side of a stove; pour about one and a half to two tablespoonfuls of the batter into the pan, and turn it about till the batter spreads over the bottom like a thin wafer, and fry over a brisk fire on both sides till the pancake is a pretty golden brown. When one side is done, the pancake can be turned by giving the pan a jerk and a toss. The pancakes can be made in rapid succession when the pan is hot. As each pancake is done, turn it on to a hot baking tin, and dredge it over with castor, vanilla, or lemon sugar, roll it up like a scroll, and keep it on a tin at the mouth of the oven. When sufficient are prepared, dust them all over the outside with icing sugar, and glaze this with a red-hot salamander till it presents a caramel appearance. Dish them up on a paper on a hot dish, and serve quarters of lemon, or a lemon cut like a basket, in the centre of each dish, with the pancakes arranged around. These pancakes may be masked with jam if desired.

### Seed Cake.

Take one pound of fine flour, mix it with three ounces of rice cream (*crème de riz*) or ground rice, rub this through a

sieve, and put it to warm ; work one pound of good butter in a basin till quite white and like cream, add a pinch of ground cinnamon, the same of ground or grated nutmeg, and two ounces of caraway seeds ; work into this one pound of castor sugar, add by degrees the raw yolks of nine eggs, and work together for about ten or twelve minutes ; whip the whites of the nine eggs with a pinch of salt till quite stiff, and add this and the mixture of flour and rice to the other ingredients. Brush the moulds for the cake over with warm butter, paper them, and butter this over ; put in the mixture, and bake in a moderate oven for about one hour. If the paper is kept on these cakes when turned out of the mould, and they are put in a box, they will keep well. The above quantity is sufficient for three medium sized cakes.

### Pound Cake.

Take one pound of butter and the peel of a lemon chopped fine and work it to a creamy consistency, then add one pound of castor sugar and work these together for ten minutes, add nine raw yolks of eggs and a wineglass of brandy, work these all together for ten minutes more, then mix in a quarter of a pound of stoned raisins, a quarter of a pound of sultanas, a quarter of a pound of dried and well washed currants, a quarter of a pound of cherries cut up in little square pieces, and a quarter of a pound of mixed peel cut up small, and a quarter of a pound of finely chopped almonds. Whip the nine whites of eggs till quite stiff with a pinch of salt, and then mix them into the other ingredients with one pound of fine flour that has been warmed and passed through a sieve, mixing the flour and whites by degrees. Have a cake tin buttered and papered, put the mixture into it and bake in a very moderate oven for about two and a half hours, or it can be put into small tins if liked, and baked for one and a half hours. If these cakes are turned out and the paper left on them they will keep for some weeks. They can be masked with almond icing if liked, and when this is dry iced over with Royal icing and ornamented with the same icing if wished.

### Sponge Cake.

Take eight raw eggs and divide the yolks from the whites, put the yolks into a basin with the finely chopped peel of a

lemon or a few drops of essence of vanilla, and work them for about ten or twelve minutes; then add twelve ounces of castor sugar, and work again quickly for ten or twelve minutes more; whip the eight whites with a little salt till quite stiff; warm eight ounces of fine sifted flour in the screen. Mix by degrees into the worked up yolks the flour and the whipped whites, adding about a tablespoonful of flour and some of the whites at a time; carefully and lightly continue this operation until all the ingredients are mixed. Brush over any nice fancy mould with warm butter, and dust it with castor sugar and fine flour mixed in equal quantities, and half fill it with the mixture; surround it with a buttered paper to stand about two inches above the edge of the mould, and put it into a slow oven; when it has been in the oven for half an hour, place some salt underneath the mould to prevent the bottom of the cake getting discoloured with the heat, and bake for about three quarters of an hour more; remove it from the oven, and let it stand a few minutes before turning it out of the mould. If baked in small tins, such as peach mould tins, they will require about fifteen minutes to cook. The mould, or moulds, should be got ready before adding the whites to the yolks, in order that the mixture may be used immediately it is complete.

### Nuns Cake.

Put ten ounces of butter into a basin with the finely chopped peel of a lemon and a pinch of ground cinnamon, work these either with the hand or with a wooden spoon for ten minutes, then add half a pound of castor sugar and work again until the mixture is quite white, mix in half a pound of fine flour that has been sifted and warmed, work for five or six minutes, then add five raw yolks of eggs and a tablespoonful of Marshall's maraschino or other liqueur syrup, mix well again, and add by degrees a quarter of a pound of Linton Hubbard's Desiccated Cocoanut and five whites of eggs that have been whipped stiff, with a pinch of salt, working the mixture as little as possible after adding the whites. Take some plain charlotte moulds, butter and paper them well, and then dust them over inside with the desiccated cocoanut and put the mixture in the mould. Bake for about three quarters to one hour in a moderate oven till a pretty golden colour. This quantity will make two fair sized cakes. These

are nice for luncheon or tea, and can be used for dessert if baked in a fancy mould.

### Little Chocolate Cakes.

*(Petits Gâteaux au Chocolat.)*

Work half a pound of butter till like a cream, then add two ounces of Fry's chocolate chopped fine, and rubbed through a sieve, and four ounces of sugar, work together for about ten minutes, then mix in four whole eggs and four ounces of fine flour by degrees; work again for about a quarter of an hour, put it in a buttered and papered baking tin that is dusted with flour and castor sugar in equal quantities for about half an hour, then when cold cut in any shape you please. Mask with chocolate glaze and ornament with rough white and pink loaf sugar or almonds coloured, and some with pistachios chopped fine. This mixture can also be baked in any large fancy mould and served for a sweet or dessert.

### Coffee Cakes.

*(Gâteaux au Café.)*

Put in a stewpan four whole eggs, half a tablespoonful of strong coffee or coffee essence, and six ounces of castor sugar, and whip all together over boiling water till just warm; take off and continue the whipping till the mixture is cold and stiff, then add by degrees four ounces of fine flour which have been passed through a sieve and made warm; take any little fancy tins, such as are used for sponge cakes, finger biscuits, &c., and first brush over the insides with warm butter, and then dust them over with a little fine sugar and flour mixed in equal quantities; after the tins have been thus dusted, knock them on the table to remove any superfluous flour and sugar, fill them with the cake mixture and bake for about fifteen minutes and then turn them out. These can be served plain with a little castor sugar dusted over them, or may be glazed with the coffee glaze.

### Little Cakes with Coffee Icing.

*(Petits Gâteaux glacés au Café.)*

Put six ounces of castor sugar into a stewpan with two dessertspoonfuls of strong coffee and four whole eggs; whip

them over boiling water till the mixture is just warm ; remove from the boiling water, and whip till cold and stiff, then mix in lightly four ounces of fine flour that has been passed through the sieve and warmed in the screen ; bake in any little fancy mould for fifteen minutes in a moderate oven ; when cooked, let them stand in the tins for a minute or two before turning them out : they may be glazed over with coffee icing or served plain. These little cakes will keep well in a box. The moulds before being used must be lightly buttered with clarified butter and dusted over with castor sugar and flour mixed together in equal proportions.

### Rice Cake.

(*Gâteau de Riz.*)

Work half a pound of good butter in a basin till of a creamy appearance, then add half a pound of castor sugar, four drops of essence of almonds, and four drops of vanilla, and work all together with the hands or a wooden spoon for about ten minutes, then work in six whole eggs (one at a time) five ounces of fine flour mixed with three ounces of crème de riz or ground rice, working in about a tablespoonful of this with each egg ; it will take about fifteen minutes to work these in properly ; brush over the inside of two pint cake moulds with a little warm butter, and line them with buttered kitchen paper, fill them with the cake mixture, and put them to bake for about an hour in a moderate oven. If the paper is kept on these cakes when turned out of the mould, and they are put in a tin box, they will keep for a week or two. The same mixture can be baked in any little fancy shaped moulds, in which case the buttered paper may be dispensed with, but the mould should be dusted over with a little flour after it is brushed with the warm butter.

### Little Russian Cakes.

(*Petits Gâteaux à la Russe.*)

Put seven ounces of butter in a basin and beat it till of a creamy consistency, add the finely chopped peel of a lemon, six or eight drops of vanilla essence, six ounces of castor sugar, and work together for eight to ten minutes ; then add by degrees six ounces of fine flour which have been passed

through a sieve and three whole eggs, and work again for six or eight minutes, then mix in three ounces of dried cherries that have been shredded and three ounces of Valencia almonds, blanched, skinned, and shredded. Brush over a baking tin or sauté pan with warm butter, and then paper it with buttered kitchen or foolscap paper and pour in the mixture to about one inch thick, and bake it in a moderate oven for about half an hour; when cooked, turn it out on to a pastry rack or sieve and let it get cold; then cut it out in any fancy shapes, and glaze them over with maraschino glaze and ornament them with shredded almonds and shredded pistachio.

This same cake mixture can be baked in any fancy cake mould if preferred.

### Cream Honey Cakes.

Take one pound of fine flour that has been passed through a fine wire sieve, and work it into a quarter of a pound of good butter till smooth; mix it into two ounces of castor sugar, a good pinch of salt, two raw yolks of eggs, one and a half ounces of Borwick's baking powder, and half a pint of cold milk; roll lightly and cut in any fancy shapes, lightly brush them over with sweetened milk, and bake in a moderate oven for about twenty minutes. These can be served plain on a dish-paper for breakfast cakes or with honey poured over.

### Yorkshire Tea Cakes.

Put one pound of fine flour into a basin, and make a well in the centre of it. Mix half an ounce of German yeast with a gill of lukewarm milk; with the yeast and milk mix one well beaten egg and three ounces of good butter that has been dissolved in a gill of warm water; pour this into the well in the basin, and gradually work in about a quarter of a part of the flour till it is a light batter; sprinkle this with a little more of the flour, and let it remain in the centre of the unmixed flour, cover the basin with a cloth, set it in a warm place, let it stand for about one hour, then knead the whole into a light dough; a little more milk can be added if necessary; cut the dough across the top in a cross form, cover the basin again, and leave it for about half an hour to rise; then turn out on the table or slab, and roll it out very lightly about an inch thick, and cut in rounds about three

inches in diameter; place these on a floured baking tin, set them again in the screen to rise for about ten minutes, and bake in a moderate oven for about twenty minutes. These can be served with warm butter poured over or inside them, or split and toasted like muffins, and served very hot. Sultanas, caraway seeds, currants, or mixed peel can be used in them if for tea.

### Jubilee Tea Cakes.

*(Gâteaux à la Jubilé.)*

Put half a gill of cream and half a gill of water into a stewpan with two ounces of fresh butter and one ounce of castor sugar, and let it come to the boil; then mix into it three ounces of very finely chopped almonds; work these well together and let it cook on the side of the stove for about five minutes; put four raw yolks of eggs and a few drops of essence of vanilla into a basin and work it well for about ten minutes, then stir the almond mixture gradually into the yolks, mix well for five minutes, then whip the whites of two raw eggs quite stiff with a pinch of salt, and mix them into the prepared mixture. Lightly butter and paper a round fleur ring and dust it with sugar and flour mixed in equal quantities; put a sheet of buttered paper on a baking tin, pour the mixture into the ring and bake for about twenty-five minutes. The cakes should be a pale brown colour when baked; take them from the oven, remove the paper, place them on a pastry rack, and when cold glaze them with tea glaze, and before the glaze is set sprinkle the top with blanched and shredded pistachios, and garnish round the edge with Linton Hubbard's desiccated cocoanut. Serve on a dish-paper or napkin for tea or dessert, or for a sweet for luncheon or with a compote of fruit or ice. The chopped almonds are better if passed through a sieve.

### Bath Buns.

Take one pound of fine flour and pass it through the sieve, and then rub into it half a pound of butter till quite smooth; mix one ounce of German yeast with a quarter pint of warm milk till quite smooth, and pour this into the basin with the flour, add five small whole raw eggs, and knead the whole up into a light dough, let it remain in the basin or pan in a

warm place for one and a half hours, covered over with a cloth, then add to it five ounces of castor sugar and one ounce of caraway seeds, and work it lightly on the slab with the fingers till well mixed; flour a baking tin, and drop about a dessertspoonful of the mixture on the tin for each bun, sprinkle the tops with roughly crushed loaf sugar, or mixed comfits, or a little dried mixed peel, and bake in a rather quick oven for twenty to twenty-five minutes. These may be served either hot or cold.

### Cross Buns.

Rub half a pound of cooking butter into two pounds of flour until perfectly smooth; then add half a pound of castor sugar, a quarter of an ounce of ground cinnamon, and if liked, the same amount of mace may also be used; then mix two ounces of German yeast with a pint of tepid milk and two whole eggs which have been beaten up with a fork; add this to the other ingredients and knead all together into a light dough; put into a basin, cover over with a clean cloth, and place it in the screen before the fire or in some other warm place to rise for about two hours; then mix in, if liked, a quarter of a pound of washed and well dried currants; roll the mixture lightly round with the finger till in the shape of the buns; put them on a buttered tin and mark the tops in the form of a cross; put them into the screen again to rise for about ten to fifteen minutes, then brush over the tops with warm milk, and bake in a quick oven for fifteen to twenty minutes.

The quantity given above will make twenty-four to twenty-eight good sized buns.

### Sally Luns.

Take six ounces of fine flour that has been sifted and warmed; put a quarter of this into a basin, and keep the other three parts warm in the screen; mix a good quarter of an ounce of German yeast with four good tablespoonfuls of warm cream, and work it into the flour in the basin till a light dough, then put it in the screen to rise till it is about double its former size. Take the other three parts of the flour, and mix into it in a basin a good pinch of salt, three quarters of an ounce of castor sugar, two raw yolks of eggs,

two and a half ounces of warm butter, and half a gill of warm cream; when these have been worked together for four or five minutes, and it is quite light, add the other part prepared with the yeast, and work all together for five or six minutes; put it into buttered tins, and stand them on a baking tin in a warm screen until the paste rises to about twice its original size, brush it over with a little warm milk, and bake in a quick oven for fifteen minutes. The tin should be about two and a half inches deep, and the mixture put in to about half the depth. When about to be served, these cakes can be cut, toasted, and buttered, or when taken from the oven they may be split, warm butter poured in, and cut like muffins.

### Nuremburg Gingerbread.

Break five whole eggs in a large basin, and whip them for five minutes with a whisk, then add eight powdered cloves, a pinch of ground cinnamon, half a grated nutmeg, quarter of an ounce of ground ginger, ten ounces of castor sugar, and work all together for about ten minutes, then add four ounces of candied lemon and orange peel cut in small dice shapes, and nine ounces of fine flour sifted and warmed, and a pinch of salt; when these are well mixed add half a pound of sweet almonds, blanched and split in halves, and a quarter of an ounce of carbonate of soda dissolved in two tablespoonfuls of cold single cream. Brush over a deep baking tin with warm butter, and paper it with a paper likewise brushed over, sprinkle it with chopped almonds, and pour in the mixture, brush the top over with a little cold milk, and bake in a moderate oven for rather better than half an hour. Then turn it out and cut it in any fancy shapes, such as rounds, squares, diamonds, &c., and serve for afternoon tea or luncheon.

### Scotch Scones.

Rub one pound of fine flour into two ounces of good butter till quite smooth, and then mix into it two ounces of castor sugar and half an ounce of cream of tartar; dissolve a quarter of an ounce of bicarbonate of soda in half a pint of cold milk, and mix it in a basin with the flour &c. into a stiff dough; roll it out about an inch thick on a floured slab or board, and cut it up into any desirable shapes; place them on a floured

tin, and bake in a moderate oven for fifteen to twenty minutes. These can be served for breakfast or tea; when required for breakfast the sugar is often omitted. Care should be taken to roll them as little as possible when on the slab.

### Household Bread.

Mix into two pounds of flour in a basin a teaspoonful of salt; take rather better than a pint of tepid milk and water, or water alone just tepid, then take one and a half ounces of German yeast, mix it with the milk and water, and then pour it into the centre of the basin containing the flour. Knead it up all together into a stiff dough, and form it into a ball shape, cover the basin that contains the dough over with a cloth, and let it stand in a warm place to rise for one and a half hours, then knead up lightly and make into cottage loaf form, or in tin shape, and bake in a moderate oven for about three quarters of an hour. The same mixture can be used for breakfast or dinner rolls.

### Brown Bread.

Take one pound of brown meal and put it into a basin and rub it into one ounce of butter; take one ounce of German yeast, mix it with a quarter of a pint of tepid milk and water and a pinch of salt, mix the yeast into the milk and pour it into the centre of the flour in the basin, sprinkle a little of the flour over the yeast mixture, cover the flour up and stand the basin in the screen for about one and a half hours, then knead it up into a dough with rather better than a gill of tepid water, return it to the screen and let it rise for about an hour, then make up into any shape required and bake in a moderate oven for one hour.

### French Bread.

Put one pound of fine flour in a basin, and in another vessel put three tablespoonfuls of milk and the same of water; make this just tepid and then mix with it one ounce of German yeast, one ounce of butter, and a saltspoonful of salt; make a well in the centre of the flour and pour the yeast mixture into it, sprinkle over with a little of the flour, cover the basin over with a cloth, and leave it in a warm place for

three hours; then knead it up into a light dough with one and a half gills of tepid milk and water; cover the dough again and leave it in a warm place for another half hour, then turn the dough out on to a slab or table and make into any fancy shapes; put these on a lightly floured tin and put aside in the screen to rise for about ten minutes, then bake in a moderate oven for fifteen to twenty minutes. As this bread requires a considerable time to make, it can (if required to be served hot for breakfast) be baked the previous day and heated the next morning; to make it hot brush over the top lightly with warm milk, place it on a hot baking tin and cover it over with a damp sheet of kitchen paper; stand it in a moderate oven for about ten minutes, then take up and dish in a pile.

### Brown Bread Biscuits.

Dissolve three ounces of butter in half a pint of boiling milk or milk and water, add a pinch of salt, two ounces of castor sugar, and mix this into a pound of wheatmeal; roll out about a quarter of an inch thick, using a little dry meal for the purpose; prick the paste all over and cut out in rounds with a plain or fluted cutter; bake these on floured tins for about fifteen minutes in a quick oven. They will keep well and are nice for tea or dessert.

### Salt Biscuits.

(*Biscuits salés.*)

Mix a saltspoonful of salt with half a pound of fine flour, and then rub half an ounce of butter into it till smooth; put a gill and a half of tepid milk and water into a basin, and mix with it half an ounce of German yeast and the flour mixture as above; then make it up into a light dough, put in a covered basin and let it rise for one and a quarter hours in a warm place; roll it out very thinly, and cut in the shape of fingers about three inches long and not thicker than a filbert, using as little flour as possible. Brush each over lightly with milk, and sprinkle them with rough dry salt. Then place them on a baking tin that is lightly floured, and bake for one and a half to two hours, when they should be perfectly dry and crisp and a pretty fawn colour. If kept in a dry place these will remain good for some time, and can be served with cheese, or for hors-d'œuvre, luncheon, or savoury.

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## CHAPTER XV.

*JELLIES AND CREAMS.***Lemon Jelly.***(Gelée au Citron.)*

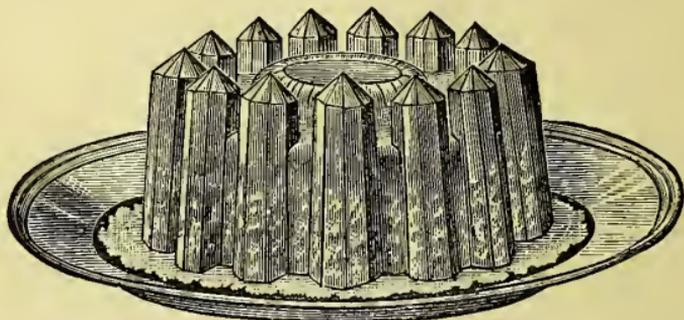
FOR one quart of jelly, peel four lemons very thin, and then cut them in halves, squeeze out the juice, and strain it into a saucepan with half a pound of lump sugar, a little piece of cinnamon, four cloves, and about eight drops of saffron yellow; break two eggs, put the whites and the shells in the pan with the other ingredients, take a fork or a whisk, and mix them all together, then add one quart of hot water and one and a half ounces of Marshall's Finest Leaf Gelatine, put on the stove, and when it boils pass through a jelly bag warmed by pouring about a quart of boiling water through it. When a little of the jelly has passed see if it is clear, and, if not, put it back again, and continue doing this until it runs quite clear; let it cool a little, then add one or two wine-glasses of liqueur syrup, either Noyeau, Maraschino, Kirsch, or Curaçoa, and stand in a cool place in moulds. When the jelly is set just dip the mould quickly in warm water, then put a clean cloth on the bottom of the jelly to dry up any water that may be on the mould, and turn out the jelly on the dish it is to be served on.

*Gelée au Rhum Liquid Sunshine* is made by using that rum for the flavouring, and so jellies are similarly named from other flavourings.

**Jelly à la Française.***(Gelée à la Française.)*

Prepare a quart of lemon jelly as fully described in the foregoing recipe, and divide it into three parts; colour one

part with a few drops of sap green to make it of a pale tint like green Chartreuse, and flavour it with Chartreuse, noyau, brandy, or other flavour; garnish the other two parts respectively with a little broken gold and silver leaf, which must

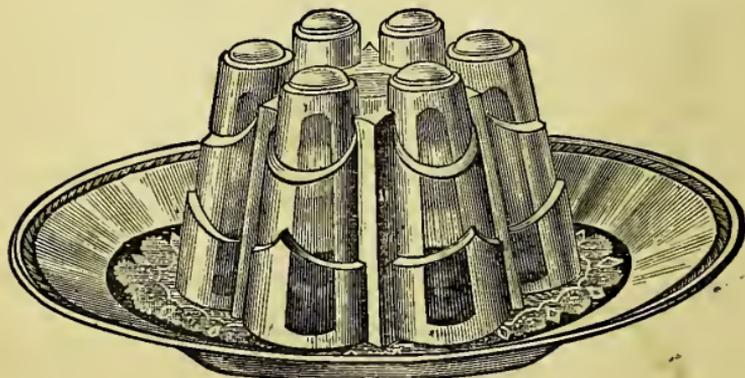


be added when the jelly is getting cold; but before it sets, flavour these parts according to taste. Take a mould such as shown in the engraving, and pour into it the part of the jelly which has been coloured green until it fills all the projecting parts of the mould; let this set, then arrange in layers those parts of jelly which have been garnished with the gold and silver leaf till the mould is nearly full; fill it up with the remaining green jelly, let the whole get set, and when required turn it out in the usual way.

### Belgrave Jelly.

(*Gelée à la Belgrave.*)

Fill the Belgrave mould with lemon jelly that is flavoured



with wine, fix the pipes in the mould with a weight and let it remain till cold, then fill each of the pipes with hot water so

as to loosen them from the jelly, and take them out; the spaces which the pipes have formed can then be filled by means of forcing bags and pipes with a purée of fruit mixed with cream, or with differently flavoured and coloured creams; then pour a little more jelly on the top to set the cream. When ready to serve turn out as described for 'Lemon Jelly' on to a dish-paper or napkin on the dish it is to be served on. The special Belgrave mould can be had in tin or copper.

*Cream for Jelly à la Belgrave.*—Allow for each space one tablespoonful of whipped cream and two tablespoonfuls of lemon jelly; mix these together, when just getting thick, like whipped cream, add to each a few drops of essence, either coffee, vanilla, pineapple, or banana, keeping each flavour separate. Each of the different flavours can be coloured differently if liked.

### Timbale à la Célestine.

*(Timbale à la Célestine.)*

Peel the ripe peaches (or use whole tinned fruit), and cut them in thin slices—from the outside to the stone—and lay the slices out on a clean baking tin; colour the part of each slice which was touching the stone with liquid carmine to heighten the natural colour which the stone often imparts to the part next to it. Line a fancy jelly mould with lemon jelly that is well flavoured with liqueur about one eighth of an inch thick, and set the slices of peach all round it, putting the coloured part next to the mould, and setting each layer with more jelly to keep it in place. When the inside of the mould is covered with the fruit fill it up with more peaches and jelly, until the mould is full. When set turn out on a dish; if your mould has a pipe in it fill up the space with whipped cream, sweetened and coloured with carmine and flavoured with vanilla. The top of the cream and the dish may be garnished with shredded cocoanut or Linton's Desiccated cocoanut, and sprinkled over with a little chopped pistachio.

### Blanc-mange à la Princesse.

*(Blanc-mange à la Princesse.)*

Boil a pint of cream or milk with a quarter of a pound of castor sugar, a little lemon peel, and a little bayleaf or cinnamon; dissolve in this half an ounce of Marshall's Finest

Leaf Gelatine, and pass it through the strainer or tammy. Line any pretty mould with lemon jelly, and garnish the lining with little bunches of various kinds of dried fruits that have been mixed with a little of the same jelly and stirred on ice till set, and set them with more jelly to fix them to the mould. Flavour the blanc-mange with a wineglass of Noyeau syrup and a tablespoonful of brandy, and pour it into the mould ; let it set, and when required to be turned out dip the mould for a few seconds in hot water, pass a clean cloth over the bottom to absorb any of the water, turn the blanc-mange on to a dish-paper, and serve.

### Charlotte Russe.

*(Charlotte Russe.)*

Line a plain mould with a well oiled paper all over, trim some finger sponge cakes, and place them all round the mould close together ; then prepare a custard to fill up the centre ; put rather better than a quarter of a pint of milk, just bring it to the boil, with two ounces of castor sugar and a piece of split vanilla pod, then stand it in the bain marie to infuse, or the custard can be flavoured with vanilla or other essence when cool ; dissolve in it a quarter of an ounce of Marshall's Finest Leaf Gelatine, and stir it on to two raw yolks of eggs ; thicken over the fire, but do not let the custard boil after the eggs are added ; tammy, and when cool add a good quarter of a pint of thickly whipped cream and two tablespoonfuls of Maraschino or Noyeau syrup, fill up the mould with it, and when set turn out and remove the oiled paper, and serve on a dish-paper. The Charlotte can be garnished with whipped cream arranged round the dish by means of a bag and fancy pipe.

### Charlotte à l'Alexandra.

*(Charlotte à l'Alexandra.)*

Take a plain Charlotte mould, oil it, and line it with an oiled paper, and arrange round it some vanilla or sponge finger biscuits, trimming them as may be necessary to fix them nicely and evenly in the mould, then fill the mould up with a chocolate bavaroise, and put the mould aside in a cold place or on ice till the bavaroise is set. When ready to serve dip the Charlotte mould in hot water for a moment, pass a cloth over the bottom to absorb any moisture, and turn the

Charlotte out on to a dish ; remove the paper and pour a thick apricot sauce over and round the Charlotte, and sprinkle it with some blanched and shredded pistachio kernels. This is a nice sweet either for luncheon or dinner.

*Bavaroise for Charlotte à l'Alexandra.*—Take a quarter of a pound of Fry's Chocolate, cut it up small, add a few drops of essence of vanilla, and put it in a stewpan with two ounces of castor sugar and rather better than half a pint of milk ; let it boil for about ten minutes, then dissolve in it half an ounce of Marshall's Finest Leaf Gelatine and pour it on to three raw yolks of eggs in a basin, keeping it stirred ; then pour it back into the stewpan, and stir it over the fire till it thickens, but do not let it boil ; pass it through the tammy, and when it is getting cool add to it half a pint of whipped cream and a wineglass of Maraschino syrup, and pour it into the mould to set.

### Vanilla Bavaroise.

*(Bavaroise à la Vanille.)*

Boil a good three quarters of a pint of milk with three inches of vanilla pod split in two ; as soon as the milk comes to the boil leave it on the side of the stove in the bain marie for about fifteen minutes to infuse, then dissolve in it three ounces of castor sugar and half an ounce of Marshall's Finest Leaf Gelatine ; mix this on to three raw yolks of eggs in a saucepan and stir over the fire till it thickens ; strain through the tammy, and when it is beginning to set, mix into it half a pint of plainly whipped cream and a few drops of vanilla essence, pour the mixture into any fancy mould and let it set. It is best to put it on ice, if you have any. When required, dip it in warm water, pass a cloth over the mould and over the bottom to absorb any water, turn it out on to a dish-paper or napkin, and serve.

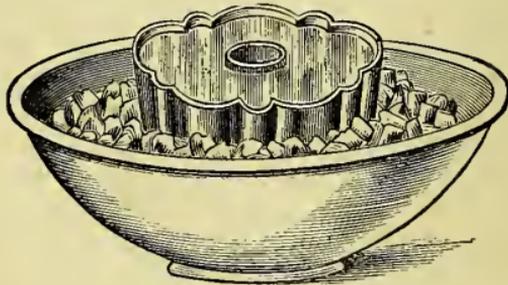
### Bavaroise with Pistachios.

*(Bavaroise aux Pistaches.)*

Take a fancy mould and line it about one eighth of an inch thick with lemon jelly. Have a quarter of a pound of pistachios put into cold water, and let them come to the boil, strain them, and rub them in a cloth to remove the skins, cut them in slices lengthwise and from the slices cut very

finè shreds, put these into a little stewpan with six tablespoonfuls of lemon jelly that is coloured a pretty bright green with Marshall's sap green, mix together, and leave on ice till the pistachios are set, then take some up, and with the fingers press them all over the prepared mould. When the mould is completely covered inside, lightly mask over with more lemon jelly and let this set, then fill up the mould with bavaroise mixture prepared thus:—

*Bavaroise Mixture.*—Take a good half pint of new milk and put into it half a stick of vanilla pod and two ounces of castor sugar, let it infuse for about ten minutes, standing the pan in the bain marie, remove the pod, and dissolve in the milk half an ounce of Marshall's gelatine; put three raw yolks of eggs into a basin, and stir the milk on to them; return the mixture to the stewpan, and stir on the stove till the contents thicken, but do not allow it to boil; strain it through the tammy or strainer and let it cool, then mix into it two large tablespoonfuls of orange flower water and a wine-glass of Marshall's Maraschino or Noyeau syrup and half a pint of stiffly whipped cream: stir well together and pour into the ornamented mould; put it away to get cold and set; when required, turn it out as in foregoing recipe on a dish on a paper or napkin, and serve for a sweet for dinner or luncheon or for any cold collation.



Jelly on Ice to set quickly.

### Chartreuse of Strawberries.

(*Chartreuse de Fraises.*)

Line a charlotte mould with lemon jelly (coloured red with a little carmine) about the eighth of an inch thick; let it be quite smooth; then have some strawberries cut in slices, or, if they are small, in halves; place the cut side on the

jelly, and, when the mould is arranged all over with the fruit, take a little of the jelly, which should be nearly set, and pour a little over the fruit to keep it well attached to the mould. When set, fill up the centre with a cream made as follows:—

*Cream for Chartreuse.*—Put three quarters of a pint of the lemon jelly in a stewpan, and reduce it to half the quantity, then have half a pint of double cream, and to this add the jelly, which must be cool before putting to the cream; add a wineglass of Maraschino or Noyeau syrup and about six ounces of strawberries that are each cut in four or five pieces; mix together over a little ice so as to get the fruit mixed evenly with the cream, and pour it into the mould; let it remain till firm, then dip the mould in warm water; pass a cloth over the bottom of the mould after it comes from the water, and turn the chartreuse on a dish-paper or napkin, and serve.

