

The
Glasgow
Cookery
Book

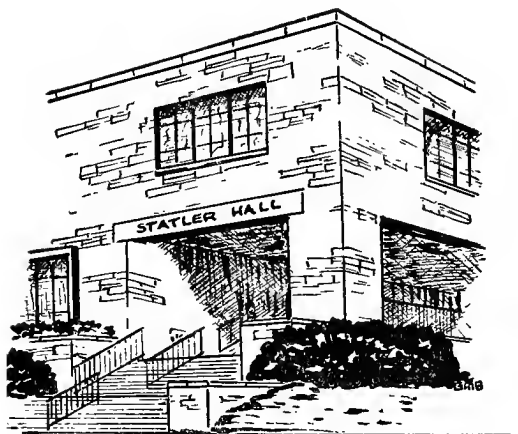
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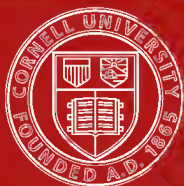
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THE
Glasgow Cookery Book

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*The Glasgow and West of Scotland College
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The Subjects taught are:—COOKERY, LAUNDRY WORK, HOUSEWIFERY, DRESSMAKING, NEEDLEWORK, MILLINERY, SICK NURSING, HYGIENE, BOOK-KEEPING, UPHOLSTERY, DIETETICS, ELECTRICITY.

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at the College, Park Drive, C.3.*

PREFACE.

THIS book has been compiled specially for the use of students in training.

The Recipes are those which have been successfully used for many years, and have been proved therefore to be essentially practical.

This, the fourteenth edition of the Glasgow Cookery Book, has been carefully revised and very considerably enlarged.

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THE GLASGOW COOKERY BOOK.

Price 5/- nett.

This book has been compiled specially for the use of Students in Training as Teachers of Cookery at this College.

The Recipes are those which have been successfully used for many years, and have been proved therefore to be essentially practical.

PLAIN COOKERY RECIPES.

Price TWO PENCE each, or 1/9 per dozen; Postage extra.

This simple Manual is primarily intended to aid the teaching of Cookery in Board and Elementary Schools.

APPROXIMATE QUANTITIES.

FOOD.	NUMBER OF PERSONS.
Soup.	$\frac{1}{2}$ pint to each person and $\frac{1}{2}$ pint over. When a number of Courses are to be served it is only necessary to allow 1 gill of Soup to each person and 2 to 3 gills over.
Fish.	4 to 6 ozs. to each person.
Oysters, -	4 to 6 to each person.
1 Lobster, -	3 to 4 persons.
1 Crab, -	3 to 4 persons.
Meat.	4 to 6 ozs. to each person.
Cutlets, -	3 to every 2 persons.
Filletts, -	3 to every 2 persons.
Croquettes, -	3 to every 2 persons.
Patties, -	3 to every 2 persons.
1 Sweetbread, -	1 to 2 persons.
1 Chicken, -	4 to 6 persons.
1 Turkey, -	12 to 15 persons.
1 Rabbit, -	6 to 7 persons.
1 Hare, -	8 to 10 persons.
1 Ox Tongue, -	8 to 10 persons.
Tart or Pudding.	
1 lb. Fruit, 6 ozs. } Flour for Pastry, - }	4 to 5 persons.
Pie or Pudding.	
1 lb. Meat, 8 ozs. Flour } for Pastry, - - }	4 to 5 persons.
Suet Pudding.	
$\frac{1}{2}$ lb. Flour, or its } equivalent, - }	5 to 6 persons.
Cake Mixture Pudding.	
4 ozs. Flour, 4 ozs. } Bitter, etc., - }	5 to 6 persons.
Milk Puddings.	
1 pint milk, -	3 to 4 persons.
Soufflés— as given in } Recipes, - - }	4 to 5 persons.
1 qrt. Jelly or Cream, -	5 to 6 persons.
Savouries or Hors d'Oeuvres.	1 to each person.
Scones.	
$\frac{1}{2}$ lb. Flour, - -	Will make 8 good-sized Scones (2 rounds cut in four).
Buns.	
$\frac{1}{2}$ lb. Flour, - -	Will make 10 to 12 large or 14 small.

HANDY MEASURES.

1 small teacupful Flour,	about $\frac{1}{4}$ lb.
1 " " Soft Sugar,	" $\frac{1}{4}$ lb.
1 " " Raw Sugar,	" 6 oz.
1 " " Sifted Sugar,	" 6 oz.
1 " " Grated Cheese,	" 3 oz.
1 " " Breadcrumbs,	" 2 oz.
1 rounded table-spoonful Flour,	" 1 oz.
1 dessert-spoonful Butter,	" 1 oz.
1 teaspoonful Ginger,	" $\frac{1}{4}$ oz.

Half a pint-Liquid is about 1 breakfast-cupful.

N.B.—All Measures of Liquid used in the Recipes are the English Imperial Pint.

Notes on Scullery Work.

The aim to keep in mind is to clean the utensil without injuring the material of which it is made. Orderliness in washing-up and cleaning is quite as essential as method in cooking.

WASHING-UP.

Preparation.

1. Remove all scraps of food from dishes and plates.
2. Empty contents of jugs, cups, and basins.
3. Place knives and forks into jug with hot water up to bolster.
4. Arrange all in order.
5. Pans used for *greasy food*, fill with water and bring to boiling point.
6. Pans used for *starchy food*, soak in cold water.

Washing-up.

1. Wash in very hot water, with a *little* soap, using a netted dish-cloth.
2. Wash cleanest first.
3. Allow to drain.
4. Dry with clean dish towel.

Notes.—1. Never pour water over dishes; always place dishes in the water. 2. If many dishes are being washed, renew the water frequently.

GLASS.

1. Wash in warm water and little soap, using brush, if necessary.
2. Rinse in *warm*, blue water.
3. Drain.
4. Dry and polish.

A little laundry blue in the water helps to make the glass clear and sparkling.

CHINA.

Avoid use of soda, as it destroys gilt and colour.

After washing-up wash out all dish-cloths and drying towels in hot, soapy water, rinse in boiling water, and hang out in the open air, if possible, to dry. The dish-cloths must be boiled every day after the principal washing-up.

Scrub all bowls (inside and outside), rinse, and dry; scrub the surround, and clean the sink; place in a lump of soda over the drainer, and pour boiling water down the pipe and overflow holes, then flush with hot and then cold water.

SCOURING MIXTURES.

MOIST:—1 lb. soft Soap, 1 lb. Calais Sand, 1 lb. Whiting, 1 quart Water.

Put all in an old pan, stir well, and boil for one hour. Store in jars.

DRY:— $\frac{1}{2}$ lb. Hudson's Dry Soap, $\frac{1}{2}$ lb. Silver Sand, $\frac{1}{2}$ lb. Whiting.

Mix together, pass through a wire sieve, store in a tin.

IRON SAUCEPANS.

1. Scrape out all contents.
2. Fill with water, to which add a small piece of soda, and bring to boiling point.

3. Clean thoroughly, scouring with pan brush and scouring mixture, both inside and out.

4. Rinse in hot water.

5. Dry well with dish-cloth.

6. Stand on rack upside down, to dry.

Note.—If used for starchy food, soak in *cold* water.

FRYING PANS, ROASTING AND DRIPPING PANS.

1. Remove as much grease as possible by means of paper, and then treat as iron saucepans.

Dutch ovens in the same way, but polish outside with whiting.

GRIDIRONS.

1. Remove all grease by rubbing with paper.

2. Wash in very hot water and soda.

3. Rinse in hot water.

4. Dry with dish-cloth and then dry on rack.

ENAMEL PANS.

1. Scrape out all contents.

2. Fill with water and boil.

3. Clean thoroughly, rubbing with coarse salt and finely-powdered egg-shell or fine scouring mixture. Rinse in hot water.— Dry thoroughly.

TINS.

Saucepan Lids.

1. Wash in hot water to remove any food.

2. Scour with scouring mixture, inside only.

3. Rinse in hot water.

4. Dry thoroughly.

5. Apply a little dry whiting on a rubber on the *outside* only, and polish.

Patty-tins, Bread and Cake Tins.

1. Wipe inside and out with soft paper while still hot.
2. Wash out periodically and dry *very* thoroughly.

Fancy Moulds, Jelly Moulds.

Wash well and dry, polish *outside only* with dry whiting, and polish well.

ALUMINIUM.

Wash in hot water; scour, if necessary; rinse in hot water, dry well, rub up.

Some aluminium pans require the *outside only* cleaned with whiting. Avoid use of soda, as it discolours.

OMELET PANS.

These should be very occasionally washed. While still warm after use, rub till clean with soft paper.

The outsides must be kept bright, and cleaned according to the metal of which they are made.

TO CLEAN STEEL.

1. Remove rust by rubbing with cloth dipped in paraffin or turpentine.
2. Rub with fine ash, moistened with water. If very dirty, rub with bathbrick and paraffin, using scouring flannel or coarse rubber.
3. Rub off with coarse duster.
4. Polish with soft rubber or pad of velvet.

STEEL KNIVES AND FORKS.

Steep in hot water up to the bolster.

Avoid putting the knives into hot water, as the cement of handle would be softened. Wash the knives, holding one at a time in the hand. Do not put the handles in

water. Wipe the handles and wash the blades with the sharp part of the blade away from the cloth, so that neither cloth nor fingers are cut. Wash the prongs of forks well. Dry at once. Remove any stains with a piece of raw potato peeling; wipe dry before polishing.

To Clean.—Rub the blade lightly, backwards and forwards, on a board sprinkled with powdered bathbrick. Use a cork dipped in the powder for back of blade and for the forks; and for cleaning in between the prongs of forks, use a wooden skewer in an old glove finger dipped in the powder.

Be careful to remove all powder from blade and fork, and dust the handles carefully.

N.B.—To remove the smell of onions, wash in cold water first or plunge into the earth.

PLATED SPOONS AND FORKS.

1. Apply a paste of whiting and water with a few drops methylated spirits.
2. Apply with soft rubber, rubbing between thumb and fingers.
3. Allow to dry.
4. Wash in hot, soapy water.
5. Rinse in boiling water.
6. Dry, and polish with leather and brush.

TO CLEAN GALVANISED ZINC.

Pails, Baths, and Sinks.

1. Wash.
2. Scour well, using coarse rubber, with powdered bathbrick and paraffin, or fine ash and paraffin.
3. Wash in hot water and a little soda, to remove greasy dirt, using a scrubbing brush, if necessary.
4. Dry thoroughly.
5. Polish with dry bathbrick or fine emery paper.

Mincing Machine.

1. Unscrew the machine.
2. Remove any food left on choppers.
3. Wash in very hot water and soda.
4. Rinse in hot water.
5. Wipe as dry as possible.
6. Leave in warm place till perfectly dry. Screw up all parts.

TO CLEAN BRASS, COPPER, ZINC, PEWTER, STEEL, AND WHITE METAL.

BRASS POLISH:—2d. tin of Globe polish, $\frac{1}{4}$ pint Ammonia, $\frac{1}{4}$ pint Paraffin, $\frac{1}{4}$ pint Turpentine.

Put all together into a bottle, cork and label. Shake well; will be ready for use in three days.

If necessary, wash in hot water with some soft soap, rinse and dry well. Apply some good polishing mixture on a piece of coarse rubber. *Rub thoroughly*, using a wooden skewer covered with the finger of an old chamois glove for corners and rims, rub off the metal polish, polish finally with soft duster or selvyt.

Lacquered Brass.

When new, all that is necessary is a thorough polishing with selvyt or wash leather, but when the lacquer is shabby wash in hot water, using a soft brush and soft soap, rinse, dry and *polish well* with selvyt and brush.

Benares Ware and Enamelled Brass.

Wash in hot water, using a stiff brush dipped in soft soap and then in whiting, rinse in hot water and dry at once, polish with selvyt and brush.

Never use any brass polish for this carved brass.

THE CLEANING OF ANY BRASS OR COPPER ARTICLE USED FOR FOOD.

Always thoroughly wash with boiling water after using any strong cleaning mixture and polish up well. The tinned lining of copper pans is best cleaned by rubbing with a scouring mixture and then washing in boiling water. Copper or brass kettles must be cleaned out weekly by pouring boiling water over a tiny piece of soda; this removes any sediment from the inside. Rinse and dry thoroughly inside.

When cleaning brass knobs, knockers, taps and handles, care must be taken to protect the surroundings of paper, paint or polish.

A hole corresponding to the size and shape of the brass may be cut out of a piece of cardboard, which is then used to cover the part to be protected.

All small nuts and screws of handles of detachable parts must be carefully watched, as they are easily lost.

WHITE METAL, BRITANNIA METAL, AND PEWTER.

If neglected, rub with a paste made of powdered rottenstone and linseed oil, wash, dry and polish or apply paste of whiting and water if used for food, wash.

TO CLEAN WOOD.

Remove any food by scraping with back of knife; remove any vegetable stains by washing with cold water and rubbing with coarse salt and vegetable acid (as vinegar or lemon), wash off with cold water and scrub. Repeat if necessary.

To remove grease.—Spread with a paste of Fuller's earth or whiting mixed with warm water, and leave 24 hours. Scrape off and scrub in usual way.

Wash the wood with flannel cloth and warm water, scrub with coarse scrubbing brush and a very little soap or scouring mixture, or sand or bath brick, scrubbing the way of the grain of the wood. Wash off the soap, rinse very thoroughly with warm then cold water, dry with tightly-wrung cloth and stand in open air, or near open window. Avoid too much soap, soda, or hot water, as these all discolour the wood; also avoid drying by great heat, which warps the wood. Rinse the scrubbing brush out under the hot water tap, and leave hung up in airy place.

SIEVES.

Wire.

1. Remove any food, using a brush or skewer.
2. Rinse thoroughly under cold water tap.
3. Wash in warm soapy water.
4. Scrub the wood.
5. Rinse well in warm then in cold water.
6. Shake as dry as possible and dry with cloth.
7. Dry in current of air.

Hair.

1. Remove any food, using a spoon.
- Wash as wire sieves. Avoid the use of soda, or the hair becomes brittle.

PASTRY BRUSHES.

1. If used for egg, rinse off with cold water.
2. If greasy, wash in warm soapy water and rinse thoroughly.
3. Scrub handles, unless varnished.
4. Roll handles between palms of hands to make the bristles stand out separately.
5. Dry in current of air.

FLANNEL OR FELT JELLY BAGS.

1. Remove contents, and scrape off any clinging with the aid of a metal spoon.
2. Wash very thoroughly with warm water, using no soap.
3. Rinse and squeeze as dry as possible.
4. Dry quickly.
5. Be sure that the bag is *perfectly* dry before laying aside, else it will mildew.

TAMMY CLOTHS.

1. These are generally greasy after use, so wash them in warm water to which a little soap or soda has been added.
2. Rinse very thoroughly.
3. Wring and dry out of doors if possible.

FORCING BAGS.

1. Scrape off with a spoon any contents sticking.
2. Wash thoroughly in hot water to which a little soda has been added.
3. Rinse well and wring.
4. Dry.

Note.—Occasionally these bags should be boiled in soapy water to keep them a good colour. If the bags are made of macintosh, be careful to use tepid water only, or the solution fixing the join will melt.

PUDDING CLOTHS.

1. Scrape off any mixture, using the back of a knife or spoon.
2. Wash in hot water in which a little soda is dissolved. Boil.
3. Rinse thoroughly, wring and dry.
4. If possible, bleach frequently, as these cloths become very much stained.

Household Cookery.

SOUPS.

GENERAL RULES FOR STOCK MAKING.

1. If no stock pot use a strong pan with a tight-fitting lid.
2. Wash and scrape bones.
3. Remove fat, wipe, and cut meat in small pieces.
4. Put in cold water, with a little salt (1 dessertspoonful to one gallon).
5. Bring slowly to boiling point.
6. Boil honestock 9 hours.
7. Simmer meatstock 5 hours.
8. Add vegetables cut in large pieces $1\frac{1}{2}$ hours before straining.
9. Strain.
10. Remove fat before using.

N.B.—Meat and bones may be used again with fresh vegetables.

GENERAL RULES FOR SOUP MAKING.

1. Use strong pan with tight-fitting lid.
2. Expose as much surface of meat and bones to water
3. Cook with seasoning.
4. Bring slowly to boiling point.

5. Cook slowly.

6. Serve very hot and free from grease.

N.B.—Toasted or fried bread (croûtons) is served with all vegetable purées or meat soups which have no other garnish.

BONE STOCK.

Use raw or cooked bones. If raw, wash well. Put on in a pan, cover well with water, add a pinch of salt, bring to boiling point, simmer steadily for 9 hours. If liked the stock may be flavoured or browned. To each quart of stock add 1 fried onion; $\frac{1}{2}$ carrot, $\frac{1}{4}$ turnip, 1 sprig of parsley, 1 sprig of thyme. Add these about $1\frac{1}{2}$ hours before straining. Simmer until nicely flavoured. For lightly-coloured stock do not fry onion. Strain and use.

N.B.—Second or even third stock may be made by reboiling the bones with more water; these should not be thrown out until perfectly dry and perforated; fresh vegetables must be used if it is desired flavoured.

FISH STOCK.

INGREDIENTS.

Fish Trimmings or a Cod's	2 qts. cold Water.
Head.	6 Peppercorns.
1 Onion.	Salt.
1 stick Celery.	1 slice Bread.

Thoroughly cleanse the trimmings. Put into a saucepan with water and salt. Bring slowly to boiling point, add celery, onion and peppercorns. Simmer for one hour; strain.

This stock can be used for fish soups or sauces.

PLAIN FISH SOUP.

INGREDIENTS.

1 quart of Fish Stock.	1 table-spoonful of chopped
1 oz. Margarine.	Parsley.
2½ ozs. Flour.	Pepper.
½ pint Milk.	Salt, if necessary.

Melt the margarine, add the flour, cook well for a few minutes, add stock gradually and seasoning, stir till boiling; boil well, add milk and any pieces of fish from the cod's head, pour into the heated tureen in which the parsley has been put.

**AVERAGE PROPORTIONS FOR
VEGETABLE SOUPS.**

1. Fresh Watery Vegetables.—*e.g.*, Vegetable Marrow.

2 lbs. vegetables.
One quart liquid.
Two table-spoonfuls farinaceous substance.

2. Dried Vegetables.—*e.g.*, Peas, Beans, Lentils.

4 to 6 ozs. vegetables.
1 quart liquid.

3. Fresh Starchy Vegetables.—*e.g.*, Potatoes.

1 lb. vegetables.
1 quart liquid.
1 table-spoonful farinaceous substance, *e.g.*, tapioca.

N.B.—From above proportions any kind of soup may be made, vegetables being prepared according to their kind.

Soups from Watery Vegetables.—*e.g.*,

Vegetable Marrow, Cabbage, Sprouts, Onion, Tomato.

Flavourings suitable—Onion, peppercorns, sugar, ham rind, etc.

VEGETABLE MARROW SOUP.

INGREDIENTS.

2 lbs. Vegetable Marrow (after preparing).	Some toasted Bread.
1 large Onion.	2 pints Water.
2 ozs. Butter or Dripping.	$\frac{1}{2}$ pint Milk.
1 teaspoonful Sugar.	2 table-spoonfuls Flour.
	Salt and Pepper.

Prepare the marrow, and cut into small pieces. Slice the onion finely. Melt the butter or dripping, add marrow and onion, and cook very gently for about 20 minutes; add the sugar and seasoning and water, bring to boiling point, and simmer until all is tender. Blend flour and milk. Add soup to it, return to the pan, bring to boiling point, stirring all the time. Cook three minutes and the soup is ready.

N.B.—This soup is much improved by sieving, in which case the thickening is added afterwards.

Less Watery Vegetables.

Carrot, Beetroot, Turnip, Celery, &c.

Same flavourings as above, with exception of sugar.

N.B.—Same proportions are used, with exception of thickening material, of which only one table-spoonful to one quart is required.

CARROT SOUP.

INGREDIENTS.

2 lbs. Carrots.	2 pints Stock.
Little Ham.	Sprig Parsley.
Small Onion.	$\frac{1}{2}$ pint Milk.
$\frac{1}{2}$ oz. Margarine.	1 oz. Flour.
Seasoning.	

Grate the carrots, chop the ham and onion, place in pan with margarine. Cook gently 20 minutes, add stock, seasoning and parsley. Simmer gently one hour,

Thicken by blending flour and milk, add some soup to this, return to pan. Stir till boiling, boil for few minutes; serve.

Dried Vegetables.

Lentils, Peas, Beans.

Flavourings suitable—Onion, bacon rind, fresh vegetables, salt, pepper, sprig thyme and parsley, mint and sugar for peas.

LENTIL SOUP.

INGREDIENTS.

4 to 6 ozs. Red Lentils.	1 oz. Dripping.
1 quart Water.	2 large Potatoes.
Piece Turnip.	Salt and Pepper.
Piece Carrot.	A Ham Bone.
1 Onion.	

Wash the lentils and drain, place in pan with the melted dripping and add the fresh vegetables cut in dice. Cook gently with lid on 20 minutes, add water, ham bone, bring to boiling point, simmer gently, stirring frequently, season immediately lentils are tender. Continue cooking in all 2 to 3 hours; serve.

Starchy Vegetables.

Potatoes, Artichoke (Jerusalem).

Flavourings suitable—Onion, salt, pepper, and leeks.

POTATO SOUP.

INGREDIENTS.

5 or 6 large Potatoes.	2 pints Water or Stock.
1 large Onion.	1 table-spoonful Tapioca.
1 or 2 Leeks.	$\frac{1}{2}$ pint Milk.
1 oz. Dripping.	Salt and Pepper.

Melt the dripping in a pan. Prepare the onion and leeks and cut in small pieces; sweat in fat, being careful not to discolour; now add the thinly-sliced potatoes

and the stock and seasoning. Simmer gently for two hours. Wash tapioca, mix with little water, add to the soup and boil till clear. Break down any large pieces of potato with a wooden spoon. Just before serving add milk. Serve in a hot soup tureen and send to table very hot.

N.B.—The above may be termed *Milk Soup* if less water and more milk be used.

UNCLASSIFIED or NONDESCRIPT SOUPS.

WHITE VEGETABLE SOUP.

INGREDIENTS.

2 lbs. Vegetables—Potatoes,	1 table-spoonful fine Sago.
Onions, Carrot, Turnip.	Salt and Pepper.
1 oz. Dripping or Margarine.	3 pints Water.
1 table-spoonful chopped Parsley.	$\frac{1}{2}$ pint Milk.

Prepare carrot, turnip, onion, and potatoes, and cut them into very fine dice. Melt dripping. Place in vegetables and sweat for about 20 minutes. Then add water and seasoning and bring to boiling point. Simmer until the vegetables are tender, 2 hours. Then wash sago, mix with little water, add and simmer until the sago is clear and transparent (about 20 minutes). Add milk, reheat. Place the parsley which has been chopped in tureen and add soup.

N.B.—A nicer soup is obtained by sieving the soup before adding the sago.

BROWN VEGETABLE SOUP.

Made as above, with exception that vegetables are fried till light brown, and milk may be omitted; thickening may be flour or sago.

MEAT SOUPS.**Average Proportions for Meat Soups.**

INGREDIENTS.

1 lb. Meat (including Bone). 1½ ozs. Farinaceous (if Soup
1 quart Liquid. is thickened).

BROWN SOUP.

INGREDIENTS.

1 lb. Shin of Beef. Salt and Pepper.
1 small Carrot. Sweet Herbs.
1 Onion. 1 quart cold Water.
A small piece of Turnip. 1½ ozs. thickening material.
1 oz. Dripping.

Cut the meat into small pieces; peel and slice the onion; wash and scrape the carrot, peel the turnip, and cut both into long strips. Heat the dripping in the pot; when quite hot, brown onion in it; make it a deep brown; then pour off dripping, add meat cut up, water and seasoning; bring to boiling point, add vegetables and herbs tied in muslin; simmer for two hours, skim well. Remove herbs and thicken; serve.

MOCK KIDNEY SOUP.

INGREDIENTS.

½ lb. Liver. ½ Turnip.
2 pints Bone Stock or Water. Parsley.
1 table-spoonful Dripping. Flour in proportion of ¼
Seasoning. table-spoonful to each pint
1 Onion of Soup.
½ Carrot.

Wash and cut up the liver in small pieces, and fry a good rich brown colour in dripping. Cut the onion in rings and fry also; add stock and bring to boiling point; add vegetables and seasoning to the soup; bring to boiling point, and simmer one hour; remove vegetables, thicken soup, or the liver and vegetables may be passed through a sieve and no thickening added.

MELT SOUP.

INGREDIENTS.

2 Sheep or 1 Ox Melt.	1 Carrot.
1 quart Stock or Water.	Salt and Pepper.
1 Onion.	1½ table-spoonfuls Sago.
2 Cloves.	

Wash the melt, cut into small pieces, put in a pan with the water and salt. Bring slowly to boiling point, remove scum. Add vegetables; simmer about two hours. Strain; return to pan. Wash sago, mix with little water, add, boil till clear; season again, if necessary, and serve.

PLUCK SOUP.

INGREDIENTS.

1 Sheep's Pluck (lay aside Liver for frying).	3 ozs. Rice.
2 quarts Water.	Salt and Pepper.
3 Onions.	2 table-spoonfuls chopped Parsley.

Wash the pluck well, soak in salted water for one hour. Remove and wash thoroughly, place in pan with the water and seasoning; bring to boiling point, add onion cut up finely, cook well 1½ hours. Wash the rice, add, boil 30 minutes longer. Remove pluck, cut lights and heart into dice, serve in the soup. Chop parsley finely. Place in heated soup tureen, pour boiling soup over, and serve.

GIBLET SOUP.

INGREDIENTS.

3 sets Giblets, either duck or chicken (1 lb.).	Little Carrot and Turnip.
1 quart Water or Stock.	Bunch Herbs.
1 Onion.	1 table-spoonful chopped Parsley.
1½ ozs. Rice.	1 stick Celery.
Bacon Rind.	Salt and Pepper.

Wash giblets well, and cut in pieces, place in pan with water and salt. Bring to boiling point, skim well, add,

vegetables cut in dice and herbs. Simmer steadily for three hours, add washed rice, simmer half-hour longer; add a little heated milk, if liked. Place chopped parsley in tureen and pour hot soup on.

N.B.—Instead of using rice and diced vegetable, this soup might be simmered and strained, and thickened with flour in same proportion.

BROTHS.

Scotch Broth, Hotch Potch, Sheep's Head Broth.

Proportions—1 lb. meat, 1 quart water, any seasonable vegetables, 1 oz. farinaceous food stuff.

SCOTCH BROTH.

INGREDIENTS.

1 lb. Neck or Shoulder of Mutton or 1 lb. Nineholes of Beef.	$\frac{1}{2}$ small Cabbage.
2 to 3 ozs. Pearl Barley.	1 table-spoonful chopped Parsley.
A small Carrot.	1 Onion, Leek, Peas.
A small Turnip.	Salt and Pepper.
	2 quarts cold Water.

Scald the barley and put it on with cold water, bring to boiling point, and simmer for one hour. Prepare the vegetables, cutting carrot, turnip and onion into dice, and shredding the cabbage finely; after the broth has cooked one hour, add the vegetables and seasoning, and cook steadily for two hours longer. Place chopped parsley in the tureen, pour on the broth (after skimming any superfluous fat from the broth). If serving the meat put it into boiling broth $1\frac{1}{2}$ hours before serving or according to weight.

N.B.—Rice may be substituted for barley, and seasonable vegetables, *e.g.*, green peas, beans, cauliflower, etc., may be added.

HOTCH POTCH.

INGREDIENTS.