### Orange Chartreuse à la Royale.

(*Chartreuse d'Oranges à la Royale.*)

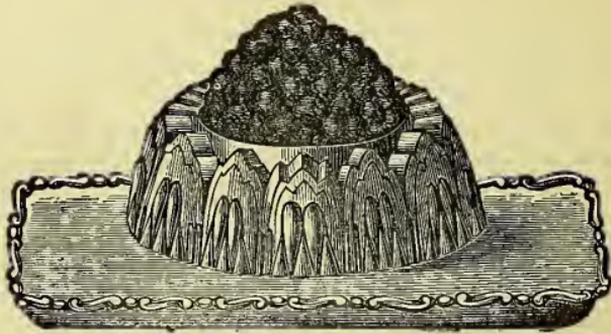
Line a plain charlotte mould thinly with lemon or orange flavoured jelly, remove the peel and pith from five or six oranges, and cut out the pulpy parts of their natural divisions free from the skin; blanch, peel, and cut into shreds some pistachio nuts and mix them with just a little of the lemon jelly, coloured with a little sap green, and let it remain till the shreds are set together with the jelly. Prepare in a similar manner some shreds of uncrystallised cherries, with jelly coloured red with liquid carmine; arrange the orange, pistachio, and cherries alternately inside the mould till it is entirely covered, and set the fruit with a little more jelly. Prepare a Vanilla Bavaroise mixture and divide it into three parts, colouring two of them respectively red and green with Marshall's sap green and liquid carmine, leave the other white, and flavour them with three different flavours; pour them into the mould, allowing each to set before putting in the following one; when set, turn out in the usual way, and serve on a dish-paper.

### Rice à l'Impératrice.

(*Riz à l'Impératrice.*)

Put three ounces of Carolina rice in a stewpan with enough cold water to cover it; let it come to the boil, then

wash it in cold water; put into it a pint of new milk with three ounces of castor sugar and the finely cut peel of half a lemon, and about an inch of stick cinnamon tied up; cook



till tender, remove the lemon peel, and dissolve in it rather better than a quarter of an ounce of Marshall's Finest Leaf Gelatine; let it get cool, then mix into it half a pint of whipped cream; pour it into a fancy mould with a pipe such as shown in plate, and let it set. Dip the mould in warm water, pass a cloth over the bottom to absorb any moisture, turn out on to the dish, and fill the centre with a compote of prunes or other nice fruit. Serve cold.

## CHAPTER XVI.

## SAVOURIES.

## Welsh Rarebit.

CUT one or two slices of white bread about a quarter of an inch thick, and toast it on both sides and well butter it. Take half a pound of good Cheddar cheese, cut it up in very thin slices, and put it into a stewpan or cheese toaster with two tablespoonfuls of thick cream, a teaspoonful of mixed English mustard, a tiny dust of cayenne pepper, stir these all together over the fire till the mixture is like cream, cut the toast into square pieces and place them on a hot dish and pour the cheese mixture all over them, and brown it quickly in front of the fire or with the salamander and serve at once.

## Scotch Woodcock.

Take two slices of stale white bread, toast it and butter it well on both sides, then spread it over on one side with a layer of anchovy purée, place the other piece of toast on the top and press them together, and cut in strips about two inches long by one wide, arrange them on a hot dish *en couronne* and pour over them the following sauce: Put two raw yolks of eggs into a stewpan in the bain marie with four tablespoonfuls of thick cream, one and a half ounces of butter and a tiny dust of cayenne pepper, and mix with a wooden spoon, stirring all the time till the mixture is quite like a creamy sauce, then strain through the tammy or strainer, add a little chopped parsley and pour over the toast, and serve quite hot. This is also an excellent breakfast dish,

### Angels on Horseback.

(*Anges à Cheval.*)

Cut some little round pieces of bread about a quarter of an inch thick and two inches in diameter, fry them in clarified butter till a golden colour, then spread on them a purée of anchovies and on this purée place a little slice of crisply fried bacon, on the bacon put a bearded oyster which has been simply warmed in the oven between two plates with a little butter and their liquor and seasoned with a tiny dust of cayenne, then sprinkle over the top a little chopped parsley and dish the croûtons up in a row, pour the oyster liquor round them and serve for a savoury or breakfast dish. Toast can be used instead of the croûtons.

### Devilled Oysters.

(*Huitres à la Diable.*)

Take some little bouche cups, line them with puff paste cut out in rounds about one eighth of an inch thick, put a piece of buttered paper inside and fill up with rice and bake for about fifteen minutes, then remove the paper and rice and place a little piece of fresh butter in the case and a raw bearded oyster that is thickly masked over with the mixture as below on the butter, sprinkle over the top a few browned breadcrumbs, and then put into the oven on a baking tin for about eight to ten minutes, dish up on a dish-paper while hot. Serve for a savoury or for a second course dish.

*Seasoning for Oysters à la Diable.*—For a dozen oysters chop up four washed and boned anchovies, mix them with a tiny dust of cayenne pepper, a saltspoonful of French mustard and the same of English mustard, a dessertspoonful of chopped chutney, two hard boiled yolks of eggs that have been rubbed through the sieve, mix up with the liquor from the oysters that has been reduced to about a tablespoonful, and use.

### Fritot of Oysters on Croûtons.

(*Fritot d'Huitres sur Croûtes.*)

Take some fresh oysters, beard them and season with a little lemon juice and cayenne pepper; cut some fat bacon

very thinly, and stamp it out in rounds with a plain round cutter about the size of a crown piece, then place each oyster on a round of the bacon and put another piece of bacon on the top so as to completely cover the oysters; pinch the bacon well round the edges to make them keep close together, dip them into frying batter, then drop them separately in clean boiling fat; turn them occasionally and fry till a pretty golden colour, then, when cooked, drain them on a rack or sieve; stamp out some little round slices of bread about a quarter of an inch thick with a plain round cutter, mask these with lax purée, using a fancy rose pipe and forcing bag for the purpose, then place the fritots on these and dish up on a dish-paper or napkin; serve for a second course dish for a small party, or for a savoury for a dinner party, or as a breakfast dish.

### Oysters à la Carnot.

(*Huitres à la Carnot.*)

Take some raw bearded oysters, season them with a little warm butter, cayenne pepper, and chopped eschalot, and sprinkle them lightly over with browned breadcrumbs, then place them on a buttered sauté pan and cook them in a quick oven for about five minutes; take up and arrange them one or two to each person on a purée of fresh mushrooms, then garnish each round with alternate bunches of chopped lean ham or tongue and hard boiled yolk of egg that has been rubbed through a wire sieve and sprinkle here and there some fresh chopped parsley. Serve very hot.

*Purée of Mushrooms for Oysters à la Carnot.*—Take half a pound of fresh mushrooms, wash them and chop them up fine, put them in a stewpan with one ounce of good butter, a little pepper and salt, cook on the side of the stove for five to eight minutes, then add the beards of the oysters that have been chopped fine and mix in the oyster liquor with two ounces of fresh white breadcrumbs, boil up together, add a teaspoonful of finely chopped parsley, and use.

### Croûtes à la Française.

(*Croûtes à la Française.*)

Cut out some little rounds of bread one eighth of an inch thick and one and a half inches in diameter, and fry them in

clarified butter till a pretty golden colour ; let them get cold ; form an ornamental border on the top of each with green butter prepared as below and anchovy butter, arranged alternately by means of forcing bags with rose pipes, fill the centre of the border with a little caviar ; dish up on a dish-paper or napkin. These should be kept in the refrigerator or a very cool place till about to be served.

*Green Butter for Croûtes à la Française.*—Put into a stewpan a bunch of tarragon and chervil and one eschalot, and just cover with cold water ; add a pinch of salt and a tiny bit of soda ; bring to the boil, strain off, press away any water, and put it in the mortar with four boned anchovies, two French gherkins, a dessertspoonful of capers, a saltspoonful of Marshall's apple green, two hard-boiled yolks of eggs, a tiny dust of cayenne, and a quarter of a pound of butter ; pound all together till smooth, pass through a fine wire or hair sieve, and use. This is sufficient for twelve croûtes.

### Croûtes à la Neuvaine.

(*Croûtes à la Neuvaine.*)

Take some little fried croûtons of bread that are cut in rounds about two inches wide, spread them over with a purée of anchovies, then by means of a forcing bag with a large rose pipe, ornament over the top with savoury cream as below, and place the croûtons in the refrigerator until they are to be served ; just before serving, sprinkle with a little finely chopped lax, and a very little parsley and chervil ; dish up on a dish-paper and serve.

*Savoury Cream for Croûtes à la Neuvaine.*—Take for eight croûtons half a pint of stiffly whipped cream, and mix it with two tablespoonfuls of any hard boiled or grilled cold roes of fish that have been rubbed through a wire sieve, season with a tiny dust of cayenne pepper, three chopped French gherkins, and two boned and chopped anchovies, and one ounce of chopped lax, and use.

### Little Croustades à la Versailles.

(*Petites Croustades à la Versailles.*)

Take some little boat-shaped moulds and line them thinly with anchovy biscuit paste, trim round the edges of the

moulds, and prick the bottom of the paste with a biscuit pricker or fork to prevent it from blistering, and partly fill up the moulds with the soufflé mixture as below, and sprinkle a few browned breadcrumbs and a little piece of butter on the top of each; then place them in a moderate oven for about fifteen minutes, and dish them up on a hot dish on a dish-paper or napkin.

*Soufflé Mixture for Filling the Little Moulds.*—Take one ounce of flour, one ounce of butter, one raw yolk of egg, half a saltspoonful of liquid carmine, a tiny dust of cayenne, one saltspoonful of essence of anchovy, a pinch of salt; mix all together with rather better than a quarter of a pint of cold milk, and stir it till it boils; then add a tablespoonful of cold milk, two ounces of finely chopped lax, and two whites of eggs that have been whipped stiff with a pinch of salt; mix up all together, and use.

### Little Croustades à la Milanaise.

*(Petites Croustades à la Milanaise.)*

Roll out some puff paste about one inch thick, and cut it in pieces about three inches long by one and a half inches wide, place these on a well wetted baking tin and brush them over with whole beaten up egg, mark the top of each piece with a knife to make a border about a quarter of an inch wide all round, so that the oblong inner piece can be removed; it is sufficient if the cutting made be not very deep. Put into a moderate oven and bake for fifteen to twenty minutes; when cooked remove the inner top piece and scoop out the inside, fill up the case thus formed with cheese mixture prepared as below, and then put the inner top piece on again. Dish up on a dish-paper or napkin, and serve very hot for a savoury or second course dish.

*Cheese Mixture for Croustades.*—Cut up in very thin slices six ounces of Gruyère cheese for eight croustades and mix it with two tablespoonfuls of thick Bechamel sauce, three tablespoonfuls of thick cream, and a tiny dust of cayenne pepper; mix all together in a stewpan over the fire till the mixture is quite creamy, then pour into the prepared cases and serve while hot.

**Profiteroles with Parmesan.***(Profiteroles au Parmesan.)*

Put a quarter of a pint of cold water into a stewpan with two ounces of butter, a pinch of salt, and a tiny dust of cayenne pepper; let it come to the boil, then add to it two and a half ounces of fine flour; mix up well, and cook on the side of the stove for ten minutes; then remove the pan from the fire and put it aside to cool; then work in by degrees one and a half raw eggs and one ounce of grated Parmesan cheese; flatten it out and cut in pieces about the size of a halfpenny; cut some Gruyère or Parmesan cheese about the size of a Spanish nut, and wrap them up in the pieces of the paste, and drop them into hot clean fat (which must not be boiling), and fry them for eight or ten minutes, turning them about occasionally; when they are a pretty golden colour, take them up, roll them in grated Parmesan cheese, and dish them on a dish-paper or napkin, and serve at once.

**Fleur of Parmesan.***(Fleur au Parmesan.)*

Prepare a short paste as below, and roll it out about one eighth of an inch thick; line a round fleur ring that is lightly buttered with it, pressing well to the mould; trim the edges of the paste, prick the bottom of it well with a fork to prevent it blistering, and then place on a baking tin on which is a greased paper; make a cheese mixture with one ounce of flour, one ounce of butter, one and a half ounces of grated Parmesan cheese, one raw yolk of egg, a pinch of salt, and a dust of cayenne pepper mixed all together in a stewpan with a good quarter of a pint of milk. Stir till it boils, then remove from the fire and mix into it two whites of eggs which have been whipped with a pinch of salt till quite stiff, and also one ounce of Parmesan cheese, cut up in tiny dice shapes. Pour the mixture into the case of paste, sprinkle on the top a few browned breadcrumbs and about half an ounce of butter broken up into tiny pieces; put it into a moderate oven for twenty to twenty-five minutes till the top is nicely browned. Dish up on a dish-paper on a hot dish, placing the fleur on the dish by means of a slice; remove the ring and serve whilst very hot for a second course or savoury dish.

*Paste for Fleur au Parmesan.*—Rub two ounces of flour with half an ounce of butter till quite smooth, then add a quarter of an egg, to which a pinch of salt has been added; when these ingredients are well mixed, make the whole into a stiff paste with a little cold water, and roll out as directed above.

### Parmesan Soufflé.

(*Soufflé au Parmesan.*)

Take three ounces of fine flour, three and a half ounces of butter, three raw yolks of eggs, a pinch of cayenne, a salt-spoonful of salt, and mix these with barely one pint of cold milk, stir over the fire till it boils, then add two more table-spoonfuls of cold milk, six ounces of grated Parmesan, and six whites of eggs whipped stiff with a pinch of salt. Butter a soufflé dish and fix round it a band of buttered paper, so as to stand two or three inches above the edge of the dish, pour in the above soufflé mixture, sprinkle the top with a few browned breadcrumbs, put a few little pieces of butter here and there on the top to keep it moist, and bake it in a moderate oven for three quarters of an hour. When cooked remove the paper, arrange a folded napkin round the dish, and serve at once on a dish on a napkin or paper; a little grated cheese may be sprinkled on the top if liked. This is a good dish for luncheon, or for a second course or savoury at dinner; it can also be cooked in little fancy cases or steamed.

### Parmesan Fondue.

(*Fondue au Parmesan.*)

Put a little better than a quarter of a pint of milk in a small stewpan to boil with half a blade of mace and a slice of eschalot; put into another stewpan one ounce of flour and one ounce of butter, and let it remain on the side of the stove till the butter is melted, then stir them together and mix in the boiling milk; season with a little dust of cayenne and a tiny pinch of salt; stir till the whole re-boils, tammy it, and mix with it two ounces of grated Parmesan cheese and two raw yolks of eggs, and the two whites first whipped till stiff, with a pinch of salt. Prepare about one dozen little soufflé cases by oiling them on the outside and drying them in the

screen till quite stiff; partly fill them with the above mixture, sprinkle a few browned breadcrumbs on the top of each, and bake them in a moderate oven for about fifteen minutes; dish on a hot dish with a dish-paper or napkin, and serve at once. These are very suitable for a second course dish, or for a savoury after the sweet, or for luncheon.

### Cheese Straws.

(*Pailles au Parmesan.*)

Take for a quarter of a pound of puff paste, two ounces of grated Parmesan cheese, and a tiny dust of cayenne pepper; roll the cheese into the paste as if rolling in flour; roll it out thin and cut it in lengths of about four or five inches long and a quarter of an inch wide, twist each strip and press it on a well wetted baking tin, and bake in a moderate oven for ten to twelve minutes. Have some rings made with the same paste to hold the straws, and dish up on a dish-paper or napkin, and serve. These may be kept ready made and warmed up when required.

### Cheese Fritters.

(*Fritot de Fromage.*)

Take some Gruyère or good Cheddar cheese, cut it in pieces of about two inches long and one inch wide, season it lightly with a little cayenne pepper and a little salad oil, let it lie in this seasoning for about half an hour before using; then dip each piece separately into frying batter and drop it into clean boiling fat and fry for four to five minutes, when they should be a pretty golden colour; then take up and sprinkle over with a little grated Parmesan cheese, if at hand; dish up on a hot dish on a paper, and serve at once.

### Anchovy Straws à la Royale.

(*Pailles d'Anchois à la Royale.*)

Prepare some anchovy biscuit paste and roll it out very thin and prick it well with a biscuit pricker or fork; cut it in pieces two inches long by one inch wide, and when cold

arrange with anchovy butter between two pieces, like a sandwich; brush over the top sides with a little cool aspic jelly and lightly sprinkle them, some with truffle, some with chopped tongue, and some with blanched and chopped pistachios. Dish alternately on a dish-paper, and garnish the centre with a little chervil or parsley. Serve for savoury, hors-d'œuvre, or cold collation.

### **Aigrettes of Anchovy à la Pau.**

*(Aigrettes d'Anchois à la Pau.)*

Take some fillets of anchovies, season them with a tiny dust of cayenne pepper, a little salad oil and chopped parsley, let them lie in this seasoning for about one hour before cooking, then dip them separately into frying batter and drop them into clean boiling fat and fry them for six or eight minutes, take up and sprinkle one piece with chopped parsley and one with a little coral, dish these up alternately in a pile on a dish-paper, and serve very hot.

### **Devilled Shrimps.**

*(Crevettes à la Diable.)*

Take some nice fresh picked shrimps, roll them in flour as for whitebait, and put them in a frying basket and fry them for three or four minutes in clean boiling fat which must be enough to cover them; when quite a pretty golden colour and crisp, take them up, turn them out on a clean cloth and sprinkle with a tiny dust of cayenne pepper and a little finely chopped parsley; dish up on a hot dish on a paper, and serve at once.

### **Devilled Lobster.**

*(Homard à la Diable.)*

Take the meat from the claws of the lobster and pull out all the creamy part from the head and chop it up perfectly fine, mix with it a dust of cayenne pepper, a dessertspoonful of chopped chutney, one and a half ounces of warm butter, and one peeled raw tomato chopped fine; put these all together in a stewpan and stir over the fire till the mixture boils, then add a teaspoonful of mixed English mustard and the same of

French mustard, stir all together, turn out on to little square pieces of hot buttered toast and serve with a little sprinkling of chopped parsley and lobster coral ; this should be served very hot. The body of the lobster can be used up in the same way or kept for a mayonnaise or other dish. This is also an excellent dish to serve for breakfast.

### Sardines à la Cambridge.

(*Sardines à la Cambridge.*)

Take some sardines, say twelve, for six to eight persons, remove all the outside skin, take the fillets from the bones and rub the meat through a fine hair sieve and mix it with six minced raw bearded oysters, two hard boiled yolks of eggs, a tiny dust of cayenne pepper, three ounces of freshly made white breadcrumbs, one and a half ounces of warm butter and the liquor from the oysters and two raw yolks of eggs ; divide the mixture into portions about the size of a Spanish nut, roll each up in fine flour and dip into whole beaten up egg, then into freshly made white breadcrumbs, and put into a frying basket and fry for three or four minutes in clean boiling fat, then dish up in a pile on a hot dish on a dish-paper and serve ; garnish with a little fresh green parsley round the dish here and there.

### Spanish Sandwiches.

(*Sandwiches à l'Espagne.*)

Take some new brown bread, butter it well with fresh butter and very lightly sprinkle it over with cayenne ; have some boned anchovies that have been bottled in oil, place about six fillets on each slice of the bread, laying them quite flat, then sprinkle over the anchovies a little hard boiled yolk of egg and chopped cooked chicken and French capers and parsley, place another piece of the brown bread and butter on the top and press both well together, then stamp out in rounds about one and a half inches in diameter ; dish up on a dish-paper *en couronne* and garnish the centre with green parsley and round it little blocks of aspic jelly, and serve.

### Devilled Fish.

*(Poisson à la Diable.)*

Take a teaspoonful of unmixed English mustard, a dessert-spoonful of French mustard, ditto of chopped chutney, a dust of cayenne pepper, a little black pepper, a teaspoonful of essence of anchovy, four boned anchovies chopped fine, and a pinch of salt, and mix them together in a basin into a paste. Have the fish that is to be devilled steeped in a little warm butter, and then mask it over with the prepared paste, using a palette knife for the purpose; then sprinkle over it a few browned breadcrumbs, place a few pieces of butter here and there, and put it on a tin in the oven to cook for ten to fifteen minutes, according to the size of the fish. Dish up on a dish-paper; garnish with green parsley. This is nice for fresh haddock or any remains of cold fish.

### Devilled Mackerel Bones and Roe.

*(Os et Laitance de Maquereau à la Diable.)*

Cut the bones from the mackerel in about two-inch lengths, split the roe in halves, also the head, and take out the eyes; pour a little warm butter over, sprinkle them with a little salt and mignonette pepper; grill or broil till quite crisp; put them on pieces of well buttered toast, each cut to the shape of its bone, and place a piece of the roe on each. Dish on a paper and serve with turned olives or a little watercress round the dish. The bones can also be masked with devil paste, sprinkled over with browned crumbs, and grilled.

### Straws with Bloater Paste.

*(Pailles au Crème de Hareng.)*

Take a quarter of a pound of fine flour and rub into it, till quite smooth, two ounces of Bloater Paste, add to it a dust of cayenne pepper, and mix it with not quite a gill of cold water and make it into a paste; roll this out into a round about the size of a small teaplate and then place in the centre of it a quarter of a pound of butter, fold it up and proceed with it as if making puff paste, giving it six turns,

and when the turning is completed roll it out about an eighth of an inch thick and cut it in strips two inches long and one inch wide, place these pieces on a wetted baking tin and bake in a moderate oven for fifteen to twenty minutes. The pieces should be perfectly crisp when cooked. Then spread over each piece a thin layer of the Bloater Paste, and on this by means of a forcing bag and little rose pipe arrange a little savoury cream prepared as below in any pretty design, and sprinkle over a little chopped parsley and dish on a dish-paper and serve. These are excellent for a savoury or for any cold collation.

*Cream for Straws with Bloater Paste.*—Whip a quarter of a pint of double cream till quite stiff, then season it with a little salt and cayenne pepper, and use.

### Croûtes à la Berne.

(*Croûtes à la Berne.*)

Cut some new French rolls in slices about half an inch thick and fry them in clarified butter, sprinkle them with very finely chopped parsley, eschalots, and Spanish olives, and then with chopped smoked beef or cooked tongue, and place the hot hard boiled yolk of an egg, first dipped in vinaigrette sauce, on each slice. Dish up with a dish-paper on the dish and serve while the croûtons are hot. Garnish with green parsley.

### Croûtes à la Clarisse.

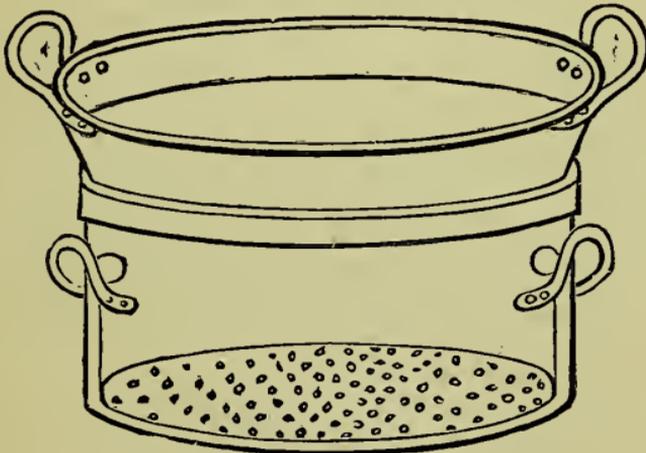
(*Croûtes à la Clarisse.*)

Prepare some round croûtons of French roll as in the above recipe and fry them on one side only, take them up and arrange on the fried side strips of lean ham or tongue, and fillets of anchovies, and over these put a round of fat bacon the same size as the croûton, press the bacon well to the edge of the croûton, and dip it into frying batter and fry in clean boiling fat till a pretty golden colour. Dish up on a hot dish on a dish-paper, garnish with fried parsley and serve.

### Oat Cake.

Rub two ounces of butter into one pound of Thomson's whole meal with a saltspoonful of salt and mix with cold

water into a dry paste ; then roll out with more of the meal, and cut out in rounds or squares about one eighth of an inch thick ; place these on a baking tin floured with the same flour and bake in a very moderate oven till quite dry. Serve in the cheese courses. These will remain good if kept dry.



Braising Pan.

## CHAPTER XVII.

*FREEZING OF ICES AND ICED DISHES.***Dinner and Dessert Ices—Sorbets, Punch, &c.**

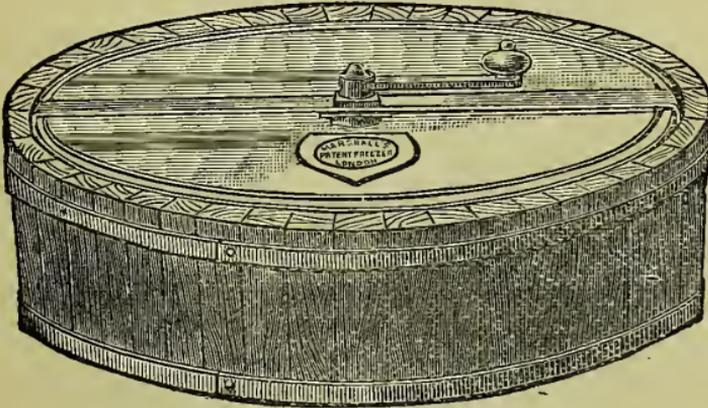
On this subject the reader is referred to the 'Book of Ices,' by Mrs. A. B. Marshall, which contains full recipes for all kinds of cream and water ices, sorbets, mousses, iced soufflés, and various iced dishes, with names in French and English, and various coloured designs for ices, to be had of all book-sellers, or post free, 2s. 6d.

## HINTS ON MAKING ICES.

1. Too much sugar will prevent the ice from freezing properly.
2. Too little sugar will cause the ice to freeze hard and rocky.
3. If the ices are to be moulded, freeze them in the freezer to the consistency of a thick batter before putting them in the moulds.
4. If they are to be served unmoulded, freeze them drier and firmer.
5. Broken ice alone is not sufficient to freeze or mould the ices; rough ice and salt must be used.
6. Fruit ices will require to be coloured according to the fruit. For Harmless Colours, see advertisement page.
7. When dishing up ices, whether in a pile or moulded, it will be found advantageous to dish them on a napkin, as that will not conduct the heat to the bottom of them so quickly as the dish would.

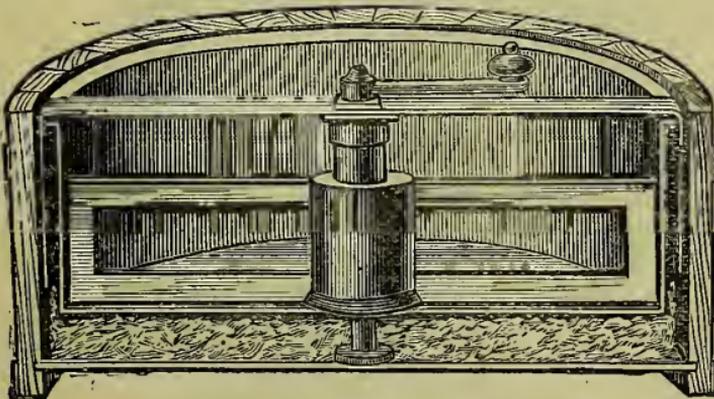
### Freezing the Ices.

Take one of Marshall's Patent Freezers and lift the pan from the tub; put pounded ice in the tub to the depth of



Ready for use.

about one to one and a half inches, according to the quantity of cream &c. to be frozen, and throw over the pounded ice half its weight of freezing or rough salt and mix it in with



Section showing interior.

the pounded ice. Replace the pan on the pivot in the tub; pour your prepared cream custard or water ice &c. into the pan through the little door in the lid and turn the handle.

Observe, there is no need to pack ice and salt round the pan, but merely to put it on the bottom of the tub under the pan. After turning the handle for two or three minutes, examine the progress of the freezing by looking through the door in the lid. When the cream is sufficiently frozen (see Hints 3 and 4), hold the pan with one hand, and unscrew the handle and lift off the crossbar and lid.

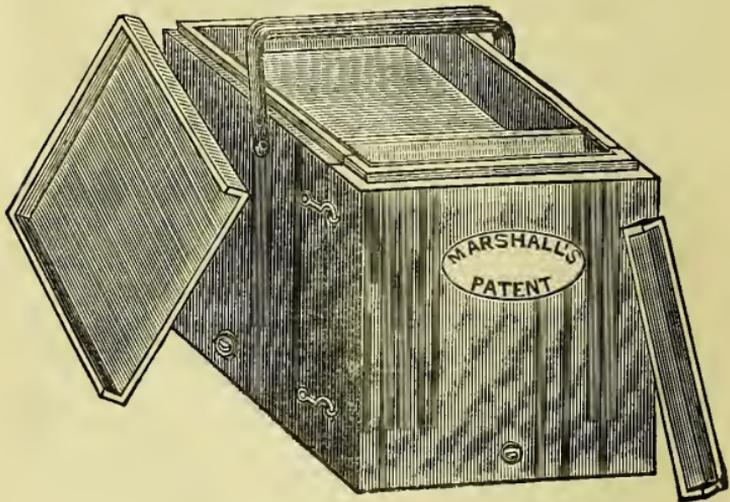
*Keep the freezer clean, and when cleaning take out the mixing fan.*

N.B.—The cream &c. in the pan should never be *more than* one inch deep. The shallower the layer is in the pan the quicker it will freeze.

For description, sizes, and prices of freezers, see advertisement towards end of this book.