3 lbs. Neck of Lamb.	1 table-spoonful chopped Parsley.
3 quarts Water.	$\frac{1}{2}$ small Cabbage.
4 Carrots (new):	1 small Lettuce.
4 Turnips (new).	12 Spring Onions.
1 pint Peas (shelled).	1 small Cauliflower.
$\frac{1}{2}$ pint broad Beans (shelled and skinned).	Salt and Pepper.
	2 teaspoonfuls Sugar.

Prepare the vegetables, cutting the turnips and half the carrots into dice; cut up the cabbage, lettuce, and onion finely, break up the cauliflower. Put the water on to boil; when boiling, add the cut-up carrot, turnip, cabbage, lettuce, onion, cauliflower, beans, and half the peas and a little salt. Boil these for $2\frac{1}{2}$ hours, then add the meat cut into chops, and the remainder of the peas and seasoning and sugar, and the rest of the carrot, grated; simmer $1\frac{1}{2}$ hours longer. Add one table-spoonful chopped parsley. Serve all together in a hot tureen. Any vegetables in season may be added. The vegetables should be as fresh as possible, and not too old.

SHEEP'S HEAD BROTH.

INGREDIENTS.

Sheep's Head and Trotters.	2 Leeks.
2 small Carrots.	1 Onion.
1 Turnip.	Parsley.
1 small Cabbage or $\frac{1}{4}$ large one.	Salt and Pepper.
4 quarts Water.	A good teacupful Barley ($\frac{1}{4}$ lb.).

Get a singed head and trotters, and get the former cut open by the butcher. Take out the brains and rub the head and feet well with them, and allow to lie all night. Wash the head with warm water, put in a pan and cover with cold water, bring to boiling point, draw aside from the fire and allow to soak for 1 hour, then

scrape it well. Wash and thoroughly clean the outside and inside of the head, split the trotters between the toes and remove the inside part and again put in cold water (4 quarts) with the barley, which has been well washed and scalded. Bring slowly to the boil and cook $1\frac{1}{2}$ hours. Now add the cabbage, 1 carrot, turnip, onion, and 2 leeks and seasoning, all prepared in usual way and cut up finely; again boil for two hours. Add a table-spoonful finely-chopped parsley. The second carrot should be grated and added to the broth one hour before serving.

For serving the head:—Remove the flesh from the bones and place it neatly on a dish. Skin the tongue and split it in two; place in the middle of the dish. Pour parsley sauce over.

NONDESCRIPT MEAT SOUPS.

Proportions— $1\frac{1}{2}$ ozs. farinaceous—*e.g.*, rice, macaroni, vermicelli; 1 quart stock, white or brown.

Flavourings—Onion, leek, chopped parsley.

RICE SOUP.

INGREDIENTS.

1 quart Stock.	1 table-spoonful chopped
$1\frac{1}{2}$ ozs. Rice.	Parsley.
1 Onion.	Seasoning.
1 Leek.	

Wash the rice, bring stock to boiling point, sprinkle in the rice, add the onion and leek chopped finely and seasoning, and simmer one hour. A little heated milk may be added at end if liked. Place parsley in tureen and pour soup over.

N.B.—Macaroni and Vermicelli Soup may be made similarly (break up macaroni first).

WHITE STOCK.

INGREDIENTS.

2 lbs. Knuckle of Veal or Chicken Bones.	1 or 2 Onions.
$\frac{1}{2}$ lb. Raw Ham.	4 inches Lemon Rind.
5 or 6 pints Water.	20 Peppercorns.
A little Salt.	Bouquet of Herbs.
$\frac{1}{2}$ Turnip.	$\frac{1}{2}$ Blade Mace.

Wipe and cut the meat up finely and allow to stand in water with some salt; wash the bones and soak separately to remove blood, then add them, bring to boiling point, and simmer 2 hours. Then add the vegetables and herbs, and simmer 3 hours longer. Strain through a hair sieve.

SECOND STOCK.

INGREDIENTS.

Bones or Meat from first Stock, 1 quart Water to each lb.	1 sprig Parsley.
$\frac{1}{2}$ Carrot.	$\frac{1}{2}$ Turnip.
	1 sprig Thyme.
	1 Onion.

Place the bones and meat in water; boil gently 3 hours; add vegetables; boil 2 hours longer. Strain and use.

PLAIN BROWN STOCK.

INGREDIENTS.

2d. Raw Bones or Bones from a Roast.	2 stalks Celery.
2 lbs. Shin Beef.	Small Carrot.
5 pints cold Water.	2 medium-sized Onions.
$\frac{1}{2}$ Turnip.	1 oz. Drippings.

Take all the fat from the meat, and cut meat into small pieces and soak in measured water. Make dripping very hot. Brown the onions. Place meat and bones in water, bring slowly to under boiling point, simmer 3 hours. Add vegetables and simmer 2 hours longer—strain. Remove fat when cold. Meat and bones can be used for second stock.

CLEAR STOCK.

INGREDIENTS.

4 lbs. Hough or Shin of Beef, or 2 lbs. Hough and 2 lbs. Nuckle of Veal.	3 stalks Celery.
Small piece Turnip.	Bunch Sweet Herbs.
1 medium-sized Carrot.	$\frac{1}{2}$ teaspoonful Black Peppercorns.
2 Onions (fried).	1 dozen Cloves.
1 Leek.	1 good teaspoonful Salt.
	5 pints cold Water.

Take the meat off the bones, remove the fat, and cut the lean meat and skin into small pieces. Break the bones as much as possible, putting aside all the marrow and fat. Put the bones, meat, and skin into a clean pan along with water and salt, and soak for some time. Bring to boiling point very slowly. Allow the stock to simmer very slowly for 4 hours, then add herbs, the vegetables (previously prepared), and allow the stock to simmer very gently for at least 2 hours longer (that is. 6 hours altogether). Strain through a table napkin or soup cloth and set aside.

Next day, when the stock is quite cold, the fat must be carefully removed from the top, and stock wiped over with a cloth dipped in hot water, so as to thoroughly free it from fat. If the stock has been simmered very gently, and allowed plenty of time, it should be quite clear for ordinary use as brown soup.

If the soup should not be clear enough it can be clarified in the following manner:—

CLEAR SOUP.

INGREDIENTS.

1 quart Stock (all fat removed).	A little Vegetable (carrot, onion, bay leaf, sprig parsley).
$\frac{1}{4}$ lb. Lean Beef.	Peppercorns.
A little cold Water.	
Whites and Shells of 2 Eggs.	

Pass the beef through mincing machine, or scrape or cut up finely, and soak in sufficient cold water to cover for

1 hour. Then place all ingredients, whites unbeaten, shells crushed up, in pan, and whisk till nearly boiling. Remove whisk, and allow to boil undisturbed for five minutes. Simmer 15 to 30 minutes, then remove from heat. Allow to settle for 5 minutes, then decant clear liquid only through clean soup cloth. Pour sherry through with soup, if such be used. (Seasoning should be added before clearing.) Reheat and serve.

CONSOMME JULIENNE.

Clear soup garnished with cooked shredded carrot and turnip.

CONSOMME COLBERT.

Clear soup with a garnish of poached eggs, done in thickly-buttered darioles, sprinkled with chopped parsley and ham.

CONSOMME ROYAL.

Clear soup with the following garnish:—

INGREDIENTS.

1 whole Egg and 1 Yolk. Seasoning.
2 teaspoonfuls Cream.

Beat the egg lightly, add cream and seasoning. Strain half the mixture into a well-buttered dariole. Colour the rest pink and strain into another dariole. Place a folded paper in pan and half fill with cold water. Place in custards and steam slowly till firm. Turn out, wash in hot water, and leave in cold water. When cold, cut in fancy shapes. Rinse again in hot water and add to the soup.

FISH SOUP.

INGREDIENTS.

1 Haddock or 1 lb. Fish.	$\frac{1}{2}$ pint Milk.
Some Fish Trimmings.	2 table-spoonfuls Flour.
2 Onions.	1 slice crumb of Bread.
Small piece Carrot.	Salt and Pepper.
Small piece Celery.	Squeeze of Lemon Juice.
1 table-spoonful chopped Parsley.	

Wash the haddock and trimmings well, skin the fish and take off the flesh and put aside. Put all the trimmings and bones in a saucepan with cold water to cover and a little salt. Add the vegetables washed and cut up (except the parsley), add bread. Simmer 1 hour, strain. Put the flour into a basin, allowing 1 oz. to each pint of soup, and mix smoothly with a little cold milk; add to the soup; boil a few minutes. Add fish cut up in neat pieces, simmer 5 minutes, then add milk heated. Add parsley, season and serve.

BISQUE OF LOBSTER.

INGREDIENTS.

1 Lobster ($1\frac{1}{2}$ lbs.).	2 table-spoonfuls Spawn.
1 quart Fish Stock.	$\frac{1}{2}$ pint Milk and Cream.
1 table-spoonful Arrowroot.	Lemon Juice.

Remove the flesh from the lobster. Cut into nice-sized dice and place these aside. Place washed claws and shells with the stock and seasoning, simmer 20 minutes. Add ragged pieces and soft inside part, simmer 15 minutes, then strain. Thicken with arrowroot. Add lobster spawn, which has been rubbed through a hair sieve. Bring to boiling point. Heat the milk and cream. Strain hot soup over. Add a squeeze lemon juice.

WHITE SOUP.

INGREDIENTS.

- | | |
|-----------------------------------|--------------------------------|
| 1 quart White Stock. | Cornflour, 1½ table-spoonfuls. |
| ½ pint Milk and Cream
(mixed). | |

To every quart of stock take 1½ small table-spoonfuls of cornflour. Remove fat from stock. Bring to boiling point. Blend cornflour smoothly. Pour hot stock over this. Return to pan and boil thoroughly, add milk and cream, which should be heated first, and seasoning if necessary. Serve with croûtons.

N.B.—This soup is suitable for invalids.

CELERY SOUP.

INGREDIENTS.

- | | |
|-------------------------|------------------|
| 2 heads Celery. | 1 gill Cream. |
| 1 oz. Butter. | 4 ozs. Flour. |
| 2 quarts Boiling Stock. | Salt and Pepper. |
| ½ pint Milk. | |

Wash and cut up the celery, and sauté with the seasoning in butter about 20 minutes. Add stock, and simmer gently till celery is tender. Rub through a hair sieve and return to the pan. Add blended flour and more seasoning, if necessary, and boil well. Then add the milk and cream, and serve with croûtons.

PALESTINE OR ARTICHOKE SOUP.

INGREDIENTS.

- | | |
|-----------------------|--|
| 1½ pints White Stock. | 1½ lbs. Artichokes (after
peeling). |
| 1 Onion. | 1 gill Milk or Cream. |
| 1 oz. Butter. | 1 table-spoonful Rice-flour. |
| 2 pieces Celery. | |

Peel, slice, artichokes and onion. Cut up celery, and sauté along with onion in butter. Add artichokes and stock. Simmer gently 1 hour, sieve the soup, thicken and add cream. Reheat, and serve with fried croûtons.

POTATO PUREE.

INGREDIENTS.

1½ lbs. Potatoes.	Stalk Celery.
Small Onion.	Seasoning (white).
1 oz. Butter.	1½ pints Stock.
12 White Peppercorns.	½ pint Milk and Cream.

Prepare the potatoes and cut in slices, also the onion. Sauté them in butter (do not brown), add the stock, peppercorns, celery, and seasoning. Simmer till the vegetables are tender, pass through a hair sieve, return to the pan, add milk and cream, and serve with croûtons of fried bread.

CHESTNUT SOUP.

INGREDIENTS.

1 quart White Stock.	1½ lbs. Chestnuts.
½ pint Milk or Cream.	Salt and Pepper.

Blanch and skin the chestnuts. Place in a pan with the stock. Simmer till tender. Strain. Pound the chestnuts slightly. Rub through a hair sieve. Add to the soup. Reheat. Add cream. Season and serve with croûtons. Add a little carmine to improve the colour.

ALMOND SOUP.

INGREDIENTS.

3 ozs. Sweet Almonds.	1½ ozs. Butter.
6 Bitter Almonds.	1½ pints White Stock.
Small head Celery.	1 gill Cream.
Small Onion.	Salt.
1 pint Milk.	White Pepper.
1½ ozs. Flour.	2 drops Almond Essence.

Blanch and chop the almonds very finely, add a pinch of salt to them. Put the almonds, milk, celery, and onion into a saucepan and boil gently for 1 hour. Then strain through a hair sieve (pressing the almonds well to extract the flavour). Mix the flour and butter in the

saucepan over the fire, add the white stock, stir smoothly and allow it to boil for 5 minutes. Add the strained milk. Season with salt and white pepper, and allow the soup to come to boiling point, again. Just before serving add the cream. Serve with sippets of fried bread.

This soup should be of the consistency of good cream.

CAULIFLOWER SOUP.

INGREDIENTS.

1 Cauliflower.	2 small Onions.
1 oz. Ham.	Blade of Mace.
1½ pints Water.	2 ozs. Butter.
½ pint Milk.	2 ozs. Flour.

Cook together in a lined pan the following ingredients:—cauliflower, onions, seasoning, chopped ham and water. When cauliflower is cooked, remove some nice sprigs for serving in the soup; and continue boiling until all is tender. Rub through a hair sieve. Melt butter, add flour, then the milk gradually; add sieved soup and boil up stirring all the time. Reheat cauliflower sprigs in the soup for a minute or so, then serve at once.

N.B.—For vegetarian soup substitute 2 stalks celery for ham.

GREEN PEA PUREE.

INGREDIENTS.

1 quart White Stock.	½ pint Cream.
1 lb. Green Peas or ½ lb. Marrow Fats.	½ blanched Onion.
1 Lettuce.	1½ ozs. Rice Flour.
	Croûtons.

Wash pods. Boil peas, half the pods, lettuce, onion and stock in the pan until tender. Remove lettuce, then pass peas through fine hair sieve, add blended rice flour, seasoning and bring to boiling point. Cook a few minutes. Place cream in heated soup tureen, pour over hot soup and serve with croûtons.

BRUSSELS SPROUTS PUREE.

INGREDIENTS.

$\frac{1}{2}$ lb. Sprouts.	1 oz. Butter.
1 oz. Raw Ham.	1 gill Milk.
1 Onion.	Seasoning.
2 ozs. Flour.	Croûtons.
1 quart Stock.	

Chop ham, onion, and sprouts and sweat gently 10-15 minutes. Add seasoning and the stock, simmer till all is tender (about 1 hour). Rub through a hair sieve, thicken with flour, bring to boiling point, add milk. Serve with croûtons.

HOLLANDAISE SOUP.

INGREDIENTS.

1 quart Veal or Chicken Stock.	1 gill Peas.
2 ozs. Butter.	1 gill Carrot (pea shapes).
$1\frac{1}{2}$ ozs. Flour.	1 gill Cucumber (pea shapes).
4 Yolks.	Chopped Parsley.
1 gill Cream.	Salt and Pepper.

Melt butter, add flour and cook. Add stock, boil up. Cook for a short time. Mix yolks and cream in a heated tureen, then add the seasoned soup just under boiling point and the cooked vegetables. Sprinkle parsley on top.

TOMATO SOUP.

INGREDIENTS.

1 lb. Tomatoes (fresh) or 1 pint Tinned Tomatoes.	1 gill Milk or $\frac{1}{2}$ gill Cream.
$1\frac{1}{2}$ pints well flavoured Stock.	Seasoning.
$1\frac{1}{2}$ ozs. Flour or 1 oz. Corn-flour.	Cochineal (if necessary).
1 Onion.	1 oz. Butter.
	2 ozs. Lean Ham.
	1 teaspoonful Sugar.

Slice the tomatoes and put in pan with the onion, ham, seasoning, and butter, and sauté 20 minutes; add

stock, and simmer till tender. Sieve through a hair sieve. Blend the flour or cornflour, add to the soup, boil for a few minutes. Add colouring, if necessary, and hot milk or cream. Serve with croûtons.

BEETROOT SOUP.

INGREDIENTS.

1 lb. Boiled Beetroot.	1 Onion.
1 quart White Stock.	$\frac{1}{2}$ oz. Arrowroot.
$\frac{1}{2}$ pint Milk.	Seasoning.
1 oz. Butter.	1 gill Cream.

Melt the butter, cook the onion in it from 8 to 10 minutes (without discolouring). Add stock, beetroot sliced, and seasoning, and simmer from half to one hour. Rub through a hair sieve. Blend the arrowroot smoothly with a little of the milk. Pour on soup. Bring to boiling point. Add heated cream and milk. Serve with croûtons. A little carmine may be necessary to improve the colour.

CRECY SOUP.

INGREDIENTS.

1 lb. Red Carrots.	1 quart Stock (light coloured).
1 Turnip.	1 Onion.
Piece Celery.	Pinch Herbs.
1 gill Cream.	$\frac{1}{2}$ dessert-spoonful Arrowroot.

Boil the carrots 1 hour in salted water, cut up and place with the rest of the vegetables in a pan with the stock and seasoning. Simmer till tender (1 hour), sieve. Blend the arrowroot with a little cold stock or milk, add hot soup to it, return to the pan, stir till it boils, add cream.

TURNIP SOUP.

INGREDIENTS.

1 quart White Stock.	2 slices Bread (soaked in
2 lbs. Turnips.	Stock).
$\frac{1}{2}$ pint Cream or Milk.	Salt and Pepper.
1 large Onion.	

Peel and cut up turnips. Peel and slice onion. Add to the stock. Add the bread and seasoning, and simmer all together till tender. Pass all through a wire sieve. Return to the pan; add cream or milk. Reheat, and serve with croûtons.

TAPIOCA CREAM SOUP.

INGREDIENTS.

1 pint White Stock.	Salt and Pepper.
Yolks of 2 Eggs.	1 gill Cream.
$\frac{1}{2}$ oz. Crushed Tapioca.	

Sprinkle the tapioca into boiling stock. Boil until the tapioca is clear. Mix the yolks and cream together, strain into soup tureen, pour hot soup over.

If tapioca remains on top, the egg is cooked; if not, return to pan and heat thoroughly, but do not boil, or eggs and cream will curdle. Season and serve.

CHICKEN CREAM SOUP.

INGREDIENTS.

Carcase of Chicken.	1 Yolk.
$1\frac{1}{2}$ pints Water.	$\frac{1}{2}$ gill Cream.
$\frac{1}{2}$ oz. Rice Flour.	Chopped Parsley.
1 Onion.	Seasoning.

Simmer carcase with water and onion for 1 hour. Strain and thicken with blended rice flour. Boil up soup. Pour over yolk and cream in heated tureen and serve with fried croûtons of bread.

PALERMO SOUP.

INGREDIENTS.

1 pint White Stock.	Salt and Pepper.
1 oz. Vermecelli.	$\frac{1}{2}$ gill Cream.
1 gill Tomato Pulp (sieved).	2 Yolks of Eggs.

Cook the stock, vermacelli and tomato pulp for 15 minutes. Mix yolks and cream in a heated tureen. Add seasoned soup just under boiling point.

BONNE - FEMME SOUP.

INGREDIENTS.

$\frac{3}{4}$ pint White Stock.	2 table-spoonfuls Shredded
1 Yolk of Egg.	Cucumber.
1 gill Cream.	2 table-spoonfuls Green Peas.
2 table-spoonfuls Shredded	1 teaspoonful Castor Sugar.
Lettuce.	$\frac{1}{2}$ oz. Butter.
2 table-spoonfuls Shredded	Salt and Pepper.
Spinach.	

Sauté the vegetables, sugar, seasoning, and butter 5 minutes. Add boiling stock. Boil gently 10 minutes. Pour over beaten egg and cream. Serve.

WHITE LENTIL SOUP.

INGREDIENTS.

$\frac{1}{2}$ lb. Split Lentils.	$\frac{1}{2}$ pint Milk.
2 stalks Celery.	$\frac{1}{2}$ pint Cream.
2 sprigs Parsley.	3 pints cold Water.
1 Onion.	Small blade Mace.
$1\frac{1}{2}$ ozs. Butter.	8 White Peppercorns.
$1\frac{1}{2}$ ozs. Flour.	Salt and Pepper.

Wash the lentils well in several waters, then put them on to boil in the cold water. Skim well as the soup comes

to boiling point; then add the celery, mace, parsley, onion, peppercorns, and seasoning. Simmer slowly for 1½ hours. Pass the soup through a hair sieve. Put the butter and flour in a saucepan, rub them together over the fire with a wooden spoon; add the milk, a little at a time, and the sieved soup. Stir until boiling. Just before serving add the cream. Serve with sippets of fried bread.

ALEXANDRA SOUP.

INGREDIENTS.

2 ozs. Barley.	1½ pints Water.
2 ozs. Lentils.	½ pint Tomato Pulp.
1 oz. Fat.	Milk (if liked).
½ Onion.	Salt and Pepper.

Put lentils and barley after they have been well washed into a pan. Then add water, fat and onion, bring to boil, and simmer for 1½ hours. Add tomato pulp and cook 20 minutes longer. Rub through a sieve. Reheat, season and add milk, if liked.

CURRY SOUP.

INGREDIENTS.

1 Apple.	1 Onion.
1½ pints Stock.	2 ozs. Flour.
1 teaspoonful Curry Powder.	1 table-spoonful Cocoanut.
1 teaspoonful Curry Paste.	½ Lemon.

Soak the cocoanut as long as possible in the stock. Fry onion, apple, curry powder, and seasoning in dripping for 20 minutes. Add stock, allow to simmer half an hour, thicken with flour, bring to boiling point, add lemon juice, pass through a hair sieve. Serve with boiled rice.

BROWN VEGETABLE SOUP.

INGREDIENTS.

4 Potatoes.	1 oz. Dripping.
3 Onions.	3 pints Bone Stock.
2 Carrots.	Salt and Pepper.
1 Turnip.	1 table-spoonful Flour.

Clean and cut up the vegetables. Heat dripping in an unlined pan, add vegetables. Fry till lightly browned. Add stock and seasoning, bring to boiling point, simmer gently till vegetables are tender (about 1 to 1½ hours). Rub through a wire sieve, add blended flour, boil a few minutes. Add a little milk (if liked), serve with croûtons.

KIDNEY SOUP.

INGREDIENTS.

8 Sheep's or 1 Ox Kidney.	Bunch Herbs.
1 oz. Butter.	½ Turnip.
1 Onion (browned if necessary).	4-5 pints Brown Stock.
2 Cloves.	1½ ozs. Cornflour to each quart.
1 Carrot.	Seasoning.

Cut the kidney into dice. Wash and dry. Fry quickly in butter, and add to stock. Tie the vegetables in muslin, add to the soup, with seasoning and simmer 2 hours. Remove vegetables, thicken with cornflour, boil a few minutes. Add (if liked) a glass of sherry.

GRAVY SOUP.

INGREDIENTS.

1 quart Brown Stock.	1 oz. Macaroni.
¼ lb. Shredded Beef.	Seasoning.

Boil the macaroni till tender in salted water, then cut into short lengths or rings. Place the shredded beef and seasoning in the stock and simmer for 1 hour. Strain, remove the scum, add the macaroni, bring to boiling point. Add (if liked) 1 table-spoonful ketchup. Serve.

SEA-FOAM SOUP.

INGREDIENTS.

1 pint Milk.	}	Put in Milk and simmer.	
1 Onion.			
2 Cloves.			
Bayleaf.			
Blade of Mace.			
Rind of Cheese.			
6 White Peppercorns.	}		
1 oz. Butter.			1 Egg.
$\frac{1}{2}$ oz. Flour.			$\frac{1}{2}$ oz. Parmesan Cheese.

Melt butter, add flour, cook a few minutes. Add seasoned milk off heat gradually. Stir till boiling, cool a little then pour over yolk and chopped parsley in tureen. Put spoonfuls of stiffly whisked white on top, coat with a little of soup. Sprinkle cheese on top.

IMITATION HARE SOUP.

INGREDIENTS.

$\frac{1}{4}$ lb. Gravy Beef.	1 quart Water or Stock.
Small piece Turnip.	2 ozs. Butter.
1 teaspoonful Red Currant Jelly.	1 dessert-spoonful Ketchup.
1 table-spoonful Claret or Port Wine.	1 teaspoonful Worcester Sauce.
Seasoning.	Mixed Herbs.
2 ozs. Flour.	1 Onion.
	1 small Carrot.

Cut up the meat, dip in seasoned flour, and brown in the butter. Brown the onion, which should be stuck with cloves. Remove meat and onion and brown flour. Add the water and boil, then put back the meat and vegetables. Simmer gently from $1\frac{1}{2}$ to 2 hours. Strain. Return

to the saucepan and add flavouring, also Force-meat Balls, made as follows:—

INGREDIENTS.

2 table-spoonfuls Bread-crumbs.	1 Egg.
1 teaspoonful chopped Parsley.	1 teaspoonful chopped Suet.
1 teaspoonful Herbs.	Seasoning.
	Little grated Lemon Rind.

Mix together and make into small balls. Fry and add to the soup. Simmer 10 minutes in the soup.

HARE SOUP.

INGREDIENTS.

1 Hare.	2 ozs. Lean Ham.
8 to 10 pints Water.	2 Bay Leaves.
1½ lbs. Lean Beef.	Sprig Thyme.
1 oz. Flour.	1 Clove.
2 ozs. Butter.	½ Carrot.
2 Onions.	¼ Turnip.
1 stick Celery.	4 table-spoonfuls Flour.
½ pint Port Wine.	1 table-spoonful Red
Salt, Pepper, Cayenne.	Currant Jelly.

Cut the beef into small pieces; paunch the hare. Mix the flour with the blood and leave aside. Chop the ham; tie the herbs in muslin. Fry onion golden brown. Place in the soup pan with cut up joints, add the water, beef, and seasoning, and simmer gently 2 hours. Add vegetables, and simmer 2 hours longer. Remove best parts when tender and cut up. Strain. Return liquor to the pan. Add jelly and blended flour and blood, and stir carefully till just boiling. Add the wine, and meat cut from the back in shreds. Serve.

OX-TAIL SOUP.

INGREDIENTS.

1 Ox-tail.	Bouquet Herbs.
2 ozs. Butter.	Glass Sherry (if liked).
$\frac{1}{4}$ lb. Ham.	Little Mushroom Ketchup.
3 quarts cold Water.	2 Cloves.
1 lb. Hough.	Salt.
2 Onions.	1 Carrot.
$\frac{1}{2}$ Turnip.	2 table-spoonfuls Cornflour
2 pieces Celery.	(small).
20 Peppercorns.	

Cut the tail into joints after washing. Fry onion, add cut ham and joints, add water and simmer 2 hours. Add vegetables, herbs and seasoning and simmer 2 hours longer. Strain. Thicken with cornflour. Boil up and serve with meat from joints in the soup.

MOCK TURTLE SOUP.

INGREDIENTS.

1 Calf's Head.	1 glass Madeira or Sherry.
2 lbs. Knuckle of Veal.	Juice of 1 Lemon.
2 lbs. Shin of Beef.	1 teaspoonful Salt.
1 Onion.	Cayenne.
1 Carrot.	1 oz. Butter.
1 small piece Turnip.	Blade of Mace.
$\frac{1}{2}$ head Celery.	1 teaspoonful Peppercorns.
3 quarts Water.	

Melt the butter in a stock pot. Remove fat and marrow from meat and cut the meat up. Cut vegetables. Add meat, vegetables, seasoning, and 1 pint water to the stock pot. Cook slowly and stir occasionally. Allow to remain till bottom is covered with a light brown glaze. Scald and bone the calf's head. Put it in the stock pot also. Fill up with $2\frac{1}{2}$ quarts water. Simmer $2\frac{1}{2}$ hours, skimming carefully. The head should now be transparent and flexible to the touch. Take it out and place between two flat plates, with a weight on top, till

cold. Allow remainder of stock to simmer 6 hours. Strain through a sieve. Next day remove all the fat from stock. Clarify as if for clear soup. Cut flexible parts of head into square pieces, add to the clarified soup. Heat the soup and season with cayenne and salt. Just before serving add a glass of Madeira or sherry and the lemon juice.

MULLIGATAWNY SOUP.

INGREDIENTS.

1 Rabbit or 1 lb. Veal.	2 ozs. Lean Ham.
2 good-sized Onions.	$\frac{1}{2}$ Turnip.
2 Apples (large and sour).	2 ozs. Butter.
1 large teaspoonful Curry Paste and Powder.	2 quarts Second Stock.
3 ozs. Dessicated Cocoanut.	$1\frac{1}{2}$ ozs. Flour.
	Juice of 1 Lemon.

Soak the cocoanut in the stock at least 1 hour. Put the butter in the pan, when hot fry the ham and rabbit (cut up), and add the onion sliced and fry it. When these are brown add the apple (cut up), also the curry paste and powder. Sauté all together for 20 minutes, then strain and add the stock, seasoning, and lemon juice; boil gently 1 hour. Mix two small table-spoonfuls flour with a little cold stock, add to the soup and boil. Small pieces of veal, rabbit, or fowl should be added to the strained stock. Serve boiled rice with the soup (*see page 156*).

FISH.

GENERAL RULES FOR CHOICE AND PREPARATION OF FISH.

1. Choose fish in season, it is more wholesome and has a finer flavour, and is cheaper.

2. Choose fresh fish, as it soon deteriorates and becomes unwholesome.

3. When fresh the flesh is firm and a good colour, eyes bright, gills red, smell fresh (one of the best tests). Plenty of scales is a good sign.

4. Fish must be carefully and thoroughly cleaned before cooking; the blood near the backbone must all be removed and the yellow part near the head, it has a bitter flavour. The black skin from the inside of cod, haddock, and other fish can be removed by rubbing with salt.

5. It must not be left in water to soak as it destroys the flavour and makes the fish sodden.

6. The fins and tails and scales and eyes are generally removed; the fins of turbot, however, are considered a delicacy, and the scales of salmon are left on.

BOILED WHITE FISH.

Wash the fish thoroughly, using a little salt to remove any dark skin or blood, tie into a good shape, place on a drainer. Have a pan of boiling water sufficient to cover, draw it to one side, add salt in the proportion of one table-spoonful to the quart and one table-spoonful vinegar. Place the fish in water and allow the fish to cook gently under boiling point till ready.

Time—average 6 minutes to each lb. and 6 minutes over; for a large cut, 10 minutes to each lb. and 10 minutes over. When done, the fins and tail bones will come away easily; and if cut, a white curdy matter will be noted between the flakes. Drain the fish, serve on a folded napkin, garnish with parsley and lemon.

Serve with a suitable sauce.

N.B.—When possible, fish is improved by being boiled in sea water.

BOILED MACKEREL.

Have the water tepid only, and cook very gently, as the skin is so delicate.

BOILED SALT FISH.

Wash and scrape the fish; cut into neat pieces about four inches square. Soak the fish overnight in plenty of cold water, with skin side uppermost. Put it on to boil in cold water; when it boils, pour off this water and fill up with boiling water. Boil gently till tender, about three-quarters of an hour. Lift the fish out carefully, remove the skin, dish on a hot dish, and serve with egg sauce.

N.B.—Cod, ling, and tusk are the white fish usually salted.

STEWED FISH.

INGREDIENTS.

1 Plaice or Haddock.	1 small table-spoonful Flour.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ teaspoonful Vinegar or
$\frac{1}{2}$ oz. Butter.	Lemon Juice.
1 tablespoonful chopped Parsley.	Salt and Pepper.

Wash, and cut into nice-sized pieces (not too small), and when the milk is hot place the fish in it. Simmer gently until cooked—(this depends on kind and thickness

of fish). When cooked, remove the fish into a hot dish, and thicken the milk with the flour, first blending it with a little cold milk. Boil up; add the butter, parsley, lemon juice, seasoning, and pour over the fish.

N.B.—This is a good method of cooking fish for an invalid. White fish is the kind generally stewed.

FISH BAKED IN MILK.

INGREDIENTS.

1 Whiting (skinned).	About $\frac{1}{2}$ pint Milk.
1 small table-spoonful Flour.	Seasoning.
1 small table-spoonful Parsley (if liked).	$\frac{1}{2}$ oz. Margarine or Butter.

Wash the fish in salted water; truss it; place it in a tin with a little dripping or butter on top, and pour the milk round. Bake in a moderate oven till the fish is cooked; baste frequently with the milk. Then remove on to a hot dish. Thicken the milk with the blended flour, add salt and pepper, and, if liked, the chopped parsley, and pour over the fish.

BAKED STUFFED HADDOCK.

INGREDIENTS.

2 lbs. Haddock.	Some Dripping (for cooking).
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Stuffed as follows:—

2 ozs. stale Bread.	Salt and Pepper.
1 oz. Dripping or Margarine.	$\frac{1}{2}$ table-spoonful chopped Parsley.
A little Milk to bind or 1 Egg.	

Clean the fish as for boiling. Soak the bread in cold water, melt the dripping, chop the parsley. Then squeeze the bread dry, and crumb it lightly with a fork. Mix all the ingredients, using a little milk if necessary. Fill the inside of the fish with this, sew it up with a needle and cotton, then truss it by placing the tail through the

eye-holes. Make about 2 ozs. of dripping hot in a tin, and place the haddock in. Baste with hot fat at once. Put to cook in a fairly hot oven and allow it to bake about half an hour. Baste very frequently, and when just about half done, baste and sprinkle over a few bread raspings, to brown. When ready, place on a hot dish, garnish with parsley, and serve, if liked, with brown sauce.

N.B.—A middle cut of cod or ling may be done similarly; also herring and plaice.

BAKED FILLETS OF PLAICE.

Wash and dry a medium-sized plaice. Run knife right down middle of backbone, remove fillets, lay on board with skin side down, and then remove skin and sprinkle each fillet with salt and lemon juice. Fold or roll up, skin side inside, place on a greased tin, cover with greased paper, bake in a moderate oven 10 or 15 minutes (depends on thickness of fish). Coat with a suitable sauce and serve.

STUFFED HERRING.

INGREDIENTS.

1 tablespoonful Oatmeal.	1 tablespoonful melted
1 teaspoonful chopped Parsley.	Dripping.
1 teaspoonful chopped Onion.	Seasoning.

Bone two herrings. Place on a greased tin, one skin down, stuffing on top, second skin uppermost. Place small pats of dripping on top then bake for $\frac{1}{2}$ hour in a moderately hot oven. Serve hot, garnished with parsley.

TO BAKE, POT OR SOUSE HERRING OR MACKEREL.

Wash and clean the fish thoroughly, remove the backbone. Sprinkle each with salt and pepper, roll them up, skin

side out; place in a pie-dish, pour in as much water and vinegar as will nearly cover them (equal proportions of water and vinegar), add two bay leaves, one doz. black peppercorns; cover closely and bake for about three-quarters of an hour in a moderate oven.

N.B.—The roe should be replaced after cleaning.

STEAMED FISH.

INGREDIENTS.

Any kind of White Fish.	Lemon Juice.
Salt and Pepper.	

Wash, skin, truss according to kind. Place on a buttered plate. Sprinkle with a little salt and lemon juice, add a few pats of butter. Cover with a basin, and place over a pan containing boiling water, and allow to steam 20 to 30 minutes. Pour over liquid, serve. Garnish with a little parsley.

N.B.—Thick pieces of fish would, of course, take longer time in proportion.

FRIED FISH.

FRIED COD STEAK.

INGREDIENTS.

Cod.	Fat to fry in.
Little Flour and Milk.	Parsley to garnish.

Get a steak of cod from the tail end about one inch thick, wash and dry very quickly; immediately before frying dip in a little milk, then in seasoned flour. Have the fat smoking hot and place the cod in gently; fry about 2½ to 3 minutes on one side, turn and fry on the other side until nice and brown, and until the flesh will leave the bone when pressed, baste well the fried side

while cooking, after turning; then lift at once, drain thoroughly, serve on a hot dish with a dish paper, garnish with parsley. Serve a suitable sauce.

FRIED PLAICE.

INGREDIENTS.

1 Plaice.	Breadcrumbs or Raspings.
1 Egg.	Lemon.
Fat to fry in.	

Clean, remove head, wash and dry the fish, sprinkle with salt and lemon juice. Beat up an egg on a plate, brush the fish all over with the egg, cover with bread-crumbs, shaking off the loose ones. Place in smoking hot fat (shallow), cook on one side, turn, baste well whilst cooking second side and fry a golden colour. Drain on paper, and garnish with parsley and lemon. Any fish may be fried in the same way. If liked, the fish may be skinned before being coated.

A suitable sauce should be served.

FRIED FISH IN BATTER.

INGREDIENTS.

Coating Batter (<i>see</i> <i>page 344</i>).	Fish.
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Remove skin and bone from fish, and cut in convenient pieces. Have ready a pan of smoking hot fat. Dip each piece of fish in batter, then fry till ready.

Serve at once with suitable sauce.

FRIED HERRING.

First Method.—Clean herring and remove head and fins, except the tail. Dry thoroughly, score across in two or three places, then dip in oatmeal, and fry in a little hot fat on both sides. Garnish with parsley.

Second Method.—Split herring and remove backbone; dip skin side in oatmeal, and fry in hot fat.

GRILLED FISH.**GRILLED KIPPERED HERRING.**

Place the herring on a heated gridiron, and cook over a clear fire or under a gas grill till nicely browned. Put the side without the skin next to the heat first. The herring may be cooked in a frying-pan.

GRILLED FRESH FISH.**Cod Steak, Mackerel or Fresh Herring.**

Brush with dripping, season, score and grill before a clear fire, turn once only. Serve Anchovy Sauce if white fish; Mustard Sauce if herring.

REHEATED FISH DISHES (PLAIN).**FISH PUDDING.**

INGREDIENTS.

$\frac{1}{2}$ lb. cooked Fish.	Seasoning.
$\frac{1}{2}$ pint Parsley Sauce.	Nutmeg or Mace (if liked).

Remove skin and bone from fish when hot and break into nice flakes, add these to the sauce with the seasoning. Turn into a greased pie-dish, sprinkle over with bread raspings and heat through in a moderate oven. Do not boil; takes about 20 to 30 minutes.

Parsley Sauce (*see page* 238).

FISH PIE.

INGREDIENTS.

$\frac{1}{2}$ lb. cold Fish (salt or fresh).	1 oz. Dripping or Butter.
1 lb. boiled Potatoes (mashed).	Salt and Pepper.
	1 table-spoonful of Milk.

Remove skin and bones from fish, break it up, mix with the potatoes, butter, salt and pepper; put the mixture

into a greased pie-dish, smooth over the top, brush with milk, brown in the oven or before the fire.

N.B.—The above mixture may be turned on to a greased tin in the form of a trussed fish, brushed with egg and baked.

FISH CAKES.

INGREDIENTS.

$\frac{1}{2}$ lb. cold Fish.	1 oz. Butter or Margarine.
$\frac{1}{2}$ lb. cold Potatoes.	Salt and Pepper.

To Coat.—Milk and Flour, or beaten Egg and Crumbs or Raspings.

Remove skin and bone from fish while hot and flake it with two forks. Mash the potatoes and mix with the fish, add the melted margarine and seasoning, mix well; if necessary for binding, add a little milk or cold sauce. Form into balls, then into cakes (12 cakes), coat well. Fry in hot fat, drain, dish on an ashet with dish paper. Garnish with parsley.

PLAIN KEDGEREE.

INGREDIENTS.

$\frac{1}{2}$ lb. cold White or Salt Fish.	1 oz. Margarine.
$\frac{1}{4}$ lb. Rice (boiled).	Salt and Pepper.
Little cold Sauce.	Chopped Parsley.

Flake the fish. Melt the margarine in fairly large pan, add the fish and rice, sauce and seasoning. Stir till very hot. Serve in a pile on a hot dish. Sprinkle with chopped parsley.

N.B.—When eggs are cheap a raw egg instead of sauce, and hard-boiled egg, chopped, may be added to the above.

BOILED SALMON.

Wash the salmon well, but do not take the scales, head, nor tail off. Form in the letter "S" (if liked) by

drawing a string through the tail, centre of body, and head, or leave plain. Boil in salted water, allowing ten minutes to the lb. and ten minutes over. Serve with cucumber, Hollandaise, caper, Maitre d'Hôtel, oyster, curry, or tartare sauce.

Garnish the fish with lemon, cucumber, and (if liked) small fried fish, *e.g.*, smelts.

N.B.—Vinegar can be added to the water when the fish is whole, but not if only boiling a cut, as it spoils the colour.

DRESSED HADDOCKS.

INGREDIENTS.

2 Haddocks.	6 Cooked Potatoes.
3 Eggs.	1½ ozs. Butter.
Salt and Pepper.	Breadcrumbs.

Wash, skin, and fillet the haddocks. Cut each fillet neatly, dry thoroughly, and season with salt and pepper. Brush each fillet with beaten egg and shake in fine crumbs. Mash the potatoes smoothly, add to them the melted butter, one small egg, and seasoning of salt and pepper. Roll the mixture into small balls, brush each over with egg and shake in crumbs. Fry the potatoes and fillets a nice shade in hot fat. Dish the potato balls in centre of the dish and the fillets round. Serve with white sauce made with fish stock.

DRESSED COD.

INGREDIENTS.

4 lbs. mid-cut Cod (skinned).	2 ozs. Breadcrumbs.
½ teaspoonful mixed Herbs.	Grated Rind ½ Lemon.
Pepper and Salt.	Few grains Cayenne.
1 Egg.	¼ lb. Butter.

Mix the crumbs, herbs, lemon and seasonings together. Wash the cod in salt and water, dry it well. Brush it

over with beaten egg and dust it thickly with the seasoned crumbs. Lay the cod on a drainer and bake in a moderate oven (basting frequently with the butter) for about $1\frac{1}{2}$ hours. When half done, turn the cod, brush again with egg and sprinkle with the remainder of seasoned crumbs, return to oven to finish baking. Serve very hot with white or Dutch sauce.

DRESSED STUFFED COD.

INGREDIENTS.

2 lbs. Cod (middle cut). 1 Egg.
3 table-spoonfuls Stuffing
(see page 344).

Wash, skin and dry the cod, and brush over with egg. Mix the forcemeat and coat with same. Have a tin hot with a little butter in it, place in the cod and bake till cooked, basting frequently. When cooked, add some hot water or fish stock to the tin, season, and strain round the fish.

STUFFED COD STEAKS.

Have two cod steaks, cut about one inch thick. Wash them in salted water and dry thoroughly; bone them.

Prepare a Forcemeat of

2 table-spoonfuls Bread-crumbs.	Pinch Sweet Herbs.
6 Oysters or Shrimps.	Pepper, Salt, Cayenne.
1 oz. Butter (melted).	1 Egg.
$\frac{1}{2}$ teaspoonful chopped Parsley.	

Fill the centre of the cod steaks with the stuffing, piling it high. Dust over some crumbs, place in a dripping-tin with 1 or 2 ozs. melted butter, and bake in a fairly-quick oven 20 minutes.

PLAICE A LA MAITRE D'HOTEL.

INGREDIENTS.

Fillets of Plaice (washed and dried).
 Salt, Pepper, Lemon Juice.

Maitre d'Hôtel Sauce
(see page 243).

Fold the fillets in fichu shape, place on a buttered tin. Cover with greased paper and bake in a moderate oven from 10 to 15 minutes. Pour the sauce over and garnish with cut lemon and parsley.

SOLE A LA PORTUGAISE.

INGREDIENTS.

1 Sole. 1 or 2 sliced Onions.
 2 Tomatoes. Few Browned Crumbs.

For the Stuffing—

2 table-spoonfuls Bread-crumbs. $\frac{1}{2}$ teaspoonful Anchovy Essence.
 2 teaspoonfuls grated Cheese. 1 teaspoonful melted Butter.
 Small piece chopped Onion.
 Seasoning.

Mix all together and use for stuffing.

Skin and raise fillets as if to remove them; wash and dry; place the stuffing inside the raised fillets, and put fish on dish in which it is to be served, after buttering the dish. Cut the tomatoes thickly. Place sliced onions and tomatoes over the fish, then sprinkle with browned crumbs. Place the dish in a dripping-tin containing water, and bake in a moderate oven about half an hour. Garnish with parsley.

FISH MOULDS.

INGREDIENTS.

$\frac{1}{2}$ lb. filleted Haddock. 1 oz. Bread Crumbs.
 1 $\frac{1}{2}$ ozs. chopped Suet. 1 Egg.
 About $\frac{1}{2}$ tea-cup Milk. Salt, Pepper.
 $\frac{1}{2}$ pint Parsley or Egg Sauce.

Cut raw fish into small pieces. Mix all ingredients together. Steam about 1 hour. Turn out and coat with either parsley or egg sauce.

SOLE A LA ROUENNAISE.

INGREDIENTS.

1 Sole (1½ lbs.).	½ gill Milk or Fish Stock.
2 ozs. Lobster.	Seasoning.
Lemon Juice.	Parsley.
½ oz. Flour.	Sieved Yolk and Coralline
½ oz. Butter.	Pepper to garnish.

Skin and fillet the sole; wash and dry; make a panada with the butter, flour, and stock. Chop the lobster and add to the panada, season, spread on a plate to cool. Divide into four pieces, place one portion on each fillet, fold over and trim. Place in a thickly-buttered tin, cover with buttered paper, bake 10 to 15 minutes. Serve on a hot dish and coat with white sauce. Garnish with chopped parsley, coralline pepper and sieved yolk of egg.

SOLE AU GRATIN.

INGREDIENTS.

1 Sole.	Lemon Butterflies.
2 ozs. Browned Crumbs.	½ oz. clarified Margarine.
Small piece Onion.	} Mixture.
1 Mushroom.	
1 teaspoonful chopped Parsley.	
Seasoning.	

Skin the sole on both sides and trim. Blanch onion and chop finely—mix with the prepared chopped mushroom and parsley, add seasoning. Place ½ the mixture down the centre of a greased oval entrée dish—lay sole on top. Score it 2 or 3 times and place remainder of mixture on top. Cover with browned crumbs and bake in a moderately hot oven 35-40 minutes. Pour the clarified margarine round and garnish with lemon butterflies.

SOLE A LA CREME BLANCHE.

INGREDIENTS.

1 Sole (about 1 lb.).	1 Blade Mace.
1 oz. Butter.	1 Bay Leaf.
1 oz. Flour.	Salt, Pepper, Cayenne.
Squeeze Lemon Juice.	1 table-spoonful Cream.
$\frac{1}{2}$ pint Milk.	

Skin and fillet the sole. Wash and dry. Season and roll the fillets up neatly, fastening with a small skewer. Wash the bones and skin of the fish and put them into a pan with the milk, bay leaf and mace. Simmer gently for half an hour. Strain the milk and return it to the pan with the fillets, simmer gently 15 minutes. Melt butter, add flour, cook a few minutes, then add $\frac{1}{2}$ pint milk from the fillets and stir till it boils, then boil a few minutes. Add cream and seasoning. Strain over the fillets. Garnish with parsley and lemon.

SOLE AUX CREVETTES.

INGREDIENTS.

1 Sole.	Salt, Pepper, Cayenne.
Pinch Mace.	Cut Lemon to garnish.
1 oz. Butter.	$\frac{1}{2}$ pint Fish Velouté Sauce
$\frac{1}{2}$ gill picked Shrimps.	(see page 241).

Skin and fillet the sole, wash and dry, sprinkle the fillets with salt and lemon juice. Chop the shrimps and pound with butter. Add the mace and spread this mixture on the sole. Roll up and fasten with a wooden skewer. Place in a buttered tin, cover with buttered paper and bake in a moderate oven 25 minutes. Serve on a hot dish and coat with sauce, garnish with the cut lemon and shrimps.

WHOLE SOLE FRIED AND STUFFED.

Lift fillets from one side of skinned fish but do not remove. Roll back fillets, coat with egg and breadcrumbs

and fry covered with hot fat. Fill inside with shrimp butter and place rounds of heated orange on top of opening. Sprinkle over finely chopped parsley.

BAKED STUFFED SOLE.

INGREDIENTS.

1 Sole (about 2 lbs. weight).	$\frac{1}{2}$ teaspoonful Herbs.
3 sprigs Parsley.	1 small teaspoonful Salt.
$\frac{1}{2}$ gill picked Shrimps.	Little Nutmeg.
2 table-spoonfuls Crumbs.	2 ozs. Butter.
Juice and Rind of $\frac{1}{2}$ Lemon.	2 table-spoonfuls Browned Crumbs.
$\frac{1}{2}$ small Shallot.	Salt, Pepper, Cayenne.
1 oz. Butter.	
1 Egg.	

Skin the sole on both sides, and raise the flesh as if for filleting on the thicker side. Wash and dry. Chop the shrimps, parsley, and shallot finely. Melt 1 oz. butter and mix all the ingredients for stuffing together. Fill the space in the sole with it and pull the fillets over the stuffing. Put half the 2 ozs. butter on the dish in which the sole is to be served, and lay the sole in. Sprinkle over with browned breadcrumbs and put the rest of the butter on top. Place the dish of sole in a dripping-tin containing some water. Bake in a moderate oven for half an hour. Garnish with cut lemon and parsley.

FRIED WHITING.

INGREDIENTS.

Whiting.	Parsley.
Egg and Crumbs.	Lemon for garnish.
Hot Fat.	

Clean, wash and skin the fish, put the tail through the mouth. Dust lightly with well-seasoned flour. Brush with egg and toss in crumbs. Fry in smoking fat till golden brown. Drain and serve on hot dish. Garnish with lemon and fried parsley (*see page 161*).

WHITEBAIT.

Pick over. Keep on ice or in salt and water till wanted. Spread out separately between the folds of a soft cloth for a short time. Shake in a dry cloth, dust with fine flour. Arrange in a frying-basket (apart). Plunge into fat, which is just smoking, one or two minutes till cooked, but still soft. Drain. When all are done have the fat very hot (400 deg. F.) and plunge in for about a minute. Sprinkle with salt. Drain. Serve with cut lemon and fried parsley. Rolls of brown bread and butter should be served separately.

N.B.—If wished devilled, sprinkle with cayenne.

FRIED FILLETS PLAICE.

Fillet the plaice; then skin each fillet, wash and dry, sprinkle salt and lemon juice over; egg and breadcrumb each fillet. Fry in hot fat a golden brown. Drain on soft paper, and serve on a dish-paper; garnish with parsley, fried (*see page 161*). Serve with lemon and sauce.

RIBBON FILLETS SOLE.

Skin and fillet the sole, wash and dry. Cut each fillet in two, lengthwise. Sprinkle with salt and lemon juice and tie up in a loose knot. Dip in beaten egg and toss in breadcrumbs. Fry in hot fat till a golden brown and thoroughly cooked through the thick part. Dish on a hot dish, garnish with fried parsley and cut lemon. Serve with any suitable sauce. Fried parsley (*see page 161*).

FISH IN BATTER.

INGREDIENTS.

- | | |
|--------------|---|
| 1½ lbs. Cod. | 1 gill Frying Batter (<i>see</i>
<i>page 254</i>). |
|--------------|---|

Make the batter; let it stand half an hour. Remove the skin and bone from the fish, wash, dry, and season with salt. Divide into nice-sized pieces. Dip each piece into batter, and fry in the hot fat a nice brown. Garnish with fried parsley. Serve immediately.

FISH CAKES (No. 1).

INGREDIENTS.

- | | |
|--------------------|------------------|
| ½ lb. cooked Fish. | Breadcrumbs. |
| 4 ozs. Potatoes. | Fat to fry in. |
| 2 ozs. Butter. | Salt and Pepper. |
| 2 Eggs. | |

Remove skin and bone from the fish, mix it with the potatoes, butter (melted), salt and pepper; add one egg, well beaten; mix all together. Form the mixture into small cakes. Beat up the other egg on a plate. Brush the fish cakes over with egg, toss in crumbs and shape neatly again. Have the fat very hot and fry the cakes a golden brown. Dish in a circle and garnish with parsley.

FISH CAKES (No. 2).

INGREDIENTS.

- | | |
|---------------------|------------------|
| ½ lb. cooked Fish. | Ground Mace. |
| 2 ozs. Breadcrumbs. | Milk. |
| 1 oz. Butter. | Chopped Parsley. |
| 1 Egg. | Salt and Pepper. |

Remove the skin and bone from the fish and flake it finely. Mix together all the dry ingredients and chopped parsley, add the beaten egg and melted butter and milk, form into cakes, brush with egg and crumbs; fry in deep fat. Serve on a dish-paper and garnish with parsley.

FISH CROQUETTES OR CUTLETS.

INGREDIENTS.

$\frac{1}{2}$ lb. cooked Fish or 1 tin Lobster.	1 gill Milk.
1 oz. Butter.	Salt and Pepper.
1 oz. Flour.	Little Anchovy Essence.
	Egg and Breadcrumbs.

Melt the butter in a pan, add flour and milk, and stir until boiling. Cook thoroughly. Add fish which has been finely flaked, anchovy essence, and seasoning. Turn on a plate to get quite cold, divide into eight or nine pieces, form into croquettes, egg, crumb, and fry in hot fat.

N.B.—These may be formed into balls or cutlets.

KEDGEREE.

INGREDIENTS.

$\frac{3}{4}$ lb. cold Fish.	Little Milk.
2 ozs. Butter.	1 hard-boiled Egg.
$\frac{1}{2}$ lb. Patna Rice, boiled (see page 156).	Little Ground Mace.
1 raw Egg.	Salt, Pepper, and Cayenne.

Melt the butter; add rice and flaked fish, seasoning and egg (beaten). Stir over fire till thoroughly hot. If dry, add a little milk. Sieve the yolk. Use white as a garnish, or chop and put with rice in pan. Serve on a hot dish, and garnish with sieved yolk and a little parsley.

SCALLOPED FISH.

INGREDIENTS.

$\frac{3}{4}$ pint Béchamel Sauce.	Fried Crumbs.
$\frac{1}{2}$ lb. cooked Fish.	

Place fish, in large flakes, in alternate layers with sauce in a buttered pie-dish or shells. Sprinkle over with browned crumbs and heat through in the oven.

SCALLOPED SHELL FISH.

INGREDIENTS.

Mussels, Limpets, or Cockles.

Shell the fish, place in the bottom of a buttered dish, sprinkle liberally with salt and pepper and a little lemon juice, cover with breadcrumbs, place some pieces of butter over, and bake till hot through in a moderate oven. If liked, brown crumbs may be sprinkled over.

SCALLOPED OYSTERS.

INGREDIENTS.

10 Oysters.	2 or 3 table-spoonfuls Cream.
1 oz. Butter.	Salt, Pepper, and Cayenne.
1 oz. Flour.	Squeeze Lemon Juice.
$\frac{1}{2}$ pint Oyster Liquor and Milk.	

Beard the oysters. Make a sauce with the butter, flour, milk, and cream. Add oysters, salt, pepper, cayenne, and lemon juice. Have ready some buttered scallop shells or ramekin cases. Place in the mixture and sprinkle over with browned crumbs. Heat through in the oven, but do not cook the oysters. Garnish with water-cress.

CURRY OF FISH.

INGREDIENTS.

$\frac{1}{2}$ lb. Filletted Haddock, Plaice, or Lemon Sole.	$\frac{1}{2}$ pint Curry Sauce (see page 246).
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Simmer the sauce half an hour, strain, and return to the rinsed saucepan. Put the fish, cut in pieces, into the sauce, and cook gently about ten minutes. Serve with 3 ozs. of well-boiled rice.

FISH SOUFFLE.

.. INGREDIENTS.