### Moulding and Keeping Ices.

Take a Patent Cave and remove the lids as shown in the annexed engraving, and fill in between the metals with a mixture of two parts broken ice and one part salt; shake it well down so that the mixture goes underneath the cupboard

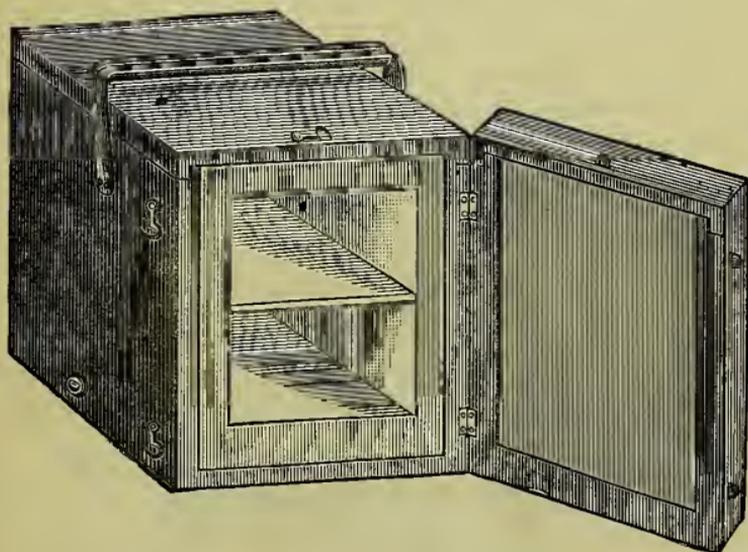


Lid off, ready for charging.

of the cave, and fill well up so that the lid will just slide over the ice and salt. Replace the lids.

Now fill your mould with the frozen cream from the freezer, and see that it is well pressed or shaken into the

mould. Place the mould for one and a half to two hours in the cave ; examine from time to time if you wish. When you desire to turn the ice out of the mould, dip the mould for an instant in cold water and turn it out as you would a jelly. If you put the ice, when turned out, back into the cave and shut the door, it will keep its shape for many hours, so that ices can be prepared long before actually required ; they have thus



Charged and ready for use.

been kept from one day to another. When anything is freezing in the cave, do not open the door more often than necessary.

When the cave is done with, remove the brine and wash out with boiling water, and see that it is put away dry.

For description, sizes, and prices of caves, see advertisement towards end of this book.

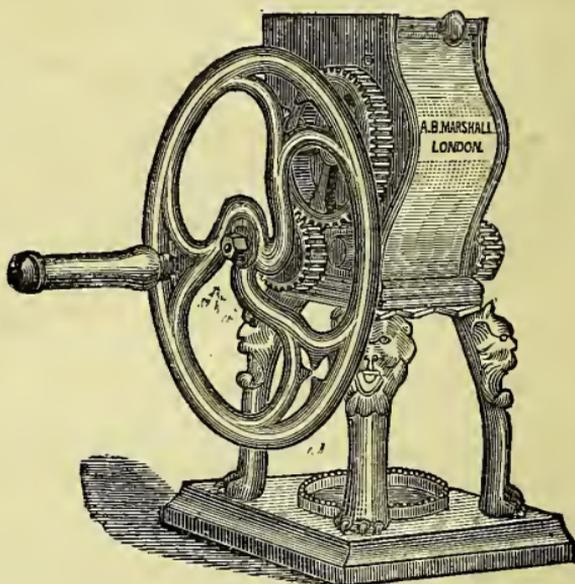
### The Saccharometer.

This is an instrument for testing quantity of sugar in water ices &c. To ensure uniform success, it is necessary that the strength of the syrups should always be the same. Instructions for using the instruments are sent with them.

### Ice Moulds and Moulding.

These are to be had in almost endless variety—a list of many popular ones with prices will be found in the 'Illustrated Book of Moulds' (68 pages), which may be had gratis on application, or by letter enclosing stamp, to Marshall's School of Cookery.

In using ice moulds, great taste and novelty can be exercised in dishing up, and they afford to the cook the opportunity of making some of the prettiest dishes it is possible to send to the table.



Household Machine for Crushing Ice.

ESTABLISHED 1835.

HIGHEST POSSIBLE HONOUR, PARIS UNIVERSAL EXHIBITION, 1889.  
GOLD MEDAL (HIGHEST AWARD), FOOD COOKERY EXHIBITION,  
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SIMPLY

## LIQUID EXTRACT OF FRESH BEEF,

a teaspoonful of which, added to a cup of hot water, produces as good a Consommé or perfect clear Soup as any first-class cook can prepare by the most elaborate and expensive means.

Being equally good cold, it makes the best "Consommé Frappé" for Balls, Cinderellas, &c.

It contains all the nutritive parts of the best Fresh Beef, and it is

**ABSOLUTELY FREE FROM ALL INDIGESTIBLE FIBRINE.**

The Maggi Factory is under the special superintendence of the Swiss Board of Health.

**"MAGGI" IS THE SECRET OF GOOD COOKERY.**

To be obtained from *Marshall's School of Cookery* in bottles at—

|     |     |     |     |     |     |                |     |       |
|-----|-----|-----|-----|-----|-----|----------------|-----|-------|
| 1/- | ... | ... | ... | ... | ... | sufficient for | 8   | Cups. |
| 5/- | ... | ... | ... | ... | ... | "              | 60  | "     |
| 9/- | ... | ... | ... | ... | ... | "              | 120 | "     |

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**PURITY! QUALITY! APPEARANCE! CHEAPNESS!**

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**G. H. IRISH & CO.**  
**LONDON, AND MONTSERRAT, WEST INDIES,**  
MANUFACTURERS OF THE FOLLOWING  
**WEST INDIAN AND OTHER CONDIMENTS.**

Prepared from Fruit, Spices, and various Products grown on the Estates of the Proprietors in the Island of Montserrat.

At the Colonial and Indian Exhibition, 1886, attention was first attracted to these Articles, which still maintain the reputation then acquired for their Excellence of Palate, Freedom from Injurious Ingredients, and distinctive Medicinal Properties.

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**TAMARIND ZEST.** (TRADE MARK REGISTERED.) The most Superior Sauce of recent introduction. Its flavour is the result of a skilful blend of Sweets and Sours, and is suitable for Steaks, Chops, Fish, Soups, and general Culinary purposes. The peculiar appetising and tonic properties of this Sauce make it a favourite.

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**TAMARIND CHUTNEY.** This Condiment has a character of its own, and is readily distinguished from the general East Indian Chutnees. It has remarkable digestive qualities, and is an agreeable companion with Cold Meats, certain made Dishes, Cheese, &c.

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**LIME JUICE CORDIAL.** } These Summer Beverages are  
**PURE LIME JUICE.** } of the best obtainable quality, the fruit being produced on G. H. IRISH'S Estates in MONTSERRAT, so celebrated for its Lime Tree Groves. The Cordial is sweetened with pure Cane Sugar Syrup, and will be found a deliciously cooling and refreshing drink when Soda Water or fresh cold water is added to it. Very suitable for Refreshments in Ball Rooms and other similar Assemblies.

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**GUAVA JELLY.** Recommended for Dessert and the Tea Table. Excellent in original Flavour, and of good colour. Prepared in Montserrat.

---

**CURRY POWDER.** Will be found of good strength and palate. To be used as ordinary similar preparations.

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**BEWARE**

Of fraudulent and unwholesome Imitations, and see that Bottles containing our Manufactures bear our Labels, a list of which will be sent free on application to our City Office.

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AND OF  
**G. H. IRISH & CO., 41. Eastcheap, LONDON, E.C.**

## CHAPTER XVIII.

SPECIMEN MENUS—DINNERS, LUNCHEONS, AND  
BALL SUPPERS.

## MENU DU DINER.

*(For 18 to 20 persons. Can be modified for a less number.)*

## HORS D'ŒUVRE.

Caviar sur Croûtes.

## POTAGES.

Consommé à la Tolédo.

Purée à la St. Germain.

## POISSONS.

Éperlans frits au Crème d'Anchois froide.

Filets de Saumon à la Belle-Ile.

## ENTRÉES.

Côtelettes de Pigeon à la Piémontaise.

Petites Chartreuses à la Victoria.

## RELEVÉS.

Selle de Mouton rôtie.

Poularde à la Crème.

Pommes de Terre frites.

Choux-fleurs à la Kahlenberg.

## SORBET DE RHUBARBE.

## RÔTS.

Cailles au Cresson.

Crème glacée au Foie Gras à la Caneton.

## ENTREMETS.

Truffes à la Serviette.

Riz à la Parisienne.

Chartreuse d'Oranges à la Royale.

Filets de Hareng à l'Osborne.

## MENU DU DINER.

*(For 14 to 16 persons. Can be modified for a less number.)*

## HORS D'ŒUVRE.

Saucisson de Lyon aux Œufs.

## POTAGES.

Chiffonade de Volaille à la Princesse.  
Faubonne Potage.

## POISSONS.

Whitebait Naturel et à la Diable.  
Filets de Saumon à la Morny.

## ENTRÉES.

Petites Crèmes à la Sherard.  
Cailles à la Chaponay.

## RELEVÉ.

Selle d'Agneau rôtie, Sauce Menthe.  
Pommes de Terre nouvelles et Olives  
Petits Pois au Beurre.

## RÔT.

Poulet en Kari à la Simla.

## ENTREMETS.

Asperges en Branches, Sauce Hollandaise.  
Soufflé Vanille aux Ananas.  
Gâteau Metternich.  
Sardines à la Cambridge.

## DÉJEUNER.

*(For 12 persons.)*Haché de Venaison.  
Kromesnies à la Polonoise.  
Lapin rôti.  
Mayonnaise de Homard.  
Viandes froides.  
Pommes de Terre Olives.  
Petits Pois au Beurre.  
Petites Crèmes au Caramel.  
Riz à l'Impératrice.  
Compote de Pruneaux.

## MENU DU DINER.

*(For 10 to 12 persons.)*HORS D'ŒUVRE.  
Huitres Naturel.POTAGE.  
Tortue fausse claire.POISSON.  
Sole au Gratin.ENTRÉE.  
Ris de Veau frit.RELEVÉ.  
Côtelettes de Mouton à la Rothschild.  
Carottes braisées.  
Pommes de Terre frites.RÔT.  
Poulet au Cresson.ENTREMETS.  
Fonds d'Artichauts à l'Estragon.  
Gelée à la Belgrave. Fondue au Parmesan.

## MENU DU DINER.

*(For 10 to 12 persons.)*HORS D'ŒUVRE.  
Caviar sur Croûtes.POTAGE.  
Croûte au Pot.POISSON.  
Saumon bouilli, Sauce Ecrevisses.ENTRÉE.  
Côtelettes de Pigeon à l'Américaine.RELEVÉ.  
Poulet à la Valencienne.  
Pommes de Terre à la Maître d'Hôtel.  
Epinards à la Crème.RÔT.  
Bécassines sur Croûtes.ENTREMETS.  
Petits Pois à la Française.  
Abricots à la Condé. Croûtes à la Neuvaine.

## DÉJEUNER.

*(For 12 persons.)*

Côtelettes de Mouton Pains.

Lapin à l'Allemande.

Viandes froides.

Croquettes de Poisson.

Pommes de Terre à la Maître d'Hôtel.

Haricots verts.

Tarte de Cerises.

## DÉJEUNER.

*(For 12 persons.)*

Bifteck braisé.

Émincé de Volaille.

Pigeons grillés, Sauce Tartare.

Viandes froides.

Pommes de Terre sautées.

Epinards aux Œufs pochés.

Meringues à la Crème.

Compote de Pommes.

## DÉJEUNER.

*(For 12 persons.)*

Poulet rôti au Cresson.

Rissoles de Bœuf.

Sole grillée, Sauce Tartare.

Civet de Lièvre.

Viandes froides.

Croquettes de Pommes de Terre.

Gelée au Rhum Liquid Sunshine.

Fonds d'Artichauts à l'Estragon.

## DÉJEUNER.

*(For 12 persons.)*

Vert Pré.

Fritot d'Huîtres.

Salade à la Progrès.

Macaroni au Gratin.

Petits Pois à la Windsor.

Pommes de Terre panées.

Eclairs au Café.

Pouding pané aux Cerises.

## DÉJEUNER MAIGRE.

*(For 10 to 12 persons.)*

Potage Printanier maigre.

Côtelettes d'Œufs aux petits Pois.

Sandwiches à l'Impériale.

Aigrettes d'Anchois à la Pau.

Omelette à la Française.

Timbale à la Célestine.

Charlotte à l'Alexandra.

## SOUPER DU BAL.

*(For 250 to 300 persons. Can be modified for a less number.)*

## CHAUD.

Consommé Julienne.

Poulet en Kari à la Simla.

## FROID.

Saumon Froid au Beurre Montpellier, Sauce Verte.

Bœuf épicé.

Poularde en Galantine à la Gelée.

Pâté de Pigeon et Bœuf à l'Anglaise.

Carré d'Agneau froid au Salade de Cerises.

Mayonnaise de Volaille.

Escalopes de Pigeon à la Castillanne.

Côtelettes d'Agneau à l'Andalouse.

Poulets rôtis.

Suprême de Volaille à la Piémont.

Salade verte à la Batelière.

Côtelettes de Volaille à l'Américaine.

Petites Crèmes de Jambon à la Gelée.

Sandwiches assortis.

Charlotte à la Princesse.

Bouquetiers à la Crème.

Petites Bavaoises à la Baronne.

Nougat Noix à la Crème.

Petits Gâteaux à l'Alexandra.

Timbale à la Versailles.

Croûtes aux Fruits à la Parisienne.

Meringues à la Chantilly.

Chartreuse de Fraises.

Glaces.

Café.

Thé.

Dessert.

## SOUPER DU BAL.

*(For 400 to 500 persons. Can be modified for a less number.)*

## CHAUD.

Consommé clair.

Côtelettes d'Agneau aux petits Pois.

Cailles au Cresson.

## FROID.

Jambon à la Gelée.

Pâté de Gibier à la Française.

Galantine de Dinde à la Gelée.

Sandwiches à l'Espagne.

Sandwiches à la Victoria.

Poulet rôti découpé.

Chaufroid de Faisan.

Mayonnaise de Homard à la Gelée.

Salade de Volaille à la Hanson.

Perdreau à la Souvaroff.

Filets de Sole à la Sefton.

Petites Crèmes de Saumon au Salpicon.

Chaufroid de Cailles à la Princesse.

Petites Nectarines de Foie Gras à la Belle.

Suprême de Volaille à la Darmstadt.

Mauviettes à la Ripon.

Côtelettes de Foie Gras en Aspic.

Salade à l'Adeline.

Petits Pâtés aux Huitres.

Filets de Hareng marinés à l'Osborne.

Olives à la St. Augustin.

Pailles d'Anchois.

Pêches à l'Australienne.

Champignons Meringues à la Nuremberg.

Pommes à la Princesse Maude.

Petits Nougats à la Crème.

Jumeaux Siamois.

Gelée à la Française.

Bavaroise aux Pistaches.

Petits Gâteaux à la Russe.

Dessert.

Glaces.

Thé.

Café.

## CHAPTER XIX.

*THE ART OF DINNER GIVING.*

## 1. THE MENU.

THE first thing to be done in reference to the giving of a dinner is certainly to arrange the menu, and this is a matter not only of vital importance for the success of the repast, but is also one in which great skill and judgment may be shown. Nothing can be more unsatisfactory to the guests than a series of badly assorted dishes, or a set arranged without any consideration for variety either in the flavours or materials. To an experienced cook the writing out of the menu is a very easy affair, whilst to novices in the art of dinner-giving, the same thing is a work of labour and long consideration. In most affairs of life, a division of labour tends to the accomplishment of greater results, and this rule may be applied with advantage to the writing out of menus. There are two chief points to be considered in every menu, the first, what articles shall compose the dinner, and the second how such shall be dressed and served; it is by dealing with each of these considerations separately, that the work becomes easier to fulfil, and with better results in the end; let, therefore, the following plan be tried. First make out what might be termed a skeleton menu, in which should be inserted merely the names of the various articles which it is proposed should compose the dinner. As an example of such a menu I give the following:—

|             |             |          |         |         |
|-------------|-------------|----------|---------|---------|
| Soups :     | Consommé.   | Purée.   |         |         |
| Fish :      | Whitebait.  | Salmon.  |         |         |
| Entrées :   | Sweetbread. | Pigeons. |         |         |
| Relevés :   | Mutton.     | Fowls.   |         |         |
| Roast :     | Quails.     |          |         |         |
| Entremets : | Peas.       | Baba.    | Mousse. | Caviar. |

The real work of selection is done as soon as the menu is put into the above form, and it then remains to consider how the various articles shall be sent to table, always having due regard to avoid any sameness, either in the dishing up or in the sauces, be it in reference to their colour, composition, or taste. Bearing these points in mind we proceed to complete the above skeleton menu, and can give our thoughts entirely to the second of the considerations above alluded to, having quite disposed of the first. Such as follows will clearly illustrate what is meant :—

*Soups.*

Consommé Desclignac. Bisque of Oysters.

*Fish.*

Whitebait, Natural and Devilled.

Fillets of Salmon à la Belle-Ile.

*Entrées.*

Escalopes of Sweetbread à la Marne.

Cutlets of Pigeons à la Duc de Cambridge.

*Relevés.*

Saddle of Mutton. Poularde à la Crème.

*Roast.*

Quails with Watercress.

*Entremets.*

Peas à la Française.

Baba with Fruits. Vanilla Mousse.

Croûtes à la Française.

That such a plan as here suggested facilitates the work, there can be no doubt, and it can be adopted between mistress and servant with a great saving of time. The menu given above is translated into French for those who prefer it.

*Potage.*

Consommé Desclignac. Bisque d'Huîtres.

*Poisson.*

Whitebait naturel et à la Diable.

Filets de Saumon à la Belle-Ile.

*Entrées.*

Escalopes de Ris de Veau à la Marne.

Côtelettes de Pigeon à la Duc de Cambridge.

*Relevés.*

Selle de Mouton. Poularde à la Crème.

*Rôt.*

Cailles au Cresson.

*Entremets.*

Petits Pois à la Française.

Baba aux Fruits. Mousse à la Vanille.

Croûtes à la Française.

## 2. HORS-D'ŒUVRES.

In the above specimen of a menu of a fashionable dinner the hors-d'œuvre is purposely omitted, because it is not yet generally given on the bills of fare of private houses, though it is gradually assuming the importance of a distinct course, and promises ere long to figure at the head of all menus. In the case of public banquets this is already so.

Hors-d'œuvre, as its general meaning denotes, was the term originally applied to side dishes, and in Dumas' 'Grand Dictionnaire de Cuisine' we are told that it includes all those dishes which, not being sufficient to constitute a substantial meal, and which being served separately on little plates of special shape, complete the elegance of the repast. An examination of old menus of notable feasts gives us an insight as to what class of dishes were formerly served under this heading, and at what part of the dinner they were partaken of. In Urbain Dubois's 'Cuisine de tous les Pays' the hors d'œuvre is almost invariably placed after the soup, except in Lord Palmerston's banquets, when it comes after the fish, and in the Duchess of Sutherland's, when it follows the removes. Among the *plats* mentioned in these old bills of fare, under the title of hors-d'œuvre, we notice such as 'pig's feet truffled,' 'oyster patties,' small 'vol-au-vents,' 'rissoles,' 'timbales,' 'croquettes,' and a variety of little articles which are now classed among the entrées. When we come to more recent times we find Gouffé, in his 'Le Livre de Cuisine,' sometimes placing the hors-d'œuvre before the soup and sometimes after it, and he gives two distinct sets of recipes for hors-d'œuvre, the one including all sorts of cold relishes, such as anchovies, olives, radishes, prawns, marinaded herrings, sardines, oysters, &c., &c., which he says belong more to the office of the *maitre*

*d'hôtel* than to that of the cook ; and the other embracing the hot dishes, as kromesnies, croquettes, cassolettes, cannelons, little soufflés, patties, crépinettes, boudins, bouchées, croustades, timbales, rissoles, coquilles, and a variety of small dainties which are at the present time, as I have stated above, served as entrées for luncheon, dinner, or breakfast.

From what has just been said it will be perceived that the term *hors-d'œuvre* applied, at the time that Gouffé wrote, to two really distinct services, the first being light tasty trifles served cold, and at the commencement of the dinner, as a relish, appetiser, or 'whet,' and the second being a series of culinary dainties, which have since become amalgamated with the hot entrées. It has been the custom in the restaurants of Paris, and is now also in some of the best London ones, to have always ready a variety of the cold *hors-d'œuvres*, with which the customer can beguile himself whilst the dinner he has ordered is being prepared : hence it is not surprising that diners should gradually accustom themselves to the habit, and that the *hors-d'œuvre* should now be seen heading the bills of fare of banquets, and rapidly making its claims acknowledged at private tables.

In Russia caviar, salt herring, anchovies, and other highly flavoured articles, followed by Kùmel or brandy, are partaken of by the guests, either from a sideboard or in an anteroom, before sitting down to dinner ; and latterly the same custom of serving the *hors-d'œuvre* has been adopted in many noted Parisian houses.

For those who wish to include this course in their dinners I should recommend that the portions for each guest be placed on the plates before they enter the dining-room ; and whatever it is, it should be most daintily dished in a pretty and appetising manner, to denote a foretaste of the dinner to follow, and to create a good impression on the minds of the guests. Not only will this plan enhance the appearance of the table, but it will also give the cook the opportunity to keep the soup hot until she knows that the guests are seated, and so fairly start the dinner. The variety of dishes which can be served under this head is exceedingly numerous, but they should be strictly confined to such as tend to stimulate the appetite, such as those we have mentioned above, without being sufficient to impair the enjoyment of the dinner.

### 3. SOUPS.

Among the whole of the courses of a dinner there is none which needs more attention than the soups, nor one which will show the liberality and hospitality of the house to greater advantage or disadvantage. Nothing can be more disappointing to a guest than to be offered at the commencement of dinner a plate of ill-flavoured, watery, or greasy liquid. Opinions differ vastly in reference to the importance of soup, some people agreeing with Carême that it is 'well-beloved of the stomach,' whilst others would relegate it to the nursery and sick room. The Marquis de Cussy described it as the preface of a dinner, and says that a good work requires no preface, whilst Grimod de la Reynière considers it is to a dinner what a portico is to a house or an overture to an opera. The general verdict of mankind, all the world over, has placed a course of soup at the beginning of the banquet, which would not have been done throughout past generations if it had not been found desirable and pleasant to the appetite. Carême, on his deathbed, was troubled with what he considered the heresy of the Marquis de Cussy, and said that for his part he could not understand a dinner without soup, and the great majority of diners will heartily agree with him.

Though there are between five and six hundred kinds of soups, they can be divided into a few distinct classes for the purpose of considering their service at the dinner table, viz., clear soups, thick soups, purées, and broths. The clear soups include all those resembling sherry in appearance and colour, and varying from the very pale up to the dark brown, whatever additions may be made to them in the way of the garnishings from which they often take their distinctive names; thick soups are such as owe their thickening to the addition of arrowroot or other suitable materials, and are to be clearly distinguishable from purées, which are made thick by the ingredients of which they are composed being passed through a sieve or tammy; thus we have clear and thick turtle soup, clear and thick oxtail, and purée of peas, purée of artichokes, &c. Broths are really unclarified soups, served with or without garnish, as mutton, rabbit, veal, chicken, and fish broths, and are more a consideration for sick-room and plain cooking than for fashionable dinner tables.

The tendency of modern dinners is to shorten the service;

where but lately two soups were considered imperatively necessary one now suffices, as at a dinner for twelve or fourteen, and a light clear soup, nicely flavoured and neatly and prettily garnished, is the most generally selected, though if gentlemen predominate a thick soup or purée is often substituted. When two soups are given, one should be clear and the other thick, or a purée, and the former should figure first on the menu. In the selection of the soups, care should be taken that they do not consist of anything which will be repeated in the dinner; for instance, a purée of chicken would be very bad if chickens are to be served later on. I am convinced that souchets or zootjes would far oftener appear at small parties to replace the soup and fish courses, were they better known in this country, thus shortening the dinner by one course, and supplying a deliciously light soup and delicately prepared fish at the same time, and I recommend a trial of these dishes when only a party of four to eight are assembled.

#### 4. FISH.

Fish is held to be one of the greatest luxuries of the table, and not only necessary, but even indispensable at all dinners where there is any pretence to excellence or fashion. The fish course is always served after the soup and must not be confused with fish served as an entrée or as a 'roast' when game is scarce.

When two kinds of fish are included in the course, it is usual to serve first that which is prepared by a dry method, such as by grilling, broiling, or frying, and hot fish should be served before cold. The accompanying sauces are of the utmost importance, for without them few fish would be much esteemed, and their variety in taste, composition, and colour, affords great scope for consideration. The sauce served with hot boiled fish may be either a hot or cold one, or both, and a hot sauce of a curry kind goes well with many kinds of cold fish.

When two fish sauces are to be served at a dinner, whether they accompany one or two different sorts of fish, any sameness in them should be strictly avoided. For instance, hollandaise and bearnaise sauce should not be served together on account of the similarity of their composition; nor mayon-

naise and tartare for the same reason. Such sauces as tomato, crayfish, lobster, shrimp, chauron, and grand hôtel will not go well together on account of their colour; the same remark will apply to verte, ravigote, and parsley sauces; oyster and hollandaise sauces should not be used at the same time because the former consists partly of the latter. Another set of sauces resembling each other too much in colour for use in the same course are brown mustard, italienne, piquante, vin rouge, and américaine.

A long-standing and ever-present complaint with diners-out during a London season is the ubiquitous 'whitebait and salmon'; both very excellent in their way, but hackneyed to such an extent that the monotony of their appearance at the dinner table is really painful to some people. A more extended knowledge of fish cookery—and few seem aware of the dainties which are classed under 'dressed fish'—would soon bring about a radical change for the better, more especially as there seems to be a tendency to have a dish of dressed fish handed, instead of the course being served from the sideboard à la Russe.

White fish, such as turbot, cod, soles, &c., are nearly always served hot; in fact, on the authority of Dubois, it is stated that the fish removes must always be hot, but he wrote some time ago, and fashion has altered since his time. Salmon, trout, lobster, &c., are very popular as cold dishes, and many of the white kinds would doubtless be equally so if properly dressed and served.

As illustrating the great variety of fish sauces hot and cold from which to choose, we will mention only some of the most popular, as they are served with salmon cooked in different ways; thus among those suitable for cold boiled salmon are verte, mayonnaise, tartare, anchovy cream, cold curry, hot curry, vinaigrette, cucumber cream, &c.; with hot boiled salmon hollandaise, lobster, chauron, grand hôtel, hot cucumber, ravigote, caper, &c., with grilled or broiled salmon, tartare, italienne, bearnaise, maître d'hôtel, maître d'hôtel butter, piquante, tomato, tomato butter, and américaine, &c. These in no way exhaust the list.

I give a few specimens for fish course when double kinds are to be served, and they can be taken as guides for arranging others. When salmon is served with whitebait it can be either hot or cold, either boiled or dressed, and with it a suitable sauce, but it must not be fried or grilled; fried

smelts, soles, and whittings, can take the place of the white-bait in such a service; fillets of mullet or whole mullets grilled or broiled go nicely with plainly boiled or dressed turbot; hot or cold fillets of sole with hot or cold trout form a nice course, but one of the dishes should be hot; boiled John Dorey and lobster soufflé hot or cold, or fried whiting and John Dorey match well; broiled whiting and matelote of eels with red wine may be mentioned, as well as fried soles and steamed oyster soufflés with crayfish sauce.

### 5. ENTRÉES.

The signification of the term *entrées* has of late years undergone considerable modification. To properly understand this we must consider the plan of the dinner as arranged by Carême, and we shall observe that with slight alterations the design still holds good. He divided the dinner proper into two courses, the first consisting of *entrées*, including large *entrées* or *relevés* and small *entrées*, or *entrées* as now understood. The word itself shows that it was originally applied to those dishes which commenced the dinner, and an examination of one of Carême's menus as given below will show that the term was so applied in his time, but by degrees it has come to mean all classes of made dishes, from a plain hash that is found on restaurant bills of fare, to the most artistic and *recherché* productions of the chef as served at first-class tables, and, as we have said in a previous chapter, now includes all those light hot and cold dainties which Gouffé classified as one class of *hors-d'œuvres*. The following menu given by Carême:

#### MENU.

Un potage . . . Le Potage de Semoule au consommé.

#### I. Course.

Une grosse pièce . La pièce de Bœuf à la Maréchale.  
 Deux entrées . Les Perdreaux à la Périgueux.  
 Les Poulets dépecés à l'Italienne.

#### II. Course.

Un plat de rôti . Les Merlans frits panés à l'Anglaise.  
 Deux entremets . Les Épinards au Veloute.  
 La Gelée au Vin de Madère.  
 Deux extra . Les Mameys d'Abrieots .

fully illustrates what we have said. The soup in it is not considered as part of the dinner, but is treated as a prelude, and the large entrée or remove is served immediately after the soup, and fish occurs in the second course as the roast. It is a common English idea of a dinner that it should consist of fish, flesh, and fowl; if then we substitute the fish after the soup and change the order of the large and small entrées, we have at once the modern English dinner as served on almost all occasions, and dealt with in my article on the menu. It was a saying of Brillat-Savarin's that the progression of dishes at a dinner should be from the more substantial to those of a lighter and delicate nature, and though many authorities have written in a similar strain, the public verdict seems to be opposed to that opinion, for with few exceptions, at the present day the service is to lead up to the joint in the order of soup, fish, entrées, joint. The terms first and second service are rarely used, and in fact fulfil no purpose, with the single exception that the term 'second course' dish is given to any of those which may be served as a roast or in the place of one.

It naturally follows from the above remarks that the term entrée is applied to that vast variety of dishes which come under the designation of 'made dishes.' The hot entrées can be divided into two great classes, viz., those which are served without a sauce and those which are served with a sauce round them, and the latter being generally accompanied with some dainty vegetable garnish.

It is in this course that the skill of the cook or the taste of the dinner-giver can be best shown, as the scope for design and variety is almost endless.

What has been said in the article on the fish course relative to the choice of the colour of the sauces when two different kinds are served holds good with respect to the entrées. Those which are prepared by frying or any dried method, such as kromesnies, croustades, &c., are usually served first, the hot entrées always before the cold, and an entrée of small birds goes before one prepared from large birds or meat. The sauce is served in the dish, and not in the sauceboat, with the exception of soufflés in paper or china cases, when sauce may be handed. Whether a white or a brown entrée should take the lead will depend upon the relevé which follows as well as upon the composition of the dishes themselves; thus, for instance, if the entrées consisted

of sweetbread and hare, it would be advisable to serve the sweetbread first, as the higher flavour of the hare would vitiate the palate for properly appreciating the other; if the remove was white meat, such as a poularde, then also it would be best to serve the white entrée first, in order to prevent two dishes of a similar kind in colour following one another at the table.

We have heard it said that an entrée should not include fowl or winged game, but such an idea nowadays would be considered preposterous, as some of the best and most popular entrées are made from them, and are so given in the best works on cookery; another remark, only occasionally heard, yet equally absurd, is that an entrée should never require a knife; there are many excellent entrées which do not require one, but there are also many more which do.

The custom is that entrées are always handed at the table, and never served from the side, and hence it is imperatively necessary that they should always be dished in an elegant and tasteful manner; in fact, with cold entrées the opportunity for artistic display and delicate arrangement is extremely great. Cold entrées seem to be coming into greater favour, and no doubt will continue to increase in popularity as English cooks become more familiar with their preparation and English diners with the extraordinary delicacies which are classified under that title.