1½ ozs. Butter.	1 teaspoonful Anchovy Essence.
1½ ozs. Flour.	1 teaspoonful Savoury Vinegar.
½ pint Milk.	Salt, Pepper, Cayenne.
3 Eggs and 1 extra White.	½ pint Anchovy Sauce.
1 teaspoonful Worcester Sauce.	
½ tin Lobster, or 6 ozs. sieved Fish.	

Chop the lobster, or sieve the fresh fish. Make a panada with flour, butter, and milk; when cooked, add seasonings and flavourings. Add fish to the panada, and when cool enough, add yolks of eggs, beating well after each is added, then fold in the whites, which have been stiffly whisked; place in a prepared soufflé tin. Steam steadily 40 minutes. Coat the soufflé with anchovy sauce and garnish with chopped parsley.

FISH CREAM.

INGREDIENTS.

6 ozs. raw Whiting (sieved).	Salt, Pepper, and Cayenne.
½ pint Cream.	2 Eggs.
1 gill Fish Stock.	Squeeze Lemon Juice.
1 oz. Butter.	White Sauce to coat.
1½ ozs. Flour.	

Make a panada with the butter, flour and stock. Add fish and seasoning, also eggs (beaten), and the cream (whisked). Pour into well-buttered moulds and steam gently till firm. Coat with white sauce (Béchéamel or Velouté).

FISH IN CUSTARD.

INGREDIENTS.

2 lbs. Filleted White Fish.	3 Eggs.
1 pint Milk.	Salt and Pepper.

Cut the fish into nice-sized pieces and dip in seasoned flour. Place in a buttered pie-dish. Make the custard

Season and strain over the fish. Bake in a moderate oven till nicely browned, set, and the fish quite ready—about one hour.

QUENELLES OF WHITING.

INGREDIENTS.

$\frac{1}{2}$ lb. Whiting (after sieving).	3 or 4 table-spoonfuls Fish
3 ozs. Breadcrumbs.	Stock or Milk.
1 oz. Butter.	1 table-spoonful Anchovy
2 Yolks of Eggs.	Essence.
1 White of Egg.	Salt, Pepper, Cayenne.

Soak the breadcrumbs in milk; then squeeze in corner of cloth. Melt butter, add crumbs and cook till they have absorbed butter. Add fish, beaten egg, and seasonings. Pound together. Dip two dessert-spoons in boiling water. Shape mixture into neat quenelles. Place on a thickly-buttered sauté pan; add salt; pour over boiling water. Poach gently till firm (about 10 minutes). Drain on a cloth. Dish in a circle in a round entrée dish; coat with Hollandaise, anchovy or white sauce. Pile cooked green peas in centre. Garnish with powdered parsley and coralline pepper.

OYSTER PATTIES.

INGREDIENTS.

$\frac{1}{2}$ lb. Puff Pastry (see page 303).	$\frac{1}{2}$ pint Oyster Liquor.
15 Oysters.	Lemon Juice.
1 oz. Butter.	Salt, Pepper and Cayenne.
1 oz. Flour.	2 table-spoonfuls Cream.

Roll out the puff pastry, and stamp out the patties with a round cutter ($\frac{1}{2}$ lb. 12 patty case). Mark in the centre of the round with a pastry cutter two sizes smaller, but do not cut through. Brush the outer ring with egg. Cut out some tops for the pastry cases with the remaining pastry, using the small cutter as used for marking the large rounds. Bake all in a hot oven, paying careful

attention to the tops, as they burn easily. When cooked and well risen, remove the soft part in the patty cases. Fill with the mixture. Place tops on the cases and serve hot.

Mixture.—Beard the oysters, and, if large, cut in two or four. Make a sauce from the flour, butter, oyster liquor, and cream, stir till boiling, cook well. Add the oysters and lemon juice. Season nicely with salt and pepper and cayenne. Fill each patty with the mixture and serve hot.

FISH PASTRY.

INGREDIENTS.

6 ozs. Flaky or Rough Puff Pastry.	1 chopped Gherkin.
6 ozs. cooked Fish.	Seasoning.
Sauce flavoured with Anchovy ($\frac{1}{4}$ gill).	1 teaspoonful chopped Capers.
	1 chopped hard-boiled Egg.

Roll the pastry to an oblong length. Mix the fish with the sauce and seasoning, and place on pastry. Brush the edges with egg. Fold over. Brush with egg and decorate with leaves. Bake in a hot oven. Serve on a fancy paper. A few oysters or shrimps would improve the mixture.

FISH MOULD.

INGREDIENTS.

$\frac{1}{2}$ lb. cold Fish.	2 table-spoonfuls melted Butter.
2 Eggs.	$\frac{1}{2}$ teaspoonful chopped Parsley.
Seasoning.	2 table-spoonfuls White Sauce.
2 table-spoonfuls Breadcrumbs.	

Soak crumbs in a little milk. Squeeze dry in clean towel, pound fish with the butter. Add breadcrumbs, sauce, eggs and seasoning; mix well. Steam in a buttered tin for half an hour. Serve with anchovy sauce poured over and round. Garnish with cut lemon and parsley.

DRESSED CRAB.

Leave the crab for about 20 minutes in cold water till froth appears. Put into fast-boiling salted water and boil according to size—20 minutes about the average time. It must be thoroughly cooked; when cold it is ready for use.

First Method.

Remove the small claws and lay aside for garnish. Break off the big claws and remove the flesh. Take off the apron and break it up. Take out the white flesh and throw away the grey spongy feelers. Take all soft flesh from the shell. Mix soft flesh with the white flesh out of the claws, add some melted butter or salad oil (1 or 2 table-spoonfuls), breadcrumbs, salt, pepper, mustard and vinegar to taste. Mix thoroughly. Polish the shell well, using a little salad oil to brighten; replace the mixture in the shell. Use claws to garnish. Arrange on some fresh salad.

Second Method.

Flake claw flesh finely and lay aside. Prepare the soft part and mix with some Mayonnaise or salad dressing. Replace in the shell and garnish with claw flesh, arranging it in lines, alternately, with sieved yolk and finely-chopped parsley, coralline pepper, or lobster coral. Arrange on a serviette or salad.

Mayonnaise (*see page 167*).

MAYONNAISE OF SALMON.

INGREDIENTS.

Some nice pieces cold cooked Salmon.	Water-cress.
3 or 4 nice Lettuces.	2 hard-boiled Eggs.
$\frac{1}{2}$ Cucumber.	Mayonnaise Sauce.
2 or 3 boned washed Anchovies.	Few Gherkins and Capers.
	Some Aspic Jelly.

Wash and dry the lettuce well. Keep the best parts for garnishing; tear up the rest. Slice the cucumber

very finely (if liked, ornament the edges); cut into about eight pieces. Chop some of the aspic jelly; cut the rest into fancy blocks. Chop the anchovies. Place some lettuce on a dish, then some anchovies, then some lettuce. Place salmon, divided into nice pieces, on top. Pour Mayonnaise sauce over. Decorate with capers and gherkins cut in fancy shapes. Put cucumber round the dish. Garnish with aspic jelly and eggs.

Mayonnaise (*see page 167*).

Aspic Jelly (*see page 221*).

POTTED SHRIMPS.

INGREDIENTS.

$\frac{1}{2}$ pint Shrimps.

Pinch Nutmeg.

2 ozs. Fresh Butter.

Salt and White Pepper.

Pinch powdered Mace.

Pick the shrimps and put them with the other ingredients into a stewpan. Let them heat gradually in the butter, but do not let them boil. Turn into small jars; cover with clarified butter to exclude the air.

Notes.—Shrimps, after being cooked in the butter may be pounded, rubbed through a sieve, and then potted.

Other varieties of cold fish may be potted.

To $\frac{1}{2}$ lb. cold fish—3 to 4 ozs. butter (clarified), pepper, salt, pinch nutmeg.

MEAT.

BOILING.

BOILED FRESH MEATS.

Wipe the meat and cut off any superfluous fat; weigh the joint. To a thin piece such as ribs of mutton, allow 15 minutes to the lb. and 15 minutes over; if a thick piece like a leg of mutton or round of beef, 20 minutes to the lb. and 20 minutes over. Pork and veal require 25 minutes to the lb. and 25 minutes over. If necessary, tie the meat in shape. Place the meat in boiling water sufficient to cover, bring to boiling point and skim. Let it boil for five minutes to harden the outside, then draw to the side of the fire and allow to simmer during the rest of the time. Seasoning should be added, in the proportion of 1 dessert-spoonful to the quart, when half cooked. Boiled mutton is served with white, parsley, onion or caper sauce; boiled rabbit with onion sauce; boiled fowl with egg sauce. A small fowl or rabbit will be cooked in three-quarters of an hour; large ones will take from 1½ to 2 hours, according to the age; a rabbit requires previous soaking in salted water for 1 hour.

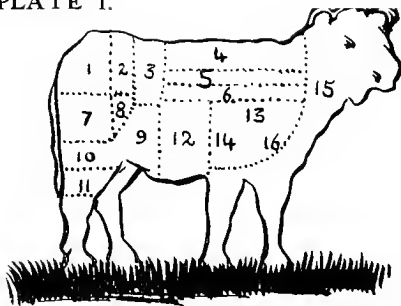
The water in which the meat has been boiled should always be kept and used for soup.

N.B.—Carrots and turnips may be boiled with the meat.

The foregoing times of cooking refer only to joints of 4 lbs. and over. A smaller joint takes a proportionately longer time.

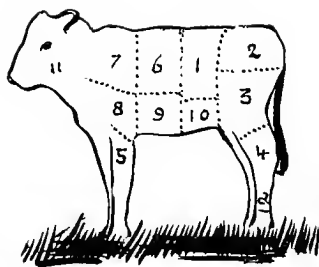
BOILED SALT MEAT.

If the meat is very salt, soak overnight in cold water and bring very slowly to boiling point in fresh cold water.



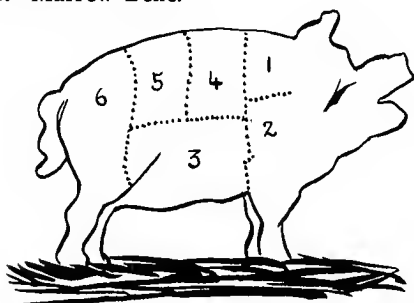
DIFFERENT CUTS of BEEF.

1. Buttock or Rump.
2. Aitch Bone.
3. Sirloin.
4. Spare Ribs and Ribs.
- 5 and 6. Large and small runners.
7. Round (Top-side and Silverside).
8. Thick Flank.
9. Thin Flank.
10. Small Round.
11. Hough, or Shin, or Leg (Nap-bone).
12. Nine Holes.
13. Brisket.
14. Shoulder.
15. Neck and Cheek.
16. Marrow Bone.



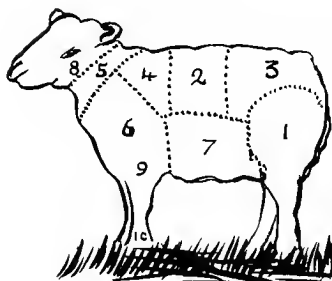
DIFFERENT CUTS of VEAL.

1. Loin.
2. Chump End of Loin.
3. Fillet.
4. Hind Knuckle.
5. Fore Knuckle.
6. Neck (Best end).
7. Shoulder.
8. Blade Bone.
9. Breast.
10. Flank.
11. Head.
12. Calf's Foot.



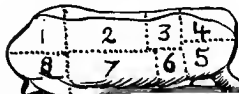
DIFFERENT CUTS of PORK.

1. Spare Rib.
2. Hand or Shoulder.
3. Spring.
4. Loin.
5. Loin Double.
6. Leg.



DIFFERENT CUTS of MUTTON.

- | | |
|-----------------------------|--------------|
| 1. Leg or Gigot. | 5. Scrag. |
| 2. Loin Double. | 6. Shoulder. |
| 3. Chump End of Loin. | 7. Breast. |
| 4. Neck (Best End or Loin). | 8. Head. |
| | 9. Shank. |
| | 10. Trotter. |



SIDE of BACON.

- | | |
|------------|--------------|
| 1. Collar. | 5. Gammon. |
| 2. Back. | 6. Flank. |
| 3. Loin. | 7. Streaky. |
| 4. Corner. | 8. Fore-end. |

Pour off the water and pour on fresh boiling water, simmer very slowly till tender, allowing 30 to 35 minutes to every lb. according to the thickness of the meat. Skim frequently when simmering. When tender, serve on a plate with cooked carrot and turnip and dumplings (*see* suet pastry, *page* 301), and greens (*see* cabbage, *page* 143).

Boiled Salt Pork when ready must have the skin removed and the top covered with bread raspings and served with peas pudding (*see page* 155).

Boiled Ham is cooked in the same way. If ham is to be eaten cold, allow it to remain in the water in which it has been cooked until it is cold; this makes the ham more mellow and juicy. When taken out of the water remove the skin and cover with bread raspings, or it can be glazed.

A Tongue is boiled in the same way; a medium-sized tongue will take 3 hours to cook gently.

N.B.—If any of the above are to be served cold it is better to allow them to cool in the water in which they are cooked.

POTTED HEAD.

INGREDIENTS.

1 Ox Head.	4 sprigs Parsley.
100 Peppercorns.	4 Bay Leaves.
4 blades Mace.	Salt.
25 Allspice Berries.	2 small Onions.
4 sprigs Thyme and Marjoram.	8 Cloves.

Clean the head thoroughly, put it in a large pot, just cover with clean cold water, and simmer 5 to 6 hours, then take out the head and cut the meat from the bones, put the bones back in the pot with the liquor and all the other ingredients; simmer for 1 hour longer, then take off the lid and boil quickly for half an hour. Cut the meat into small squares, strain the liquor over the meat.

Wet with cold water as many moulds or basins as you require, fill them with the meat and liquor, let it stand for a night to cool and get firm, then turn out. Garnish with parsley. A good-sized head will make 16 lbs.

N.B.—Half the above quantities can be used.

POTTED HOUGH.

INGREDIENTS.

2 lbs. Hough.	Or Nap Bone.
6 pints cold Water.	Salt.
2 Pig's Feet (unsalted).	

Break up the feet, cleanse and scrape, put on in cold water, bring to boiling point, and throw away the water. Wash the feet and put on again with measured water and the hough, boil gently 4 hours, remove the meat from the bones, cut up finely, place back in pan with liquor and seasonings, boil, pour into wetted moulds.

HAGGIS.

INGREDIENTS.

A Sheep's Bag and Pluck.	4 medium-sized Onions
$\frac{1}{2}$ lb. pin-head Oatmeal.	(blanched).
$\frac{1}{4}$ lb. Mince Suet.	$\frac{1}{2}$ teaspoonful Powdered
2 tablespoonful Salt.	Herbs.
1 teaspoonful Black Pepper.	

Wash the bag in cold water, scrape and clean it well, let it lie all night with a little salt. Wash the pluck, put it in a pan of boiling water and boil for two hours with wind pipe hanging out. When cold, cut off the wind-pipe, grate the liver, mince the heart, lights, suet and onions, add the oatmeal (which should first be toasted, not coloured), salt, pepper and herbs, and 1 pint liquid in which the pluck was boiled. Mix well, fill the bag rather more than half full of the mixture, then sew up, place in boiling water, boil for 3 hours, pricking occasionally to keep from bursting.

N.B.—The bag may also be prepared in the following way:—Get the stomach-bag cleaned by the butcher; wash it thoroughly, and put it on in cold water, bring to boiling point, which will cause the bag to contract. Take it out of the pot immediately, wash and scrape it well, and lay in salt and water until needed. Take the stomach-bag, keep the fat or smooth side inside, and fill it, but not quite full; sew the opening, and put in boiling water to boil gently for 3 hours.

SHEEP'S HEAD.

INGREDIENTS.

1 Turnip and 2 Carrots. 1 Sheep's Head and Trotters.

Prepare the head and trotters as for sheep's head broth. Cover with cold water, bring slowly to boiling point, skim well, and boil gently till tender 4 to 5 hours. Add the vegetables, cut in quarters, about 1 hour before the head is ready. Dish the head and trotters neatly, cover with parsley sauce, serve the cut vegetables round.

ROASTING.

ROAST BEEF.

Weigh and wipe the meat, and if necessary, tie it up, but do not skewer it. Make some dripping hot in a tin, and place a trivet in it. Put in the meat. Baste the cut sides and cook in a hot oven at first to form a casing round the meat, then reduce the heat. Allow 15 minutes to the lb. and 15 minutes over. Baste very frequently. Then place the meat on a hot dish.

N.B.—If stuffed, allow 25 minutes to each lb. Less than 3 lbs. in weight allow longer time in proportion.

To make the Gravy.—Pour the fat from the dripping-tin, leaving the brown sediment, add the salt, stir and

brown, then pour in about $\frac{1}{2}$ pint boiling water or stock; stir it round the tin till all the sediment is dissolved; bring to the boiling point; boil for a few minutes. Skim off all the fat from the top; pour a little gravy round the meat, and serve the remainder in a hot sauce-boat.

All roasts are best cooked before a clear fire.

N.B.—Roast Beef.—Serve also with Yorkshire pudding and baked potatoes.

ROAST MUTTON OR LAMB (FROZEN).

Keep the joint in the kitchen until it is quite thawed. Wipe it carefully. Melt 1 or 2 ozs. dripping in a roasting tin and place the meat in. Allow about 20 minutes to each lb. and 20 minutes over, depending upon the thickness of the meat. Baste frequently. When cooked, remove the meat on to a hot ashet.

To make the Gravy.—Pour off the liquid fat, leaving the sediment behind. Add salt and 1 teaspoonful flour and stir till brown, pour in $\frac{1}{2}$ pint boiling water. Stir it about the tin to collect and dissolve the sediment. Boil well and serve. If liked, serve mint sauce with lamb, and onion sauce and red currant jelly with mutton.

POT ROAST.

Melt the fat in a strong iron pan, and when smoking hot, brown the meat quickly all round. Then put the pan lid on, and allow it to cook exactly the same way as cooking in the oven or in front of the fire. Keep turning the meat frequently, and baste also. The length of time may be longer than if done in the oven. The gravy is made similarly to that for roast beef.

ROAST PORK.

Wipe and see that the pork is jointed; score or prick the fat. Place in a hot oven and roast, basting frequently;

allow 25 minutes to the lb. and 25 minutes over. Serve with thickened gravy, made as follows:—Pour off the fat; put in a teaspoonful of flour and the salt. Stir it well about the dripping-tin; gradually pour over $\frac{1}{2}$ pint boiling water. Stir till it boils.

Pork may also be stuffed with sage and onions.

SAGE AND ONION STUFFING.

INGREDIENTS.

3 or 4 large Onions. 1 teaspoonful Sage.

Parboil the onions; chop and add sage and seasoning; add a few breadcrumbs, and stuff the meat with this; or cook the onions thoroughly and serve the stuffing separately.

Apple sauce should also accompany roast pork.

STEWING.

IRISH STEW.

INGREDIENTS.

1 lb. Neck of Mutton or scraps of any Meat.	1 teacupful of Water.
8 or 10 large Potatoes.	2 large Onions.
	Salt and Pepper.

Cut the meat up neatly, make the pan hot, seal the meat in it. If the meat is very lean a little dripping may be required for browning it. Skin the onions and cut them into thin rings. Wash, peel, and slice the potatoes thickly; put alternate layers of meat, potatoes, onions and a little seasoning in the pan, add the water, cover closely, stew gently 2 hours. Stir frequently, and if necessary, add more water and seasoning. Serve in a pile in a hot dish.

N.B.—This and other stews may be cooked in a jar or basin, which must be closely covered and set in a pan with enough boiling water to come half way up; allow to cook 3 to 4 hours. ,

DUTCH STEW.

INGREDIENTS.

$\frac{1}{2}$ lb. Shoulder Mutton.	$\frac{1}{2}$ Onion.
$\frac{1}{2}$ Cabbage.	$\frac{1}{2}$ oz. Dripping.
3 Potatoes.	Seasoning.

Melt fat and fry chopped onion a little, add meat and cook 20 minutes. Add $\frac{1}{2}$ cabbage (cut into 4), also sliced potatoes all dripping wet. Season with salt and pepper and cook slowly till all is tender.

WHITE STEW OF RABBIT.

INGREDIENTS.

1 Rabbit.	A little Lemon Rind.
$\frac{3}{4}$ pint Stock or Water.	2 ozs. Flour (good measure).
1 Onion.	$\frac{1}{2}$ pint Milk.
1 oz. Dripping.	Seasoning.

Clean the rabbit, removing eyes, liver, kidneys, heart and lungs. Split the head and soak until free from blood, add it and the flaps to the stew (do not serve but place in the stock pot). Wash rabbit and soak in warm or salted water three-quarters of an hour, wash and cut into neat joints.

Bring water or stock to the boiling point, add onion and flavouring. Put in rabbit and pinch salt; boil 2 minutes, then simmer gently $1\frac{1}{2}$ hours. Lift out joints and let stock settle. Then pour off clear part (the brown part may be put in a brown stew). Take $\frac{1}{2}$ pint of the clear liquid, add it to the half pint milk; melt the butter in a pan; add flour, gradually the liquid, stir till boiling, cook thoroughly, add seasoning and joints of rabbit. When hot, serve, pouring white sauce over. Garnish with curled or fried bacon, or if liked, with fried bread.

N.B.—If rabbit be very dark it may be blanched before commencing to cook.

BROWN MEAT STEW.

INGREDIENTS.

1 lb. Stewing Beef.	$\frac{1}{2}$ oz. Flour.
1 Onion.	$\frac{3}{4}$ pint Water.
1 Carrot.	Seasoning.
$\frac{1}{2}$ Turnip.	1 oz. Dripping.

Melt the dripping and when quite hot add sliced onion, put on pan lid and leave to brown over a gentle heat. Prepare meat by washing and drying, cut into 3 inch squares, put into pan with onions, stir round, replace lid and leave to cook slowly for $\frac{3}{4}$ -1 hour depending on quality of meat. Stir occasionally. Blend the flour with the water, add to pan and stir till boiling, add prepared carrot and turnip and seasoning and continue cooking gently for same time again.

Serve meat and vegetables and pour over gravy.

EXETER STEW.

INGREDIENTS.

$\frac{1}{2}$ lb. Lean Beef.	1 table-spoonful Vinegar.
1 Onion.	Salt and Pepper.
1 table-spoonful Flour.	1 pint cold Water.
1 oz. Dripping.	

Make the dripping very hot in a pan; peel and slice the onion, brown it in the dripping; add the flour and brown that also. Add the water, vinegar, and a little salt and pepper; then the meat, cut in neat pieces. Simmer for two hours. Three-quarters of an hour before serving add savoury balls, and continue cooking. Serve neatly.

SAVOURY BALLS.

INGREDIENTS.

3 ozs. Flour.	$\frac{1}{2}$ Onion (finely chopped).
1 oz. Suet (finely chopped).	$\frac{1}{2}$ teaspoonful chopped Parsley.
$\frac{1}{2}$ teaspoonful Baking Powder.	Salt and Pepper.
Pinch Herbs.	

Mix all these well together, make into a light dough with cold water, divide into balls, roll each lightly in

flour, and drop them into the stew. They will take three-quarters of an hour to cook. Remove the balls; season the stew if necessary. Arrange the balls round the meat, or serve separately, if liked.

STEWED HOUGH AND VEGETABLES.

INGREDIENTS.

1 to 2 lbs. Hough.	1½ pints Liquid.
1 or 2 Carrots.	2 ozs. Flour.
1 or 2 Turnips.	Salt and Pepper.
3 small Onions.	1 oz. Dripping.

Place dripping in a stewpan to get hot, put the meat in, and fry, round and round, for nearly 10 minutes, till nicely browned all over. Place in the onions, cut in rings; fry them a golden brown. Add seasoning and water, bring to boil, simmer gently. Add the vegetables, cut in convenient-sized pieces; continue cooking for 2 to 3 hours. Lift out meat and vegetables on to a hot meat dish; thicken the gravy with blended flour, stir till boiling, and pour over the meat.

N.B.—Large pieces of mutton, lamb, and veal may be treated similarly, and seasonable vegetables used. If Spring vegetables, these need only be put in 1 hour before the end.

STEWED LIVER AND BACON.

INGREDIENTS.

1 lb. Liver.	2 Onions.
6 ozs. Bacon.	Seasoning.
1 oz. Flour.	1 teaspoonful dried Sage
¾ pint Stock.	(if liked).

Cut liver in pieces, wash and dry. Fry the bacon in the stewpan; remove, and fry the onion, sliced; remove it, and fry the flour till golden brown. Add the stock, stir till boiling, then replace bacon, liver, and onion, and season. Simmer gently for 1 hour. Serve.

STEWED TRIPE AND ONIONS.

Wash the tripe well in warm water; put in a pan with plenty of cold water; let it get very hot, but do not boil; then pour away the water, and lay the tripe on a board and scrape till quite clean; put on again in a pan of cold water, and allow to simmer 6 to 9 hours. When quite tender pour off the liquid, cut the tripe into neat pieces, and put into a saucepan with a pint of milk and 4 blanched onions sliced. Let all simmer 1 hour. Blend 1 table-spoonful flour with a little cold milk pour on to it the milk from the tripe, add salt and pepper to taste, put back in pan, and stir till it boils well. Dish neatly, and garnish with toasted bread.

N.B.—The liquor from the tripe, if hoiled 1 hour with $\frac{1}{2}$ lb. rice, a carrot, turnip, and onion, cut up in small pieces, makes excellent soup.

STEWED COW HEEL and COW HEEL JELLY.

INGREDIENTS.

1 oz. Butter.	Nearly 1 pint Milk.
1 table-spoonful chopped Parsley.	1 table-spoonful Flour.
1 Cow-heel or Ox Foot.	2 Onions.
	Pepper and Salt.

If the hoof has not been removed put the foot in boiling water, and let it soak till the hoof will come off (the boiling water must be frequently renewed); then chop the foot in four pieces, wash, blanch, scrape, put it into a pot with just cold water enough to cover it, and simmer gently for 5 or 6 hours. Take out the foot, cut off all the meat, put the meat into a saucepan, with a small bit of onion, and just milk enough to cover it; simmer for 1 hour. Blend smoothly a table-spoonful of flour with a little cold water or milk, stir into the stew, stir till it boils, boil for 5 minutes, then add the butter and parsley; serve neatly, with the sauce over. The liquor in which the foot was boiled will be a strong jelly when

cold. If it has been boiled without onions it may be sweetened to taste, and flavoured with lemon it is excellent for invalids; or it can be used for soup or broth, if savoury.

STEWED SAUSAGES.

INGREDIENTS.

1 lb. Beef Sausages.	1 slice Toast.
$\frac{1}{2}$ pint Brown Sauce.	Seasoning.

Prick and place the sausages in the stewpan with the sauce. Stew gently half-an-hour. Then remove the sausages. Serve on the toast and pour the sauce over.

N.B.—If liked, apple sauce may be served also if pork sausages are used. If wanted a good brown, the sausages are improved by being fried before they are placed in the sauce.

MINCED COLLOPS.

INGREDIENTS.

1 lb. Mince.	$\frac{1}{2}$ pint Water.
2 small teaspoonfuls Flour.	Seasoning.
1 Onion (chopped).	

Heat the pan and rub a little fat over bottom. Place in mince and onion and stir about till each particle is separate. Add flour and water blended. Simmer $\frac{1}{2}$ hour.

1 tablespoonful mushroom ketchup may be added if liked.

Season and serve with toast or hard-boiled egg.

FRYING.

LIVER AND BACON.

INGREDIENTS.

$\frac{1}{2}$ lb. Liver.	$\frac{1}{2}$ teaspoonful Salt.
3 to 4 ozs. Fat Bacon.	Pinch Pepper.
$\frac{1}{2}$ table-spoonful Flour.	$\frac{1}{2}$ pint boiling Water.

Slice the bacon thinly. Cut liver into slices rather less than half-inch thick, and wash thoroughly and dry.

Fry the bacon, leaving it rather underdone, and keep it in a warm oven to finish cooking. Dip liver in seasoned flour and fry it in fat drawn from the bacon. When quite ready, keep hot while making gravy. Brown the remainder of the flour, gradually add water, and cook well.

For dinner, serve with this thickened gravy; but for breakfast, only the liquid fat left in pan is poured round.

FRIED STEAK AND ONIONS.

INGREDIENTS.

½ lb. Steak.	1 gill boiling Water.
2 Onions (Spanish preferred).	Salt.

Wipe the steak and cut the onions thinly in rings. Heat a little dripping, and fry the onions till cooked and a light brown colour; squeeze the fat from them, and place them between two plates to keep hot. Then reheat the fat, adding a little more, if necessary, and place in the steak. Fry quickly on one side and then on the other, and also the edges; then keep turning every 2 minutes, allowing for a steak one inch thick from 10-12 minutes (depends on whether liked under-done or not). Have dish ready, and place steak in the middle with the onions round about.

Remove all the fat from the pan, add the salt to the sediment, stir well, then add a little boiling water, and stir to dissolve the sediment in the pan. Boil well and pour round the steak.

N.B.—Some people like the gravy slightly thickened with a teaspoonful of flour.

GRILLING.**GRILLED CHOP.**

INGREDIENTS.

1 Loin or Neck Chop, 1 to 1½ inches thick.

Wipe and trim off unnecessary fat. If loin chop, skewer into shape. Heat gridiron and rub over with suet. Place chop on and brown quickly, first on one side and then on the other. Lower the heat, and continue turning meat every 2 minutes until done, about 12 minutes. Pour over any juice that has come from the meat. Place a little butter on, season, and serve immediately with bread sauce.

Steak is done similarly, but will take 15 minutes. Mutton and steak may be served underdone, if liked.

STEAMING.**STEAMED STEAK.**

INGREDIENTS.

1 lb. Stewing Steak.	2 small Onions.
1 dessert-spoonful Seasoned Flour.	1 Carrot.
Liquid to cover (about ½ pint).	½ Turnip.

Wipe and cut the meat into neat-sized pieces, dip in seasoned flour, roll up, and place on end in basin, with layers of sliced vegetables. Pour in the liquid, place the basin in the steamer; cover with greased paper or lid. Steam steadily for 2 to 3 hours, according to kind of meat used. Serve in the basin, with a folded napkin round.

REHEATED MEAT DISHES.**HASH.**

INGREDIENTS.

$\frac{1}{2}$ lb. Cold Meat.	$\frac{1}{2}$ oz. Fat (Dripping).
$\frac{1}{2}$ pint Brown Gravy.	$\frac{1}{2}$ oz. Brown Flour.

Remove most of the fat from the meat and cut into thin slices. Place meat in cool, seasoned gravy; let it stand for half an hour; then heat gradually through. Simmer very gently if meat is rather underdone. If meat was thoroughly cooked the first time it only requires to be made hot. After meat has been heated, or, if necessary, cooked, add, if liked, 1 table-spoonful of ketchup. Thicken with blended flour. Serve very hot with neatly-cut toasted bread.

N.B.—Sliced vegetables may be simmered till tender in the gravy before the meat is added, and served with it.

SHEPHERD'S PIE.

INGREDIENTS.

$\frac{1}{2}$ lb. Cold Meat.	About 4 table-spoonfuls
$\frac{1}{2}$ Boiled Onion.	Brown Sauce.
Salt and Pepper.	1 lb. Mashed Potatoes.

Remove the excess fat and all gristle from the meat, chop coarsely, and place in the bottom of a greased pie-dish. Add chopped onion and seasoning, and mix thoroughly. Add sauce, and place potatoes on top. Smooth with a knife and mark round with a fork. Place in a fairly-quick oven until hot throughout, which will take about 20 to 30 minutes. Brown on top. Small pieces of dripping may be added to help the browning.

MINCE OF COLD MEAT.

INGREDIENTS.

$\frac{1}{2}$ lb. Cold Meat (minced).	$\frac{1}{2}$ pint Brown Sauce.
Little Salt and Pepper.	

Heat the sauce, add the meat, and, if necessary, simmer about a quarter of an hour. Season and serve. Garnish

with toasted bread or hard-boiled egg or with a wall of potato round, using a little more than $\frac{1}{2}$ lb. potatoes to $\frac{1}{2}$ lb. mince.

COLD MEAT MOULD.

INGREDIENTS.

$\frac{1}{2}$ lb. Cooked Meat.	$\frac{1}{2}$ teaspoonful Curry Powder.
2 ozs. Suet.	A parboiled Onion (if liked).
3 ozs. Breadcrumbs.	A little Stock or Gravy.
1 Egg.	Bread Raspings.
A little Nutmeg.	Salt and Pepper.

Grease a plain round mould or basin well. Line with bread raspings. Chop the meat, suet, onion, and mix with the breadcrumbs, nutmeg, and seasoning. Beat the egg and add to the mixture, along with sufficient stock or gravy to moisten. Turn into prepared basin, covered with greased paper, and steam for 1 hour. Turn out. Serve with brown or tomato sauce, and garnish with parsley.

For Brown Sauce (*see page 238*).

STUFFED POTATOES.

INGREDIENTS.

6 large Potatoes.	2 ozs. Cooked Meat.
2 table-spoonfuls Bread-crumbs.	A little Gravy.
Seasoning.	Dripping.

Peel the potatoes; cut one end to make them stand straight. Cut a piece off the other end to form a lid.

Hollow out the centre of each potato and fill it up loosely with breadcrumbs, chopped meat, seasoning, and gravy mixed; then put on top. Heat some dripping in a tin, and place in the stuffed potatoes. Baste and bake in a hot oven about 1 hour, or till potatoes are quite cooked through. Drain from the fat and serve very hot. Veal forcemeat or sausage meat may be used to stuff.

STUFFED ONIONS.

Onions may be parcooked till centres can be removed. then stuffed in same way as potatoes, and cooked as above.

MEAT CAKES.

Equal quantities of cold meat, finely minced, and mashed potatoes, mix well together with a small piece of butter or dripping, and seasoning. Form into small flat cakes, rub each with flour, brush over with milk, and toss in flour again, fry in hot fat; or they may be brushed with egg, tossed in breadcrumbs and fried. Drain and serve at once. Half an egg may be used for brushing over.

TOAD-IN-HOLE.

INGREDIENTS.

$\frac{1}{2}$ lb. scraps Cold Meat or Sausages.	$\frac{1}{2}$ pint Pancake Batter (see page 182).
Salt and Pepper.	

Grease a pie-dish and put the meat at the bottom, sprinkle with salt and pepper, pour the batter over and bake for 1 hour in a sharp oven. Serve at once.

MEAT PASTRY.

INGREDIENTS.

$\frac{1}{2}$ lb. Cold Meat.	1 gill Stock or Gravy.
1 teaspoonful Flour.	$\frac{3}{4}$ lb. Short Pastry (see page 301).
1 teaspoonful Ketchup.	
Pepper and Salt.	

Mince the meat finely; mix the flour smoothly with the stock or gravy, add the seasonings, and mix all well together.

Divide the pastry in two, roll one piece out very thinly, and line a greased flat dish with it, roll the other piece

pastry for a cover. Put the meat in the centre of the lined dish, wet the edges of the pastry, lay on the cover, press edges well together, trim neatly, roll out trimmings and cut ornaments from them for the top, ornament neatly, bake in a quick oven for about three-quarters of an hour.

SHEEP'S HEAD PIE.

INGREDIENTS.

Meat from a boiled Sheep's	$\frac{1}{2}$ pint Stock from the boiling.
Head (skinned).	$\frac{1}{2}$ lb. Bacon (cooked).
1 teaspoonful finely-chopped	Salt and Pepper.
Parsley.	2 hard-boiled Eggs.
$\frac{1}{2}$ teaspoonful mixed Herbs.	$\frac{1}{2}$ lb. Short Crust (plain).

Cut the meat off the bones, skin the tongue, put a layer of meat in a pie-dish, sprinkle with the chopped parsley and herbs, then a layer of eggs, sliced, and bacon cut in neat slices, and so on till all is used. Pour in about $\frac{1}{2}$ pint of the stock, allow to get cold, then cover with pastry, and bake for 1 hour in a brisk oven.

PASTRY DISHES.

BOILED MEAT PUDDING.

INGREDIENTS.

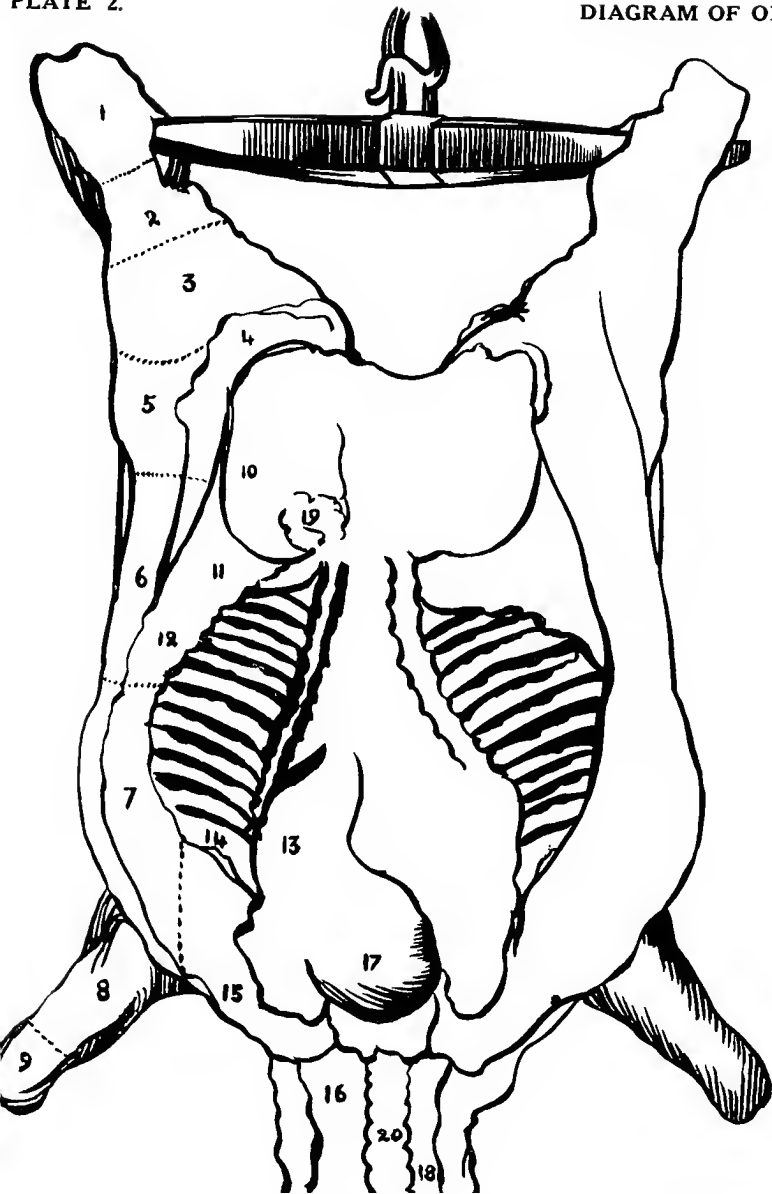
1 lb. Skirt of Beef or Steak.	$\frac{1}{2}$ teaspoonful Pepper.
$\frac{1}{2}$ gill cold Water.	1 teaspoonful Salt.
1 table-spoonful Flour.	6 ozs. Suet Pastry (<i>see p. 301</i>).

Cut the meat into thin slices, dip each slice in the flour and seasoning, which should all be mixed together.

Set aside one-third of the pastry for the top. Grease a pudding basin and line with the pastry, laying it up the sides neatly; fill it with the meat, pour in the water, roll out the piece set aside to fit the top of the basin.

PLATE 2.

1. Nap Bone.
2. Hough or Shin.
3. Rump.
4. Popeseye.
5. Flank, Thick.
6. Thin Flank.
7. Brisket.
8. Shin.
9. Nap.
10. Fillet or Undercut.
11. English Cut Roast or Sirloin.
12. Rib Roast or Popeseye.
13. Shoulder.
14. Runner.
15. Sticking Piece.
16. Neck.
17. Heart.
18. Windpipe.
19. Kidneys.
20. Gullet.





Wet the edge of the pastry, lay on the top, press the edges of the pastry together. Dip a pudding cloth in boiling water, sprinkle thickly with flour, cover the pudding with it, tie securely and fasten the corners over the top of the handle. Put the pudding in boiling water deep enough to cover it, boil for 3 to 4 hours, then take off the cloth, let it stand a minute or two, turn out on a hot dish. Cut out a little round from the top. Fill up with hot gravy or water. Replace the top and serve.

N.B.—The above may be steamed instead of boiled, but requires longer time to cook.

SEA PIE.

INGREDIENTS.

1 lb. Lean Beef or Scraps.	1 dessert-spoonful Flour.
1 Carrot.	Salt and Pepper.
1 small Turnip.	$\frac{1}{2}$ lb. Suet Pastry (<i>see</i>
1 small Onion.	<i>page 301</i>).

Cut the meat in small pieces, and dip in seasoned flour; scrape the carrot and slice it; peel the turnip rather thickly and cut into thick slices. Put the meat and vegetables into a medium-sized pan, and add seasoning and enough cold water to cover. Place it on the fire and allow to come to boiling point; simmer gently and steadily for 2 hours. Make pastry in usual way, roll it out a size less than the top of the saucepan. Place the crust on the top of the meat. Cook steadily for another three-quarters of an hour, giving in all two hours and three-quarters. Now and then, when cooking, loosen the crust from the sides of the pan with a knife. For serving, divide the crust across in four or eight pieces. Place the meat and vegetables on an ashet and lay the crust neatly on top.

N.B.—Sea pie may be steamed in a basin.

CORNISH PASTIES.

INGREDIENTS.

$\frac{1}{2}$ lb. Short Pastry.	2 Potatoes (raw) sliced finely,
$\frac{1}{2}$ lb. good fresh Meat sliced thinly.	Seasoning. Egg for brushing.

Roll out pastry thinly, cut in rounds, place on mixture, wet round and enclose, pinch edges, prick, glaze. Bake from $\frac{3}{4}$ to 1 hour. Serve hot or cold.

MEAT PIE.

INGREDIENTS.

1 lb. Pie Steak.	Rough Puff or Flaky Pastry
1 oz. Seasoned Flour.	to cover ($\frac{1}{2}$ lb.).
A little Water.	

Cut the meat into neat strips, removing superfluous fat. Dip the meat in seasoned flour, roll up with a piece of fat in centre of each strip, and stand on end in a pie-dish. Half fill with water. Wet the edges, and line with strips of pastry. Wet the lined edge, cover with crust, make a hole in the centre, brush over with beaten egg, ornament with leaves, bake in a hot oven for first half hour, then lower the heat, and bake for about another hour to cook meat. 1 lb. meat and $\frac{1}{2}$ lb. pastry for a No. 6 pie-dish.

SAUSAGE ROLLS.

INGREDIENTS.

1 lb. Sausages.	1 Egg or a little Milk.
$\frac{1}{2}$ lb. Rough Puff Pastry.	Water.

Boil the sausages two minutes; let them cool, and take off the skin; cut each sausage in half or skin the sausages without parboiling.

Roll the pastry out thinly, and cut into pieces about 5 inches square. Put half a sausage on each piece of paste, wet the edges and fold the paste over, bringing the joins to the top; place on a baking tin, flake edges, brush with egg or milk, and mark with a knife. Bake in a hot oven about half an hour. Serve hot or cold.

HOT POT.

INGREDIENTS.

1½ lbs. Mutton (neck of mutton).	Flour.
2 lbs. Potatoes.	Cold Water
1 Onion.	Salt and Pepper.

Cut the meat into chops, trimming off some of the fat. Dip in flour, and lay on the bottom of pie-dish. Sprinkle chopped onion over, season with salt and pepper and cover with cold water, allow to cook in the oven three-quarters of an hour. Peel the potatoes and place in slices on top of the meat. Replace in the oven and bake three-quarters of an hour, or until the meat and potatoes are ready; baste very frequently.

POOR MAN'S GOOSE.

INGREDIENTS.

A Sheep's or Pig's Liver.	1 teaspoonful powdered
1 table-spoonful Flour.	Sage Leaves.
½ teaspoonful Salt.	1 lb. Potatoes.
¼ teaspoonful Pepper.	1 pint cold Water.

Wash and slice the liver. Mix together the flour, salt and pepper; dip each slice in the seasoning, put a layer of seasoned liver at the bottom of the pie-dish. Have an onion parboiled, chop it finely and mix with the powdered sage leaves and sprinkle a little over the liver; put in another layer, then more onion and sage, and so on until the liver is all in the dish. Parboil 1 lb. of potatoes, peel them and cut in slices, season them, pour the water over the liver and cover all with the sliced potatoes and bake for 1 hour.

ROAST SADDLE OF MUTTON.

Wipe meat carefully. Place into hot oven for first 5 minutes, then roast more gently, allowing 15 minutes per pound, plus 15 minutes; baste frequently. Serve on

a hot dish with some gravy round, and hand red currant jelly.

ROAST STUFFED SHOULDER OF MUTTON.

INGREDIENTS.

Shoulder of Mutton.	3 ozs. Forcemeat
2 ozs. Dripping.	(see page 252).

Bone the mutton, brush the cavity with a little egg, prepare the forcemeat and place in the space left. Bind up tightly in a neat roll. Fasten securely with a string. Heat the dripping in a tin and place the mutton on a trivet in it. Bake in a hot oven, allowing 20 to 25 minutes to the pound and the same time over. Stew the bones with the water for stock; take $\frac{3}{4}$ pint, thicken with $1\frac{1}{2}$ teaspoonfuls flour, adding seasoning, bring to boiling point and pour into dripping-tin, after pouring off the fat. Stir the sediment, strain and pour round the meat. Garnish with boiled sprouts, baked tomatoes, or potato cut like olives and fried.

ROAST STUFFED VEAL.

INGREDIENTS.

3 lbs. Fillets of Veal.	Little Liebig or Browning
2 ozs. Veal Forcemeat.	(if necessary).
$\frac{1}{2}$ pint Stock.	4 to 6 Tomatoes.
1 teaspoonful Flour.	Cut Lemon.

Bone the fillet of veal, stuff with forcemeat and bind with tape. Melt some dripping in a tin and place the veal on a trivet. Roast in a hot oven at first and a more moderate one afterwards, allowing 20 minutes to the pound and 20 minutes over. When ready, dish the veal. Blend the flour with the stock made from the bones; stir till boiling, season. Pour off dripping from tin, leaving the sediment, pour in gravy to collect this and boil in tin; then strain a little round the meat, and serve the rest in a sauce-boat. Garnish with baked

tomatoes or any other delicate vegetable and serve with cut lemon, handed separately.

Force meat (*see page 252*).

ROAST PORK.

Wipe and see that the pork is jointed, score or prick the fat. Place in a hot oven and roast, basting frequently; allow 25 minutes to the pound and 25 minutes over. Serve with thickened gravy made as follows:—

Pour off the fat, add the salt, brown it, then put in a teaspoonful of flour, stir it well about the dripping-tin; gradually pour in $\frac{1}{2}$ pint of boiling water, stir till it boils, season.

Pork may also be stuffed with Sage and Onions (*see page 252*).

Apple Sauce (*see page 239*) should accompany roast pork.

FOREQUARTER OF LAMB.

Roast, basting carefully, first being sure that it is properly jointed. When cooked, loosen the shoulder from the rest of the joint, put under it a lump of butter (about 1 oz.), squeeze in some lemon juice and sprinkle on a little cayenne pepper. Serve with gravy and mint sauce, and have a second hot dish ready on which to put the shoulder.

ROAST FOWL.

Pluck and singe the fowl. Make a cut in leg above the toes and draw the sinews, then cut off the feet, scald and scrape the legs. Cut off the head, leaving a long neck skin. Cut neck skin up the back and remove the crop, neck, and windpipe. Push the fingers in the opening and loosen all round. Enlarge the vent, push fingers

round the skeleton, loosening all round, being careful not to wound any of the intestines or break the gall bladder. Lay hold of the gizzard and pull out everything. Remove the lungs and wipe out, never wash unless necessary. Make a slit in the skin above the opening in vent and pull the tail through. Stuff the breast with forcemeat (2 to 3 ozs. veal forcemeat), fold the neck skin over. Truss by folding wings back, pressing legs well in against the body. Pass threaded trussing needle through the wing and the joint between thigh bone, and drumstick through body. Repeat this process on the other side and tie securely. Pass the threaded trussing needle through the thin bone against which the tail is lying, twist the string round tail securely and pass the needle through the thin bone at the other side and fasten. Place slices of fat bacon on breast, cover with greased paper, place on a trivet in tin in which 2 ozs. dripping have been melted. Roast $1\frac{1}{4}$ to $1\frac{1}{2}$ hours, according to age and size of bird. Baste bird frequently, remove the paper and bacon, baste, dredge with flour, and put back in a hot oven 3 minutes to froth. Remove strings and place on a hot dish. Pour gravy round. Garnish with curled bacon and water-cress, and place cutlet frills on legs. Serve with gravy and bread sauce.

Gravy.—Simmer giblets in stock; strain, to every $\frac{1}{2}$ pint allow one teaspoonful cornflour or arrowroot. Blend, season, and boil, then stir in the dripping-tin to collect sediment after fat from roasting has been poured off.

Veal Forcemeat (*see page 252*).

ROAST DUCK.

Singe the duck and draw it. Cut off the wing bones at the first joint. Cut off the toes, then scald and skin the feet. Fold them on to the back of the bird. Fill

the body with sage and onion stuffing; fasten in position by means of skewers.

Make a small slit in the skin at the apron and just catch the tip of the tail. Fix the bird in position by means of trussing needle and string, and catch the skin at the tail. Place in a tin with 2 ozs. hot dripping and roast 1 to 2½ hours, according to size. Baste frequently. Serve with thickened gravy. Garnish with water-cress. Send apple sauce to table with the duck. A goose is cooked and served in the same way.

Apple Sauce (*see page 239*).

Sage and Onion Stuffing (*see page 252*).

ROAST PIGEONS.

INGREDIENTS.

2 or 3 Pigeons.

A few Vine Leaves.

2 or 3 ozs. Dripping.

2 or 3 pieces of fat Bacon.

Draw, singe, and wipe the pigeons. Cut off toes, scald, and skin the feet. Truss like a roast fowl, but cross the legs. Heat the dripping in a tin; place in the birds; put bacon on top; place vine leaves on each bird. Roast about 40 minutes, basting frequently. Serve on thick toast or fried bread. Garnish with water-cress and browned crumbs, chip potatoes and salad. Hand bread sauce and browned gravy with pigeons.

BONED FOWL.

Ingredient.—1 Fowl (undrawn).

Singe, remove the sinews and remove the feet. Split the neck-skin down the middle of the back and break off the neck. Begin to bone at the merry-thought. Separate wing at the joint. Go on honing round the skeleton until the legs are reached. Push well inside, remove the thigh-bone, also half the drumstick. Go on boning the bird until it can be turned inside out. Season

and stuff with half of a tinned tongue and 1 lb. sausage meat. Truss, using skewers. Cover with buttered paper and roast 1 hour to 1½, according to size. Make from giblets and bones some stock, and make gravy from the stock, thickening it with arrowroot as for roast fowl. Garnish with water-cress. Serve hot or cold.

BOILED FOWL.

Pluck, singe, clean and wipe the fowl. Draw the sinews, then cut the legs off at the drumstick. Cut neck off as close to the body as possible, leaving a long neck skin to wrap over. Put fingers into hole made for drawing the bird, and loosen the skin all round the legs. Push them inside, pocketing them. Twist the wings over at the back of bird. Pass the threaded trussing through the ends of wings nearest the leg, and between the drumstick and thigh bone through the fowl, and out at the other side, securing the other leg and wing in the same way. Push tail inside, and fasten ends of drumstick together, pushing the needle through the tail at the same time. Wrap the fowl in cloth or buttered paper after placing one or two slices of lemon on the breast. Plunge into boiling water, simmer 1 to 1½ hours, or longer, according to size and age. Remove string and paper, place on a hot dish and keep hot while preparing sauce. Pour suitable sauce (Egg, Oyster, Mushroom) over, and garnish with cut lemon and hard-boiled yolk of egg.

BOILED RABBIT.

INGREDIENTS.

1 Rabbit.

Onion Sauce (*see page 238*),

Wash the rabbit and take out the heart, liver, and kidneys. Truss it, taking the fore legs backwards and the back legs forwards. Push a skewer through, twist the head to one side and fasten with a skewer and secure with string. Have a pan of boiling water ready, boil

the rabbit gently from 1 to 1½ hours, according to age. When quite tender remove the skewers, dish on a hot dish. Cover with $\frac{3}{4}$ pint onion sauce, and garnish with chopped liver, which has been put in to cook half an hour before the rabbit was ready.

DRESSED LAMB'S HEAD.

INGREDIENTS.

A Lamb's Head and Pluck.	1 oz. Flour.
2 table-spoonfuls	3 ozs. Dripping.
Breadcrumbs.	Pepper and Salt.

Take out the brains, thoroughly cleanse the head and pluck; put aside half the liver, boil the rest of the pluck with the head for 2 hours. Place the head on a tin, cover it with breadcrumbs, put 1 oz. dripping over it in small pieces, place it in the oven or before the fire to brown. Blend the flour with a little cold water, add the pepper and salt, $\frac{1}{2}$ pint of the water the head was boiled in, with the heart, half the liver and half the lights, minced finely; cook gently for 20 minutes. Heat 2 ozs. dripping in a frying-pan, cut the uncooked half of the liver in slices and fry them. Place the head on a dish with the mince round it, lay the fried liver on the mince with brain cakes.

BRAIN CAKES.

INGREDIENTS.

Brains.	1 table-spoonful Vinegar.
2 table-spoonfuls	1 Egg.
Breadcrumbs.	Pepper and Salt.
1 teaspoonful finely-chopped	1 oz. Dripping.
Parsley.	

Wash the brains with the vinegar and 1 pint of cold water; boil them for 10 minutes, drain and chop them, mix with the breadcrumbs, parsley, pepper and salt, and the egg well beaten. Heat the dripping in a frying-pan, drop in the mixture in spoonfuls; fry a golden brown.

CALF'S HEAD.

INGREDIENTS.

Half Calf's Head.	Few rashers of Ham.
2 ozs. Butter.	1 small Carrot.
2 ozs. Flour.	1 small Turnip.
$\frac{1}{2}$ pint Liquor.	1 Onion.
$\frac{1}{2}$ pint Milk.	Bay Leaf.

Wash the head and remove the brain and tongue. Blanch the head. Put into pan and cover with cold water. Add carrot, turnip, onion, bay leaf and the tongue. Boil gently until tender, removing scum as it rises. Boil the brain in muslin. Cut the bacon into dice and fry. Remove the meat from the bones without breaking the skin. Serve coated with parsley sauce. Garnish with chopped brain, bacon, quarters of lemon, and sliced tongue.

GALANTINE OF CHICKEN.

INGREDIENTS.