## 6. REMOVES.

This course constitutes the most substantial part of the dinner; it is the *grosse-pièce*, or the *pièce de résistance* in the French menu; it is the fundamental centre of the English bill of fare; in fact, in ordinary cases, it forms the dinner with soup or fish as a prelude, and some sweet as a finish. Without a good remove people are apt to consider the dinner to be composed of 'kickshaws' or makeshifts, and to say they 'had nothing to eat.' This course was served in former times in France directly after the soup; it was the first of the entrées or commencements of the dinner, and took its name because it replaced or relieved the soup tureen. That was when the dinner was served *à la Française* or on the table; at present the remove is always served from the side table or *à la Russe*, the accompanying vegetables, nicely prepared and neatly dished, being handed at the table.

The question has been discussed *ad nauseam* as to whether the joint or remove should be served at the beginning of the dinner or at the end before the entremets or second service, and though Brillat-Savarin and his disciples oracularly affirmed that its place was after the soup, the public voice, in England at any rate, has decided to the contrary.

It has been urged by some authorities that the joint should be served first, to make provision for those who come faint to a late dinner, and having a weak digestion, resolve to wait and content themselves with the joint. Nothing more absurd was ever written; persons with a weak digestion avoid the joint, take the more delicately-prepared fish or entrée, and often leave the joint alone. Again, a dinner is not given because your friends are hungry, or because you think you are doing them a charity to invite them. The mere satisfying of hunger or thirst is a secondary consideration; but, as the guests are called to partake of hospitality, it is vitally important that the utmost pains should be bestowed upon the repast which they are asked to share, and anyone who invites his friends to his table and neglects to do his best for their happiness and satisfaction while there does not deserve to have friends.

The subject of the dinner in its various courses has been under consideration, and we have now arrived at its most important part as regards gratifying the natural appetite; but surely for that purpose alone no fashionable dinner was ever given. We have, therefore, now to consider its actual aim and object. To dine is a necessity; to unite this obligation with duty or pleasure is a privilege which civilised, and even uncivilised, man has always availed himself of. In modern life a dinner is the excuse—and it should be a good excuse to be successful—for a social gathering. Our natural cravings of hunger and thirst, unlovely and mean things in themselves, are the foundation stones on which we build the house of hospitality, in which to bring “wit and imagination, romance and remembrance, kindness and tenderness of heart, which link us to one another, and make the courtesies of society the delight and sunshine of our lives.”

The monotony in this course to diners out is almost as bad as that to which I referred in the fish course; saddle of mutton or fillet of beef figures far too often on modern menus, and yet almost anything which could be served as the mainstay of an ordinary English dinner can be placed as a remove on the menu of a fashionable one.

In choosing joints for this course, the nature and composition of the entrées must be borne in mind, in order to avoid any sameness.

Besides joints, ham, poultry, ducks, geese, turkeys, pigeons, venison, hares, rabbits, pheasants, partridges, steaks, chops, pies, galantines, &c., may be utilised at this part of the dinner.

## 7. VEGETABLES WITH THE REMOVES.

As the joint at the dinner is not complete unless accompanied by vegetables, and may be other additions, I now propose to make some remarks thereon. No dinner can be a success unless the vegetables receive proper attention and consideration; in fact, it has been observed, 'that whenever the vegetables are distinguished for their excellence, the dinner is always particularly enjoyed.' It is a mistake to let the vegetables figure in a secondary way, as is too often done: for without a proper service of them a dinner, however well arranged in other respects, will prove a disappointment to the diner. Moreover, as they are invariably handed at table, it is necessary that they should be well dished and present a tempting appearance. It must be specially noted that these remarks bear on vegetables which are sent to table with the removes: later on I shall have to speak of the 'second course vegetable,' which is served towards the end of the dinner, between the roast and the sweets.

Two vegetables are generally sufficient for an ordinary dinner party, and they may or may not appear upon the menu card; when they do, they are generally printed or written a little to the right under the name of the remove, and this naming of them is coming more and more into vogue. Besides vegetables, there are other accompaniments, which in an orthodox way go with certain dishes, such as mint sauce, currant jelly, salad, horseradish, &c. &c., and which I have fully spoken of in another chapter.

There can be little doubt that a plentiful supply of vegetables, well served up, is one of the greatest luxuries in dining, but I do not mean that they should be in such quantity and variety as to heap up the dinner plate. Notwithstanding the immense choice, the potato figures invariably on the menu to such an extent that an authority has written, "There are

many English houses, hotels, and even clubs, where the boiled potato makes its daily appearance with a regularity which drives a diner to despair and a gastronome to the verge of suicide. Old and new, hard or soft, white or black, the potato is still boiled, and boiled only. This tuber, which, when quite small and young, is palatable when simply boiled, because it then possesses a real flavour of its own, is tasteless when it grows older, unless it is cooked with something to bring out its hidden flavour or impart to it a fresh one." If the potato must be one of the vegetables served with this course, it should be prepared, when old, in some tasty and appetising manner, which can be accomplished with a very little trouble, and there are numerous ways to select from.

When the potato is served as one of the vegetables, the other may often be chosen to accord with the joint, as certain sorts are popular with certain kinds of meat. Some of the more homely kinds, such as turnips, parsnips, carrots, &c., become simply delicious when properly dressed, and are heartily enjoyed by persons who would loathe them when merely boiled. In Roman Catholic countries, where Lent and other fasts are rigorously observed, the preparation of vegetables has secured greater attention than in this country, hence it is that a far larger variety is found to be in use among the people there than with us. No better illustration of this fact can be afforded than Baron Brisse's book, in which are mentioned some dainty vegetables that are not even referred to by any English writer. Green peas, French beans, cabbage, or something similar, with spinach occasionally, seem to be the sole repertoire of the majority of English cooks. Cardoons, egg plants, salsify, celery roots, and other delicacies are almost ignored. Asparagus, artichokes, tomatoes, seakale, sorrel, endive, lettuce, and others, though used to some extent, deserve far more attention than they receive at present, and I shall have occasion to refer to them again when speaking of the second course vegetable.

I have already said that the remove is the fundamental part of the dinner, the course to which the previous ones have led, and I have shown that it is a compound service with the joint as the centre, requiring properly served adjuncts for its support and completion. That these accompaniments have been often treated as merely secondary is proved by the fact that they have been hitherto, on many occasions, even omitted from mention on the menu; that their true importance

is gradually being acknowledged is demonstrated by the increasing frequency with which we find them set forth on the cartes of modern dinners.

### 8. SORBETS, PUNCHES, &C.

Having treated of that part of the dinner which terminated what was formerly designated the 'first course,' it is now necessary, before entering on what was called the 'second course,' to speak of a service which took its place in the interval between the courses, and is assuming the importance of a special course in the dinner under the title of 'sorbets.'

During the last century punch was in very general use, and was served during the interval I have referred to above. It was at first made with warm water, and consisted of five ingredients—viz., spirit, water, lemon, sugar, and spice, and took its name from the Indian word *punj*, signifying five. Spain, where it is called *ponche*, is accredited with having introduced it to English notice, and it received in this country the name of 'Contradiction,' because spirit was added to make it strong, water to make it weak, sugar to sweeten it, and lemon to render it sour. According to the spirit used, it became rum punch, brandy punch, arrack punch, and so on; after a time its ingredients were increased, according to the whims and tastes of different compounders, and it passed through the degrees of hot, cold, and frozen, in which latter form, under the name of punch à la romaine or punch romaine, it has been served for many years past on grand and convivial occasions.

It is but natural that an attempt should have been made to give some variety to the punch, and as the great secret of concocting a good one was observed to be the preparation of a delicate sherbet, in which some fruit acid was the basis—lemon juice, for instance—it followed as a matter of course that an acid ice, with the addition of some spirit, could well be substituted for the punch; hence it arose that lemon-water ice, consisting of lemon juice, sugar, and water, with the mere addition of rum, was soon used to replace the punch, and, in fact, was virtually the same in composition, with the omission of the usual spices. The Italian word *sorbetto*, meaning sherbet, was adapted to the new substitute, and 'sorbets' began to appear on the menus where punch

had long held undisputed possession. A reference to the menus of the dinners given at the various courts of Europe in Urbain Dubois' 'La Cuisine Artistique' will fully bear out the foregoing remarks, for among them we find that punch is served in fifteen cases, out of which punch *romaine* figures nine times, and of the various other punches no one occurs more than once, whilst sorbets appear twice. Such was the position thirty years ago, and gradually the sorbets have gained more and more in favour, until at the present day they have an acknowledged place in the service of a first-class dinner.

It is easy to perceive that as soon as punch ceased to be served as a drink, and assumed the appearance of a semi-frozen solid, it should be reckoned among the eatables, and consequently appear on the menu; and also that as the word was, and is still, applied to the drink, the more modern name of sorbet should be used to avoid confusion. The sorbets, like the *hors-d'œuvres* and *entrées*, seem to have taken some time before finding the settled place on the menu which they now occupy, viz., between the remove and the roast, for we read in Dubois' 'La Cuisine de tous les Pays,' that 'iced punch is commonly served to accompany the roasts;' and in Kettner's 'Book of the Table,' that sorbets are served 'sometimes before, sometimes after, the roasts;' and again in Dubois and Bernard's joint work, 'La Cuisine Classique,' that 'in France they are served in the interval before the roasts, but in many other countries after the removes of fish.' Notwithstanding these authorities, an examination of old menus shows that their general place was the same as that adopted in modern dinners.

Under the term sorbet are now included those iced compounds which are served after the removes. They should be of a light semi-frozen nature, having only just sufficient consistency to hold together when piled up. This degree of solidity is a natural consequence of their composition, for the sugar and spirit among their ingredients, when properly prepared, will prevent them, under any circumstances, becoming as solid as cream and water ices. They are generally prepared by first making an ordinary lemon-water ice, and adding to this some spirit, liqueur, or syrup for flavouring, and fruit for garnish, and are named accordingly rum sorbet, cherry sorbet, and so on. They are always served in cups or glasses, one for each guest, and many very

pretty designs are specially made for this purpose. The sorbet à l'américaine is peculiarly interesting, as it was first served in the cups or glasses formed of raw ice prepared in moulds in imitation of wine-glasses or cups. Its flavouring, when prepared in New York, is the sparkling Californian wine, Catawba, for which champagne is generally substituted in Europe. The moulds for making these ice cups or glasses consist of two parts, an inner and an outer cup, so that when fixed together they have the appearance of one cup; but between the two parts is a space which is filled with pure or coloured water. These are set in the ice-cave till the water is frozen; the ice-cups are then turned out of the moulds and used. The pretty effects which can be produced by real ice-glasses prepared in this way are so numerous that these moulds are now being used for sorbets of any kind.

### 9. THE ROASTS OR RÔTS.

This course commenced what was formerly called the second course of the dinner, or the entremets proper, so named because they were served between the main part of the dinner and the dessert; but the word 'entremet' is now generally used only for the vegetables and sweets, and has still a further tendency to be applied only to the sweets. Baron Brisse wrote:—'The French dinner is divided into three courses: the first comprises soups, small side dishes, fish, and entrées; the second, roasts, vegetables, and sweets; the third, dessert; the whole of each course being placed on the table at the same time.' We have already shown the changes which have taken place in the order of the dinner and in the naming of the different parts, the word 'course' being now used for every distinct service of which the guest is invited to partake. It is, therefore, entirely old-fashioned, and serves no purpose whatever, to put the words 'first course,' 'second course,' or 'first service,' 'second service' on the menu, though this is occasionally done, even yet, in houses where the cook's ideas have not progressed beyond the time of Carême.

When the dinner was divided into three courses, as stated by Baron Brisse, and each entire course was placed at the same time before the diners, such a division on the menu was practical and useful; but on the introduction of the dinner à la Russe, in which the dishes, instead of being placed on

the table, are served from the sideboard, the terms became obsolete, and the menu assumed the divisions which have already been illustrated.

What kind of viands should be served under the heading of roasts has been a matter of considerable discussion. In the specimen menu of Carême given above, fried whittings was the dish which filled the place. In Dubois' 'La Cuisine Artistique,' we read that 'rôts' are of two kinds—one comprising butchers' meat, including game and poultry, the other consisting of fish selected from among the most delicate species. Again, in Dubois and Bernard's united work, 'La Cuisine Classique,' published 1856, a list of 45 roasts is given in which nine are fish, to be fried or grilled, all the rest being fowl or game. At the same time, they point out that in some countries lamb is served as the roast, and go on to insist that this is an infraction of the rule that joints of butchers' meat should be eaten at the beginning of the dinner. In the tenth edition of the same work, published 1884, 49 roasts are given, and they only include game and poultry. From the above references it will be seen that a wide range of dishes were formerly served under the heading of roasts or rôts, the term having in France a far wider signification than in England, being employed in the former country to frying and grilling. Another most important point for consideration is that roasts were generally accompanied with garnishes and salads, which grew into great importance when any scarcity of game occurred, and hence it came to pass that these salads often figured solely as the 'roast.'

On modern menus the term 'roast' is applied to any dish of poultry or game, or any prepared salad of fish, game, poultry, or vegetables. Among the first kind may be mentioned pheasants, grouse, woodcocks, snipes, partridges, quails, ortolans, pullets, thrushes, larks, &c.; domestic poultry, such as capons, turkeys, guinea fowls, ducklings, geese, pigeons, ducks, &c.; forest game, such as the roebuck, deer, wild boar, hares, rabbits, &c.; among the second class are the well-known *salade à la Russe*, *salade-à l'Adeline*, and a variety of other salads and dishes as given in Chapter XI.

When the appetite has been to a great extent satisfied by the dishes which have preceded the roast, it is necessary that nothing inferior either in quality or preparation should be brought to table, and the more luxurious the dinner the more

delicate and *recherché* should these dishes be. A roast of an inferior kind ought never to figure at a fashionable dinner, and nothing is more reprehensible than good game or poultry being badly cooked or served; whatever be the nature of the roasts, it is absolutely necessary that they should be tender, a point which a very little care and management will secure; they will also require special care in the cooking, for the choicest kinds may lose their flavour if badly roasted or attended to.

One of the most important considerations to be observed in the serving of the roasts is that the game or poultry used should be sent to table with their suitable and orthodox accompaniments which will be found set forth in the recipes.

#### 10. ENTREMETS OF VEGETABLES.

I have already spoken of the vegetables which are served to accompany the joints or removes, and now have to mention that course which consists of some vegetable, delicately dressed and served by itself after the roast. In ordinary dinners in England this is often omitted, but in fine and choice dinners it is obligatory, and tends to give a completeness to the repast which could not be obtained otherwise. The simplicity of the dish, with its delicate and distinctive flavour when properly prepared, always ensures it a good reception at any table, while its wholesomeness and popularity should render it indispensable at everyday dinners. This is so in France, where the dish of some vegetable at the end of the dinner is as eagerly looked for and anticipated as the pudding or tart is by children at an English table. At continental hotels a course of vegetables alone is invariably served, but in almost all English hotels one gets only those which accompany the meat and go to make a confused pile on the plate.

French authorities have written that entremets of vegetables hold an assigned and distinct rank in the order of a regular dinner, which would be incomplete without them, and it has been wisely observed that the greatest improvement for the English family dinner would be to arrange, in addition to the pudding or sweet, or in place of it, that there should be a dish of nicely prepared vegetables.

We find this is the case, as we have said, in choice dinners,

but before it can become more general the majority of English cooks will have to learn how to cook and dress vegetables better than they do at present. Few 'plain cooks' can do much more than send up cabbage and potatoes—even those not always satisfactorily—and no one would care to partake of such crude fare for a 'vegetable entremet.' No country produces better vegetables than England both in variety and quality, and yet the weakest part of an English dinner is always in respect to them. It is time that a lesson were taken from continental housewives, and that we in this country should look upon vegetables as separate and distinct foods, and make them into independent and palatable dishes, and not serve them as mere adjuncts to meat. The Vegetarian Society is doing great good in this respect, and through its efforts we may look for some improvement in vegetable cookery. When this comes to pass, this class of food will fulfil its intended functions, and a diminution of indigestion and dyspepsia will be the natural consequence.

It is certainly an English habit to take vegetables only with the meat, and to look upon a 'dish of herbs' as food only fit for peasants who are incapable of procuring anything more costly. An artichoke is about the only vegetable which is taken separately in England, and this is because it cannot be eaten with a knife and fork; asparagus occasionally falls under the same arrangement.

The necessary knowledge required for preparing excellent entremets of vegetables is but small and easily acquired, but so long as employers are content to put up with the crudeness, sameness, and limitedness of dishes of vegetables, so long will English cooks be indifferent to making any improvement in that department of cookery. Comparatively few English cooks know the difference between *Petits Pois à l'Anglaise* and *Petits Pois à la Française*, and this ignorance on so simple and general a point is but a sign of the extraordinary weakness in a branch of cookery abounding with delicacies as easily prepared as they are endless in variety.

## 11. SWEETS.

This course of the dinner is too generally considered as insufficiently important to require that strict attention which the service of other courses demands. But, as a matter of fact, it is one to which not only the cook but the hostess

should devote considerable thought and care. It is, to begin with, absolutely indispensable, and as Brillat-Savarin has described soup to be the portico of the temple of gastronomy, so may sweets be described as its spire. It is, after all, in the sweets that the elegance and delicacy of a dinner are best displayed, and a mere show of jellies, pastry, and sweet things generally will not satisfy the artistic mind of a thoroughly experienced dinner-giver, whilst the habitual diner-out will at once detect the touch of a master hand in the service and quality of this course. Inattention to the simple rules laid down by professors of gastronomy on this point frequently mars an otherwise excellent repast, and cooks who may be trusted to serve a good soup, make fair entrées and excellent savouries, sometimes display lamentable ignorance on the subject of sweets. But time, which has brought about such marvellous changes in the dining world of recent years, will in due course bring the sweet question into prominence, and when even the ordinary dinner of every day shall have reached that degree of perfection which it is within the reach of every intelligent housewife to attain, the crudities and gastronomic blunders now so prevalent in the service of sweets shall wholly pass away.

It may be roughly set down as a first principle of sweet-serving that the last dish of a dinner should be at once light and elegant. Like the final touches of a toilet, they should simply be relied on to give that finish which crowns the whole effect. The aim of a properly constructed sweet is to convey to the palate the greatest possible amount of pleasure and taste, whilst it is in no way either suggestive of nourishment or solidity, from which it will be seen that the average English tart is a fair example of precisely what a sweet should not be. The various puddings, savarins, and babas frequently set down in the menu of an elaborate dinner might appear, at a first glance, to be directly opposed to this rule, but, as those who are skilled in their manufacture are aware, this is not the case. But even if a confection of more solid proportions be admitted to the menu, it may be assumed that it is necessary to the even balance of the other dishes. For, having fairly provided for the varied tastes of the guests, with due attention to this question of lightness, it must also be borne in mind that, as a suitable proportion must be preserved between the substantial and lighter entrées, so it must be with the sweets, and that the order of service must be equally considered.

And here it is as well to point out that it is an essential point that hot dishes should always precede cold ones. Thus, puddings, savarins, and babas, which, *en passant*, may be served either hot or cold, come before the ices included in this course, which items may also be subsequently served with the dessert. Another important, and, indeed, from an artistic point of view, most important, feature of sweet-serving is the even distribution of colours and flavours, which require some little taste and judgment in the selection. It is the general rule with sweets, as with their precursors, the entrées, that the order should be alternately dark and light, until the list is exhausted, and, as a matter of course, it follows that two dishes of similar flavour would not be put down in succession.

## 12. SAVOURIES.

I have yet to speak of savoury entremets, which are now so generally served, both at large and small dinner parties, either in lieu of sweets or in addition thereto. Many persons eschew sweets either from questions of taste or of health, or from the tendency which food of a saccharine nature has to produce obesity. A little cheese to assist digestion, as the saying is, has been the finish to dinners throughout ages, and still holds its ground among the great mass of the population. Such, indeed, is the simple germ from which the savoury course at a dinner has sprung, and still preparations, in which some cheese of distinctive character, such as Parmesan, Gruyere, &c., figures, are among the most popular dishes for terminating the repast.

There are very many diners—I might almost say all who know how to dine—who would consider they had fared but poorly unless some appetising savoury formed the conclusion of the repast, to give to the palate the last stimulus to the enjoyment, and to add a piquancy to the end of the meal. It is almost impossible to overrate the importance of this part of the dinner. The appetite is satiated with the delicacies which have already been partaken of, and something very tempting is necessary, hence the best efforts both of hostess and cook should be put forth that the guest's last impressions may be pleasurable.

The number of savoury dishes, both hot and cold, as well as their variety in flavour and design, afford a boundless

choice when arranging the menu. The best plan is to serve up the dish arranged in small portions, one for each guest, as the savoury is invariably handed round. Little soufflés, fondues, ramequins, canapés, beignets, &c., are very convenient and popular forms, though large soufflés are often preferred, and little can be said against them, as on account of their lightness it is easy for each guest to take what may be required.

During the last few years a vast increase in savoury dainties has been brought before the public, and many have met with undoubted favour. Fish have been cured and put up in great variety, many of the preparations being ready for immediate use, or forming pretty and delicate dishes with a minimum of trouble. Among such we may mention, just for example, 'lax,' a Norwegian method of preserving salmon in thin and small slices, marinaded fillets of herrings, and curried prawns. Among the different articles which may be served for savouries are dishes made from Parmesan, Gruyère, or other tasty cheeses, caviar, anchovies, oysters, sardines, fish roes, devilled bones, mushrooms, artichoke bottoms, olives, eggs, marrow, and a host of others far too numerous to give at length.

### 13. ICES.

With the savouries the menu proper is usually held to conclude, but of late ices and iced dishes of various kinds have increased so much in popular favour as to form a special, and decidedly important item, at every well arranged dinner.

The use of ice and snow as refrigerants has been known for centuries, but ices, somewhat of the kind we are now acquainted with, do not seem to have been used much before the early part of the 17th century. In France, at all events, they were not known till introduced during the reign of Louis XIV. by a Florentine of the name of Procopio, somewhere about the year 1660. Since then their use has gradually spread, and their popularity increased to such an extent that what was formerly a luxury reserved for the wealthy is now in most towns the delight of street Arabs who can by any means raise the 'copper' requisite for their purchase. Needless to say, the quality at the two ends of the scale differs widely.

At first only simple creams and syrups were frozen and served in the rough; then different custards were

found capable of being moulded, frozen, and turned out in a shape. These new sweets speedily took their places in the list of entremets, though for some reason they were at first not supposed to offer much variety, and down to the present day, in England, at all events, 'ice pudding' is usually held to mean the combination of rich custard and dried fruits technically known as a Nesselrode pudding, so called from the celebrated diplomat in whose honour it is said to have been invented.

As a matter of fact, a very wide choice is offered to those who take the trouble to look for it, extending from 'the ice pudding' *par excellence*, through a long list of soufflés, mousses, bombes, plombières, muscovites, &c., &c., which have the advantage of suiting either the list of entremets for serving before the savoury or for the dessert.

At large parties two sorts of ices are usually served, and should be carefully contrasted. A pleasing variety is often produced by filling little moulds with different kinds of ice, which are then served in tiny lace paper cups, under the name of *glaces assorties*, or else the different colours and flavours are placed in the same mould either regularly or not; in the latter case they produce a marbled effect, suggestive of the Venetian glass known as millefiori or 'colorito.' Another very popular form is the Neapolitan ice, or *crème panachée* as it is sometimes called, which is produced by filling a metal box, made for the purpose, with layers of differently flavoured and coloured cream and water ices; for instance, lemon, vanilla, chocolate, and pistachio. When moulded these are turned out, cut across in slices, and, served in little paper lace cases, offer the requisite variety to both sight and palate.

The following may be suggested as agreeable mixtures :—

White coffee and strawberry cream.

Vanilla cream and strawberry, raspberry, or cherry water.

Brown bread and chocolate creams.

Tea cream (*crème de thé*) and burnt almond cream.

Almond and black currant cream (*crème de cassis*), &c.

This list is susceptible of almost infinite variation, and a very little experience will teach the most satisfactory mixtures to suit different tastes.

Formerly the manufacture of ices was a tedious and difficult operation, requiring an expensive apparatus and considerable skill and goodwill on the part of the operator to

ensure success; each mould being embedded in a mixture of salt, ice, and saltpetre, had to be luted down with wax, or fat of some kind, and unless this was very carefully applied and as carefully removed, the ice was apt, on being taken from the mould, to acquire an unpleasant salt taste, such as many may remember. Moreover, to stand the treatment necessary the moulds required to be of a particular make, and were in consequence costly, while the whole process was so troublesome as to be scarcely worth the result in establishments where ices were not of constant occurrence. But with the improved apparatus of the present day they have become comparatively inexpensive and easily made luxuries, in even small establishments.

By the use of Marshall's patent ice caves and freezers the old-fashioned process is entirely superseded, and as in the cave the substance to be iced is preserved from any contact with the freezing mixture, ordinary moulds may be used, and, moreover, the ice, which may be made at a leisure time before the rush of the dinner preparations, can by its means be kept in perfect condition for an almost unlimited time.

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## DESSERT.

Nothing more completely displays the perfection reached in the domestic arrangement of a household than the way the dessert is set out.

Fruit has from the earliest times been a popular part of all banquets and feasts, and allusions to this custom of placing fruit and sweetmeats of all kinds on the table at the end of the repast meet us at every turn, from the very dawning of civilisation to the comparatively modern times when Justice Shallow invited stout Sir John Falstaff to 'eat a last year's pippin of my own grafting with a dish of carraways, and so forth,' in the arbour in his orchard. In former times the arrangement of the fruit for the banquets was the care of the ladies of the household, and many a great artist has condescended to immortalise their dainty arrangements; some, like Titian, combining the exquisite tazze, laden with grapes, figs, melons, with the portrait of the fair arranger;

and few lovers of English literature but will remember Milton's description of the first dessert prepared by Eve for her angel-guest.

As refinement increased and spread through all classes, so did the care bestowed on the table appointments; costly plate, heavily cut or delicately-tinted glass, together with exquisite china from the home and foreign manufactories—all appeared amongst the table decorations, and little by little the foliage, used originally to throw up the bloom and colours of the fruits served, came to be used, in conjunction with flowers, as an important part of the ornament of the table. The tables of oak and mahogany, whose polished surface bore such brilliant testimony to the care and labour of the house mistress and her handmaids, was when 'the tables were drawn' (i.e., the cloth and plates, glasses, &c., required for the more solid part of the banquet removed), shown in all its natural beauty, and was a great subject of pride to its owners. However, when some thirty or forty years ago the custom of serving dinners à la Russe came in, this fashion was abandoned, as the dessert and the floral decorations were arranged on the table from the first, the actual dishes of which the dinner was composed never appearing on the table at all, but being simply handed round to the guests.

This manner of serving dinner having continued in fashion, the habit of having the fruit on the table from the first has lasted also, the only difference being in the various styles of arrangement. At one time the family plate was the great decorative *pièce de résistance*, from the huge epergne downwards, and was so far useful that it helped the guests to conversation, either as its beauty deserved praise, or as the wonderful animals and figures, heraldic or otherwise, which acted as supporters, furnished food for more or less malicious guesses as to their nature. Then huge mounds and erections of ferns and moss replaced the silver, crowned with tall flowering plants, and in some cases dwarf fruit trees in full bearing. But this, in turn, gave way before a more graceful and lower style, which allowed the guests on each side of the table to see and converse with each other, until now we have reached the stage of low bowls and trails of flowers actually laid on the cloth, each dinner table becoming a perfect artistic study, and in most cases requiring the services of a professional expert.

Still, without denying the extreme beauty of the present mode which gives its full value to damask, china, glass, fruit, and flowers, the various qualities of which are studied and harmonised, it may be questioned if the old arrangements of only bringing in the dessert when it was wanted, all fresh and dewy, was not to be preferred in the interests of the fruit itself, which now loses its first freshness in the heat and steam unavoidable at a long and *recherché* dinner.

Ices, sweetmeats of all sorts, fruits of all kinds, fresh and crystallised, biscuits both sweet and plain, and last, but not least, olives, all form part of the modern dessert, and nothing but want of attention and care can explain a failure in this part of the dinner.

A great secret of success in this matter, as in fact in all table service, lies in the fact that the *diner de parade* should be simply the ordinary meal idealised, and unless this is the case there can be no security against the occurrence of hitches and *contretemps* in the service, which, however trifling in themselves, entirely destroy the comfort of the hostess and the perfection of the *tout ensemble*. As in everything else, perfection in the service of the table is the outcome of practice and care. Roughly speaking, fruit never looks so well as when garnished with its own foliage; but, where this is not easily procured, leaves and ferns of various sorts may be substituted, the different ornamental foliage plants, and, at the proper season, almost any leaves in the glory of their autumnal tints, proving most valuable decorative adjuncts.

But whatever is used, care and consideration must be bestowed on it to ensure a due harmony and variety, and, moreover, both fruit, flowers, and foliage must be the best of their kind. No matter how simple and common the materials may be, the effect will be good if their full perfection is reached, while much more costly and, perhaps, artistic accessories will be thrown out of keeping by one false note in colour and arrangement.

## CHAPTER XX.

## GLOSSARY OF TERMS.

- ALLEMANDE, *s.* A rich white sauce, often used to flavour and fortify other sauces.
- AMBIGU, *s.* A meal where all the courses are placed on the table at once, such as high tea, &c.
- ASPIC, *s.* Aspic, a savoury jelly used for garnishing.
- ASSIETTE, *s.* A plate, a dish of dessert, or of hors-d'œuvre; the amount that can be put on a plate.
- ATTELETS, or HATELETS, *s.* Skewers either of wood, iron, or electroplate. In this latter case they replace either of the former when dishing up, as in kabobs &c.
- ATTEREAUX, *s.* The pieces of meat &c. put on the skewers; kabobs.
- AU BLEU. 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.
- BABA, *s.* A very light Polish cake.
- BAIN MARIE, *s.* A pan containing boiling water, in which are placed smaller pans containing sauces &c., that must be kept hot without absolutely boiling.
- BALLOTINES, *s.* Small galantines made from the legs of any game or poultry, served hot and cold.
- BARDER, *v.* To bard, or cover the breasts of fowls, game, &c., with a thin slice of fat bacon, called in French a *barde*.
- BATTERIE DE CUISINE, *s.* Complete set of cooking apparatus.
- BAVAROISE, *s.* Originally a kind of hot drink made with tea, coffee, &c., or milk sweetened with capillaire. Also a very rich kind of variously flavoured cream shapes. The name usually given to cream or 'crème,' its real equivalent being in France always applied to custard.
- BEARNAISE, *s.* A sauce prepared like Hollandaise sauce, but flavoured with tarragon and herbs.
- BECHAMEL, *s.* A white sauce.
- BEIGNETS, *s.* Fritters (which *see*).
- BISQUE, *s.* A kind of thick soup made of shellfish.