1 Chicken (undrawn).	Salt, Pepper, Cayenne.
1 lb. Veal.	Ground Mace.
$\frac{1}{2}$ lb. Ham.	Grated Lemon Rind.

Bone the chicken, taking out every bone; sprinkle with seasoning; tuck the legs inside. Take 1 lb. veal and pass through a mincing machine twice, and do the same with the $\frac{1}{2}$ lb. ham. Season with salt, pepper, cayenne, ground mace, and lemon rind. Place pieces of tongue in long strips on it. Fill the places between with truffle, hard-boiled egg and pistachios. Cover with the rest of the meat. Make the farce into the shape of the bird and slip the farce inside, sew up. Butter a cloth well and place the bird on it. Roll it firmly round, tie at each end, and cook in hot, well-flavoured stock (flavour with vegetables, and the bones of the bird may be used). Cook for $1\frac{1}{2}$ hours, allowing 25 minutes per lb.; remove the cloth, wrap in a clean one to remove some of the grease;

place between two boards; put weight on top. When cold, remove threads, glaze and ornament with aspic jelly. Serve on a block of aspic jelly, with chopped jelly round.

N.B.—Be careful not to boil the bird too quickly, or it will burst.

GALANTINE OF VEAL.

INGREDIENTS.

3 lbs. Breast of Veal.	Truffle.
1½ lbs. Sausage Meat.	Ground Mace.
2 hard-boiled Eggs.	Lemon Rind.
2 thick slices Tongue.	Salt, Pepper, Cayenne.
Few Pistachios and Almonds (blanched).	

Bone the veal. Add mace and grated lemon rind to the sausage meat; spread over the veal. Place on the tongue cut in blocks the eggs cut in pieces, and fill up spaces with almonds, truffle, and pistachios. Fold the veal round; sew up; sew the ends. Tie in a buttered cloth. Boil gently in stock 25 minutes to the lb. When cooked remove the cloth, roll up in a fresh towel and press between two boards till cold. Trim when cold and remove threads, glaze and garnish. Serve on salad.

PRESSED BEEF.

INGREDIENTS.

10 lbs. Silverside (pickled).	1 Onion.
1 Carrot.	1 pint Aspic.
1 Turnip.	Glaze.

Well wash the beef, tie in a cloth and put into a saucepan with enough cold water to cover; simmer gently 1 hour. Pour off the water and cover with fresh boiling water, add the vegetables and simmer gently for 3 hours. Take out the meat, tie in a clean cloth and put into press between two dishes with a weight on top. When quite cold, glaze and garnish with chopped aspic.

BRAWN.

INGREDIENTS.

1 Pig's Head.	2 or 3 hard-boiled Eggs.
2 Onions.	3 Cloves.
12 Peppercorns.	Blade of Mace.
Sprig Parsley.	Thyme.

Clean the head well and put it in pickle for 3 days. Then boil gently till flesh leaves the bones easily. Take the tongue from the head, skin it, cut into slices, then into fancy shapes. Wet a plain round mould, decorate with the fancy shapes of tongue and the eggs cut in slices. Cut the meat into large dice. Take one quart of liquor, put the bones back in it with the herbs and onions, peppercorns and cloves, boil for half an hour. Season the pieces of meat, strain the liquor over and mix with it, boil together 3 minutes, then put into the prepared mould. When cold, turn out and garnish with parsley.

GLAZED AND BUTTERED TONGUE.

INGREDIENTS.

1 Ox Tongue.	Chopped Aspic.
Melted Glaze.	Creamed Butter.
Blocks of Aspic.	

Wash and soak the tongue—the time (longer or shorter) depending on how long it has been pickled. Boil gently, allowing 25 minutes to the lb. and 25 over. Carefully skin so as not to break the tip, and shape on a board, placing a rolling pin under it to arch it nicely. Leave overnight. Trim off the root part; brush with glaze; decorate with creamed butter. Garnish with blocks of aspic. Fix a frill round the root.

QUENELLES OF VEAL.

INGREDIENTS.

$\frac{1}{2}$ lb. Raw Veal (weighed after sieving).	2 small Eggs.
$\frac{1}{4}$ lb. Panada.	1 oz. Melted Butter.
	Salt, Pepper, Cayenne.

Mince the veal twice, then pound with the panada. Add eggs, butter and seasoning. Pass through a wire sieve. Mould with dessert-spoons dipped in boiling water into the shape of eggs. Place in a buttered sauté pan. Gently pour boiling salted water over. Then poach very gently for about 12 minutes. Turn over in the water. Drain on a paper or a towel. Dish on a potato border. Pour Velouté sauce over. Have centre of peas or other delicate vegetable.

PANADA.

INGREDIENTS.

$\frac{1}{4}$ pint Stock (good).	2 table-spoonfuls Sieved
$\frac{1}{2}$ oz. Butter.	Flour.

Boil stock and butter. Add flour, stir vigorously, and cook thoroughly. Use $\frac{1}{4}$ lb. of this for the quenelles.

Velouté Sauce (*see page 241*).

HARICOT MUTTON.

INGREDIENTS.

2 lbs. best-end Neck of Mutton.	1 pint Water.
1 oz. Dripping.	1 Carrot.
1 small table-spoonful Flour.	$\frac{1}{2}$ Turnip.
1 Onion.	Seasoning.
	1 oz. Haricot Beans.

Melt the dripping, fry the onion till golden brown, add the stock, seasoning and vegetables, and simmer 1 hour. Saw off the chine bone, divide mutton into chops, trim neatly, taking off most of the fat, fry a golden brown, drain, and add to the hot sauce, cook gently 20 minutes.

Dish chops neatly, with vegetables in centre and gravy poured over. This can be made same as brown meat stew. Beans par-boiled then added along with vegetables.

STEWED KIDNEYS.

INGREDIENTS.

6 Sheep's Kidneys.	$\frac{1}{2}$ table-spoonful Flour.
1 small Onion (sliced).	2 or 3 table-spoonfuls
$\frac{1}{2}$ pint Stock.	Sherry.
1 oz. Butter.	Few Mushrooms.
1 Clove.	Salt and Pepper.

Skin the kidneys and split in two, remove the core, wash and dry, roll in flour, and fry quickly in butter. Place in a pan with the stock (made hot). Add mushrooms and onion and seasoning. Simmer half an hour. Blend the flour with a little cold water or stock. Pour the hot stock over. Return to the pan, boil thoroughly, and add sherry. Dish the kidneys, strain over the garvy, and garnish with small potato balls or boiled macaroni.

STEWED VEAL AND RICE.

INGREDIENTS.

Knuckle of Veal.	2 ozs. Butter.
1 Turnip.	Chopped Parsley.
2 ozs. Flour.	Seasoning.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ pint liquor from Cooking
$\frac{1}{4}$ lb. Rice.	Meat.
1 Onion, stuck with Cloves.	

Wipe the meat. Chop off the end of the knuckle bone. Put into a white lined saucepan with the onion and water to barely cover. Bring to boiling point; then add turnip, cut into dice. The washed rice should be added half an hour before serving. Simmer till cooked. Serve the veal in the centre of a hot dish, with the rice as a border. Coat with 1 pint parsley sauce made with half milk and half liquor, in which the veal was cooked. Garnish with cut lemon and rolls of bacon (grilled).

STEWED STEAK.

INGREDIENTS.

1 lb. Stewing Steak, cut in one piece.	1 oz. Flour.
1 oz. Dripping.	$\frac{3}{4}$ pint Stock.
$\frac{1}{2}$ Turnip.	Carrot and Turnip to garnish.
1 Onion.	Seasoning.

Heat the dripping; fry the onions, cut in thin rings, a nice brown, remove, then fry the meat, remove, bring the stock to boiling point, replace the meat and onions. Add these to the stock, also the trimmings of vegetables left from cutting them into fancy shapes, and seasoning. Simmer till the meat is tender. Thicken the gravy with flour; bring to boiling point. Place the steak on to a hot dish; strain the gravy over. Garnish with vegetables cut in fancy shapes and boiled in salted water.

BEEF OLIVES.

INGREDIENTS.

1½ lbs. Steak (thick and in piece).	$\frac{3}{4}$ pint Stock.
2 ozs. Forcemeat	1 oz. Dripping.
(see page 252).	1 table-spoonful Flour.
	About $\frac{1}{2}$ lb. Mashed Potatoes.

Prepare the forcemeat by mixing all the ingredients together. Cut the steak into pieces 2 inches wide, cut these into even strips. Place 1 teaspoonful forcemeat on each piece, roll up, tie with string, and fry briskly in very hot dripping. When brown, place in the stock, to which some carrot, turnip, and seasoning have been added to flavour. Simmer all very gently 1 hour or till tender. Take off the string from the olives. Thicken the gravy, replace the olives. Arrange the mashed potatoes neatly on a dish. Place the olives in lines on top, pour gravy over.

N.B.—Veal olives are prepared similarly, with the addition of a slice of fat bacon laid over the veal.

VICTORIA STEAK.

INGREDIENTS.

Ham Forcemeat.

2 ozs. Breadcrumbs.	1 oz. chopped Ham.
1 teaspoonful chopped Parsley.	$\frac{1}{2}$ teaspoonful Mixed Herbs.
Little grated Lemon Rind.	Salt and Pepper.
	Egg to bind.

Mix all the ingredients together.

1 lb. thin lean Steak (cut in one piece).	Salt and Pepper.
1 oz. Dripping.	Little chopped Cooked Ham for garnish.
$\frac{3}{4}$ pint Stock.	Few scraps of Vegetables (if liked).
1 table-spoonful Flour.	

Place the forcemeat on steak, roll up, and fasten with string. Fry briskly in dripping which has been made very hot. When quite brown, remove steak whilst heating stock. When stock is boiling, place in the meat, vegetables and seasoning, and simmer about 2 hours, or until steak is tender. Remove string, thicken gravy with flour, pour over meat, and garnish with the chopped cooked ham.

N.B.—Any of the brown stews may be made by placing the meat, unfried, into boiling good brown sauce and simmering till tender, if this method be preferred.

STEWED OX-TAIL.

INGREDIENTS.

1 Ox-tail.	$\frac{1}{2}$ table-spoonful Lemon Juice.
1 small Onion.	1 table-spoonful Mushroom Ketchup.
2 Cloves.	1 pint Cold Water or Stock.
$\frac{1}{2}$ blade Mace.	1 table-spoonful Browned Flour.
Bouquet Herbs.	2 ozs. Butter.
$\frac{1}{2}$ Carrot.	
$\frac{1}{2}$ Turnip.	
6 Peppercorns.	

Divide the tail into joints after washing and drying it. Trim off superfluous fat. Fry a nice brown in butter and place in a pan with hot water or stock, add lemon

juice, onion (fried), the herbs and vegetables and seasoning. Simmer 2 to 4 hours, till tender. Remove the joints, strain the gravy. Place the browned flour in the pan, add the gravy, stir till boiling; add ketchup. Put back the joints, and allow to heat through. Serve, garnished with croûtons of fried bread, also carrot and turnip cut into fancy shapes and boiled in salt water.

JUGGED HARE.

INGREDIENTS.

1 good-sized Hare.	1 Onion.
1½ pints Bone Stock.	3 ozs. Butter.
1 lb. firm Beef Steak and Force meat (as below).	Seasoning.
20 Peppercorns.	1½ ozs. Flour.
4 Cloves.	¼ pint Port Wine.
Bouquet Herbs.	1 table-spoonful Red Currant Jelly.

Force meat.

INGREDIENTS.

4 ozs. Breadcrumbs.	½ teaspoonful Salt.
2 ozs. chopped Suet.	½ teaspoonful Pepper.
1 table-spoonful chopped Parsley.	2 Eggs.
½ teaspoonful sifted Thyme.	Little Anchovy Essence.

Mix the forcemeat in the usual way. Cut the steak into strips and place a little forcemeat on each, roll up, tie with string, and fry a nice brown in some of the butter, made hot; place aside. Skin, paunch, wipe the hare, save the blood carefully. Cut hare into neat joints and fry them quickly in butter. Place hare and prepared steak in a stewjar along with the onion and flavourings. Add the stock and a very little seasoning. Place the jar in a tin of water, and put in a fairly hot oven at first. See that the jar is tightly covered. Bring to boiling point and simmer gently till tender (2 to 3 hours, according to age of hare). Whilst cooking, make up the forcemeat not used for the steak into neat balls. Egg, crumb, and fry in hot fat; add to hare

20 minutes before it is ready. When hare is tender, remove the balls, joints, and steak. Add blended flour to the gravy, boil well, season, and add jelly. Add the blood and heat through again. Then add wine, and, if liked, a little anchovy essence. Remove strings from the steak and arrange hare, etc., neatly on a hot dish. Pour gravy over. Garnish with the forcemeat balls, and, if liked, glacé cherries.

MINCE ROLL.

INGREDIENTS.

1 lb. Mince.	Stock or Water to moisten.
$\frac{1}{4}$ lb. Ham or 2 Sausages.	Salt, Pepper, Cayenne.
2 ozs. Breadcrumbs.	Egg and Breadcrumbs
1 table-spoonful chopped Parsley.	to coat.
$\frac{1}{2}$ teaspoonful Herbs.	1 pint Stock (brown).
	1 oz. Flour.

Mix meat, crumbs, seasoning and flour and sufficient stock or water to moisten. Shape into a roll, brush with beaten egg and coat with crumbs. Fry quickly in hot fat till well browned. Have hot 1 pint stock. Place in roll and seasoning. Stew gently $1\frac{1}{2}$ hours. Thicken the gravy, using 1 table-spoonful flour, bring to boiling point and pour over. If water is used, the addition of a little carrot, turnip, and onion is advisable.

N.B.—If stock is pale, make first a good brown roux.

DUTCH SWEETBREADS.

INGREDIENTS.

$\frac{1}{2}$ lb. Fillet of Veal (minced).	Grated Lemon Rind.
$\frac{1}{2}$ oz. Suet.	Egg and Breadcrumbs.
2 ozs. Breadcrumbs.	1 table-spoonful Flour.
1 oz. Butter.	$\frac{1}{4}$ lb. Curled Bacon.
1 Egg and 1 Yolk.	Slices of Lemon.
Salt and Pepper.	1 pint Stock (brown).

Soak the breadcrumbs with a little milk, then squeeze dry in towel. Melt the butter, add crumbs, cook over

the fire, add veal, egg and seasoning, also lemon rind. Shape the sweetbreads by dividing the mixture and rolling round; egg and crumb and fry in very hot fat quickly. Have stock hot in pan, add seasoning, stew sweetbreads in this 20 minutes. Then remove them, thicken the gravy, stirring until it boils, add lemon juice. Dish sweetbreads on a hot dish and pour gravy over, garnish with curled bacon and cut lemon.

Curled Bacon (*see page 353*).

BROWN STEW RABBIT.

INGREDIENTS.

1 Rabbit.	$\frac{3}{4}$ pint Water or Stock.
2 ozs. Butter or Dripping.	1 table-spoonful Flour.
1 Onion.	Salt and Pepper.
2 Cloves.	$\frac{1}{4}$ lb. Fried Bacon.

Slice the onion and fry in half the dripping. Place in stewpan with the water. Add cloves. Have rabbit cleaned, washed, and cut up. Roll joints in flour. Fry in the rest of the dripping. Add rabbit and seasoning to the hot stock and simmer till tender. Remove joints, thicken the gravy. Strain gravy over the rabbit. Arrange bacon round the dish.

N.B.—If liked, the bacon may be stewed with the rabbit.

CURRIED VEAL.

INGREDIENTS.

1 lb. Veal.	$\frac{1}{2}$ pint Stock.
1 oz. Butter.	1 small dessert-spoonful
1 small Onion.	Curry Powder.
1 small Apple.	2 teaspoonfuls Coconut.
Salt.	$\frac{1}{2}$ table-spoonful Flour.
Lemon Juice.	$\frac{1}{2}$ teaspoonful Curry Paste.
A little Milk.	6 ozs. Boiled Rice.
2 teaspoonfuls Chutney	(<i>see page 156</i>).

Chop the apple and onion, and put onion in a lined pan with butter and fry till golden brown; add the other

ingredients. Fry gently 20 minutes, then add flour and gradually the stock and seasoning. Stir till boiling, and simmer 20 minutes longer. Cut up the veal in small pieces and when the sauce has had its full time of cooking, add veal, and simmer until all is tender. Add a squeeze of lemon juice, seasoning, and about one table-spoonful of milk or cream. Serve on an entrée dish, with a wall of rice on either side. Garnish the rice neatly.

N.B.—Other meats may be used as above, also hard-boiled eggs, and some vegetables.

STEWED PIGEONS.

INGREDIENTS.

2 Pigeons.	Squeeze Lemon Juice.
12 Mushrooms.	1 oz. Butter.
$\frac{1}{2}$ pint Stock.	Salt, Pepper, Cayenne.
$\frac{1}{4}$ lb. Ham.	1 teaspoonful Flour.

Clean the pigeons and cut in two. Fry quickly in butter, then put in a stewpan with hot stock and mushrooms (which have been peeled and washed) and seasoning. Add, if possible, $\frac{1}{4}$ lb. ham, if liked (it could be fried with the birds). Stew gently 1-2 hours. Remove the birds, keep hot, strain and thicken the gravy. Serve daintily, using mushrooms as garnish. Add lemon juice to gravy and strain over.

SALMI OF PHEASANT.

INGREDIENTS.

$\frac{1}{2}$ Roasted Pheasant.	$\frac{1}{2}$ oz. Glaze.
1 small Onion.	$1\frac{1}{2}$ ozs. Butter.
1 Tomato.	1 oz. Flour (good measure).
1 or 2 Mushrooms.	Seasoning.
$\frac{3}{4}$ pint Stock.	

Melt $\frac{1}{2}$ oz. butter, add to it the sliced mushrooms and tomato. Cut up the bird in neat joints. Remove skin

and loose bones. Add them to the mixture and fry about 15 minutes. Add stock and glaze, and simmer about 20 minutes; strain. Melt 1 oz. butter in a pan and add the flour. Fry till a light brown. Pour on the strained stock gradually, stir till boiling. Cool slightly. Add the joints of bird and seasoning. Simmer gently 15 to 20 minutes. Pile up on a *croûte* of bread (fried) and garnish with small pieces of fried bread, or with a *purée* of green peas (*see page 158*).

A *salmi* of pigeons or partridge is done similarly. Duckling may also be used in the same way, but do not fry the skin, as it is so greasy.

SWEETBREADS A LA CREME.

INGREDIENTS.

2 Sweetbreads.	4 ins. Carrot.
$\frac{3}{4}$ pint Stock.	$\frac{1}{2}$ blade Mace.
1 small Onion.	Few drops Lemon Juice.
3 or 4 ins. Lemon Rind.	$\frac{1}{4}$ pint Milk or Cream.
2 or 3 ins. Celery.	1 oz. Butter.
10 Peppercorns.	$1\frac{1}{2}$ ozs. Flour (good measure).

Wash sweetbreads. Soak them half an hour in cold salted water. Bring to the boil, then plunge in basin of cold water and salt and lemon juice, then wash and trim off any fat or pipes. Place in a pan with the stock, flavouring and vegetables. Simmer till cooked (the time varies from 1 to 2 hours). Remove the sweetbreads. Melt the butter, add the flour, cook lightly. Add gradually the strained stock from the sweetbreads, add the milk and cream. Bring to boiling point, cook thoroughly, season, add lemon juice. Heat the sweetbreads in the sauce. Serve on a bed of mashed potatoes or fried bread, and coat with sauce. Garnish with cut ham, fried bread, cut lemon, and parsley.

BLANQUETTE OF VEAL OR RABBIT.

INGREDIENTS.

1 lb. Veal cut in pieces.	2 Onions.
Herbs (tied in muslin),	1 teaspoonful Liebig Extract.
5 Peppercorns, 2 Cloves.	2½ ozs. Flour.
2½ ozs. Butter.	2 Yolks.
¼ pint Cream.	Juice of 1 Lemon.
Little chopped Ham for garnish.	Cold Water.

Put the veal into a stewpan, with the onion and cloves stuck in it, herbs, and Liebig. Cover with cold water. Bring to boiling point. Skim. Cook very gently 1½ hours. Strain the liquor. Put meat on a hot dish. Cook the butter and flour together. Add 1 pint of the liquor. Mix the yolks and cream together, add to sauce. Cook, but do not boil, after the yolks are added. Pour the sauce over the meat. Garnish with chopped ham.

BRAISING.**BRAISE.**

INGREDIENTS.

2 ozs. Butter.	Med. sized Carrot.
2 ozs. lean Ham.	Piece Turnip.
1 Onion.	2 stalks Celery.
Few Herbs.	Mace, Parsley Stem,
Lemon Rind.	Bayleaf, Peppercorns.
Pinch Salt.	½ pint Stock.

Method.

Melt the butter. Fry the vegetables, roughly cut up, with ham till lightly brown. Place on meat, vegetables, etc., to be braised and cover with greased paper. Put on lid and fume for 10 minutes. Add enough stock to just cover vegetables, bring to the boil and simmer half the required time of cooking on the stove and the remaining half in the oven. After cooking remove meat, strain vegetables out of the gravy, skim well and reduce

to demi-glaze and pour round meat. For a White Braise—do not brown the vegetables and use white stock. Milk may be added and the liquid made into a sauce for serving.

FRICANDEAU OF VEAL.

Trim and lard neatly a fillet of veal or beef. Make a braise as above, then place on larded meat, cover with greased paper and fume for 20 minutes. Add sufficient stock to come half-way up; bring to boiling point, add seasoning. Place in the oven and cook 20 minutes for each lb. of meat, basting well. When cooked, crisp the lardoons. Brush over with melted glaze. Strain the gravy and thicken with corn-flour or by reducing; garnish with cooked tomatoes, mushrooms, or potatoes cut in fancy shapes. Espagnol sauce may also be served. †

GRENADINES OF VEAL.

INGREDIENTS.

1½ lbs. Fillets of Veal.	Bacon for Larding.
½ pint well-flavoured Stock.	Braise of Vegetables.

Cut the meat into rounds the size of a five-shilling piece and 1½ inches thick. Lard evenly with the bacon. Take half a carrot, half a turnip, and a piece of onion; cut into thin slices and put into the bottom of a stewpan with a little butter. Fry 20 minutes, slowly. Place grenadines on top and fry for 20 minutes, then add sufficient stock to come half-way up the grenadines without touching the lardoons; add seasoning. Cover with a greased paper, put on lid, and bring to boiling point. Place in the oven and cook gently for half an hour. Add more stock as it reduces. When tender, remove the grenadines from the pan; place under the grill to crisp the bacon; brush over with glaze. Strain the stock; reduce by boiling to 1 gill or thicken with a teaspoonful

cornflour; bring to boiling point. Season and serve grenadines on potato border (*see page 115*), place some nice vegetables in the centre, and pour gravy round. Espagnol sauce may be served instead of gravy.

LARDED SWEETBREADS.

INGREDIENTS.

2 Sweetbreads. Lardoons of Fat Bacon.

Braise.—As in previous “Braise.” (*Page 110.*)

Prepare braise. Lard the sweetbreads after blanching and trimming them, and place them on the vegetables, and fry 20 minutes. Add the stock, which should just come half-way up the sweetbreads without touching the lardoons. Add seasoning. Cook till tender in the pan in the oven. Lift the lid and crisp the lardoons. Reduce the gravy if necessary. Brush the sweetbreads with melted glaze. Place *croûte* of bread on entrée dish, and place sweetbreads on top. Reduce the gravy if necessary, and pour round, or serve with suitable sauce.

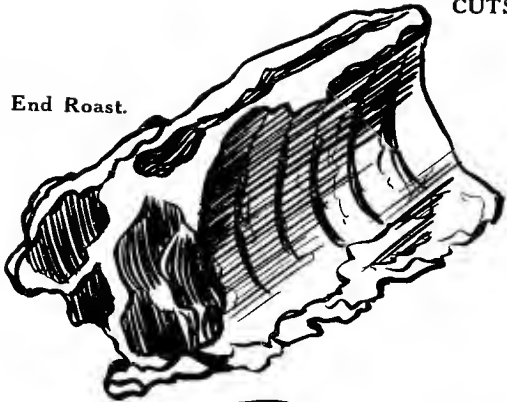
LARDED PIGEONS.

INGREDIENTS.

6 ozs. Fillet Veal (minced).	Mace.
2 ozs. Raw Ham (chopped).	Salt, Pepper, Cayenne.
2 Pigeons.	Bacon for Larding.
Grated Lemon Rind.	$\frac{3}{4}$ pint Stock.

Mix the veal and ham with the seasonings and flavourings. Add the well-beaten egg. Bone the pigeons and fill the bodies with the mixture. Truss as for boiling; lard the breasts, prepare the braise, when fried 20 minutes, add pigeons and fry another 20 minutes, add enough stock to come half-way up the birds. Cover with buttered paper, bring to boiling point, and cook in a moderate oven till tender. Remove the pigeons, brush over with melted

Rib End Roast.



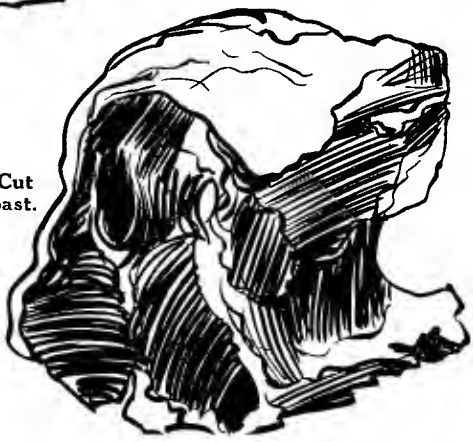
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2

Sirloin with ribs attached.

English Cut Fillet Roast.



3

glaze. Thicken the gravy with arrowroot, allowing half-teaspoonful to half-pint stock or reduce. Pour a little round and serve. Garnish with delicate vegetables such as green peas, etc. If possible, place on a purée of vegetables.

CUTLETS IN ASPIC A LA PRINCESSE.

INGREDIENTS.

1½ lbs. best end Neck of Mutton.	1 pint Stock.
Braise (carrot, turnip, etc.).	Aspic Jelly.
Salad for garnish.	White Chaudfroid Sauce.

Prepare the cutlets by removing the chine bone. Fry in butter; when browned place on the braise, add stock, cover with buttered paper. Braise gently 1½ hours. Press between two plates. When cold, divide the mutton into cutlets and trim. Mask with chaudfroid. Decorate with cut chilli pod, gherkin and truffle. Pour liquid aspic over each. When set, serve on a bed of salad over which a little Mayonnaise has been sprinkled.

Mayonnaise (*see page 167*).

Chaudfroid Sauce (*see page 242*).

Aspic Jelly (*see page 221*). •

GRILLING.

GRILLED STEAK.

Choose a nice steak, fillet, or rump, from 1 to 1½ inches in thickness. Heat the gridiron, rub suet on the bars, brown the meat quickly on both sides, then every 2 minutes turn it till cooked. Time varies from 12 to 15 minutes, according to thickness. Place on some Maître d'Hôtel Butter, season lightly, serve with potato chips round and oyster or tomato sauce (if liked), and Maître d'Hôtel Butter (*see page 114*).

Potato Chips (*see page 160*).

MAITRE D'HOTEL BUTTER.

INGREDIENTS.

2 ozs. Fresh Butter.	A good squeeze of Lemon
1 teaspoonful chopped Parsley.	juice.
	Salt and Pepper.
	Cayenne.

Cream the butter, add parsley, lemon juice, and seasoning. Spread smoothly on a plate. Stand aside in a very cool place until firm. Cut into blocks, serve a little on the meat, hand the rest separately on glass plates with some crushed ice.

GRILLED KIDNEYS.

INGREDIENTS.

4 Sheep's Kidneys.	A little Butter for grilling.
1 oz. Maitre d'Hotel Butter.	Some toasted or fried Bread.

Split and wash the kidneys, remove the inside fat. Run a skewer through and put some tiny pats of butter on each. Place on a heated and greased gridiron and grill the kidneys, turning every two minutes. Cook till just done and no more. When quite ready, place a little pat of Maitre d'Hôtel Butter on each; slip on to a round of toast. Serve instantly. Average time about 8 minutes.