- BLANCH, v.** To blanch. To put vegetables &c. 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 joint, poultry, or game.
- BOUCHÉES, s.** Mouthfuls. Tiny patties made of puff paste and filled with forcemeat, fricassée, fruit, cream, &c.
- 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 flavoured with garlic, saffron, &c. A national Provençal or South of France dish.
- BOUQUET GARNI, or ASSORTI, s.** A bunch of herbs (bayleaf, parsley, thyme, &c.) tied together, placed in any dish or sauce to flavour it, and removed before serving.
- BRAISE, v.** To stew anything very slowly with vegetables, herbs, &c. in a tightly-covered pan.
- BRAISIÈRE, s.** A braising-pan made for the above purpose, with a sunken lid to hold hot ashes.
- BRICHOE, s.** A sort of light cake, eaten hot or cold, plain or with jam, fruit, &c.
- BROCHE, s.** Spit. *A la broche*, roasted.
- BROCHETTES, s.** Small skewers.
- BRUNOISE, s.** A clear soup of the same class as Julienne, Printanier, &c. 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, &c.
- CAISSES, s.** The little paper cases in which various things, such as farced larks, chaudfroid of quails, &c., are served.
- CANAPE, s.** Fried croûton, with which various purées &c. are served.
- CANNELONS, s.** Small rolls of rice or puff paste, filled either with a savoury farce, or with jam or cream. Cases made from eggs.
- CARAMEL, s.** Burnt 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 stewpan. 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, &c., by straining, and with white of egg and eggshells, or raw meats.
- COMPOTE, s.** Fruit stewed or steeped in syrup. Meat &c. stews.
- CONSOMMÉ, s.** Strong clear soup.
- COQUILLES, s.** Shells. Shell-shaped dishes, such as scalloped oysters, &c. are served in. Also small pieces of meat or fish.

- COURONNE, EN, s.** To serve any article, such as cutlets, fritters, &c., one overlapping the other, in a crown, or ring.
- CROQUETTE, s.** A savoury mince of fish, flesh, or fowl made into various shapes with yolk of egg, stock, &c. flavoured and egged, bread-crumbed and fried.
- CROUSTADES, s.** Cases of fried bread, rice, &c., in which various ragouts, &c., are served. Also shapes of bread or rice, for the centre or foundation of a dish.
- CROÛTONS, s.** Sippets of fried bread.
- CULLENDER, s.** A basin with handles, its sides and bottom perforated, used for straining vegetables, &c.
- 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 flavoured creams.
- CHARTREUSE, s.** There are two kinds of these—savoury and sweet. For the savoury one, a mould is lined and filled up with some savoury ragout. In the sweet, the mould is lined with jelly or fruit, and filled with a bavaoise or custard.
- CHAUDFROID, s.** A cold entrée. A sauce used for masking cold meats &c.
- ENTRÉES, s.** Side, or made dishes.
- ENTREMETS, s.** Dishes either sweet or savoury, 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.
- FAGOT, s.** Faggot or small bunch of herbs, the same as a *bouquet garni*.
- FARCE, s.** Forcemeat or stuffing.
- FEUILLETAGE, s.** Puff paste; a very rich, light kind of pastry used for vol-au-vent, patties, &c.
- 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.
- FINANCIÈRE SAUCE.** A very rich sauce containing truffles, sweetbreads, cockscombs, &c., served with various dishes.
- FLEUR, s.** Cases made of a particular kind of short crust, containing either sweets or second course savouries.
- FONDUE, s.** A kind of very light baked cheese pudding.
- FRICANDEAU, s.** A piece of veal or beef, usually the fillet, larded and stewed or braised, and served with a purée of sorrel, spinach, mushroom, &c.

- FRICASSÉE**, *s.* Poultry or fish cut into neat pieces and served with white sauce, may be garnished with truffles, mushrooms, &c.
- FRITTERS**, *s.* Small pieces of fish, meat, vegetables, fruit, &c., dipped in batter and fried. Or simply pieces of batter dropped into boiling fat and fried crisp, made with meat, fish, fruit, and cheese.
- FRITURE**, *s.* The substance, whether oil, butter, lard, or dripping in which fish, fritters, &c., are fried.
- GALANTINE**, *s.* Meat or poultry boned and stuffed with forcemeat, truffles, &c., braised or boiled, and when cold served with aspic jelly.
- GARNITURE**, *s.* Garnish. The accessories required for any dish.
- GÂTEAU**, *s.* A cake baked or steamed, either sweet or savoury.
- GAUFFRES**, *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 flavoured, with which rich cakes and pastry 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 savoury forcemeat.
- GRATIN, AU.** Fish, meat, &c. baked with breadcrumbs, sauce, &c., and usually served in the dish it is baked in. Literally, the sauce &c. 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.
- 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 formerly served. It is now made of small pieces of meat, lightly fried, and stewed with vegetables, seasoning, &c.
- HORS-D'ŒUVRES**, *s.* Small dishes of caviar, anchovies, &c., and other relishes served at the beginning of dinner.
- JULIENNE**, *s.* Clear soup with vegetables, such as leeks, carrots, turnips, celery, &c. The vegetables are cut in shreds used for this soup. A garnish of vegetables served with various dishes, For this the vegetables, such as carrots, turnips, French beans, cauliflower, broccoli, onion, &c., &c., are cut into various shapes, shredded or turned; each sort is cooked separately, and dished in groups according to colour, &c.
- 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, &c., and either fried or roasted, and served with different sauces.
- KROMESKIES**, *s.* A ragout of meat, truffle, &c., put in strong sauce, and

when the mixture is cold rolled in very thin slices of fat bacon, dipped in batter, and fried.

**KEDGEREE, s.** An Indian dish of already cooked fish, rice, eggs, and seasoning, usually served for breakfast.

**LARD, TO, v.** To pass thin strips of fat bacon through meat, such as *fricandeau* or *grenadins*; or through the breasts of poultry, game, &c. This must be neatly and evenly done, with the grain in beef, veal, &c., across it in poultry, game, &c.

**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 internal surface of the mould. This is most quickly accomplished if done with the mould resting on ice.

To line a mould with paste, roll the latter out to the required size, and lay it in whole to fit the mould, and press the paste 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 *pâtés*, &c.

**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, &c., in which meat and fish are sometimes steeped to heighten their flavour. Vegetables such as carrot, onion, celery, turnip, herbs, thyme, parsley, bayleaf, and peppercorns.

**MASK, TO, v.** To cover anything with forcemeat, sauce, chaufroid, icing, &c.

**MATELOTE, s.** A rich fish stew made with wine, &c.

**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, ice, &c.

**MIREPOIX, s.** A highly concentrated sauce, almost a glaze, strongly flavoured with vegetables, wine and spice, used for many entrées, &c.

**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.

**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, &c.

- ORGEAT, *s.* A syrup made of almonds, water, and sugar, and flavoured with orange-flower water.
- PANARD, *s.* A mixture of butter, flour, water, and salt, slowly cooked, an ingredient in various kinds of farces and forcemeat.
- PANER, *v.* To dip anything, such as cutlets, fish, &c., in warm butter, egg, and variously seasoned breadcrumbs.
- PAPILLOTE, *s.* The papers in which fish, cutlets, &c., are wrapped before broiling or grilling.
- PÂTÉ, *s.* A pie, usually of a special and rich kind.
- PATIES, *s.* Small cases of puff pastry, filled with any rich ragoût of fish, flesh, or fowl, or sweets.
- PAUPIETTA, or POLPETTI, *s.* Square thin piece of meat or fish rolled round various kinds of forcemeat, sliced into shape, usually wrapped in a thin slice of fat bacon, egged and breadcrumbed, and fried and served with various sauces.
- PETITS FOURS, *s.* Small pastry, served at dessert.
- PIÈCE DE RÉSISTANCE. 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 colour, much used for flavouring and garnishing. It should be blanched and peeled like an almond.
- POACH, *v.* To boil in water or stock.
- POTAGE, *s.* Soup of any kind.
- POT AU FEU, *s.* A large fireproof 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, &c.
- POULETTE, *s.* Ordinary white sauce, made with white stock instead of water, thickened with the yolks of eggs, and flavoured with mushrooms, and sometimes chopped parsley.
- PURÉE, *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, &c.
- QUENELLES. Small shapes of uncooked fish, veal, poultry, or any white meat, pounded and mixed with panard and poached in stock.
- RAGOÛT, *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 flavoured with different finely chopped herbs.
- RÉCHAUFFE, *s.* Any dish dressed a second time. A dish made from any cold remains.
- RELEVÉ, *s.* Remove (which *see*).
- REMOVES, *s.* The joints served at dinners, 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 breadcrumbed, or dipped in broken-up vermicelli and fried.
- RÔT, 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 colour over the fire or not, according as it is wanted for white or brown sauce.
- SALMIS, s.** A rich hash of any kind of game, &c.
- SAUTER, v.** To cook anything very quickly in a buttered pan, turning occasionally.
- SAUTE PAN, s.** A shallow pan used for this purpose.
- SERVIETTE, À LA.** Served on a napkin.
- SORBET, s.** A kind of half-frozen ice, strongly flavoured with liqueurs of various kinds, and served between the joints and the game.
- SOUCHEZ OR WATER-SOOTZE.** Various kinds of small flatfish, boiled in fish stock or water, &c., and served floating in their liquor, with vegetables and herbs, with brown bread and butter handed.
- SOUFFLÉ, s.** A very light pudding, either savoury or sweet.
- STOCK, s.** The broth of which soups and sauces are made.
- STOCK-POT, s.** A large pot specially made for preparing stock.
- SUPRÊME, s.** A very rich white sauce, composed of essence of chicken, Veloute, fresh mushroom, &c. An entrée of the best parts of the fowl, chicken, &c., cut in fillets.
- 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 pâtés are made, and from whence they derive their name.
- TIMBAL, s.** A pie made in a mould, lined either with paste or boiled maccaroni.
- VOL-AU-VENT, s.** A case of puff pastry, in which are served various ragoûts of fish, flesh, fowl, or sweets.
- ZEST, s.** The thinly pared rind of a lemon or orange, to flavour, or 'zest' various dishes.

## CHAPTER XXI.

ENGLISH AND FRENCH NAMES OF ARTICLES OF  
FOOD.

| FISH.                             | POISSON.                                          |
|-----------------------------------|---------------------------------------------------|
| Anchovy . . . . .                 | Anchois, <i>m.</i>                                |
| Barbel . . . . .                  | Barbeau, barbillon, <i>m.</i>                     |
| Bass . . . . .                    | Bar, <i>m.</i>                                    |
| Bream . . . . .                   | Brème, <i>f.</i>                                  |
| Brill . . . . .                   | Barbue, <i>f.</i>                                 |
| Carp . . . . .                    | Carpe, <i>f.</i>                                  |
| Cod . . . . .                     | Cabillaud, <i>m.</i>                              |
| „ salt . . . . .                  | Morue, <i>f.</i>                                  |
| Conger eel . . . . .              | Congre, <i>m.</i> , or anguille de mer, <i>f.</i> |
| Dorey . . . . .                   | Dorée, <i>f.</i>                                  |
| Eel . . . . .                     | Anguille, <i>f.</i>                               |
| Eel pout . . . . .                | Lotte, <i>f.</i>                                  |
| Flounder . . . . .                | Limande, <i>f.</i> ; carrelet, <i>m.</i>          |
| Gudgeon . . . . .                 | Goujon, <i>m.</i>                                 |
| Gurnet, gurnard . . . . .         | Grondin, <i>m.</i>                                |
| Haddock (dried haddock) . . . . . | Eglefin, <i>m.</i> ; merluche, <i>f.</i>          |
| Hake . . . . .                    | Merlus, <i>m.</i>                                 |
| Halibut . . . . .                 | Flétan, <i>m.</i>                                 |
| Herring . . . . .                 | Hareng, <i>m.</i>                                 |
| Lamprey . . . . .                 | Lamproie, <i>f.</i>                               |
| Ling . . . . .                    | Lingue, <i>f.</i>                                 |
| Mackerel . . . . .                | Maquereau, <i>m.</i>                              |
| Mullet, grey . . . . .            | Mulet, surmulet, <i>m.</i>                        |
| „ red . . . . .                   | Rouget, <i>m.</i>                                 |
| Perch . . . . .                   | Perche, <i>f.</i>                                 |
| Pike . . . . .                    | Brochet, <i>m.</i>                                |
| Pilchard . . . . .                | Célan, <i>m.</i> ; Pilchard, <i>m.</i>            |
| Plaice . . . . .                  | Plie, <i>f.</i>                                   |
| Roe . . . . .                     | Laitance, <i>f.</i>                               |
| Salmon . . . . .                  | Saumon, <i>m.</i>                                 |
| Sardine . . . . .                 | Sardine, <i>f.</i>                                |
| Shad . . . . .                    | Alose, <i>f.</i>                                  |
| Skate . . . . .                   | Raie, <i>f.</i>                                   |
| Smelt . . . . .                   | Eperlan <i>m.</i>                                 |

|                         |                                      |
|-------------------------|--------------------------------------|
| Sole . . . . .          | Sole, <i>f.</i>                      |
| Sprat . . . . .         | Melet, <i>m.</i> ; esprot, <i>m.</i> |
| Sturgeon . . . . .      | Esturgeon, <i>m.</i>                 |
| Tench . . . . .         | Tanche, <i>f.</i>                    |
| Trout . . . . .         | Truite, <i>f.</i>                    |
| Trout, salmon . . . . . | Truite saumonée.                     |
| Tunny . . . . .         | Thon, <i>m.</i>                      |
| Turbot . . . . .        | Turbot, <i>m.</i>                    |
| Weaver . . . . .        | Vive, <i>f.</i>                      |
| Whitebait . . . . .     | Blanchaille, <i>f.</i> ; Whitebait.  |
| Whiting . . . . .       | Merlan, <i>m.</i>                    |

## SHELLFISH.

|                    |                                            |
|--------------------|--------------------------------------------|
| Crab . . . . .     | Crabe, <i>f.</i>                           |
| Crayfish . . . . . | Ecrevisse, <i>f.</i>                       |
| Crawfish . . . . . | Langouste, <i>f.</i>                       |
| Lobster . . . . .  | Homard, <i>m.</i>                          |
| Mussel . . . . .   | Moule, <i>f.</i>                           |
| Oyster . . . . .   | Huitre, <i>f.</i>                          |
| Prawn . . . . .    | Chevrette, <i>f.</i> ; Crevette, <i>f.</i> |
| Shrimp . . . . .   | Crevette, <i>f.</i>                        |

## COQUILLAGES.

## MEAT.

|                            |                                            |
|----------------------------|--------------------------------------------|
| Beef . . . . .             | Bœuf, <i>m.</i>                            |
| Veal . . . . .             | Veau, <i>m.</i>                            |
| Mutton . . . . .           | Mouton, <i>m.</i>                          |
| Lamb . . . . .             | Agneau, <i>m.</i>                          |
| Pork . . . . .             | Porc, <i>m.</i>                            |
| Sucking-pig . . . . .      | Cochon de lait, <i>m.</i>                  |
| Brains . . . . .           | Cervelles, <i>f.</i>                       |
| Breast . . . . .           | Poitrine, <i>f.</i>                        |
| Chine . . . . .            | Échine, <i>f.</i>                          |
| Chitterling . . . . .      | Andouilles, <i>f.</i>                      |
| Cutlet . . . . .           | Côtelette, <i>f.</i>                       |
| Fillet . . . . .           | Filet, <i>m.</i>                           |
| Gristle . . . . .          | Tendron, <i>m.</i>                         |
| Kidney . . . . .           | Rognon, <i>m.</i>                          |
| Leg . . . . .              | Gigot, <i>m.</i>                           |
| Liver . . . . .            | Foie, <i>f.</i>                            |
| Loin . . . . .             | Longe, <i>f.</i> ; Filet, <i>m.</i>        |
| Neck . . . . .             | Carré, <i>m.</i>                           |
| Neck (scrag end) . . . . . | Cou, <i>m.</i>                             |
| Palate . . . . .           | Palais, <i>m.</i>                          |
| Pope's-eye Steak . . . . . | Noix, noisette, <i>f.</i>                  |
| Quarter . . . . .          | Quartier, <i>m.</i>                        |
| Rib . . . . .              | Côte, <i>f.</i>                            |
| Rump . . . . .             | Culotte, <i>f.</i>                         |
| Sausage . . . . .          | Saucisse, <i>f.</i> ; Saucisson, <i>m.</i> |
| „ flat . . . . .           | Crêpinette, <i>f.</i>                      |

## VIANDE.

|                          |                            |
|--------------------------|----------------------------|
| Shoulder . . . . .       | Épaule, <i>f</i> .         |
| Sirloin . . . . .        | Aloyau, <i>m</i> .         |
| Steak . . . . .          | Bifteck, filet, <i>m</i> . |
| Sweetbread . . . . .     | Ris de veau, <i>m</i> .    |
| Tail . . . . .           | Queue, <i>f</i> .          |
| Tongue . . . . .         | Langue, <i>f</i> .         |
| Ear . . . . .            | Oreille, <i>f</i> .        |
| Head . . . . .           | Tête, <i>f</i> .           |
| Saddle . . . . .         | Selle, <i>f</i> .          |
| Slice . . . . .          | Tranche, <i>f</i> .        |
| Trotters, feet . . . . . | Pieds, <i>m</i> .          |

## GAME, POULTRY, &amp;c.

## GIBIER, VOLAILLE, &amp;c.

|                                |                                               |
|--------------------------------|-----------------------------------------------|
| Becafico . . . . .             | Becfigue, <i>m</i> .                          |
| Black game . . . . .           | Coq de bruyère, <i>m</i> .                    |
| Black diver . . . . .          | Macreuse, <i>f</i> .                          |
| Capon . . . . .                | Chapon, <i>m</i> .                            |
| Chicken . . . . .              | Poulet, petit poulet, <i>m</i> .              |
| Duck . . . . .                 | Canard, <i>m</i> .                            |
| "    wild . . . . .            | "    sauvage, <i>m</i> .                      |
| Duckling . . . . .             | Caneton, <i>m</i> .                           |
| Fowl . . . . .                 | Poule, <i>f</i> ; poulet, <i>m</i> .          |
| Goose . . . . .                | Oie, <i>f</i> .                               |
| Gosling . . . . .              | Oison, <i>m</i> .                             |
| Grouse . . . . .               | Grouse, <i>m</i> ; coq de bruyère, <i>m</i> . |
| Guinea fowl . . . . .          | Pintade, <i>f</i> .                           |
| Hare . . . . .                 | Lièvre, <i>m</i> ; levraut, <i>m</i> .        |
| Lark . . . . .                 | Mauviette, <i>f</i> .                         |
| Leveret . . . . .              | Levraut, <i>m</i> .                           |
| Ortolan . . . . .              | Ortolan, <i>m</i> .                           |
| Partridge . . . . .            | Perdrix, <i>f</i> .                           |
| "    (young) . . . . .         | Perdreau, <i>m</i> .                          |
| Pigeon . . . . .               | Pigeon, <i>m</i> .                            |
| "    young . . . . .           | Pigeonneau, <i>m</i> .                        |
| "    wild . . . . .            | Ramier, <i>m</i> .                            |
| Pintail . . . . .              | Pilet, <i>m</i> .                             |
| Pheasant . . . . .             | Faisan, <i>m</i> .                            |
| Plover, golden . . . . .       | Pluvier, <i>m</i> .                           |
| "    green . . . . .           | Vanneau, <i>m</i> .                           |
| Poularde, fat pullet . . . . . | Poularde, <i>f</i> .                          |
| Prairie Hen . . . . .          | Poule de Prairie.                             |
| Quail . . . . .                | Caille, <i>f</i> .                            |
| Rabbit . . . . .               | Lapin, lapereau, <i>m</i> .                   |
| Roe deer . . . . .             | Chevreuil, <i>f</i> .                         |
| Shoveller . . . . .            | Rouge de rivière, <i>f</i> .                  |
| Snipe . . . . .                | Bécassine, <i>f</i> .                         |
| Teal . . . . .                 | Sarcelle, <i>f</i> .                          |
| Turkey . . . . .               | Dindon, <i>m</i> ; dinde, <i>f</i> .          |
| "    poult . . . . .           | Dindonneau, <i>m</i> .                        |

|                  |                                                     |
|------------------|-----------------------------------------------------|
| Venison . . . .  | Venaison, <i>f.</i>                                 |
| Widgeon . . . .  | Canard siffleur, <i>m.</i> ; (macreuse, <i>f.</i> ) |
| Woodcock . . . . | Bécasse, <i>f.</i>                                  |

## VEGETABLES.

## LEGUMES.

|                              |                                   |
|------------------------------|-----------------------------------|
| Artichoke, Jerusalem . . . . | Topinambour, <i>m.</i>            |
| „ bottoms . . . .            | Fonds d'artichauts, <i>m.</i>     |
| „ globe . . . .              | Artichaut, <i>m.</i>              |
| Asparagus . . . .            | Asperges, <i>f.</i>               |
| Basil . . . .                | Basilic, <i>m.</i>                |
| Bayleaf . . . .              | Laurier, <i>m.</i>                |
| Bean, broad . . . .          | Fève, <i>f.</i>                   |
| „ french . . . .             | Haricot vert, <i>m.</i>           |
| „ haricot . . . .            | „ blanc, <i>m.</i>                |
| Beetroot . . . .             | Betterave, <i>f.</i>              |
| Broccoli . . . .             | Brocoli, <i>m.</i>                |
| Brussels sprouts . . . .     | Choux de Bruxelles, <i>m.</i>     |
| Burnet . . . .               | Pimprenelle, <i>f.</i>            |
| Cabbage . . . .              | Chou, <i>m.</i>                   |
| Cabbage, red . . . .         | „ rouge, <i>m.</i>                |
| Capers . . . .               | Câpres, <i>f.</i>                 |
| Capsicum . . . .             | Piment, <i>m.</i>                 |
| Cardoon . . . .              | Cardon, <i>m.</i>                 |
| Cauliflower . . . .          | Choufleur, <i>m.</i>              |
| Carrot . . . .               | Carotte, <i>f.</i>                |
| Celery . . . .               | Célieri, <i>m.</i>                |
| Chervil . . . .              | Cerfeuil, <i>m.</i>               |
| Chestnut . . . .             | Marron, <i>m.</i>                 |
| Chilli . . . .               | Chili Poivre de guinée, <i>m.</i> |
| Chives . . . .               | Cive, Civette, <i>f.</i>          |
| Cucumber . . . .             | Concombre, <i>m.</i>              |
| Cress . . . .                | Cresson, <i>m.</i>                |
| Egg plant . . . .            | Aubergine, <i>f.</i>              |
| Endive . . . .               | Chicorée, <i>f.</i>               |
| Eschalot or shalot . . . .   | Échalote, <i>f.</i>               |
| Fennel . . . .               | Fenouil, <i>m.</i>                |
| Garlic . . . .               | Ail, <i>m.</i>                    |
| Gherkin . . . .              | Cornichon, <i>m.</i>              |
| Horseradish . . . .          | Raifort, <i>m.</i>                |
| Kale, Scotch . . . .         | Chou écossais                     |
| Leek . . . .                 | Poireau, <i>m.</i>                |
| Lettuce . . . .              | Laitue, <i>f.</i>                 |
| Lentil . . . .               | Lentille, <i>f.</i>               |
| Marjoram . . . .             | Marjolaine, <i>f.</i>             |
| Mushroom . . . .             | Champignon, <i>m.</i>             |
| Onion . . . .                | Oignon, <i>m.</i>                 |
| „ Spanish . . . .            | „ d'Espagne                       |
| Parsley . . . .              | Persil, <i>m.</i>                 |
| Parsnip . . . .              | Panais, <i>m.</i>                 |

|                            |                                                   |
|----------------------------|---------------------------------------------------|
| Peas . . . . .             | Petits pois, <i>m.</i>                            |
| Pumpkin . . . . .          | Potiron courge, <i>m.</i> ; citrouille, <i>f.</i> |
| Purslan . . . . .          | Pourpier, <i>m.</i>                               |
| Radish . . . . .           | Radis, <i>m.</i>                                  |
| Sage . . . . .             | Sauge, <i>f.</i>                                  |
| Salsify . . . . .          | Salsifis, <i>m.</i>                               |
| Sauerkraut . . . . .       | Choucroute, <i>f.</i>                             |
| Seakale . . . . .          | Chou de mer, Choux marins, <i>m.</i>              |
| Sorrel . . . . .           | Oseille, <i>f.</i>                                |
| Spinach . . . . .          | Epinards, <i>m.</i>                               |
| Tarragon . . . . .         | Estragon, <i>m.</i>                               |
| Thyme . . . . .            | Thym, <i>m.</i>                                   |
| Tomato . . . . .           | Tomate, pomme d'amour, <i>f.</i>                  |
| Turnip . . . . .           | Navet, <i>m.</i>                                  |
| Vegetable marrow . . . . . | Courge à la moëlle, <i>f.</i>                     |
| Watercress . . . . .       | Cresson.                                          |

## SPICES.

|                    |                      |
|--------------------|----------------------|
| Allspice . . . . . | Piment, <i>m.</i>    |
| Cinnamon . . . . . | Cannelle, <i>f.</i>  |
| Cloves . . . . .   | Girofle, <i>m.</i>   |
| Ginger . . . . .   | Gingembre, <i>m.</i> |
| Mace . . . . .     | Macis, <i>m.</i>     |
| Mustard . . . . .  | Moutarde, <i>f.</i>  |
| Nutmeg . . . . .   | Muscade, <i>f.</i>   |
| Pepper . . . . .   | Poivre, <i>m.</i>    |

## ÉPICES.

## FRUITS.

|                            |                                              |
|----------------------------|----------------------------------------------|
| Almond . . . . .           | Amande, <i>f.</i>                            |
| Apple . . . . .            | Pomme, <i>f.</i>                             |
| Banana . . . . .           | Banane, <i>f.</i>                            |
| Barberry . . . . .         | Épine-vinette, <i>f.</i>                     |
| Blackberry . . . . .       | Muron, <i>m.</i> ; mûre des haies, <i>f.</i> |
| Bullace, or sloe . . . . . | Prunelle, <i>f.</i>                          |
| Cherry . . . . .           | Cerise, <i>f.</i>                            |
| Chestnut . . . . .         | Marron, <i>m.</i>                            |
| Cranberry . . . . .        | Canneberge, <i>f.</i>                        |
| Currant . . . . .          | Raisin de Corinthe, <i>m.</i>                |
| Currant, white . . . . .   | Groseille blanche, <i>f.</i>                 |
| "    red . . . . .         | "    rouge, <i>f.</i>                        |
| "    black . . . . .       | Cassis, <i>m.</i>                            |
| Date . . . . .             | Datte, <i>f.</i>                             |
| Fig . . . . .              | Figue, <i>f.</i>                             |
| Filbert . . . . .          | Aveline, <i>f.</i>                           |
| Gooseberry . . . . .       | Groseille verte, <i>f.</i>                   |
| Grapes . . . . .           | Raisins, <i>m.</i>                           |
| Greengage . . . . .        | Prune Reine Claude, <i>f.</i>                |
| Hazel nut . . . . .        | Noisette, <i>f.</i>                          |
| Lemon . . . . .            | Citron, <i>m.</i>                            |

## FRUITS.

|                                 |                                                                                         |
|---------------------------------|-----------------------------------------------------------------------------------------|
| Medlar . . . . .                | Nèfle, <i>f.</i>                                                                        |
| Melon . . . . .                 | Melon, <i>m.</i>                                                                        |
| „ water . . . . .               | Melon d'eau, <i>f.</i>                                                                  |
| Mixed fruit . . . . .           | Mille fruits, <i>m.</i>                                                                 |
| Mulberry . . . . .              | Mûre, <i>f.</i>                                                                         |
| Nectarine . . . . .             | Brugnon, <i>m.</i>                                                                      |
| Nut . . . . .                   | Noix, <i>f.</i>                                                                         |
| Olive . . . . .                 | Olive, <i>f.</i>                                                                        |
| Orange . . . . .                | Orange, <i>f.</i>                                                                       |
| „ Tangerine . . . . .           | Mandarine, <i>f.</i>                                                                    |
| Peach . . . . .                 | Pêche, <i>f.</i>                                                                        |
| Pear . . . . .                  | Poire. <i>f.</i> (Rousselet, Bon Chrétien,<br>Marie-Louise, &c., according to<br>sort). |
| Pippin, golden . . . . .        | Reinette dorée, <i>f.</i>                                                               |
| „ russet or russeting . . . . . | „ grise.                                                                                |
| Pistachio . . . . .             | Pistache.                                                                               |
| Plum . . . . .                  | Prune, <i>f.</i> (Mirabelle, Perdrigon, &c.<br>according to sort).                      |
| Pomegranate . . . . .           | Grenade, <i>f.</i>                                                                      |
| Quince . . . . .                | Coing, <i>m.</i>                                                                        |
| Raspberry . . . . .             | Framboise, <i>f.</i>                                                                    |
| Rhubarb . . . . .               | Rhubarbe, <i>f.</i>                                                                     |
| Strawberry . . . . .            | Fraise, <i>f.</i>                                                                       |
| Walnut . . . . .                | Noix, <i>f.</i>                                                                         |
| „ green . . . . .               | Cerneau, <i>m.</i>                                                                      |

---

|                                    |                                                  |
|------------------------------------|--------------------------------------------------|
| Cake . . . . .                     | Gâteau, <i>m.</i>                                |
| Coffee . . . . .                   | Café, <i>m.</i>                                  |
| Chocolate . . . . .                | Chocolat, <i>m.</i>                              |
| Cream . . . . .                    | Crème, <i>f.</i>                                 |
| Curry . . . . .                    | Kari (seldom used alone)                         |
| Custard . . . . .                  | Crème, <i>f.</i>                                 |
| Game, roast, of any kind . . . . . | Rôt, <i>m.</i>                                   |
| Ice, icing . . . . .               | Glace, <i>f.</i>                                 |
| Jelly . . . . .                    | Gelée, <i>f.</i>                                 |
| Mince . . . . .                    | Émincé, <i>m.</i>                                |
| Pancake . . . . .                  | Crêpe, <i>f.</i>                                 |
| Paste . . . . .                    | Pâte, <i>f.</i>                                  |
| Pastry . . . . .                   | Pâtisserie, <i>f.</i>                            |
| Patty . . . . .                    | Petit pâté, <i>m.</i> ; petits pâtés, <i>pl.</i> |
| Pie . . . . .                      | Pâté, <i>m.</i>                                  |
| Pudding . . . . .                  | Pouding, <i>m.</i>                               |
| Remove . . . . .                   | Relevé, <i>m.</i>                                |
| Roast (the joint) . . . . .        | Rôt, <i>m.</i>                                   |
| Salad . . . . .                    | Salade, <i>f.</i>                                |
| Second course dish . . . . .       | Entremet, <i>m.</i>                              |
| Stew . . . . .                     | Etuvé, <i>m.</i>                                 |
| „ Irish . . . . .                  | „ à l'Irlandaise.                                |

|                                |                     |
|--------------------------------|---------------------|
| Stew, hare or rabbit . . . . . | Civet, <i>m.</i>    |
| „ fish (with wine) . . . . .   | Matelote, <i>f.</i> |
| „ fruit . . . . .              | Compote, <i>f.</i>  |
| Tart . . . . .                 | Tourte, <i>f.</i>   |
| Tea . . . . .                  | Thé, <i>m.</i>      |

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. s.*; assortis, *m. pl.*; assortie, *f. s.*; assorties, *f. pl.*

|                            |                                    |
|----------------------------|------------------------------------|
| Assorted . . . . .         | Assorti.                           |
| Boiled . . . . .           | Bouilli (or sometimes au naturel). |
| Braised . . . . .          | Braisé.                            |
| Breadcrumbed . . . . .     | 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 . . . . .           | Émincé.                            |
| Mulled . . . . .           | Épicé.                             |
| Roast . . . . .            | Rôti (also simply ‘à la broche.’)  |
| Scalloped . . . . .        | Gratiné (also simply ‘au gratin.’) |
| Stewed . . . . .           | Étuvé.                             |
| Stuffed . . . . .          | Farci.                             |
| Tossed in butter . . . . . | Sauté.                             |

## CHAPTER XXII.

*FOOD CALENDAR.*

## POULTRY AND GAME.

**BLACK GAME—BLACK COCK AND GREY HEN.**—The English birds are in season from August 20 to December 10, when foreign birds take their place; the latter going out at the end of March.