FRYING.**MUTTON CUTLETS.**

Ingredients.—1½ lbs. best end Neck.

Saw off the chine bone, and if necessary, make the rib bones shorter. Remove the leaf of fat and divide into cutlets. Trim skin from the bone and bare the bone half-inch above the eye. Beat lightly with a wooden spoon dipped in water, and form into neat cutlets. Season. Egg and crumb, and fry in hot fat from 8 to 10 minutes

according to thickness. Serve with a nice vegetable in the centre, and pour tomato or other suitable sauce round.

Tomato Sauce (*see page 246*).

N.B.—Cutlets may be served on a potato border, if desired.

POTATO BORDER.

INGREDIENTS.

$\frac{1}{2}$ lb. sieved cooked Potatoes.	$\frac{1}{2}$ oz. Butter.
1 Yolk of Egg.	Salt and Pepper.

Melt the butter, mix all together. Form into a roll on a floured board. Twist it round, joining the edges with a little egg. Brush well with the beaten egg. Mark with a knife or fork. Slip on to a floured tin and bake 20 minutes in a quick oven till a nice brown.

The border may be placed in the oven without brushing over with egg, and just heated through without colouring.

REFORM CUTLETS.

INGREDIENTS.

Neck Cutlets, prepared as	Reform Sauce.
for Mutton Cutlets.	Reform Garnish.
Potato Border.	

REFORM GARNISH.

INGREDIENTS.

2 table-spoonfuls cooked	2 table-spoonfuls Gherkins.
White of Egg.	2 table-spoonfuls Mushrooms.
2 table-spoonfuls cooked	2 table-spoonfuls Reform
Ham.	Sauce.

Shred all finely and place on a plate, keeping each kind separate. Cover with another plate, place in the oven for 10 minutes to make hot. When hot, mix with a little sauce and place in the centre of cutlets. Fry the cutlets a nice brown in hot fat. Dish on a potato border.

Pour Reform Sauce round and place Reform Garnish in the centre of cutlets.

Reform Sauce (*see page 245*).

PORK CUTLETS.

Ingredients.—1 or 2 lbs. thin end of Loin of Pork.

Prepare as for mutton cutlets, removing the bone, if necessary. Egg and crumb and fry. Dish on a bed of mashed potatoes. Pour gravy round. Serve with Apple Sauce (*see page 239*).

Gravy.

$\frac{1}{2}$ pint Stock.
 $\frac{1}{2}$ oz. Butter.
 Salt, Pepper, Mustard.

$\frac{1}{2}$ small Onion (chopped).
 Good $\frac{1}{2}$ table-spoonful Flour.

Fry the onion. Fry the flour. Add mustard and stock. Simmer all together 10 to 20 minutes. Skim, season, and strain.

LIVER A LA FRANCAISE.

INGREDIENTS.

1 $\frac{1}{2}$ lbs. Calf's or Sheep's Liver.	1 dessert-spoonful Worcester Sauce.
Some thin strips of Bacon.	1 oz. browned Crumbs (<i>see page 347</i>).
$\frac{1}{2}$ pint Stock.	

Seasoning Mixture.

3 table-spoonfuls Breadcrumbs.	2 sprigs Parsley.
1 small Onion.	Salt, Pepper, Nutmeg.
	A little Egg.

Slice, wash, and dry the liver. Lay slices on a well-greased dripping-tin, put some of the seasoning mixture on each piece and a piece of fat bacon on top of that. Pour in water or stock. Cook slowly in a moderate oven till tender, about 30 minutes. Place neatly on a hot dish, add Worcester Sauce to the gravy, bring to boiling point and pour round liver. Sprinkle browned crumbs on bacon.

VEAL CUTLETS.

INGREDIENTS.

$\frac{3}{4}$ lb. Veal Cutlet.	Little grated Lemon Rind.
1 oz. Butter.	1 Yolk of Egg.
1 dessert-spoonful chopped Parsley.	Seasoning.
Egg and Breadcrumbs.	Rashers of Bacon.
Vegetables to garnish.	Brown or Tomato Sauce.

Wipe the meat and cut into rounds about $\frac{1}{2}$ inch thick. Dip in mixture of yolk of egg, melted butter, parsley and seasoning and lemon rind. Coat with egg and crumb. Fry in sauté pan. Roll up the rashers and cook. Serve the cutlets on a ring of mashed potatoes; put a roll of bacon on each cutlet. Put peas or some suitable vegetable in centre and pour the sauce round. Garnish with bacon.

N.B.—Instead of above coating, egg and crumbs, to which seasoning (chopped parsley and grated lemon rind) has been added, may be used.

FRIED SWEETBREADS.

INGREDIENTS.

Sweetbread.	Onion stuck with Cloves.
Seasoned Flour.	Egg and Breadcrumbs.

Blanch the sweetbread. Then stew in stock, with the onion, until tender. Press it, dip in seasoned flour, coat with egg and crumb, and fry in deep fat, a golden-brown colour. Serve on a fancy paper with fried parsley.

KIDNEYS AND BACON.

INGREDIENTS.

2 Kidneys.	6 slices of Bacon.
2 or 3 Tomatoes.	

Fry the bacon lightly and place it in a moderate oven. This finishes the cooking while the kidneys are being fried.

Split, wash and dry the kidneys. Skin them and remove the core of fat. Fry kidneys in the fat left from the bacon. Slice the tomatoes and fry them. Season. Arrange kidneys in the centre, then the bacon round, and the tomatoes as a garnish. Pour the remaining fat, etc., from the pan round.

BAKING.

TO BAKE A HAM.

Soak overnight in cold water if necessary—depending on length of time since curing. Encase in paste (elastic consistency) of flour and water. Seal edges carefully. Make some dripping hot in a tin. Put in the ham and baste thoroughly. Bake in a hot oven until the paste begins to crack. Average time—30 minutes per lb. and 30 minutes over. Remove hard crust and rind of ham. Dredge with bread raspings or glaze. Garnish with cloves if liked.

CUTLETS A LA ZINGARA.

INGREDIENTS.

5 Cutlets.	Tomato Sauce.
Purée of Green Peas.	Potato Border.

Saw off the chine bone. Remove the leaf fat. Divide into cutlets; trim. Lard, if liked. Place on a buttered tin. Pour a little salad oil or melted butter over. Season with cayenne and salt. Cover with buttered paper and bake in a moderate oven 20 minutes. Drain the fat off and coat with thick tomato sauce. Decorate with truffle. Serve with a piped purée of green peas and thin tomato sauce round.

Tomato Sauce (*see page 246*).

Green Pea Purée (*see page 158*).

SOUBISE CUTLETS.

Ingredients.—5 Cutlets.

Trim, lay on buttered tin, season with salad oil, coralline pepper and salt. Cover with butter paper. Bake in rather quick oven 15 minutes.

Sauce for Coating.

INGREDIENTS.

$\frac{1}{2}$ pint Clear Stock.	$\frac{1}{4}$ oz. Liebig.
$\frac{1}{4}$ oz. Arrowroot.	Little chopped Onion.
Pinch Ground Mint.	1 wine glass Sherry.
2 drops Carmine.	

Simmer at least ten minutes. Thicken with arrowroot. Season, strain. Reheat, and use.

Coat cooked cutlets with brown sauce or glaze. Arrange on a piled purée of peas and potatoes. Place on entlet frills. Pour Soubise Sauce round the dish (*see page 244*).

Green Pea Purée (*see page 158*).

VEAL CAKE (1).

INGREDIENTS.

Allow $\frac{1}{4}$ lb. Ham to 1 lb.	2 hard-boiled Eggs.
Veal.	Seasoning and Flavouring.

Cut the veal (fillet is best) into slices. Butter a deep pie-dish; place in veal, ham and eggs cut in slices. Season each layer, and, if liked, sprinkle on a few herbs. Pour over some water or stock; cover with an old ashet or dish. Bake in oven till quite cooked. When cooked, take out; place weight on top, and when quite cold, turn out and garnish. If liked, ham and hard-boiled eggs may be arranged as a decoration in the bottom. This may be done in a round plain cake tin, using cold veal, cold ham and eggs, pouring some melted jellied stock over, allowing to become set, and turning out.

VEAL CAKE (2).

INGREDIENTS.

1 lb. Veal (minced).	Little chopped Onion (if liked).
$\frac{1}{2}$ lb. minced Ham or $\frac{1}{2}$ lb. of Sausage Meat or $\frac{1}{2}$ lb. Pickled Pork.	Little Egg to moisten.
2 teacupfuls Breadcrumbs.	Little Stock to moisten.
Little chopped Parsley.	Salt, Pepper.
	Hard-boiled Egg to garnish.

Mix all ingredients, except hard-boiled egg, and press into buttered and garnished mould. Bake in oven in tin of water, 1 to 2 hours, with lid and weight on top. Serve hot or cold.

N.B.—Small moulds may be made, or if cold, may serve sliced; if hot, with brown sauce.

STEAK AND KIDNEY PIE.

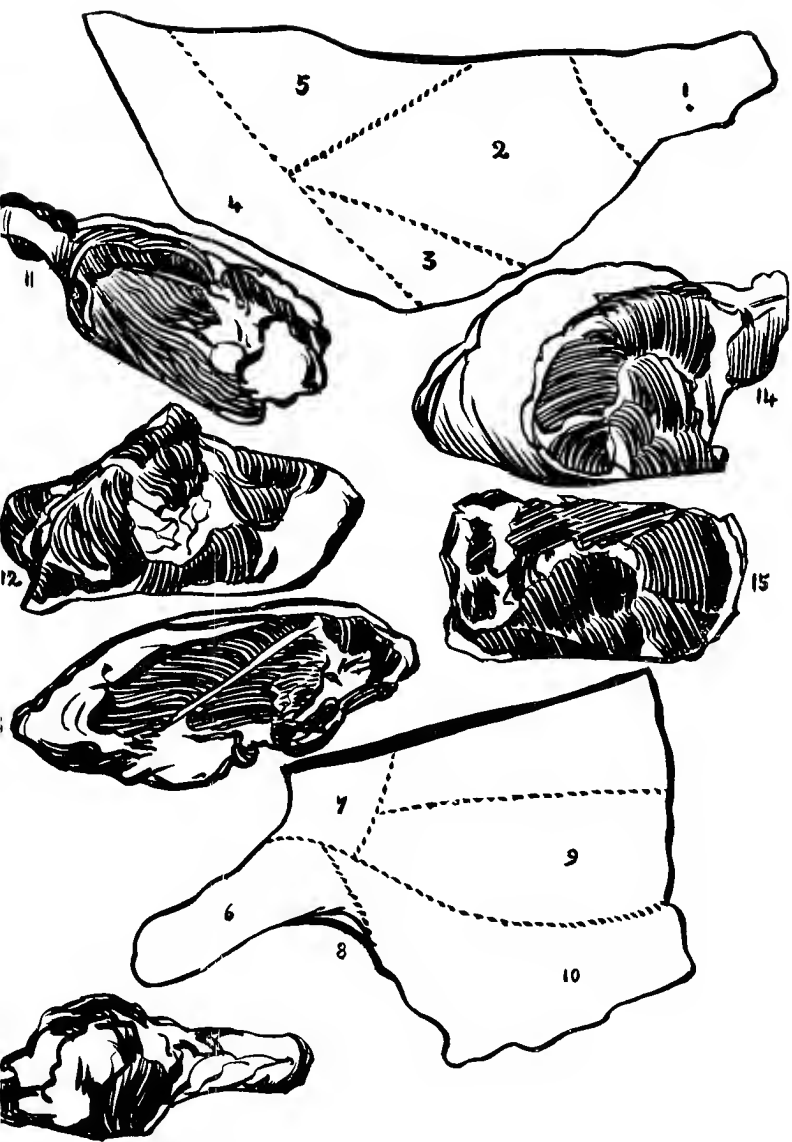
INGREDIENTS.

1 lb. Pie Steak.	Little Water.
1 Sheep's Kidney.	$\frac{1}{2}$ lb. Flaky Pastry or
1 table-spoonful Flour.	Rough Puff (<i>see pages 301 and 303</i>).
1 teaspoonful Salt.	
$\frac{1}{2}$ teaspoonful Pepper.	

Remove fat and cut into dice. Cut the meat into neat strips; skin and halve the kidney and wash well, then cut into dice. Dip the meat into the seasoned flour (flour, salt and pepper in proportions as given above). Place a piece of kidney and a piece of fat on each strip of meat and roll up. Pack in a pie-dish; half-fill with water. Roll out the pastry, wet the edges of the pie-dish, and line with a strip of pastry. Wet the lined edge, cover with the crust. Make a hole in the centre. Trim and flake the edges, brush the top with egg, and ornament with leaves. Brush the leaves with beaten egg. Bake in a hot oven for the first half hour, then lower the heat and continue baking another hour and a half, or until the meat is tender. Fill up with hot, seasoned stock.

PLATE 4.

- 1. Leg (or Shin).**
- 2. Round.**
- 3. Aitch Bone.**
- 4. Rump.**
- 5. Thick Flank.**
- 6. Nap or Shin.**
- 7. Plate.**
- 8. Sticking Piece.**
- 9. Shoulder.**
- 10. Neck Part.**
- 11. Leg or Shin.**
- 12. Thick Flank.**
- 13. Rump.**
- 14. Round.**
- 15. Aitch Bone.**
- 16. Fore Shin.**



VEAL AND HAM PIE.

INGREDIENTS.

$\frac{1}{2}$ lb. Flaky Pastry.	Salt and Pepper.
1 lb. Veal Cutlet.	Pinch of Herbs (if liked).
1 or 2 hard-boiled Eggs.	Grated Lemon Rind and
$\frac{1}{2}$ lb. Fat Bacon or Ham.	Mace.

Cut the veal in 2-inch pieces; place a layer in a pie-dish, and then a layer of bacon; then seasoning, mace and lemon rind. Fill up in this fashion. Place hard-boiled eggs on top, after cutting them in 4 or 8 pieces. Half-fill the pie-dish with stock or water. Cover as for steak and kidney pie, and bake at first in a hot oven to cook the crust, and a more moderate one after, to cook the meat. Average time, 1 hour and 20 minutes. Fill up with good stock and serve hot or cold.

RABBIT PIE.

INGREDIENTS.

1 Rabbit.	Forcemeat Balls (<i>see</i>
$\frac{1}{2}$ lb. Ham.	<i>page 252</i>).
2 hard-boiled Eggs.	$\frac{1}{2}$ lb. Rough Puff or Short
Flour, Pepper, and Salt.	Crust.

Cut the rabbit and ham into small pieces and the eggs into quarters. Dip the pieces of rabbit into flour, seasoned with salt and pepper, and fry them in butter or dripping. Place them in a pie-dish with the forcemeat balls, hard-boiled eggs and ham. Add enough stock to rather more than half-fill the dish. Cover with pastry. Bake for two hours.

N.B.—Chicken pie made similarly, omitting forcemeat.

PIGEON PIE.

INGREDIENTS.

4 Pigeons.	1 table-spoonful Flour.
1 lb. Beef Steak.	4 Yolks of hard-boiled Eggs.
Bay Leaf.	Puff Pastry (<i>see page 303</i>).
Thyme.	Good Gravy or Stock (made
Shallot (chopped).	with poultry trimmings or
Pepper and Salt.	giblets).
2 ozs. Butter.	

Prepare, singe, and draw pigeons. Cut them in half, or, if large, into quarters. Cut the steak into small pieces. Season with chopped bay leaf, thyme, shallot, salt, and pepper. Fry lightly in the butter, sprinkle over the flour. Put all into a pie-dish, cut the yolks of eggs in halves and put on the top. Pour in enough good gravy to half-fill the dish, cover with puff pastry. Bake about two hours. If the pie is to be eaten cold, after taking it out of the oven, fill the dish with some good stock or gravy in which some gelatine has been dissolved.

Scald and scrape feet and use as decoration on top of pie.

RAISED PORK PIE.

INGREDIENTS.

$\frac{1}{2}$ lb. Hot Water Crust	Pie Filling.
(plain) (<i>see page 304</i>).	

Take two-thirds of the dough, lay aside the rest and keep warm. Knead the large piece evenly, shape with the hands into a hollow pie. When raised enough, fill with the seasoned meat, pressing it well down. Add 1 to 2 table-spoonfuls of water, wet the edges of the crust and cover with the remaining pastry, kneaded and rolled into a lid. Trim and decorate; brush over with egg. Bake according to size, about 1 hour if two pies are made out of this quantity. When ready, pour in a little seasoned stock. Serve hot or cold.

Filling for Pie.

1 lb. Fresh Pork.	$\frac{1}{2}$ teaspoonful Pepper.
1 teaspoonful Salt.	$\frac{1}{2}$ teaspoonful Dried Sage.

Cut the meat into very small pieces. Season. Put any rind and bone in a pot and boil for stock.

GAME PIE (a).

INGREDIENTS.

1 Hare.	30 Peppercorns.
1 Rabbit.	Bunch Herbs.
1 Pheasant.	Blade Mace.
2 Onions.	Seasoning.
6 Cloves.	Stock.

Clean the hare and rabbit. Cut into joints. If liked, the fillet and legs may be larded. Truss the pheasant as for roasting. Remove head and legs to the drumstick. Place in a stew-jar. Cover with stock. Add onions, herbs, and simmer for 2 hours or until the meat leaves the bones freely. Remove meat from the bones. Pack nice pieces in a game pie-dish. Pound the small pieces with the cooked liver and put through a sieve. Season, spread a layer on each piece of meat. Sprinkle with salt. Fill up with stock, and when cold, serve.

N.B.—If no game pie-dish can be had, use a raised pie or short crust baked in a mould. A blade of garlic may be scraped into stock, if liked.

Crust.

$\frac{1}{2}$ lb. Flour.	Pinch Salt.
3 ozs. Butter.	Cold Water.
1 Egg.	

Make into short pastry. Take two-thirds and roll out in a strip. Line the sides of a greased pie-mould with it. Then roll out the remaining piece and line the bottom of the mould. Line the crust with buttered paper, having the buttered side next the pastry.—Fill with rice. Bake in a hot oven till well set and firm. Remove the rice. Replace in the oven till the case is thoroughly dry.

GAME PIE (b).**Pastry.** $\frac{1}{2}$ lb. Flour.

5 ozs. Butter.

1 Egg.

Pinch Salt.

Water, if necessary.

Mix all dry ingredients, rub butter into flour. **Mix** to a stiff paste with egg and roll out.

Contents.

2 Pigeons or 1 Pheasant.

Flesh of 1 Rabbit.

6 Mushrooms.

Truffle.

Pistachios.

Hard-boiled Yolk.

2 ozs. Cooked Ham and Tongue.

Pepper and Salt.

2 table-spoonfuls Water.

Aspic for garnishing.

In Lining Tin.—Cut a piece of paste for bottom and a piece for top. Then cut strips for sides. Line sides first. Run round edges at bottom with a little egg, place in bottom and join edges well. Cut meat into small pieces, removing bones, skin, etc. Cut ham, tongue, yolks, pistachios, truffle and mushrooms into strips. Mix all well together. Season, and place loosely in the prepared mould, piling high in centre. Wet round edges and place on cover. Make small hole in centre. Brush lightly with egg, and cover entire top with pastry leaves. Tie a buttered paper round mould. Bake 2 hours, having a hot oven at first. But do not allow pastry to be darker than straw colour.

In Serving.—Put border of chopped aspic round and leaves or blocks with parsley inside on top.

Jelly to fill Pie when Cooked.—Fry the game bones in a little butter. Add water or stock and reduce to 1 gill. Strain and cool. Remove fat. Add 3 sheets gelatine. When almost set, pour jelly into pie just before serving.

VOL-AU-VENT OF SWEETBREADS.

Puff pastry vol-au-vent case as for vol-au-vent of apples (see page 205).

SWEETBREAD MIXTURE.

INGREDIENTS.

1 or 2 Calf's Sweetbreads (cooked).	Salt, Pepper, Cayenne.
1½ ozs. Butter.	1½ ozs. Flour.
Squeeze of Lemon Juice.	½ pint White Stock.
	½ pint Milk and Cream.

Melt the butter, add the flour, then the stock, milk, and cream gradually. Stir till boiling. Cook well, then add the sweetbreads cut in dice, and, if liked, 1 dozen mushrooms (buttons) or truffle (first cook the mushrooms 10 to 15 minutes in boiling water to which lemon juice has been added). Add seasonings and flavourings, and fill vol-au-vent case with the mixture.

N.B.—To cook the sweetbreads. Blanch, then wash in cold water. Place in a stewpan with ½ pint of milk, piece of onion, lemon rind, and a bouquet of herbs. Simmer till tender. While hot, remove the dark skin.

CASSEROLE OF FOWL.

INGREDIENTS.

1 Boiling Fowl.	Stock.
Seasoned Flour.	<i>Few Mushrooms.</i>
2 ozs. Butter.	

Draw and divide the fowl into pieces suitable for serving, making 2 portions of each leg. Dip each piece in seasoned flour and fry in the butter until pale brown. Arrange neatly in a casserole, and add stock to a depth of 1". Cover and put into a hot oven until the liquid boils. Reduce the heat and cook gently until the fowl is tender when tested with a skewer. The time will depend on the age of the fowl, but an average time is 2½ hours.

Peel mushrooms and add to the casserole ½ hour before serving.

Serve sprinkled with finely chopped parsley.

N.B.—Young chickens may be cooked in the same way and require ¾ to 1 hour to cook.

CASSEROLE OF RABBIT.

Cook as for Casserole of Fowl. The joints should be blanched before dipping in seasoned flour, and 2 thinly sliced onions browned in the frying-pan, added to casserole.

Young rabbits require about 1 hour's cooking and older ones about 2 hours.

COLD MEAT DISHES.

MEAT PATTIES.

INGREDIENTS.

$\frac{1}{2}$ lb. Pastry (flaky).	2 or 3 spoonfuls Stock or
$\frac{1}{2}$ lb. Cooked Meat (chopped).	Gravy.
2 table-spoonfuls	Seasoning.
Breadcrumbs.	Flavouring suitable for Meat.

Mix the meat, breadcrumbs, stock, seasoning, and flavourings together; season well. Roll out the pastry, and cut into round a size larger than the patty tins. Put a spoonful of the mixture into each and wet the edges, put on tops, brush over with beaten egg. Cut a slit on the top and bake in a hot oven 20 to 25 minutes.

RUSSIAN PIE.

INGREDIENTS.

$\frac{1}{2}$ lb. cold Meat.	2 hard-boiled Eggs.
2 ozs. Boiled Rice.	Lemon Juice.
2 teaspoonfuls Curry	Salt, Pepper, Cayenne.
Powder.	$\frac{1}{2}$ lb. Flaky Pastry.
1 or 2 table-spoonfuls	
Stock.	

Cut off piece of pastry to decorate. Roll out the remainder, cut in a square, wet the edges. Mix all the ingredients for filling. Season well. Place on one half of the pastry; place a layer of egg on top, fold over pastry, decorate, brush with egg. Bake in a hot oven 35 to 40 minutes.

ROMAN PIE.

INGREDIENTS.

1 Rabbit or Fowl.	3 ozs. grated Parmesan
2 ozs. Macaroni.	Cheese or Cheddar Cheese.
Very small piece Shallot or	$\frac{1}{2}$ gill Tomato Pulp.
Onion.	Salt, Pepper, Cayenne.

Cut the boiled rabbit or fowl into thin slices; boil the macaroni in water till tender, and cut into short lengths. Mince the shallots or onions finely; mix all the ingredients well together. Make a short crust of the following:—

$\frac{1}{2}$ lb. Flour.	Small pinch Salt.
$\frac{1}{4}$ lb. Butter.	Enough cold Water to mix.

Rub the butter into the flour till like fine breadcrumbs. Add salt and enough cold water to mix to a firm paste. Well grease, and sprinkle a plain cake-tin with crushed vermicelli, then roll out the pastry and line the prepared tin with it, keeping back sufficient for the lid. Fill with the mixture and place the top on. Bake in a quick oven for about 1 hour. Turn out, and serve with a good white or tomato sauce round.

RISsoles IN PASTE.

INGREDIENTS.

2 ozs. Cooked Meat.	Salt, Pepper, Cayenne.
$\frac{1}{2}$ oz. Butter.	2 ozs. Short Pastry.
$\frac{1}{2}$ oz. Flour.	Egg.
$\frac{1}{2}$ gill Stock.	Breadcrumbs.
$\frac{1}{2}$ boiled Onion.	

Make a panada of butter, flour, and stock. Add the meat and onion, finely chopped, and seasoning. Mix well. Spread on a plate to cool. Roll out the pastry very thinly. Place 1 teaspoonful of the mixture on it at regular intervals, wet round the edges, fold the pastry over, and fasten the edges securely. Cut out in rounds of half moons. Egg and crumb. Fry in hot fat. Garnish with fried parsley. Serve on a dish-paper.

N.B.—Method as in Chicken Rissoles may be used if liked.

CHICKEN RISsoles.

INGREDIENTS.

2 ozs. cold Chicken.	$\frac{1}{2}$ oz. Flour.
2 or 3 Mushrooms.	$\frac{1}{2}$ gill Stock.
$\frac{1}{2}$ oz. Butter.	Seasoning.
1 table-spoonful Cream.	Pastry.
$\frac{1}{2}$ oz. Lean Ham.	

Cut the chicken into very small dice, and mince the ham and mushrooms. Make a sauce with the butter, flour, and stock. Boil well; then take off the saucepan from the fire. Add the chicken, ham, mushrooms, cream, seasoning, and a squeeze lemon juice. Turn the mixture on to a dish to cool. Roll out some scraps of puff or short pastry very thinly, cut into round with a cutter, and wet the edges with egg. Put a teaspoonful of mixture on each, fold them over and press well together. Brush over with egg, shake in breadcrumbs, and fry a nice brown in hot fat. Serve on a dish-paper and garnish with fried parsley.

MEAT CROQUETTES.

INGREDIENTS.

$\frac{1}{2}$ lb. Scraps of Meat.	$\frac{1}{2}$ table-spoonful Parsley.
1 oz. Butter.	Seasoning.
1 oz. Flour.	Worcester Sauce or
1 gill Stock.	Ketchup.

Chop the meat finely. Melt the butter; add the flour and stock; stir till it boils. Add the meat, seasoning and ketchup; turn on to a plate to cool. Form into rolls when cold. Egg, crumb and fry in deep fat. Drain, serve on a dish-paper or with nicely-seasoned gravy round.

N.B.—If liked, these may be rolled in vermicelli instead of crumbs.

DURHAM CUTLETS.

INGREDIENTS.

$\frac{1}{2}$ lb. cold Meat.	$\frac{1}{2}$ parboiled Onion.
1 oz. Butter.	Little chopped Parsley.
1 oz. Flour.	Salt, Cayenne, Pepper.
1 gill Stock.	Egg and Breadcrumbs.

Chop the meat and onion finely. Melt the butter in a pan; add flour, then stock, and cook thoroughly. Add meat, onion, seasoning, and mix well together. Turn out on plate to cool. Divide into four and shape into cutlets. Egg and crumb, and fry in deep fat. Garnish with fried parsley.

N.B.—Fish cutlets may be made similarly, using $\frac{1}{2}$ lb. fish to the above quantity of panada.

Alternately, if the meat and onion are minced and chopped very finely, flour may substitute egg and bread-crumbs for coating.

VEAL AND HAM SHAPE.

INGREDIENTS.

1 lb. sliced Fillet of Veal.	Grated Lemon Rind.
$\frac{1}{2}$ lb. Ham.	Ground Mace.
Salt and Pepper.	