**CAPERCAILZIES.**—In season from October till March, but very unreliable.

**CAPONS.**—In season all the year round.

**CHICKENS.**—In season all the year round.

Do. (Spring).—Obtainable in April, and for about two months afterwards.

**DUCKS.**—In season all the year round.

Do. (Wild).—In season from August until end of March.

Do. (Pintail).—In season from August until end of March.

**DUCKLINGS.**—In season from March till April. They may sometimes be obtained in February, but the prices are very high.

**FOWLS.**—In season all the year round.

**GEESE.**—In season from about the middle of September till about February.

Do. (WILD).—In season from about the middle of September till end of March.

**GOSLINGS.**—In season June, July, and August.

**GROUSE.**—The season begins on August 12, and lasts till December 10.

**GUINEA FOWLS.**—These may be considered in season from March till May, as they are seldom obtainable in England at other times. They take the place of English game.

**HARES.**—In season all the year round (since passing of Ground Game Act).

**LARKS.**—In season from August till end of February.

**LANDRAILS.**—Very rarely seen in London, but are in season in the winter months.

**LEVERETS.**—In season from about April till August.

**ORTOLANS.**—In season with ruffs and reeves, and quails, when other game goes out.

**PARTRIDGES.**—Partridge shooting begins on September 1, and the birds are in season until the end of February, but can be obtained for twelve days after. (See note 1 at foot of this list).

**POULARDES.**—In season all the year round.

**POULTS (TURKEY).**—In season June, July, and August.

**PHEASANTS.**—Pheasant shooting begins on October 1, and the birds are in season until February 1, but can be obtained for twelve days after. (See note 1 at foot of this list.)

**PLOVERS (GOLDEN AND GREY).**—Season begins on August 1, and lasts till March 1, but these birds can be obtained for fifteen days after. (See note 2 at foot of this list.)

**PLOVERS' EGGS.**—In season from beginning of April until July.

**PRAIRIE HENS.**—These birds, which arrive from America in air-tight barrels, are in season from February till April.

**PTARMIGANS.**—In season from August 12 till December 10; foreign birds till March.

**QUAILS.**—In season with ruffs and reeves and ortolans, when other game goes out.

**RABBITS.**—In season all the year round (since passing of Ground Game Act).

**RUFFS AND REEVES.**—In season with quails and ortolans, when other game goes out.

**SNIPE.**—Season begins on August 1, and lasts till March 1, but these birds can be obtained for fifteen days after. (See note 2 at foot of this list.)

**TEAL.**—In season from August until end of March, but can be obtained for fifteen days after. (See note 2 at foot of this list.)

**TURKEYS.**—These birds are in their prime from September till February.

**WIDGEON.**—In season from August until end of March.

**WOODCOCK.**—Season begins on August 1, and lasts till begin-

ning of March, but these birds can be obtained for fifteen days after. (See note 2 below.)

NOTE 1.—Poulterers are allowed twelve days' grace, after the close time of game begins, to dispose of their stock.

NOTE 2.—Poulterers are allowed fifteen days' grace after the close time of wild birds begins, to dispose of their stock.

## FISH.

BASS.—In season from May till September.

BLOATERS.—In season all the year round.

BRILL.—In season in May, and is obtainable all the year round with the exception of February, March, and April.

CARP.—In season all the year round, but cannot be obtained from March 15 to June 15 by Fresh Water Fisheries Act.

CODFISH.—In season from September till about April, but is obtainable all the year round.

CRABS.—May be obtained all the year round. It is noticeable that their size seems to be decreasing year by year.

CRAWFISH.—In season about May and June, but may be obtained all the year round.

CRAYFISH.—There is a much better demand for this fish in France than in England, and a large quantity is imported from the former place. Very few are now caught in England, and in a few years they will probably become extinct. They are in season during the same time as carp.

DOREYS.—In season from July to spring.

EELS.—English eels are in season from September till May, when fine Dutch eels take their place. Eels are now exempted from the Fresh Water Fisheries Act, and are therefore obtainable all the year round.

FLOUNDERS.—In season all months except May, June, and July. Those caught in the Thames have flesh of a bluish tint.

GURNETS.—In season about nine months of the year, but can be obtained at any time.

HADDOCKS.—In season all the year round.

HALIBUT.—In season in May, and is obtainable the year round, with the exception of February, March, and April.

HERRINGS.—Formerly the season for this fish began in May and ended at the end of September. The fishing begins

at Dunbar, and gradually comes south till it finishes at Margate and Ramsgate. Herrings are now obtainable at end of July until February.

**LOBSTERS.**—Most spawn is found in lobsters about May and June, and some peculiarity is attached to this, as the spawn is inside the lobster as coral until it arrives at maturity, when it is found outside, where it lies until it develops itself. Lobsters can be obtained all through the year, because, when the English fail, very fine ones from Norway take their place.

**MACKEREL.**—This fish is now caught round the English coasts about nine months in the year.

**MULLET (RED).**—In season July, August, September, and October.

**Do. (GREY).**—In season July, August, September, and October.

**OYSTERS (NATIVE).**—In season from September 1. Government, however, has made August 4 the opening day, but Whitstable natives are not sold till September 1. Common or sauce oysters are obtainable the year round.

**PERCH.**—In season all the year round, except from March 15 to June 15, by Fresh Water Fisheries Act.

**PIKE.**—In season all the year round except from March 15 to June 15, by Fresh Water Fisheries Act.

**PLAICE.**—In season in May. This fish is obtainable all the year round, with the exception of February, March, and April.

**PRAWNS.**—In season April, May, June, July, and August.

**SALMON.**—In season from February, when Irish fishing begins, till September 7, after which is close time. Seven days' grace is given to fishmongers, to dispose of their stock; then fine Dutch salmon can be obtained.

**SCALLOPS.**—In season from October to May.

**SEA BREAM.**—In season about July, August, September, and October. This fish is much eaten by Greeks and Spaniards.

**SHRIMPS.**—In season from Easter until after September, but may be obtained throughout the year. These crustacea, both red and brown, spawn from November to March.

**SKATE.**—In season from October to May.

**SMELTS.**—In season from October to May.

**SOLES.**—May be obtained all the year round, but are deemed out of season in February, March, and April.

**SPRATS.**—In season from November 9 (Lord Mayor's Day) until April.

**TENCH.**—In season all the year round except from March 15 to June 15, by Fresh Water Fisheries Act.

**TROUT.**—In season from February, when Irish fishing begins, till September 7, after which is close time. Seven days' grace is given to fishmongers to dispose of their stock.

**TURBOT.**—Best in season in May, but is obtainable all the year round.

**WHITEBAIT.**—In season from first week in February till end of August.

**WHITING.**—Best in season from May to January, but can be obtained throughout the year.

## FRUIT AND VEGETABLES.

[Several kinds of vegetables, imported from France, can be obtained, but at high prices, long before they are in season in England.]

### *Vegetables.*

**ARTICHOKES (GLOBE.)**—In season January to April.

**Do. (JERUSALEM.)**—In season from early part of October until about February.

**ASPARAGUS.**—In season from April till end of July. It may be obtained earlier than April, but the prices are very high.

**BETROOT.**—In season all the year round.

**BRUSSELS SPROUTS.**—In season from September till end of February.

**CABBAGES.**—Commence about end of July, and last about two months.

**CAPSICUMS.**—Are in their prime in September and October.

**CARROTS (NEW).**—About May these are obtainable, and last about a month or six weeks.

**CAULIFLOWERS.**—English cauliflowers are in season from the beginning of August until the end of November.

**CELERY.**—In season from the beginning of September until the end of February.

**CHERVIL.**—In season all the year round.

**CHILLIES.**—Are in their prime in September and October.

**CUCUMBERS.**—All the year round. In prime about September.

- ESCHALOTS.—Are of best quality in Winter months.
- FRENCH BEANS.—English, from end of July till end of October. Foreign, end of June till November.
- GARLIC.—Best in winter months.
- GREENS.—From end of October till end of February.
- HORSERADISHES.—English and German horseradishes can be obtained all the year round.
- KALE.—In season from December until March.
- LEEKs.—All the year round.
- LETTUCES.—In season (French) from December to March, when the English come in.
- MUSHROOMS.—Cultivated mushrooms commence in December and finish about February, then the out-door come in and last about two months.
- ONIONS.—Cooking. In season all the year round.  
Do. Spanish. In season from beginning of October till March.  
Do. Pickling. October and November.  
Do. Spring. Can be obtained all the year round.
- PARSNIPS.—In season from September till April.
- PEAS.—English green. In season from August till end of September.
- POTATOES.—Dunbar Regents, York Regents, Kidneys, and Flukes can be obtained all the year round.  
Do. New Kidney. Jersey new spring are obtainable from March till May, then the English take their place.
- SALSIFY.—In season from December till March.
- SAVOYS.—In season from October till March.
- SCARLET RUNNERS.—In season from July till end of October.
- SPINACH.—In season from March till December.
- TOMATOES.—In season from March till December.
- VEGETABLE MARROWS.—In season from end of August till October.

*Fruit.*

- APPLES.—In season all the year round, with the exception of June, July, and August.
- ALMONDS (NUTS).—In season all the year round.
- APRICOTS.—In season in September, but can be obtained in August and October.
- BANANAS.—In season all the year round.
- BRAZILS.—New ones are obtainable in April, and continue good till Christmas.

CHERRIES.—In season from June till September.

CHESTNUTS.—In season in November, December, and January.

COBNUIS.—In season from September till February.

COCOANUTS.—In season during the winter.

CURRENTS (RED, BLACK, AND WHITE).—French come in about end of May, English a little later, and last about three months.

DAMSONS.—Follow plums, but are best in season in September.

FILBERTS.—In season in August and last two months.

FIGS.—In season all the year round.

Do. Green.—In season August and September.

GOOSEBERRIES (GREEN).—Commence end of April, and last about a month or six weeks.

Do. Ripe.—Begin when green go out, and last about a month or six weeks.

GRAPES (HOT-HOUSE).—In season all the year round.

Do. Muscat.—In season from June till Christmas.

Do. Black Hambro.—In season from June till September.

Do. Almeria.—In season from October till April.

Do. Lisbon.—In season from August till October.

GREENGAGES.—Foreign gages come in about end of July and finish at end of September. English commence about middle of August and finish at end of September.

LEMONS.—Can be obtained all the year round. Most expensive at height of summer.

MEDLARS.—In season middle of September till end of October.

MELONS (HOT-HOUSE).—In season August till end of September.

Do. Rock.—In season August and September.

Do. Spanish Water.—Commence about October and finish about March.

NECTARINES.—In season in September, but are obtainable in August and October.

ORANGES.—Obtainable all months, except July, August, and September.

Do. Seville.—In season February and March.

Do. Tangerines.—In season from end of November till February.

PEARS.—In season latter part of summer until middle of winter.

PEACHES.—In season in September, but obtainable August and October.

**PINES (ENGLISH).**—Obtainable nearly the whole year round, but prices very high in winter.

Do. St. Michael.—In season from October till April.

**PLUMS.**—English plums can be obtained from early part of August and finish end of September. French plums are earlier, and finish a month sooner.

**POMEGRANATES.**—In season October and November.

**QUINCES.**—In season middle of October till end of November.

**RASPBERRIES.**—In season from beginning of June until middle of September.

**RHUBARB.**—Forced rhubarb can be had about beginning of December, and lasts for three months, then the outdoor takes its place and lasts about two months.

**SMALL NUTS.**—In season all the year round.

**STRAWBERRIES.**—In season from June till beginning of September. Hothouse can be obtained all the year round, but are very high in price.

**WALNUTS.**—In season early part of September till Christmas.

## JANUARY.

**POULTRY AND GAME.**—Black game (black cock and grey hen, foreign only), capons, chickens, capercailzie, ducks, ditto wild, ditto pintail, fowls, geese (wild), hares, landrails, larks, poulardes, pigeons (tame), pheasants, pullets, partridges, plover (golden and grey), ptarmigan, rabbits, snipe, turkeys, teal, widgeon, woodcock.

**FISH.**—Brill, bloaters, carp, cod, crabs, crawfish, crayfish, doreys, Dutch salmon, eels, flounders, gurnets, herrings, halibut, haddocks, lobsters, mackerel, oysters, plaice, perch, pike, soles, scallops, smelts, skate, sprats, shrimps, turbot, tench, whiting.

**VEGETABLES.**—Artichokes (globe), ditto (Jerusalem), beet-root, Brussels sprouts, celery, cucumbers, chervil, eschalots, greens, garlic, horseradish, kale, leeks, lettuce, mushrooms, onions (cooking), ditto (Spanish), ditto (spring), parsnips, potatoes, savoys, salsify.

**FRUIT.**—Apples, almonds (nuts), bananas, cocoanuts, cobnuts, chestnuts, figs, grapes (hothouse), ditto (Almeria), lemons, melons (Spanish water), oranges, ditto (Tangerines), pines (St. Michael), pears, rhubarb (forced), small nuts.

## FEBRUARY.

**POULTRY AND GAME.**—Black game (black cock and grey hen, foreign only), capons, chickens, capercaillie, ducks, ditto (wild), ditto (pintail), fowls, geese (wild), hares, larks, landrails, poulardes, pheasants, partridges, plover (golden and grey), ptarmigan, prairie hens, rabbits, snipe, turkeys, teal, widgeon, woodcock.

**FISH.**—Bloaters, carp, cod, crabs, crawfish, crayfish, doreys, eels, flounders, gurnets, haddocks, herrings, lobsters, mackerel, oysters, plaice, perch, pike, salmon, scallops, shrimps, skate, smelts, sprats, trout, turbot, tench, whitebait.

**VEGETABLES.**—Artichokes (globe), ditto (Jerusalem), beetroot, Brussels sprouts, celery, chervil, cucumbers, eschalots, garlic, greens, horseradish, kale, leeks, lettuce, mushrooms, onions (cooking), ditto (Spanish), ditto (spring), parsnips, potatoes, salsify, savoys.

**FRUIT.**—Apples, almonds (nuts), bananas, cocoanuts, cobnuts, figs, grapes (hothouse), ditto (Almeria), lemons, melons (Spanish water), oranges, ditto (Seville), pines (English), ditto (St. Michael), pears, rhubarb (forced), small nuts.

## MARCH.

**POULTRY AND GAME.**—Black game (black cock and grey hen), capons, chickens, capercaillie, ducks, ditto (wild), ditto (pintail), ducklings, fowls, geese (wild), guinea fowl, hares, landrails, ortolans, poulardes, partridges (until 12th), pheasants (ditto), plovers (golden and grey) (until 15th), ptarmigan, prairie hens, quails, ruffs and reeves, rabbits, snipe (until 15th), teal, widgeon, woodcock.

**FISH.**—Bloaters, carp (until 15th), crabs, cod, crawfish, crayfish, doreys, eels, flounders, gurnets, haddocks, lobsters, mackerel, oysters, perch (until 15th), pike (until 15th), salmon, scallops, smelts, skate, sprats, shrimps, trout, turbot, tench (until 15th), whitebait.

**VEGETABLES.**—Artichokes (globe), beetroot, cucumbers, chervil, eschalots, garlic, horseradish, kale, leeks, lettuce, mushrooms, onions (cooking), ditto (Spanish), ditto (spring), potatoes (Jersey new spring), parsnips, savoys, salsify, spinach, tomatoes.

FRUIT.—Apples, almonds (nuts), bananas, cocoanuts, figs, grapes (hothouse), ditto (Almeria), lemons, oranges, ditto (Seville), pines (English), ditto (St. Michael), rhubarb (forced), small nuts.

## APRIL.

POULTRY AND GAME.—Capons, chickens, ditto (spring), ducks, ducklings, fowls, guinea fowl, hares, leverets, ortolans, poulardes, prairie hens, plovers' eggs, quails, ruffs and reeves, rabbits.

FISH.—Bloaters, crabs, crawfish, cod, eels, flounders, gurnets, haddocks, lobsters, mackerel, oysters, prawns, salmon, scallops, smelts, skate, sprats, shrimps, trout, turbot, whitebait.

VEGETABLES.—Artichokes (globe), asparagus, beetroot, cucumbers, chervil, eschalots, garlic, horseradish, leeks, lettuces (English), mushrooms, onions (cooking), ditto (spring), potatoes (Jersey new spring), parsnips, spinach, tomatoes.

FRUIT.—Apples, almonds (nuts), bananas, brazils, figs, grapes (hothouse), ditto (Almeria), lemons, oranges, pines (English), ditto (St. Michael), rhubarb, small nuts.

## MAY.

POULTRY AND GAME.—Capons, chickens, ditto (spring), ducks, fowls, guinea fowl, hares, leverets, ortolans, poulardes, plovers' eggs, quails, ruffs and reeves, rabbits.

FISH.—Bass, brill, bloaters, crabs, crawfish, eels, gurnets, halibut, haddocks, lobsters, mackerel, plaice, prawns, salmon, soles, scallops, smelts, skate, shrimps, turbot, trout, whiting, whitebait.

VEGETABLES.—Asparagus, beetroot, carrots (new), cucumbers, chervil, horseradish, leeks, lettuce, onions (cooking), ditto (spring), potatoes (Jersey new spring), spinach, tomatoes.

FRUIT.—Apples, almonds (nuts), bananas, brazils, currants (red, black, and white), figs, grapes (hothouse), gooseberries (green), lemons, oranges, pines (English), rhubarb, small nuts.

## JUNE.

**POULTRY AND GAME.**—Capons, chickens, ditto (spring), ducks, fowls, goslings, hares, leverets, ortolans, poults (turkey), poulardes, plovers' eggs, quails, ruffs and reeves, rabbits.

**FISH.**—Bass, brill, bloaters, carp (after 15th), crabs, crawfish, crayfish, eels, gurnets, halibut, haddocks, lobsters, mackerel, plaice, perch (after 15th), prawns, pike (after 15th), salmon, soles, shrimps, turbot, trout, tench (after 15th), whiting, whitebait.

**VEGETABLES.**—Asparagus, beetroot, carrots (new), cucumbers, chervil, horseradish, leeks, lettuces, onions (cooking), ditto (spring), potatoes (new English), spinach, tomatoes.

**FRUIT.**—Almonds (nuts), bananas, brazils, cherries, currants (red, black, and white), figs, grapes (hothouse), ditto (Muscat), ditto (black Hambro'), gooseberries, lemons, oranges, pines, raspberries, strawberries, small nuts.

## JULY.

**POULTRY AND GAME.**—Capons, chickens, ducks, fowls, goslings, hares, leverets, ortolans, poults (turkey), poulardes, plovers' eggs, quails, ruffs and reeves, rabbits.

**FISH.**—Bass, brill, bloaters, carp, crabs, crawfish, crayfish, doreys, eels, gurnets, herrings (end of month), halibut, haddocks, lobsters, mullet (red), ditto (grey), plaice, perch, prawns, pike, salmon, soles, shrimps, sea-bream, turbot, trout, tench, whiting, whitebait.

**VEGETABLES.**—Asparagus, beetroot, cucumbers, cabbages (end of month), chervil, French beans (end of month), horseradish, leeks, onions (cooking), ditto (spring), potatoes (new), scarlet runners, spinach, tomatoes.

**FRUIT.**—Almonds (nuts), bananas, brazils, cherries, currants (red, black, and white), figs, grapes (hothouse), ditto (Muscat), ditto (black Hambro'), gooseberries, pines (English), raspberries, strawberries, small nuts.

## AUGUST.

**POULTRY AND GAME.**—Capons, chickens, ducks, ditto (wild), ditto (pintail), fowls, grouse (commence on 12th),

hares, larks, leverets, poult (turkey), poulardes, plover (golden and grey), rabbits, snipe, teal, widgeon, woodcock.

FISH.—Bass, brill, bloaters, carp, crabs, crawfish, crayfish, doreys, eels, flounders, gurnets, herrings, halibut, haddocks, lobsters, mullet (red), ditto (grey), oysters (after 4th), plaice, perch, prawns, pike, salmon, soles, shrimps, sea bream, turbot, trout, tench, whiting, whitebait.

VEGETABLES.—Beetroot, cauliflowers (English), cucumbers, cabbages, chervil, French beans, horseradishes, leeks, onions (cooking), ditto (spring), potatoes, peas, scarlet-runners, spinach, vegetable marrows.

FRUIT.—Apricots, almonds (nuts), bananas, brazils, cherries, currants (red, black, and white), filberts, figs, ditto (green), grapes (hothouse), ditto (Muscat), ditto (black Hambro'), ditto (Lisbon), greengages, gooseberries, melons (hothouse), ditto (rock), nectarines, pines (English), peaches, plums, raspberries, strawberries, small nuts.

## SEPTEMBER.

POULTRY AND GAME.—Capons, chickens, ducks, ditto (wild), ditto (pintail), fowls, geese, ditto (wild), grouse, hares, larks, poulardes, partridges, plovers (golden and grey), rabbits, snipe, turkeys, teal, widgeon, woodcock.

FISH.—Bass, brill, bloaters, carp, crabs, cod, crawfish, crayfish, doreys, eels, flounders, gurnets, herrings, halibut, haddocks, lobsters, mackerel, mullet (red), ditto (grey), oysters, plaice, perch, pike, salmon (till 7th), soles, shrimps, sea bream, turbot, trout (till 7th), tench, whiting.

VEGETABLES.—Brussels sprouts, beetroot, celery, cauliflower, capsicums, chillies, cucumbers, cabbages, chervil, French beans, horseradish, leeks, onions (cooking), ditto (spring), potatoes, peas, parsnips, scarlet runners, spinach, tomatoes, vegetable marrows.

FRUIT.—Apples, apricots, almonds (nuts), bananas, brazils, cherries, cobnuts, damsons, filberts, figs, ditto (green), grapes (hothouse), ditto (Muscat), ditto (black Hambro'), ditto (Lisbon), greengages, lemons, melons (hothouse), ditto (rock), medlars, nectarines, pines (English), pears, peaches, plums, raspberries, strawberries, small nuts, walnuts.

## OCTOBER.

**POULTRY AND GAME.**—Black game (black cock and grey hen), capons, chickens, capercaillie, ducks, ditto (wild), ditto (pintail), fowls, geese, ditto (wild), grouse, hares, larks, poulardes, pheasants, partridges, plovers (golden and grey), rabbits, snipe, turkeys, teal, widgeon, woodcock.

**FISH.**—Bloaters, brill, carp, crabs, crawfish, crayfish, codfish, doreys, eels, flounders, herrings, halibut, haddocks, lobsters, mullet (red), ditto (grey), mackerel, oysters, plaice, perch, pike, soles, scallops, smelts, skate, shrimps, sea bream, turbot, tench, whiting.

**VEGETABLES.**—Artichokes (Jerusalem). Brussels sprouts, beetroot, celery, cauliflowers, capsicums, chillies, cucumbers, chervil, eschalots, French beans, greens (end of month), garlic, horseradish, leeks, onions (cooking), ditto (Spanish), ditto (pickling), ditto (spring), potatoes, parsnips, savoys, scarlet runners, spinach, tomatoes, vegetable marrows.

**FRUIT.**—Apples, apricots, almonds (nuts), bananas, brazils, cocoanuts, cobnuts, filberts, figs, grapes (hothouse), ditto (Muscat), ditto (Almeria), ditto (Lisbon), lemons, melons (Spanish water), medlars, nectarines, oranges, pines (English), ditto (St. Michael), pears, peaches, small nuts.

## NOVEMBER.

**POULTRY AND GAME.**—Black game (black cock and grey hen), capons, chickens, capercaillie, ducks, ditto (wild), ditto (pintail), fowls, geese, ditto (wild), grouse, hares, larks, landrails, poulardes, pheasants, partridges, plover (golden and grey), ptarmigan, rabbits, snipe, turkeys, teal, widgeon, woodcock.

**FISH.**—Brill, bloaters, carp, crabs, codfish, crawfish, doreys, eels, flounders, herrings, halibut, haddocks, lobsters, mackerel, oysters, plaice, perch, pike, soles, scallops, smelts, skate, sprats (from 9th), shrimps, turbot, tench, whiting.

**VEGETABLES.**—Artichokes (Jerusalem), Brussels sprouts, beetroot, celery, cauliflowers, cucumbers, chervil, eschalots, French beans (foreign), greens, garlic, horseradish, leeks, onions (cooking), ditto (Spanish), ditto (pickling), ditto (spring), potatoes, parsnips, savoys, spinach, tomatoes.

FRUIT.—Apples, almonds (nuts), bananas, brazils, coconuts, chestnuts, figs, grapes (hothouse), ditto (Muscat), ditto (Almeria), lemons, melons (Spanish water), oranges, ditto (Tangerines), pines (English), ditto (St. Michael), pears, pomegranates, quinces, small nuts, walnuts.

## DECEMBER.

POULTRY AND GAME.—Black game (black cock and grey hen), capons, chickens, capercaillie, ducks, ditto (wild), ditto (pintail), fowls, geese, ditto (wild), grouse (till 10th), hares, larks, landrails, poulardes, pheasants, partridges, plovers (golden and grey), ptarmigan, rabbits, snipe, turkeys, teal, widgeon, woodcock.

FISH.—Brill, bloaters, carp, crabs, crawfish, crayfish, codfish, doreys, eels, flounders, gurnets, herrings, halibut, haddocks, lobsters, mackerel, oysters, plaice, perch, pike, soles, scallops, smelts, skate, sprats, shrimps, tench, whiting.

VEGETABLES.—Artichokes (Jerusalem), Brussels sprouts, beetroot, celery, cucumbers, chervil, eschalots, garlic, greens, horseradish, kale, leeks, lettuces (French), mushrooms, (cultivated), onions (cooking), ditto (Spanish), ditto (spring), potatoes, parsnips, savoys, salsify, spinach, tomatoes.

FRUIT.—Apples, almonds (nuts), bananas, brazils, coconuts, cobnuts, chestnuts, figs, grapes (hothouse), ditto (Muscat), ditto (Almeria), lemons, melons (Spanish water), oranges, ditto (Tangerines), pines (St. Michael), rhubarb (forced), small nuts, walnuts.

## CHAPTER XXIII.

*MARKETING.*

ONE most important part of a housekeeper's duties is the marketing, in other words the choosing and purchasing of the various stores necessary for her household. To succeed in this she must have a general idea at all events of what is good and what is bad in quality. In short, what to choose, and, above all, what to avoid. Certainty on these points can only be acquired by practice, still the following hints may help her to buy her experience economically.

**Fish.**

As a general rule the more recently fish has left the water the better it is, for though some kinds, as cod, skate, &c., are improved by keeping for a day or two, the slightest trace of staleness renders fish not only disagreeable, but absolutely unfit for food.

Fish in good condition is usually firm and elastic to the touch, its eyes bright and prominent, its gills fresh and rosy. If, on the contrary, the fish is flabby, with sunken (and in some cases bloodshot) eyes, it is either stale or out of condition.

TURBOT, BRILL, and DOREY, in addition to the points mentioned above, should be thick and full in the flesh, and have the belly of a yellowish cream colour. Turbot will bear keeping for a day or two with impunity.

SALMON should have a small head and tail, full thick shoulders, clean silvery scales, and its flesh of a rich yellowish pink. When quite fresh (in which case it is most esteemed by connoisseurs) there is a creamy curd between the flakes, which are stiff and hard; but if kept this melts, softening the flesh and rendering it richer, but at the same time less digestible.

TROUT, in spite of the difference in size, may be judged by the same rule as salmon. It will not, however, bear keeping, deteriorating rapidly.

COD, unlike salmon, should have a large head and thick shoulders: the flesh being white and clear, and separating easily into large flakes, the skin clean and silvery. Most people consider cod improves by being kept for a day or two and very slightly salted. Crimped cod is considered best.

HERRING and SPRATS must be absolutely fresh to be good, and when in this state their scales shine like silver. If kept overlong their eyes become suffused with blood, a sure sign of their having been over kept.

MACKEREL also must be quite fresh; in fact, unless they are, they are apt to cause very unpleasant results to their consumers. Moreover, they should never be bought if either out of condition or season, for the same reason. If fresh they are peculiarly beautiful fish, their backs of an iridescent blue-green barred with black, and their bellies of a pearly whiteness.

WHITING also will not bear keeping, their lack of freshness is speedily known by their flabbiness and the dull dead yellow look of their skin, which in condition is of a pinkish fawn turning to pearly white beneath.

HADDOCK are judged as cod.

SOLES should be thick, firm, and clean skinned, the underneath of a creamy white, which, when the fish has been kept, assumes a disagreeable bluish tinge.

PLAICE and FLOUNDERS should be thick and stiff, the eyes full, and the orange spots on the back of the former well defined and bright in colour.

SMELTS should be stiff and silvery, with a delicate perfume faintly suggestive of cucumber.

MULLET (red) is called 'the woodcock of the sea,' and like the bird is usually sent to table without being drawn. It is of a delicate silvery rose colour, thick and full at the shoulder.

MULLET (grey) should be very stiff, with clean bright scales. Being a rather foul feeder, this fish is not equally popular everywhere.

EELS should be as fresh as possible, and are generally bought alive in consequence. They are easily killed 'by piercing the spinal marrow just at the back of the skull with a sharp pointed knife or skewer.' The silver eels are the best.

GURNET is a rather dry fish, of a reddish brown colour.

PIKE, CARP, and TENCH are all fresh water fish, and not often bought, though, in the country especially, they are excellent for a change. The first is firm with crisp white or rather dry flesh, and silvery scales, and a small head. The two latter require careful cleansing, as from the still, sluggish waters they prefer they are apt to be muddy. They should be well washed in vinegar and water.

LOBSTERS, CRABS, CRAYFISH, PRAWNS, AND SHRIMPS are stiff, and with the tails tightly pressed against the body. With the former weight is a great guide, as the heavier they are the better; but if there be the least sign of wateriness, they should be at once rejected.

### Beef.

In choosing meat it should be remembered that without being actually unwholesome, it varies greatly in quality, and often an inferior joint is to be preferred from a first class beast to a more popular cut from a second class animal. Scotch beef fed on English pasture is reckoned the finest meat; the ox being generally preferred to the heifer, though if they be equally well fed and treated there is little to choose between them. To be perfect the animal should be five or six years old, the flesh of a close even grain, bright red in colour and well mixed with creamy white fat, the suet being firm and a clear white. (If of a yellow colour it is either a sign of the meat being inferior, or of the animal having been fed on oil cake; and though in this case it is not unwholesome, meat so fed is not profitable, as it is usually very fat.) Heifer meat is smaller in the bone and lighter in colour than ox beef. Cow beef is much the same to look at as ox beef, though being older it is both coarser in the grain and tougher; bull beef, which is never, however, seen in a firstclass butcher's, may be recognised by the coarseness and dark colour of the flesh, and also by a strong and almost rank smell. One test of the good quality of meat is said to be the condition of the tongue; if this be plump, clean skinned, and the fat at the root inclining to a pinky white, the flesh will be tender and in condition; but if, on the contrary, it be dark, rough, and with dead white fat, the meat will be hard and tasteless.

Beef, to be tender, should always be hung as long as the weather permits. The most popular joints for roasting are the

sirloin, the ribs, and the round; the brisket or silver side, shoulder, aitchbone, and also the round are used for boiling and stewing, &c. The best steak for broiling is cut from the rump or the chuck rib, though for stewing the steak cut from the top of the leg is used. The tenderest, but perhaps not the best flavoured meat for frying, broiling, &c., is the part used in France for this purpose and there called the *entrecôte*, which is neither more nor less than the undercut of the sirloin taken out whole, and either cooked in its entirety or cut into slices or *filets*.

The round is often used as a roast from economical motives, as it contains no bone, and gives abundant and good gravy, but unless hung for a considerable time it is very tough, and is in consequence better for braising or spiced beef.

VEAL is at its best when the calf is from three to four months old, when the meat should be of a close firm grain, white in colour and the fat inclining to a pinkish tinge. Veal is sometimes met with coarser in the grain and redder in the flesh, not necessarily a mark of inferiority, but denoting the fact that the calf has been brought up in the open. As a rule the flesh of the bull calf is esteemed for its flavour, though the whiteness of the meat of a cow calf, and the udder attached to the fillet, causes the latter to be preferred. Like all young meat, veal turns very quickly, therefore it should never hang more than two or three days. In choosing veal always examine the suet under the kidney; if this be clammy and soft, with a faint smell, the meat is not good, and always reject any that has greenish or yellowish spots about it.

The head should be clean skinned and firm, the eyes full and clear, the kidneys large and well covered with fat, the liver a rich dark clear colour, free from any spots or gristle, while the sweetbread should be firm, plump, of a delicate colour, and free from strings.

### Mutton.

To be in perfection mutton should be at least four, or perfectly five or six years old, but sheep of this age are rarely, if ever, met with nowadays, when they are constantly killed under two years. To know the age of mutton examine the breast bones, if these are all of a white gristly colour the animal was four years old or over, while the younger it is the

pinkier are the bones, which, in a sheep of under a year, are entirely red. Good mutton should be of a clear dark red, the fat firm and white, and not too much of it; when touched the meat should feel crisp yet tender. If the fat is yellow and the lean flabby and damp, it is bad. A freshly scraped skewer run into the meat along the bone will speedily enable anyone to detect staleness. For roasting mutton can scarcely be hung too long, as long as it is not tainted; but for boiling it must not be kept nearly so long, or the meat will be of a bad colour when cooked. The length of time mutton will keep is almost entirely a matter of temperature and position, in cold dry weather, in an airy well-kept larder, it will hang and improve for a month, while in wet weather it could not be kept half the time without spoiling.

If meat is to be kept any time, rub salt well into the part about the tail and be sure the kernel is cut out. This should always be done by the butcher. In bad keeping weather it would be advisable also to rub the breasts well with salt.

**LAMB.**—The freshness of this is comparatively easy to distinguish, as if fresh the neck vein will be a bright blue, the knuckle stiff, and the eyes bright and full; if, on the contrary, the knuckle is limp, the neck vein of a greenish yellow, and, above all, if there be a faint disagreeable smell about the kidney, the meat is stale.

### Pork.

The flesh of this, when in good condition, is a delicate pinky white, with a close fine grain; the fat, which should not be too abundant, of a white colour very faintly tinged with pink; the skin should be thin and elastic to the touch, and the flesh generally cool, clean, and smooth looking; if, on the contrary, the flesh is flabby and clammy when touched, it is not fresh, while if the skin is tough and hard the pig was old. Dairy-fed pork is the best. Pork, like all white meat, is quick to taint, and should never be kept long before cooking. In fact, as a general principle, if you have the slightest doubt about pork, it is best to reject it, for unlike other meat which may be quite wholesome and useable, though not of precisely prime quality, pork *must* be in really firstclass condition to be wholesome, and therefore it is impossible to be too particular in the choice of it. Always if possible look at the tongue, for,

as in beef, this is a very fair criterion of the condition of the animal; a freshly scraped new wooden skewer run into the meat along the bone is also a good test of the freshness of the pork, and be especially careful to examine the fat, for if there be little kernels in it the pork is 'measly,' a very common disease amongst pigs, and one particularly unwholesome to the consumer.

Pigs for fresh pork, commonly called porkers, should be of medium size, not over fat, and under a year old. Pigs destined to become bacon are usually older and larger.

Good bacon has the lean of a bright pink and fine in the grain, while the fat is white and firm. If the lean is high coloured, it has probably been oversalted, and is old besides, and will, in consequence, be hard and salt; while if there be yellow marks in the fat, and a curious, rather musty smell, it is rusty, and will have a most unpleasant taste. In choosing a ham always run a clean knife or skewer in at the knuckle, and also at the centre; if it comes out clean and smelling sweet, the ham is good; but if out of order the blade of the knife will be smeared and greasy looking, and have a disagreeable, strong smell.

*Sucking Pigs* should be small, and are best when about three weeks old. A sucking pig should be cooked as soon as possible after it is killed, as it taints very quickly; unless fresh, no care in the cooking will make the crackling crisp, as it should be.

### Venison, &c.

The condition of venison is chiefly judged by the fat, which should be a clear creamy white, and close in texture. Always try venison by running a sharp knife along the haunch-bone, which is usually the first to turn; if, in taking it out, the knife has a blackish-green look and an unpleasant smell, the meat is tainted, and unfit for use. Venison requires to be kept a considerable time before it is in proper condition, and needs great care in its management. It must be carefully examined every day, and if there is the slightest doubt, it should be carefully and thoroughly washed in lukewarm milk and water, then as carefully dried in clean cloths, and when perfectly dry, should be thickly covered all over with ground ginger and pepper; when required for use, dust off the pepper and ginger, and wash the meat in a little lukewarm

water, and dry it thoroughly. Venison is always better for being dusted with pepper and ginger, as it effectually keeps off flies.

Buck venison is usually the most esteemed, but neither buck nor doe should be cooked out of its proper season. Venison, like mutton, improves with age, and this can be judged by the condition of the hoof, which in a young animal has a small, smooth cleft, while in an old one it is deeply cut and rugged. The haunch is the prime joint, its perfection depending on the greater or less depth of the fat on it. The neck and shoulder are also very good; they are chiefly used for stews, or pies and pasties.

When freshly killed, hares and rabbits are stiff, and if young the claws are smooth and sharp, the ears are pliable and tear easily, whilst the jawbone will crush if pressed between the finger and thumb. Hares should be kept for a week before using, but they must be seen to; the insides especially require care, as they turn musty very soon. For roasting, leverets are to be preferred.

### Poultry and Game.

Poultry, to be in perfection, should have just reached their full growth (the only exceptions to this are 'spring chickens,' ducklings, goslings, &c., which are considered delicacies at certain seasons); they should be plump, firm fleshed, and not over fatted. Over-fed fowls are often a mass of greasy fat, which melts in the cooking and spoils the flavour of the bird. A hen is at her best just before she begins to lay; her legs should be smooth, her comb small, bright, and soft. A young cock has the comb full, bright coloured, and smooth, the legs smooth, the spurs short (these are sometimes pared, however), and in both the toes should break easily when turned back, and the weight of the birds should be great in proportion to their size. Contrary to the practice with game, poultry should never be kept long, as they turn easily, and are spoilt if the least high. They also require longer cooking, in proportion to their size, than game, and should never be underdone. A good sized fowl takes about three quarters to an hour to roast; a medium one about half an hour, whilst a chicken requires twenty minutes. Dark-legged fowls are best for roasting, as their flesh is moister and better flavoured

cooked in this way than the white-legged ones, which from their greater daintiness of appearance are to be preferred for boiling.

TURKEYS should be plump, white-fleshed, young, the legs plump and firm, black and smooth, with (in the cock) short spurs, the feet soft and supple; the eyes should be full and clear, the neck long, and the wattles of a bright colour. A hen turkey is best for boiling. Like fowls, an old turkey is fit for nothing but the stewpan or the stockpot. Turkeys require hanging for at least a week, though they must never be high.

GUINEA FOWL are judged like poultry, but require hanging for some time.

GEESE should always be chosen young (if over a year old, they are not fit to eat), plump, and full breasted, a white skin, a yellow smooth bill, the feet yellow and pliable. If the feet and bill are red and hard, and the skin hairy and coarse, the bird is old. Geese should be hung for a few days.

DUCKS, like geese, should have yellow, supple feet; the breasts full and hard, and the skin clear. Wild duck should be fat, the feet small, reddish, and pliable, the breast firm and heavy. If not fresh, there will be a disagreeable smell when the bill is opened. The drake is generally the most expensive, though the duck is usually most delicate in flavour.

PIGEONS should always be young and extremely fresh, and when so, they are plump and fat, with pliable smooth feet. If the vent is open, green, and withered looking, they are stale, while, if the feet are rough and dry, they are old.

In nothing is the choice more difficult than in game, and only experience, and in large towns a respectable tradesman, will save the chooser from perpetual mistakes. As a general rule, the hen is the tenderer and more juicy bird, while for roasting either must be young. Old birds are fit for nothing but soup or a stew.

Young birds can generally be told by the softness of their quills, and in the case of cock birds, pheasants especially, by the length and sharpness of their spurs; perfection of plumage is by no means a test of the bird's fitness for table, for many do not attain their full beauty till full old for eating. Few birds are handsomer and few tougher than an old black-cock.

PARTRIDGES when young have dark bills, yellowish legs

and if held up by the lower bill, the latter will snap across. If the flesh round the vent is of a green shade, the bird is stale. The breast plumage of the cock is of a reddish brown, that of the hen is light brown.

PHEASANTS require hanging almost more than any game, as, if eaten fresh, they have not as much flavour as a barn-door fowl. The length of time they will keep depends greatly both on the weather and the larder. In damp, close weather three or four days is almost the utmost, whilst in dry frosty weather and an airy larder they will hang three or four weeks. In old birds the spurs are long and sharp, whilst in the young ones they are round and short.

BLACK GAME AND GROUSE.—These should be young; a fact that may be told, as in all game, by holding the bird up by the lower beak. If this holds, they are too old for anything but the stockpot. If when the vent is rubbed with the finger the skin peels off, the bird is stale. The length of time these birds will keep depends on their condition and the weather.

PTARMIGAN are treated like grouse.

PLOVER.—Choose those that feel hard at the vent—they are the fattest. The same rules apply to plovers as to other game birds. The grey or golden plover is the best.

QUAIL will keep for a few days.

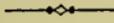
SNIPE AND WOODCOCK should be fat to be in perfection, but do not keep very long, as they are never drawn. If the feet and legs are hard and thick, the bird is old, if soft and supple they are newly killed and young; if the beaks are moist and the throat muddy, they are stale.

### Vegetables.

Excepting artichokes, all summer vegetables, as lettuce, peas, beans, asparagus, &c., should be cooked as soon as possible after gathering. Artichokes can be kept without harm, some people even say they improve, for two or three days, and cucumber, vegetable marrow, and asparagus can be kept fairly fresh by keeping the stalks (*only*) in water, whilst the others should be spread out in a cool place on a stone or brick floor if possible. The freshness of most vegetables may be easily ascertained by taking a leaf or a pod between the fingers. If fresh this will snap off short and crisp, while if stale it will be limp and soft. It is an economy to buy winter

vegetables, such as carrots, parsnips, turnips, beetroot, celery, and potatoes in large quantities, if you have storage room, as if buried in sand and kept from the frost they may be kept a considerable time. Onions should be kept hung up in a cool, dry place. Parsley may be kept fresh by having the stalks (bottom stalks only) in water, though, like anything else, it is best when fresh.

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- HORS-D'ŒUVRES.** Chapter IV. Olives à la St. Augustine. Lax sur Croûtes. Sardines à la Royale. Petites Croûtes d'Anchois à la Campagne. Salmon à la Gourmet. Moules en Hâtelets aux Truffes. Harengs à la Flensburg. Laitances de Hareng à la Varsovie. Saucisson de Lyon aux Œufs. Harengs à l'Espagne.
- SOUPS.** Chapter V. Clear Mullagatawny. Dufferin. Bisque de Homard. Purée à l'Indienne. Thick Hare. Prince Albert. Thick Tomato. Faubonne. Okra.
- FISH.** Chapter VI. Grilled Salmon. Salmon Steak. Salmon à la Morny. Farced Turbot. Salmon à la Belle-Ile. Fried Fillets of Salmon. Devilled Whitebait. Sole à la Française. Sole à la Chesterfield. Sole à la Sefton. Salade de Filets de Sole à la Russe. Cod à la Grand Hôtel. Fried Eels. Boiled Salt Fish. Blanquette of Eels. Matelote of Eels. Mulletts à l'Italienne. Grilled Mulletts. Fillets of Whiting en Papillotes. Grilled Mackerel. Fillets of Mackerel with Parsley Sauce. Fillets of Plaice à la Duchesse. Boiled Haddock. Baked Fresh Haddock. Turban of Fish à la Moderne. Little Oyster Soufflés. Mayonnaise of Lobster à l'Osborne. Mayonnaise of Lobster à la Gelée. Cutlets of Lobster à la Crème.
- HOT ENTRÉES.** Chapter VII. Filets de Bœuf à la Comtesse de Pomar. Ox-tail en Matelote. Escalopes de Veau à la Milanaise. Escalopes de Ris de Veau à la Marne. Côtelettes de Mouton à la Rothschild. Côtelettes de Mouton à la Zingara. Côtelettes de Porc à la Marseilles. Poulet à la Romaine. Poulet à l'Algérienne. Poulet

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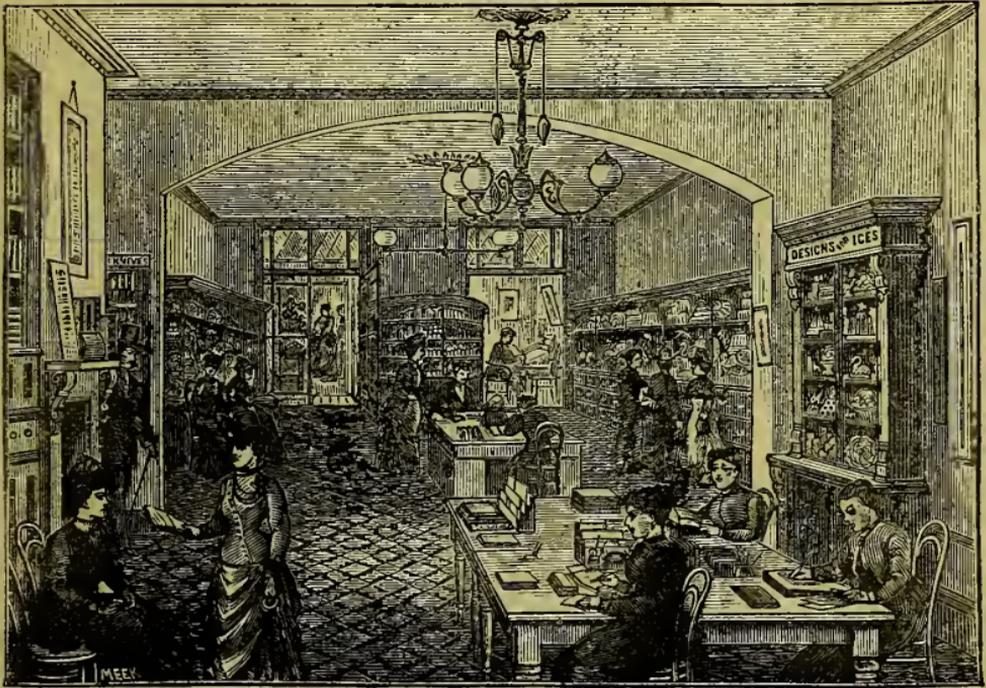
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1 quart, £1. 2s. 0d.

No. 44.
DOVE.

No. 43.—SWAN,



2 pints, £1. 0s. 0d.

No. 45.
BUNCH OF GRAPES.

No. 46.
CAULIFLOWER.



1½ pints, 15s. 0d.
No. 47.—HEN.



1 quart, £1. 4s. 0d.

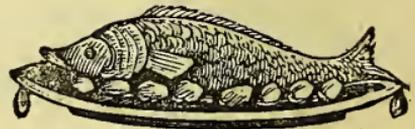


1 quart, £1. 4s. 0d.
No. 48.—FISH.



1 quart, £1. 0s. 0d.

No. 49.
PINEAPPLE.



1 quart, £1. 0s. 0d.

No. 50.
BASKET OF
FLOWERS.

No. 51.
BUNCH OF
ASPARAGUS.



1 quart, 19s. 0d.



1 quart, £1. 4s. 0d.

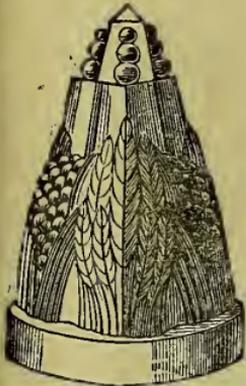


1 quart & ½ pint, £1. 4s. 0d.

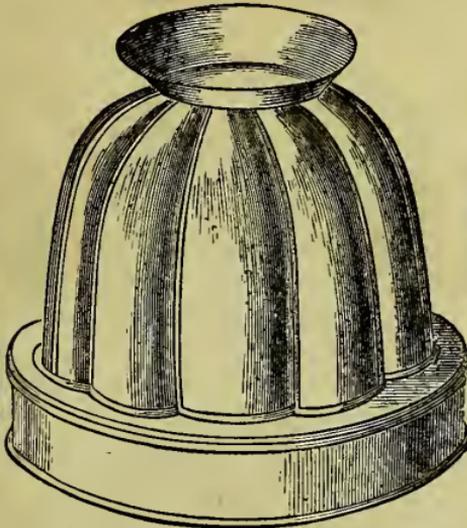
SPECIMEN PAGE FROM 'BOOK OF MOULDS.'

No. 65.—WITH PIPE AND HANDLE.

No. 64.

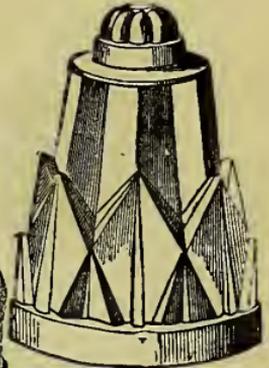


1 quart, 10s. 6d.



5s. 0d., 6s. 0d., & 7s. 6d. each.

No. 66.



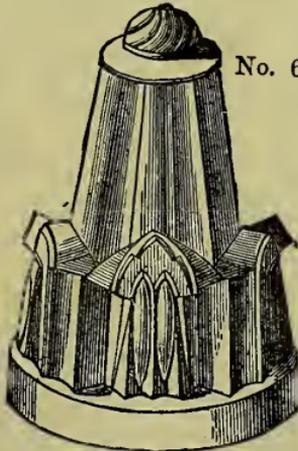
1 quart, 8s.

No. 67.



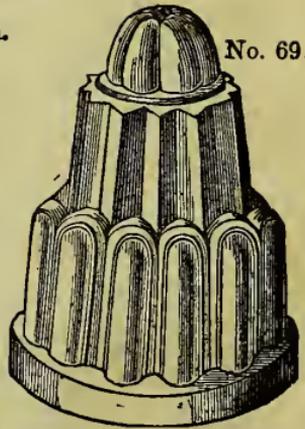
1 quart, 10s. 0d.

No. 68.



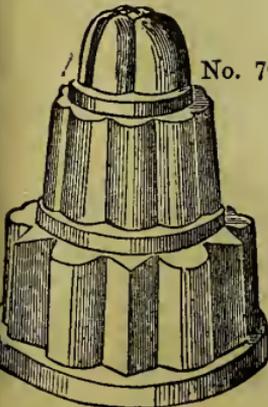
1 quart, 8s. 0d.

No. 69.



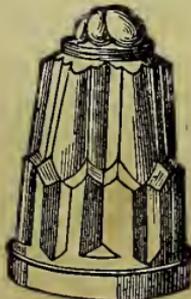
1 quart, 8s. 0d.

No. 70.



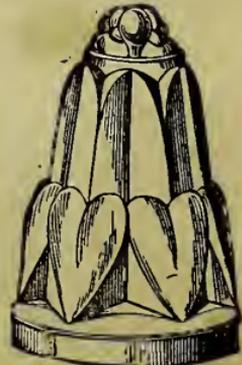
3 pints, 8s. 0d.

No. 71.



1½ pints, 6s. 0d.

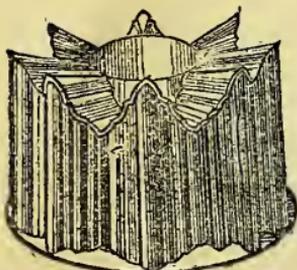
No. 72.



1 quart, 6s. 3d.

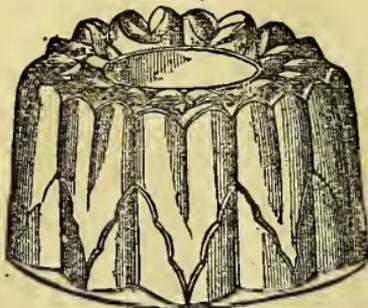
TIN MOULDS.

No. 73.

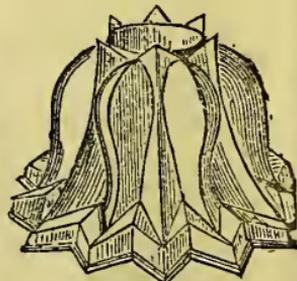


5½ in., 3s. 9d.

No. 74.

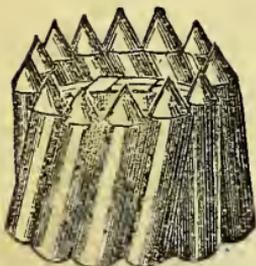
5½ in., 4s.
No. 77.

No. 75.

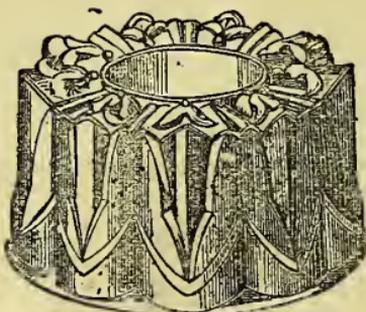


5½ in., 5s. 6d.

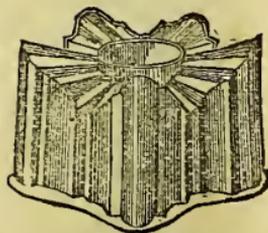
No. 76.



5½ in., 3s. 9d.

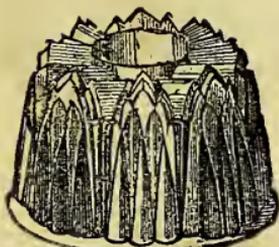
5½ in., 4s.
No. 80.

No. 78.

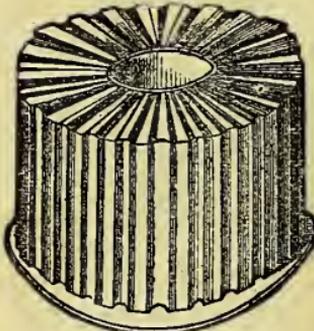


6 in., 4s. 9d.

No. 79.

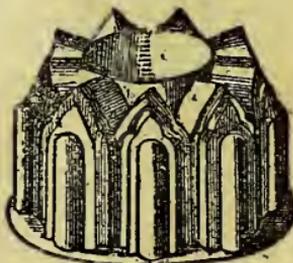


5½ in., 4s. 9d.



5½ in., 4s.

No. 81.



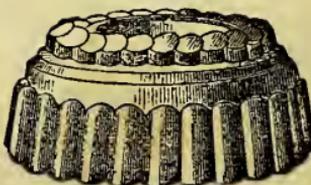
5½ in., 4s.

No. 82.



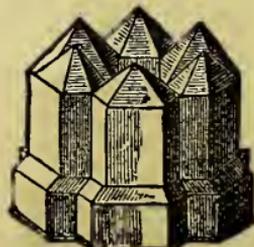
5½ in., 4s. 4d.

No. 83.



5½ in., 3s. 9d.

No. 84.

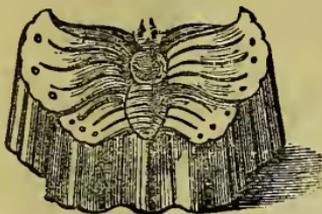


5½ in., 5s.

MOULDS FOR HOT & COLD ENTRÉES & SAVOURIES.

No. 215B.

BUTTERFLY MOULD.



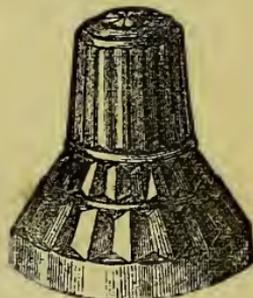
Copper tinned,
10s. per doz.

No. 215c.
FANCY MOULD.



Copper tinned, 10s. per doz.

No. 215d.
FANCY MOULD.



Copper tinned,
10s. per doz.

No. 215E.
FANCY MOULD.



Copper tinned,
10s. per doz.

No. 215F.
FANCY MOULD.



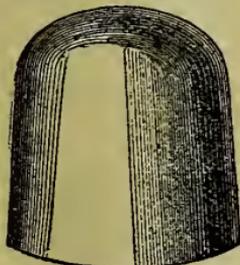
Copper tinned,
10s. per doz.

No. 215G.
FANCY MOULD.



Copper tinned,
10s. per doz.

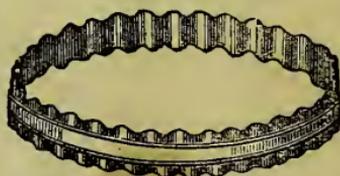
No. 215H.—COPPER BOMBE.



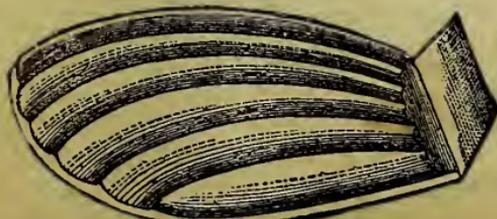
9s. per doz.

No. 209.

No 217.—FLUTED FLEUR RING.



1s. each. Plain Fleur Rings, 9d. & 1s. each.



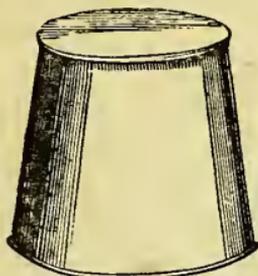
2s. and 3s. per doz.

No 215I.
WALNUT MOULDS.



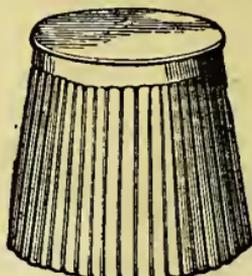
For Petits Fours, etc., 2s. doz.

No. 193.—PLAIN DARIOLS.



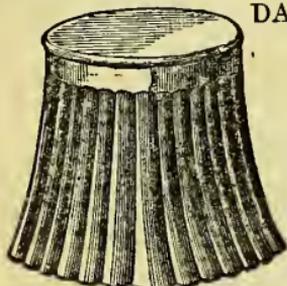
2s. 6d. and 3s. doz.

No. 194.—FLUTED DARIOLS.



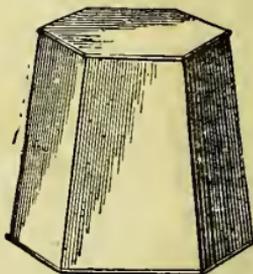
4s. doz.

No. 195.—IMPROVED FLUTED DARIOLS.



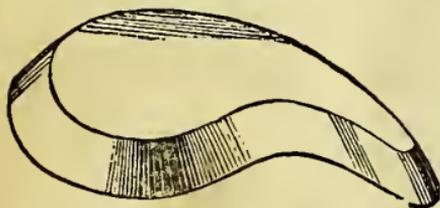
5s. doz.

No. 196.—HEXAGON DARIOLS.



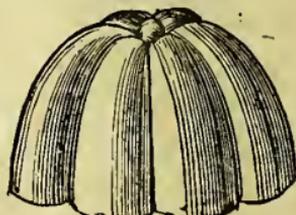
4s. and 5s. doz.

No. 197.—CUTLET TINS.



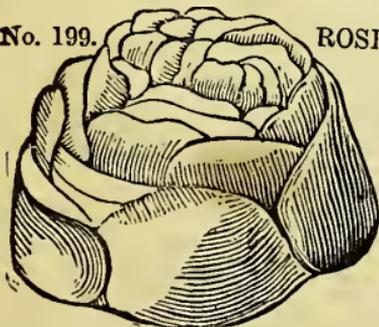
1s. 6d. per doz.

No. 198.—FLUTED BOUCHE CUPS.



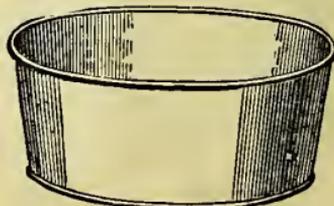
4s. per doz.

No. 199. ROSE.



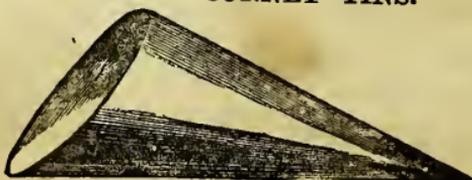
3s. doz.

No. 200.—OVAL DARICLS.



5s. per doz.

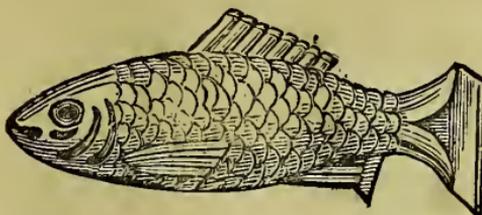
No. 201.—CORNET TINS.



2s. 6d. per doz.

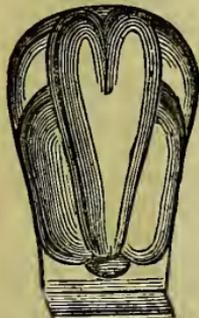
MOULDS FOR HOT & COLD ENTRÉES & SAVOURIES.

No. 202.—FISH MOULD.



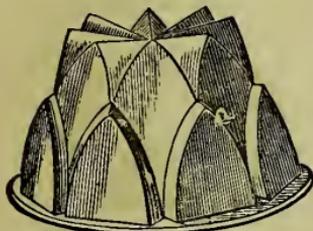
4½ in., 6s. doz.

No. 204.—CHICKEN.



2¾ in., 6s. doz.

No. 207.
FANCY BOUCHE CUPS.



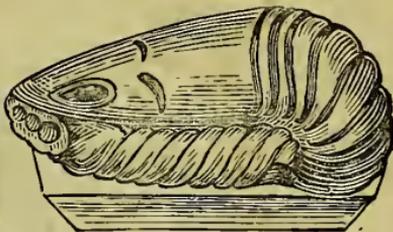
Copper tinned, 6s. doz.

No. 215.—SMALL BOAT CUP.



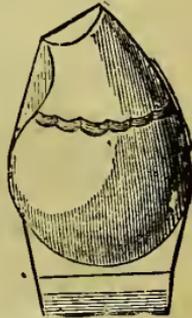
2s. and 2s. 6d. per doz.

No. 203.—CRAWFISH.



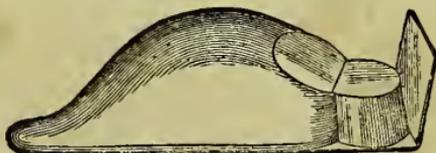
3½ in., 6s. doz.

No. 206.—HAM.



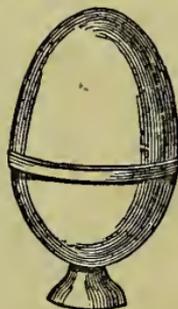
2 in., 6s. doz.

No. 205A.—TONGUE.



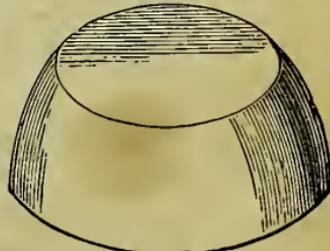
4 in., 6s. doz.

No. 205.—COPPER EGG.



15s. per doz.

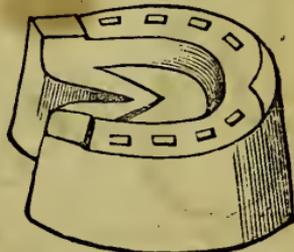
No. 208.
COPPER BOUCHE CUPS.



2 in. diam., 8s. per doz.,
tin, 3s. per doz.

Tin without indent, 2s. doz.

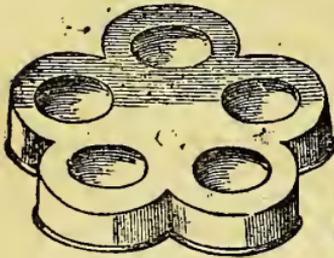
No. 215A.—HORSE SHOE.



Copper tinned, 12s. per doz.

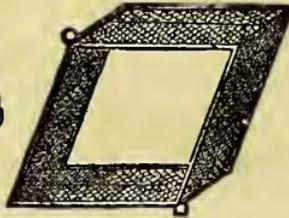
MOULDS FOR ENTRÉES, SWEETS, SAVOURIES, &c.

No. 210.—PICCOLO.



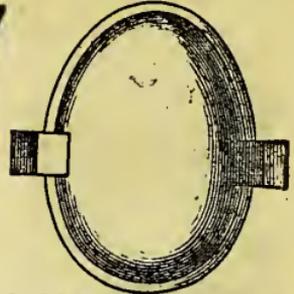
5s. 6d. each.

No. 211.
SQUARE FLEUR.



3s. 0d. each.

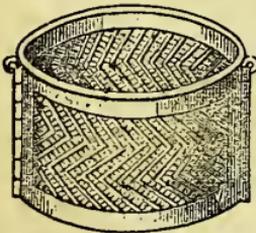
No. 212.
OSTRICH EGG.



4s. 6d. & 7s. 8d. complete.

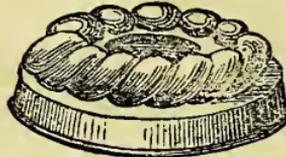
No. 216.

No. 213.—ROUND PÂTÉS.



1s. 8d. & 2s. 9d. each.

No. 214.
TROIS FRÈRES.

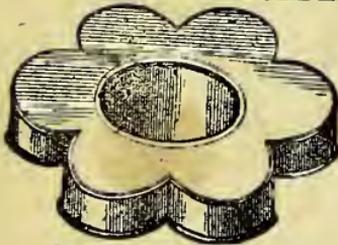


1s. 3d., 2s. 6d., & 3s. each.



Round Basket for Nougat
2s. 6d. each.

No. 218.—BRETON BORDER.



2s. 9d. & 3s. 0d. each.

No. 219.—COPPER NEST MOULD.



7s. 6d. each.

No. 221.—VINE LEAF.



3s. 0d. per dozen.

No. 222.

No. 220.



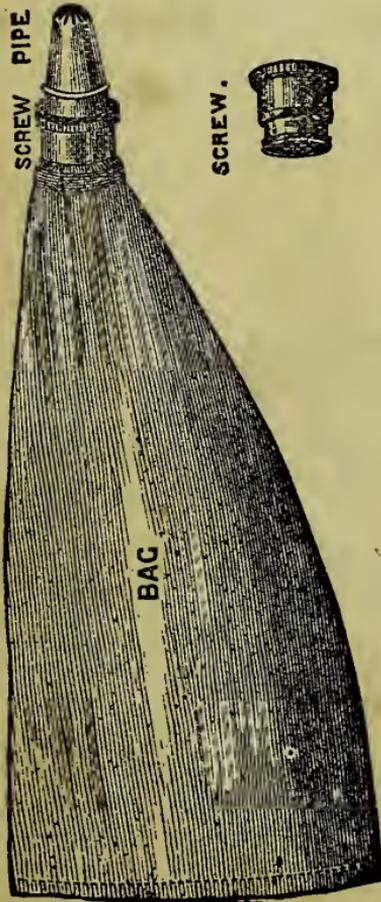
Forcing Pipes, 6d. each.



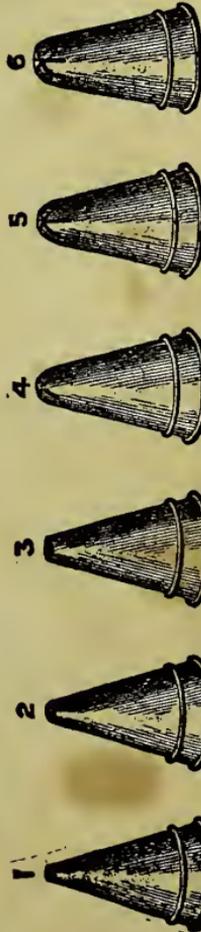
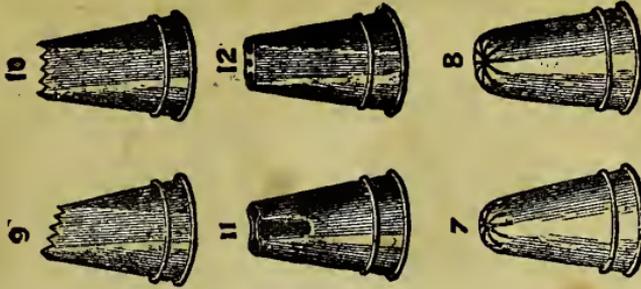
Forcing Pipes, 6d. each.
3 Sizes of Mouth, $\frac{1}{2}$,
 $\frac{3}{4}$, and 1 inch.

TIN ICING PIPES.

For Ornamental Icing.



SCREW.



40 Different Designs.

Bags, 8d. each. Pipes, 6d. each. In boxes containing 1 doz. assorted, with bag and screw, 7s. 6d.

Screws, 6d. each.

For Pipes for Forcing, Garnishing Entrées, &c., see preceding page.

HÂTELET SKEWERS.



4s. each.



3s. 9d. each.



4s. each.



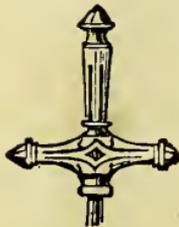
3s. 9d. each.



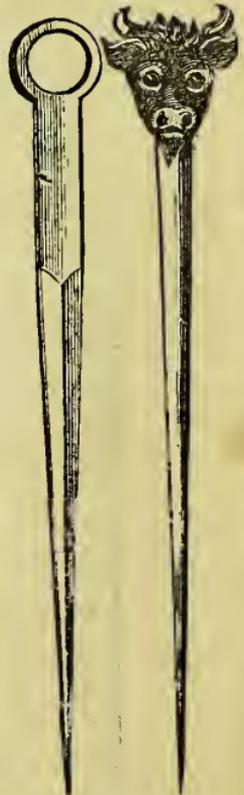
Best Silver Plated
Bird Skewers.
Sizes, 3 to 6 in.,
6d. per in.



3s. 4d. each.



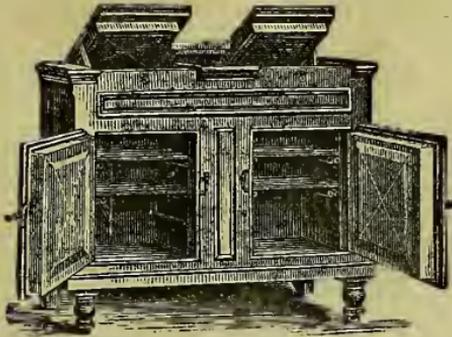
3s. each.



Meat Skewers,
Sizes, 6 to 24 in.
8d. per in.

MARSHALL'S CABINET REFRIGERATORS.

ALL MODERN IMPROVEMENTS.



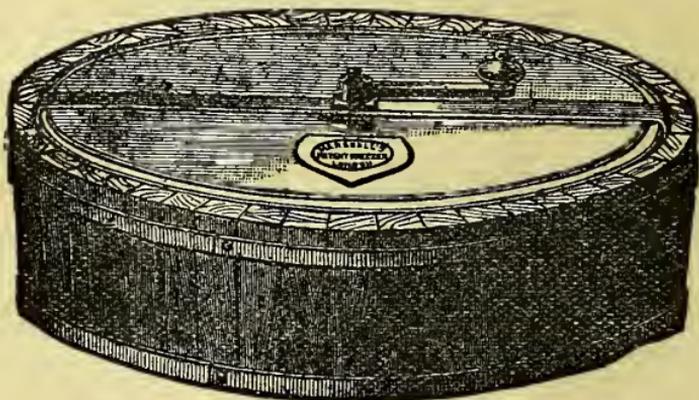
ENTILATED, LOCK AND KEY TO EACH COMPARTMENT, CLOSED AIR VALVES preventing the ingress of warm air.

These Refrigerators have gained prizes at several Continental Exhibitions whenever exhibited, and the Prices are cheaper than any other make.

No.	OUTSIDE MEASUREMENTS WITHIN $\frac{1}{2}$ AN INCH.			PAINTED BROWN AND WHITE, BRASS AND JAPANNED FITTINGS.			OAK GRAINED AND POLISHED. PLATED FITTINGS.		
	Height.	Width.	Depth.	£	s.	d.	£	s.	d.
1a	30-in	23-in	19-in	3	0	0	3	10	0
1	33-in	24-in	20-in	3	15	0	4	10	0
2	34-in	28-in	22 in	4	10	0	5	5	0
3	36-in	32-in	22-in	5	5	0	6	6	0
4	40-in	37-in	24-in	6	10	0	7	5	0
5	40-in	26-in	22-in	5	15	0	6	10	0
6	34-in	40-in	22-in	7	7	0	8	8	0
6a	44-in	40-in	22-in	8	8	0	9	9	0
7	46-in	46-in	24-in	9	9	0	10	10	0
8	40-in	54-in	26-in	10	10	0	11	11	0
9	46-in	52-in	24-in	11	11	0	12	15	0
10	52-in	56-in	26-in	13	13	0	15	0	0
11	62-in	35-in	28-in	8	0	0	9	0	0
12	62-in	35-in	28-in	13	0	0	14	5	0
13	64-in	35-in	28-in	14	0	0	15	10	0
14	64-in	35-in	28-in	13	15	0	15	5	0
15	70-in	62-in	30-in	28	0	0	30	0	0
16	71-in	60-in	28-in	26	0	0	28	10	0

Illustrated Catalogues POST FREE, containing the designs of the different numbers of these Refrigerators.

BY ROYAL LETTERS PATENT.
MARSHALL'S PATENT FREEZER.

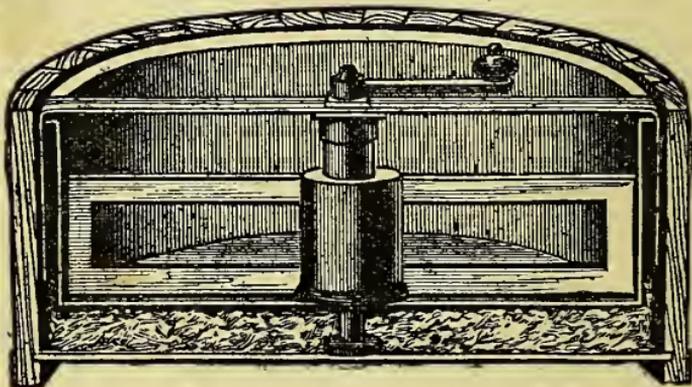


Complete View.

IS PRAISED BY ALL WHO KNOW IT FOR
CHEAPNESS in first cost. **CLEANLINESS** in working.
ECONOMY in use. **SIMPLICITY** in construction.
RAPIDITY in freezing.

NO PACKING NECESSARY. **NO SPATULA NECESSARY.**
Smooth and delicious Ice produced in 3 minutes.

SIZES—No. 1, to freeze any quantity up to 1 qt., £1 5 0.
 No. 2, for two qts., £1 15 0. No. 3, for four qts., £3 0 0. No. 4,
 for six qts., £4 0 0. Larger sizes to order.



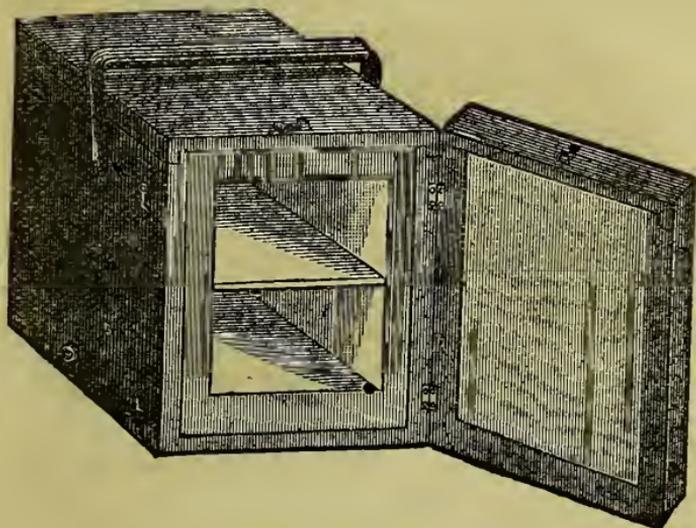
Vertical Section.

Showing the fan inside, which remains still while the pan revolves and scrapes up the film of ice as it forms on the bottom of the pan. The ice and salt is also shown *under* the pan; there is no need to pack any round the sides.

Can be ordered direct from **MARSHALL'S SCHOOL OF COOKERY,**
 or through any Ironmonger.

SPECIMEN PAGE FROM 'BOOK OF MOULDS.'

BY ROYAL LETTERS PATENT.
MARSHALL'S PATENT ICE CAVE.



Charged ready for use.

USES.

FOR SETTING ICE PUDDINGS without the use of grease or chance of brine entering, and without the expense of special moulds. Ice puddings when moulded can be turned out and kept ready for use at any minute, so that the ice can be made and held ready before commencing to serve the dinner if necessary.

FOR FREEZING SOUFFLÉS it offers great advantages, as the progress of freezing can be examined from time to time. The soufflés can always be kept ready for use.

FOR INVALIDS to have always at hand a supply of ice or iced food or drink, or for food or drink to be kept hot for any length of time. It is especially useful in nurseries, in the latter respect.

FOR CONFECTIONERS to send out ice puddings, etc., quite ready for serving; for keeping ice creams, etc., ready for selling.

FOR KEEPING ICES during Balls, Evening and Garden Parties, and for taking ice creams, etc., to Races, Picnics, etc.

AND FOR REFRIGERATORS GENERALLY.

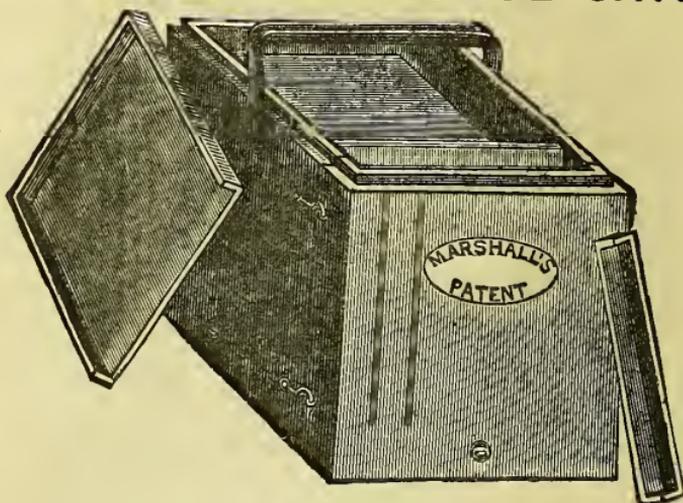
SIZE No. 1 will hold one quart mould. **Size 2**, two quart moulds. **Size 3**, four quart moulds. **Size 4** will hold six large champagne bottles. **Sizes No. 2 and upwards** can be used for icing mineral waters, etc., and kept in dining, smoking, and billiard rooms.

PRICES.

No. 1, £1 11s. 6d. **No. 2**, £2 2s. **No. 3**, £3 3s. **No. 4**, £4 4s. Larger and special sizes to order.

SPECIMEN PAGE FROM 'BOOK OF MOULDS.' 112

BY ROYAL LETTERS PATENT.
MARSHALL'S PATENT ICE CAVE.



Lid off ready for charging.

When the front door is closed the apparatus has the appearance of a cabinet which can be lifted by a handle fixed to the sides and passing over the top. When the door is open, nothing is seen except the internal cave and its contents

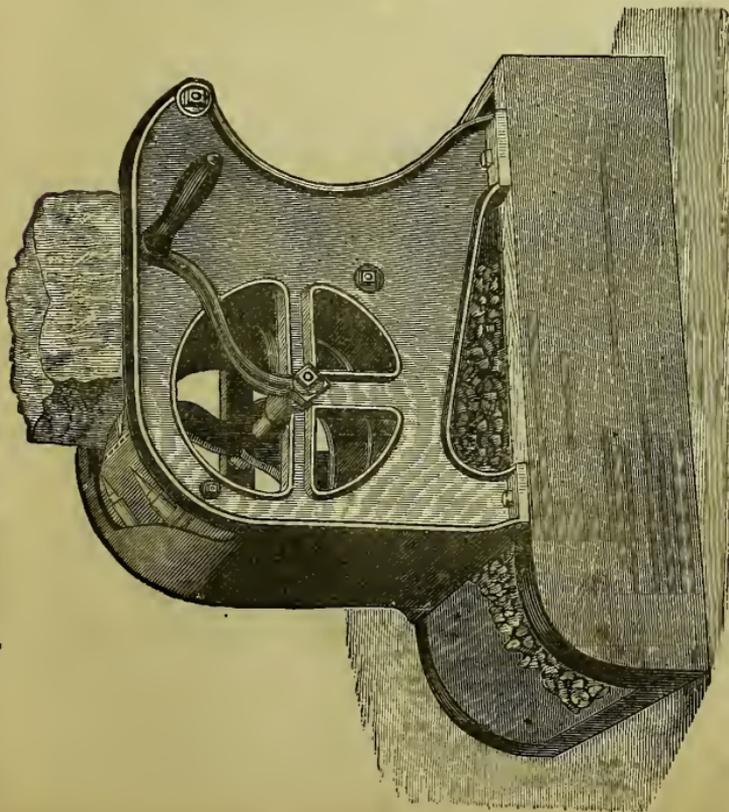
If the interstices between the cave and the metal casing be properly filled with a mixture of two parts ice and one of salt, so great is the cold produced in the internal cave that it will freeze a quantity of water placed in the inner cave into a solid mass, and the temperature produced will stand for some hours at 32 degrees of frost. If instead of ice and salt only ice be used, the temperature in the cupboard will remain at freezing point.

Though Ice Cave has been the name given to this invention, it can also be used for keeping food, etc., hot. By filling the space between the metals with boiling water, a high degree of temperature is maintained in the cupboard. The machine was charged with boiling water at 4 p.m., and a vessel containing water at 140 degrees was placed in the cupboard. At 10 p.m. this water stood at 115 degrees, and at 8 a.m. on the following morning, or after sixteen hours in a cold room in November, it stood at 80 degrees.

Both on the body of the machine and on the door there is a screw plug fixed, by means of which the brine, water, etc., can be drawn off from between the metals, thus rendering it possible to recharge the machine without disturbing the contents of the cupboard. It will be perceived, therefore, that by recharging the machine when necessary a high or low degree of temperature can be maintained for any length of time whatever.

SPECIMEN PAGE FROM 'BOOK OF MOULDS.'

PATENT ICE BREAKER.



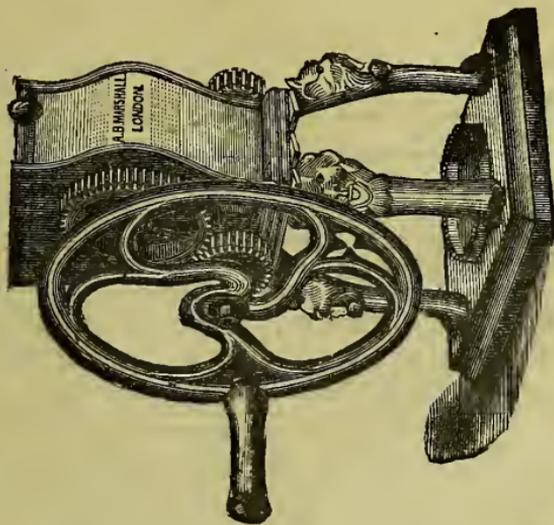
No. 1. — Price £13. Specially adapted to the wants of Hotels, Restaurants, Confectioners, and Creameries. It will take a cake of ice about 10 in. by 15 in. by 18 in. to 24 in. high. The machine is 26 inches, and iron legs can be furnished at an additional cost of 16s.

A. B. MARSHALL, 30 and 32 MORTIMER STREET, REGENT STREET. W.

IMPROVED ICE BREAKER.

No. 1.

For Hotel Keepers, Confectioners, Wine Merchants, Refreshment Rooms, Ships' Cabins, Butlers' Pantries, &c. &c.



Size A—Price £5; with Drawer, £5. 10s.

Size B—Price £6; with Drawer, £6. 10s.

Size No. 3—Price £3; will take a piece of ice about 5 inches by 6 inches by 8 inches, breaking it into pieces about the size of chestnuts.
Size No. 4—Price £1. 10s.

MARSHALL'S SCHOOL OF COOKERY.

Manufacturers and Importers.

PATENT SEAMLESS STEEL UTENSILS.

Manufactured specially for A. B. Marshall. Coated with pure Refined Tin. No Verdigris. No Lead Poisoning. Possessing *all* the advantages but *none* of the drawbacks of Copper.

STEW PANS, 3/-, 3/7, 4/2, 4/10, 5/5, 6/-, 7/2, 8/5, and 10/3 each.

SAUCEPANS, 2/4, 2/8, 3/-, 3/7, 4/2, 4/10, 5/5, 6/-, 7/2, 9/-, 12/- each.

SAUTÉ PANS, 2/6, 3/-, 3/8, 4/9, 5/8 each.

BRIGHT TIN STEW PANS.

Best Block Tin. Useful. Cheap. Specially recommended.
Per set of 9, without lids, 10/6; 1 er set of 7, with lids, 7/6.

BRIGHT STEEL OMELET PANS, 2/6, 3/-, 3/3, and 3/9 each.

IRON JELLY STANDS, 7/6 each.

TAMMY CLOTHS, 1½ yards long, 2/10 each.

MARSHALL'S SEAMLESS FELT JELLY BAGS, 3/-, 3/8, and 4/4 each.

CUTLERY—SPECIAL DESIGNS.

COOKS' KNIVES, Best English Steel, 2/2, 2/8, 4/2, 5/-, 6/6, and 7/9 each.

Ditto Per set of 6, £1. 4s.

BONING KNIVES, 1/6 each.

PALLET KNIVES, 1/9 each.

COOKS' CHOPPING KNIVES, Excellent Value, 4/- each.

POTATO KNIVES, 1/- & 1/6 each.

VEGETABLE SCOOPS, 1/- each.

COOKS' FORKS, 2/-, 2/8, and 3/- each.

BUTCHERS' STEELS, 3/- each.

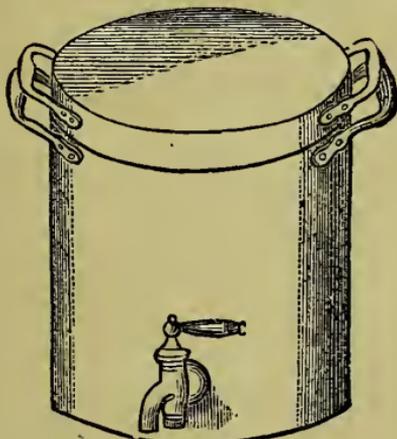
Every description of Copper and Wrought-Steel Braizery and
General and Household Requisites.

ALL COPPER AND BRAIZED GOODS RE-TINNED AT LOW COST.

GOODS LENT ON HIRE.

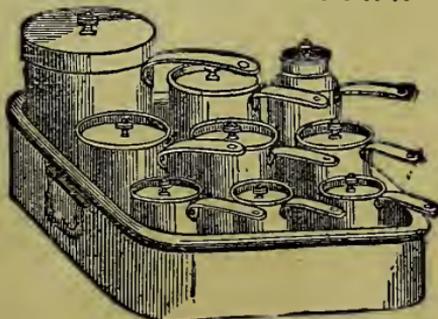
CHEAPEST HOUSE
 FOR ALL DESCRIPTIONS OF
KITCHEN FURNISHINGS AND CULINARY UTENSILS.

STOCK POTS, &c.



Size	8	9	10	11	12 inch.
Contents	11 pts.	8 qts.	11 qts.	15 qts.	5 galls.
In Copper, with Strainer, as in engraving	—	—	48 6	60 6	73/-
Without Strainer	28 6	33/-	39/-	49 6	61 6
In Braised Iron, with Strainer	19 6	20 9	22 6	27 -	31/-
Without Strainer	11 6	12 3	13/-	17/-	20 6
In Seamless Steel, with Strainer	28/-	—	34/-	—	44 -
Without Strainer	17 3	—	20/-	—	31/-

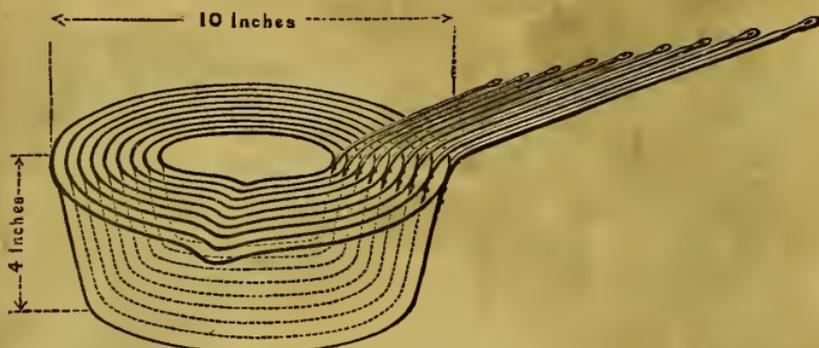
BAIN MARIE PAN.



	6	7	8	9	10	11	12 vessels.
In Copper	—	98 6	—	121/-	—	140 3	160 6
In Braised Iron, vessels of extra strong Planished Tin	—	—	—	36/-	—	—	42/-
In Strong Block Tin, vessels best Planished Tin..	31 6	—	—	62/-	—	—	—

A. B. MARSHALL, 30 & 32 Mortimer Street, Regent Street, London, W.

BRIGHT TIN STEW PANS,
As used by Mrs. A. B. Marshall in her Classes
and at her Lectures.



Per Set of 9 without Covers	10/6
Per Set of 7 with Covers	7/6

THE MOST SERVICEABLE INVESTMENT FOR ANY KITCHEN.
When Cash is paid with order, they will be sent CARRIAGE PAID to any address.

FRYING BASKETS



Size	7	8	9	10 inch.
Close Tinned Wire, best London make	3/-	3/6	4/3	5/-
Vegetable Baskets, Tinned Iron Wire	2/6	2/9	3/3	3/9

A. B. MARSHALL,
30 & 32 MORTIMER STREET, REGENT STREET, LONDON, W.