Grease a small souffle tin, arrange sliced egg on the bottom. Fill in with veal and ham in layers. Sprinkle each layer with seasoning, mace and lemon. Steam for at least 1 hour. Fill up with jellied stock. Place a weight on top, serve when cold on a bed of lettuce which has been sprinkled with a mixture of lemon and vinegar with seasoning added.

BREAD PATTIES.

INGREDIENTS.

$\frac{1}{2}$ cold Chicken or $\frac{1}{2}$ lb. Veal.	1 oz. Butter.
2 ozs. Cooked Ham.	1 oz. Flour.
1 gill Stock.	Squeeze Lemon Juice.
$\frac{3}{4}$ pint Cream.	Salt, Pepper, Cayenne.
6 Mushrooms.	Bread.

Cut the bread 2 inches thick, then cut into rounds, 2 inches in diameter, and cut each round half-way through with the cutter. Remove bread from the centre. Dip the rounds in cream and drain thoroughly. Brush over with beaten egg and toss in crumbs, and fry a golden brown. Fill with the mixture as follows:—

Make sauce from the flour, butter, and stock, and two table-spoonfuls of cream. Add the chicken or veal cut in dice, ham and mushrooms minced. Season. Heat through, pile in patties. Garnish and serve very hot.

SCALLOPED SWEETBREADS.

Press cooked sweetbread, cut in rounds, coat all over with thick Béchamel sauce, coat twice with egg and breadcrumbs. Fry in hot fat, serve on hot potato border. Force a rosette of potato on each piece of sweetbread. Place a pea on each rosette. Thin down sauce with milk or cream, serve round and place more peas at each end of serving dish.

CASSOLETS OF SWEETBREAD.

Make potato cases using recipe for potato croquettes. Egg and crumb twice, fry in deep fat. Scoop out inside reserving top to replace. Fill with Hollandaise sauce and cooked sweetbread cut in dice. Pile peas on top and replace top which was removed.

CHICKEN CREAM.

INGREDIENTS.

4-6 ozs. Chicken, Rabbit or Veal flesh.	1 Egg. 1 Yolk.
$\frac{1}{2}$ oz. Butter.	1 gill double Cream.
$\frac{1}{2}$ oz. Flour.	Salt, Pepper, Nutmeg.
1 gill Stock or Milk.	

Mince the flesh twice then sieve. Make a sauce with butter, flour and liquid—cool. Add prepared flesh, seasoning, egg and yolk. When well mixed add whipped cream. Put into buttered mould or moulds. Steam very slowly. (Large mould 20-30 minutes—small moulds about 10 minutes.) Cook very slowly. Coat with a good sauce. Béchamel, Dutch or Velouté.

KROMESKIES OF CHICKEN.

INGREDIENTS.

2 ozs. Cooked Chicken.	Salt, Pepper, Cayenne.
$\frac{1}{2}$ oz. Butter.	Lemon Rind.
$\frac{3}{4}$ oz. Flour.	Mace.
About $\frac{3}{4}$ gill Stock.	Frying Batter (<i>see page 254</i>).
1 table-spoonful Cream.	Thin strips of Bacon.

Chop the chicken finely. Make a panada with the flour, butter, and stock; add chicken, seasoning, and cream. Turn on to a plate to cool. When cold, take one tea-spoonful of the mixture, place on a strip of bacon. Roll the bacon round. Dip in the coating batter and fry in very hot fat. Drain, serve at once on a dish-paper, and garnish with coralline pepper and fried parsley.

SWEETBREADS IN CASES.

INGREDIENTS.

1 Sweetbread.	$\frac{1}{2}$ doz. Button Mushrooms.
$1\frac{1}{2}$ ozs. Flour.	Salt, Pepper, and Cayenne.
$1\frac{1}{2}$ ozs. Butter.	Squeeze Lemon Juice.
$\frac{1}{4}$ pint Cream.	Cases of Potato or Butter.
$\frac{1}{2}$ pint well-flavoured Stock.	

Blanch and trim the sweetbread. Wrap in buttered paper and fry in about 1 oz. butter, then add stock. Simmer gently till the sweetbread is tender; allow to become cold. Strain the stock. Boil the mushrooms in water and lemon juice 10 minutes. Cut the mushrooms in four and the sweetbread in dice. Make white sauce with butter, flour, and stock. Add cream and the sweetbread dice, mushrooms, lemon juice, and seasonings. Fill the cases with the mixture. Add green peas as a garnish. Serve as hot entrée.

POTATO CASES.

Mixture as for potato border. Roll out on a floured board. Cut in pieces about two inches long. Egg and crumb and fry. Cut off top and scoop out the inside.

BUTTER CASES.

Roll the butter into the desired size. Brush with beaten egg and toss in crumbs. Repeat the process, if necessary.

Fry in hot fat. Cut off the top. Pour out the liquid butter and use.

CASSEROLE OF MEAT.

INGREDIENTS.

6 or 8 Potatoes (steamed 1 oz. Butter.
and mashed whilst hot). $\frac{1}{2}$ Egg.
Mince of cold or fresh Meat. Seasoning.

Mix well together the potatoes, egg, and melted butter. Grease a small cake-tin thickly with melted dripping and line it well with browned crumbs. Press the potato mixture in the bottom of the tin and line it evenly all round sides. Trim the edges neatly and brush over inside with beaten egg. Bake in a sharp oven 20 minutes. Turn out carefully, first allowing it to shrink a little, and quickly reverse. Fill up with the mince. Garnish with parsley and serve at once.

COLD MEAT CURRY.

INGREDIENTS.

$\frac{1}{2}$ pint Curry Sauce (*see page 246*).
 $\frac{1}{2}$ lb. cold Meat or Chicken or Rabbit.
3 ozs. Boiled Rice.

Cut the meat into neat pieces, and chicken or rabbit into neat joints. Have some sauce well simmered, add meat, heat through very slowly; serve as for fresh curry.

POTTED MEAT.

INGREDIENTS.

2 lbs. Steak. $\frac{1}{2}$ pint Water.
2 Cloves. $\frac{1}{2}$ lb. Butter.
Salt and Pepper. If liked, Anchovy Essence.

Remove the skin and fat from the meat. Cut into 2-inch squares. Stew with the cloves and water (in a jar), simmering till tender. When cold, pass twice through a mincing machine. Add melted butter, little gravy, seasoning and essence. Pound well. Place in jars or pots, pour over some clarified butter.

N.B.—A little fried ham added to the meat is a great improvement.

FRICASSEE OF CHICKEN.

INGREDIENTS.

Cooked Chicken.	$\frac{1}{2}$ pint Water.
1 Onion.	$\frac{1}{2}$ pint Milk.
Small piece Carrot.	6 Peppercorns.
Bunch of Herbs.	2 strips Lemon Rind.
1 table-spoonful Cream.	

Cut the chicken into joints. Remove the skin. Put the bones and skin into a pan with the water, milk, vegetables, and seasoning; simmer 1 hour.

Make a sauce with the following ingredients:—

$1\frac{1}{2}$ ozs. Butter.	$\frac{3}{4}$ pint Stock in which the
$1\frac{1}{2}$ ozs. Flour.	Chicken has been cooked.
Seasoning.	

Cook well. Add joints of chicken and heat through. Dish chicken in a pile on a fried croûte. Add the cream and lemon juice to the sauce. Strain over. Garnish with croûtons of fried bread and parsley.

CHICKEN VICTORIA.

Leg-joints of cooked chicken, boned carefully and filled with oatmeal stuffing. Wrap a piece of ham round each joint, and cook carefully in prepared tomato sauce. Serve each joint on a croûte of fried bread, arranging neatly on a hot entrée dish, and coat the whole with tomato sauce. Pipe on garnish of green pea purée.

Stuffing.

1 oz. Oatmeal.	$\frac{1}{2}$ teaspoonful chopped
1 teaspoonful chopped	Parsley.
Onion.	Seasoning.
1 table-spoonful melted	
Margarine or Dripping.	

Mix all together.

Purée.

1 cooked Potato.	$\frac{1}{2}$ table-spoonful cooked Peas.
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Put through hair sieve, season and make hot.

GAME.

GAME SEASONS.

Grouse,	- -	12th August to 10th December.
Blackcock and Ptarmigan,		20th August to 10th December.
Partridges,		1st September to 1st February.
Wild Duck, Teal, Widgeon,		September to February.
Pheasants,	- -	1st October to 1st February.
Woodcock, Snipe,	} .	November to March.
Plovers, Larks,		
Quails,		March to July.
Hares,		September to March.
Doe Venison,		October to December.
Buck Venison,		June to September.

Game should be hung in a cool dry place. It is hung for some time to make it ripe, or "high," but should never have an unpleasant smell. Water-fowl, such as wild duck, teal, widgeon, etc., should not hang more than a day.

When the breast feathers come out easily it is a sign that the bird is ready for plucking.

For pheasants, another test is when the blood drops from the beak. Pheasants hang longer than partridges. Both require to be well cooked. Game, as a rule, should be slightly underdone.

Wild duck is always served either with an orange or lemon salad, or with some accompaniment, having orange or lemon as the characteristic flavour.

A salad is usually served with game. Cranberry sauce or cranberry jelly is frequently served.

The four usual adjuncts for game are:—A good brown gravy, bread sauce, fried crumbs, potato chips, water-cress being used as a garnish.

Woodcock are never drawn, for the trail is considered a delicacy by gourmets.

TO TELL WHEN BIRDS ARE YOUNG.

Grouse, partridges, snipe, quails, and ortolans, when young, have short, round spurs.

Old grouse and partridges have yellow legs and dark bills. They are not good for roasting, but may be used for salmis, etc.

Woodcock, when old, have pointed spurs, and the feet hard and thick; when young, their spurs are blunt.

When the bills look soft and unsightly, and the throat muddy, it is always a sign that the birds have been killed long.

In venison, when young, the fat is clear and bright.

If hares have sharp claws, ears damp, and the cleft in the lip narrow, it is a sign that they are young.

TO ROAST VENISON.

Buck venison is considered the finest, and is in season from June till the end of September. Doe venison is in season from October to December.

A haunch of venison takes from four to five hours to roast, according to size; doe venison takes half-an-hour less than buck venison. Venison should be hung from fourteen to twenty days in a dry larder, and be kept well wiped with a dry cloth every day. The fat should be clear and white and the meat dark; the greater the depth of fat, the better the meat. Before putting the haunch down to the fire, dry it well and cover it all over with a buttered paper; cover this with a paste of flour and water about three-quarters of an inch thick; lay over this paste another sheet of buttered paper tied on with string. Roast before a good clear fire; baste the joint with butter and clarified fat. About fifteen minutes before the venison is finished roasting, remove all the papers and the paste, and baste every part of the joint with butter; dredge it very lightly with flour, brown it

nicely and serve very hot with either clear gravy, Espagnole Sauce or red currant jelly, or Chasseur Sauce (*see page 246*).

ROAST PHEASANTS.

The cock bird is considered the best; if young he has short blunt spurs, but if he is old they are long and sharp. Pheasants are in season from 1st October till 1st February. Pheasants should be hung until blood drops from the beak, then pluck and draw them; truss the same as a fowl for roasting, but leave the head on. Put a small piece of rump steak inside the bird (this helps to keep it moist and improve the flavour): leave the feet on, but cut the toes off. Tie a slice of fat bacon on the breast, or else lard the breast; roast in front of a clear fire, thirty minutes for a young bird and forty minutes for an old one. Baste it with butter; just before it is finished remove the bacon from the breast, dredge lightly with flour, baste with butter; this will make a nice froth. Send to table with water-cress round and fried crumbs, and serve good brown gravy and bread sauce.

ROAST PARTRIDGES.

These birds are in season from 1st September till 1st February. They should be trussed in the same way as a pheasant, and though a smaller bird, will take nearly as long to roast, because the breast is plump. Not being so dry a bird as the pheasant, omit the steak from the inside. Serve on fried bread, with water-cress round, and hand good gravy and bread sauce.

GROUSE.

Grouse are prepared and served in the same manner as partridges, except that a little butter should be put

inside them, and about 10 minutes before they are taken from the fire, a piece of toast is placed under the bird. Serve it on the toast. Hand gravy and bread sauce. In season from 12th August to 10th December.

WILD DUCK, TEAL, AND WIDGEON.

These birds are in season from September to February. Clean, singe, and truss for roasting. Brush the birds over with melted butter, and roast before a quick fire for 20 to 30 minutes, basting well all the time. Serve with water-cress and lemon. Hand Bigarade Sauce (*see page 246*).

Vegetables, Salads and Dressings.

VEGETABLES.

The Food Value of Fresh Vegetables—green and root—is not high, but they are of importance in the diet because they supply a most valuable source of mineral salts, extractives and vitamins: carbohydrates in varying proportions, cellulose, which forms their frame-work, and water make up the composition.

The aims in cooking are to retain as many of the minerals and extractives as possible, to render the carbohydrates digestible and to soften the cellulose.

Seasoning of Vegetables.

Vegetables cooked by any method, other than boiling, require little, if any, seasoning, the natural salts contained in them being sufficient to flavour them.

BOILING.

Vegetables should be cooked preferably by any other method than boiling, as by this method, the salts, which are their chief value, are dissolved in the water and lost when the water is drained off.

GLOBE ARTICHOKEs.

Wash thoroughly. Cut off the stems and some of the lower leaves, then cut off the points of all. Cook the artichokes in very little fast-boiling water and a pinch of sugar for 20 minutes or longer, according to size and age. When cooked the leaves come out readily. Serve on folded napkin with oiled butter or Hollandaise Sauce, handed separately.

BEETROOT.

In choosing beetroot select those which are dark and firm, with skin unbroken. Wash carefully without rubbing, as the fibres must not be broken; if this happens the colour comes out in boiling. Put in a pan of boiling water and boil from 2 to 3 hours according to size and age of the beetroot. When quite tender, remove the skin, cut into thick slices or cubes, and arrange in a vegetable dish. White sauce may be poured over or the beetroot may be tossed in melted butter and sprinkled with chopped parsley before serving.

CHICORY (FRENCH ENDIVE).

Wash and trim. Cook in fast boiling water until tender—usually about 20 minutes. Drain thoroughly, add seasoning and a small piece of butter. Serve immediately.

N.B.—It may also be stewed or cooked in butter.

ONIONS.

Choose onions of an even size. Remove the outer skins and put the onions in boiling salted water. Boil steadily, but not too quickly, for 1-1½ hours. Drain thoroughly. Serve with suitable sauce poured over, *e.g.*, white, parsley, cheese. Proportion of sauce is ½ pint to 4 large onions.

BOILED MARROWFAT PEAS.

Pour boiling water over the marrowfats, after adding the contents of the packet enclosed with the peas. Add 1 teaspoonful salt. Allow them to soak for 12 hours. Drain and wash them. Tie them loosely in muslin and place them in cold water, to which add 1 table-spoonful sugar and a little mint, if procurable. Bring to boiling point and boil gently 40 minutes. Drain, turn out of the cloth, add a little butter, if liked, season to taste and serve at once.

GREEN PEAS.

Shell the peas and wash thoroughly. Put in boiling salted water ($\frac{1}{2}$ table-spoonful salt per quart) and add a pinch of sugar. Boil until soft (20-30 minutes) being careful not to allow the peas to break by overcooking or boiling too quickly. Serve in a hot vegetable dish and pour over a little melted butter.

A sprig of mint boiled with the peas is an improvement.

N.B.—The pea pods, if in good condition, give a good flavour to a soup that will be strained.

POTATOES.

Choose potatoes as nearly the same size as possible, so that they may be equally cooked. Scrub them and pare very thinly, or cook in skins. Put potatoes into pan, cover with boiling water and add salt—1 table-spoonful to every quart of water. Boil slowly for 30 minutes, then try with a fork and, if nearly soft, pour away the water. Put the pan at the side of the stove and steam the potatoes till dry, shaking them occasionally.

N.B.—Potatoes boiled in their skins require less salt or none.

New Potatoes are scrubbed and scraped and put on in boiling water and boiled rapidly for 20-30 minutes. A sprig of mint may be added. When ready, drain carefully, toss in butter and finely chopped parsley. Serve at once.

SEA KALE.

Wash in several waters, take off the roots, tie in bundles and put into boiling, salted water, to which a good squeeze of lemon juice has been added. Cook until tender, about $\frac{1}{2}$ an hour. Serve on toast with melted butter, or with a suitable sauce poured over.

TURNIPS (OLD).

Wash and pare thickly, cut into neat pieces. Cook until tender in boiling salted water. Drain well, return to pan, mash with fork, add small piece butter and a little pepper. Make thoroughly hot and serve at once.

TURNIPS (NEW).

Wash and pare thinly. Cook till tender in boiling salted water about 30 minutes, drain well and serve with melted butter and chopped parsley, or white sauce poured over.

STEAMING.

Steaming has advantages over boiling, as the vegetable cells are not ruptured to the same extent, and thus there is less loss of valuable salts, although in the case of some vegetables there is a distinct loss, which can be recognized by the discolouration of the water.

The pan or steamer used must have a tight-fitting lid and the water in the pan must boil rapidly. There must be sufficient steam to effect cooking, therefore, when necessary, replenish pan with boiling water.

When Steaming, alternative methods may be used:—

I. Prepare vegetable according to kind, put into steamer, and cook till tender over a pan of boiling water.

II. Prepare vegetables, cut up if necessary, and put into a basin or jar. Place basin in pan and pour sufficient boiling water into pan to come $\frac{3}{4}$ up sides of basin. When the vegetables are tender, serve with any juices poured over them or added to an accompanying sauce.

N.B.—The use of high pressure steam for cooking vegetables gives most satisfactory results. A minimum proportion only of the goodness and flavours escapes in Pressure Cooking and these are not lost—they are found in the water that condenses from the steam. Neither is

the vitamin content impaired, owing to the very short time required for cooking.

Average time required for cooking by pressure = 9 minutes. A special cooker is necessary, and one with "controlled" steam is to be recommended.

JERUSALEM ARTICHOKEs.

Wash and pare thinly—put into cold water to prevent them turning black. Steam (method I.) and when tender drain well and coat instantly with suitable sauce. Average time for cooking:—20-30 minutes.

ASPARAGUS.

Trim, wash, and scrape end of stalk if necessary. Tie in bundles and steam (method I.) until tender—20-30 minutes. Drain well, serve on toast with melted butter poured over heads, or handed, or serve with Hollandaise Sauce (*see page 247*).

SPRUE.

Prepared and served similarly to Asparagus.

AUBERGINES OR EGG PLANTS.

Wash and peel, or leave the skin on and remove the stalks. Steam (method I.) for 45 minutes. Season lightly and toss in butter. Serve immediately.

Alternatively.

Wash and peel. Cook as above. Serve coated with a suitable sauce—white, parsley, cheese or egg.

BEANS.

Remove from pod. Take away inner skin, except when very young and tender. Steam till tender, 30-40 minutes. Drain well and toss in melted butter and chopped parsley.

BEETROOT.

Prepare as for boiling (*page 139*). Steam till skin peels off easily—1 hour or longer depending on age and size. Remove skin and serve as for Boiled Beetroot.

CABBAGE.

Take off coarse outside leaves, slit the stalk, and steep in cold water with salt. Wash very thoroughly and cut up roughly. Steam quickly till tender 20-40 minutes. Season lightly, and, if liked, add a small piece of butter. Shred quickly with a knife and serve very hot.

RED CABBAGE.

Preparation, cooking and serving, as for Cabbage.

CARROTS.

Wash, scrape if necessary, and cut up or leave whole. New carrots may be scalded, and the skin rubbed off. Steam by either of the above methods till tender, drain well. Season lightly and toss in butter and chopped parsley or coat with a white sauce. *Average time for cooking*:—Old Carrots, 1-2 hours; New Carrots, 30-40 minutes.

Old Carrots may also be mashed with a fork and served similarly to old turnips.

CAULIFLOWER.

Remove coarse outside leaves. Wash and steep in cold water with a little salt for $\frac{1}{2}$ an hour. Trim the stalk to make cauliflower stand. Put in steamer and cook quickly until stem is soft. Do not overcook. *Average time*:—summer, 15 minutes; winter, 30-35 minutes. Serve either coated with suitable sauce—white or cheese—or plain, with the sauce served separately.

CELERICAC OR CELERY ROOT.

Wash and pare. Divide into neat pieces. Cook by either of above methods. Serve plain, tossed in butter and chopped parsley or coated with white, parsley or egg sauce. Average time for cooking is 1 hour.

CELERY.

Separate, trim if necessary, and scrub to remove sand. Cut in neat lengths or tie in bundles. Steam till tender—40 minutes to 1 hour. Serve on toast and coat with sauce—cheese, egg, white, etc. Garnish with coralline pepper.

N.B.—Leeks may be treated similarly.

FRENCH BEANS.

Wash well, string, *i.e.*, twist back ends, when a fibrous thread will come with them. Cut the beans into thin strips and put into steamer. Cook quickly, 10-20 minutes, or until tender. Drain well, add a little butter, salt and pepper, shake well and serve.

KALE.

Wash in several waters. Trim, if necessary. Shred finely, steam till tender, about 30 minutes, and serve as for Cabbage.

KOHL RABI.

Scrub, wash and pare thickly. Steam until tender, about 1 hour, and serve as for Turnip.

MARROW.

Cut the marrow in quarters and peel. Take out the seeds and cut into convenient pieces. Steam until tender (45 minutes). Coat with cheese, tomato, parsley or other suitable sauce.

ONIONS.

Peel. Steam till tender, 1-1½ hours. Drain well and coat with a suitable sauce—white, parsley, Dutch, etc.

PARSNIPS.

Wash and scrape. Steam till tender, 1 hour. Drain well. Serve coated with sauce, or mashed with seasoning and butter, and, if liked, the addition of a little cream.

GREEN PEAS.

Shell peas, wash, and put in a basin. Add a pinch of sugar, and a sprig of mint. Steam in a pan with a tight-fitting lid until tender, ½ hour-¾ hour. Mix with a little butter and seasoning. Serve at once.

POTATOES.

Scrub, pare thinly or cook in skins. Steam quickly until cooked, 30-40 minutes, depending on size and age. Serve as for Boiled Potatoes.

SALSIFY.

Wash, and scrape till white. Put into cold water, to which lemon juice has been added to prevent discolouration. Steam quickly till tender (30-40 minutes) drain well and coat with sauce; or, toss in butter, seasoning, and chopped parsley.

BRUSSELS SPROUTS.

Trim, soak in cold salted water. Steam till stalk feels tender, 20-30 minutes. Add seasoning, and a little butter. Toss sprouts thoroughly in this and serve at once.

TURNIPS.

Scrub, wash and pare thickly. Cut old turnips into neat pieces. New turnips may be left whole. Steam till tender, 40 minutes-1 hour, depending on season, and serve as for Boiled Turnips.

STEWING.

Stewing is a most economical method of cooking vegetables, as all the goodness is retained. Both root and green vegetables may be stewed—but, the colour of green vegetables is impaired. Stewing is slow cooking *i.e.*, simmering—in a small amount of liquid.

Method.—Prepare the vegetable (one or a mixture) and cut into neat pieces; lift dripping with water and pack into pan. Heat through, then put a close-fitting lid on pan and cook slowly at side of stove till tender. A little stock may be added if a gravy is wanted or if afraid contents will burn. A piece of butter may be added, also seasoning, just before serving.

Alternative Method.—Prepare as for stewing, but put pan (or an earthenware casserole) into the oven.

JERUSALEM ARTICHOKEs.

INGREDIENTS.

1 lb. Artichokes (after peeling).	$\frac{1}{2}$ gill Stock.
$\frac{1}{2}$ oz. Butter.	Salt, Pepper.

Prepare artichokes as for Steaming (*page 142*). Cook by either of above methods. Shake pan occasionally, keeping the lid on, to make sure the vegetables are not burning. When cooked, 20-30 minutes, add butter and seasoning and serve at once.

N.B.—Celeriac and Salsify are stewed and served as above. Salsify may be served in a table napkin, and a suitable sauce handed.

AUBERGINES.

Prepare as for Steaming (*page 142*). Melt sufficient butter in the pan to cover the bottom. Add aubergines, cut in neat pieces or split in half, shake well over heat, then add a little stock. Put the lid on the pan and stew

gently till tender—20 minutes. Put in vegetable dish and keep hot. Measure the liquid, and use it with extra milk if necessary to make up a coating sauce. Allow $\frac{1}{2}$ gill sauce to each aubergine. Season well, adding a squeeze of lemon juice. Pour over aubergines and serve.

N.B.—Vegetable Marrows are cooked and served as above. Time for cooking—40 minutes.

CABBAGE.

Prepare as for Steaming (*page 143*). Shred finely. Stew gently till tender—20-40 minutes. Serve as for Steamed Cabbage.

STUFFED CABBAGE.

See Braised Cabbage.

N.B.—Red Cabbage is cooked as above; also Kale, Sea Kale, and Brussels Sprouts. In each case prepare vegetable as for Steaming.

CARROTS.

Prepare as for Steaming (*page 143*). Stew until tender. Serve as for Steamed Carrots. If to be coated with a sauce, use the liquid in which the carrots were stewed. *Average time for cooking*:—Old Carrots, 1-1 $\frac{1}{2}$ hours; New Carrots, 30 minutes.

N.B.—Parsnips are cooked as above, also Kohl Rabi and New Turnips.

CELERY.

Prepare as for Steaming (*page 144*). Stew until tender, 40-50 minutes. Serve as for Steamed Celery. If to be coated with a sauce, use the liquid in which the celery was stewed, with extra milk added if necessary.

N.B.—Leeks and Onions are cooked as above

HARICOT BEANS.

INGREDIENTS.

$\frac{1}{2}$ lb. Dried Haricot Beans.	1 oz. Bacon or 1-oz. Butter.
1 gill Tomato Sauce.	1 gill Water or Stock.

Wash beans. Steep for a few hours in cold water. They may be skinned or not after steeping. Stew gently in water or stock, with butter or bacon added—about 2 hours. When tender, drain and season. Serve plain or with Tomato sauce poured over.

Alternative Method.—If the beans are skinned before cooking, they may be mashed, with butter or cream added to moisten.

(Tomato Sauce:—*page 246*).

FRENCH BEANS.

Prepare as for Steaming (*page 144*). The beans may be cut up or left whole. Stew till tender—20 minutes. Serve tossed in butter or coated with a suitable sauce.

POTATOES.

Prepare as for Steaming (*page 145*). Stew gently till tender. Toss in butter and sprinkle over chopped parsley.

BAKING.

Prepare vegetables and put into pan with some melted dripping. Bake till tender, turning them often. Five minutes before serving, sprinkle over a little seasoning. Drain well and serve very hot.

JERUSALEM ARTICHOKEs.

Prepare artichokes as for Steaming (*page 142*). Cook by above method.

Other vegetables may be Baked. Examples are as follow:—

Aubergines (Stuffed); Beans; Beetroot; Carrots;

Cabbage (Stuffed); Cauliflower; Celery; Leek;
Marrow (Stuffed); Parsnips; Potatoes; Brussel
Sprouts.

All are prepared according to kind; need not be stuffed.

BAKED TOMATOES (a).

Choose firm tomatoes. Wipe them and place in a buttered dripping-tin. Cover with thickly-buttered paper and bake in a moderate heat till hot through, but not fallen. Use as a vegetable, or to garnish suitable meat dishes.

BAKED TOMATOES (b).

Prepare as above, then skin, place in a pie-dish with a pat of butter on top of each and a little water. Cover and bake gently twenty minutes. Serve with liquor round.

BAKED STUFFED TOMATOES.

INGREDIENTS.

4 to 6 Tomatoes.	$\frac{1}{2}$ small Onion.
3 table-spoonfuls chopped raw Ham or Bacon.	1 oz. Butter. Seasoning.
2 or 3 table-spoonfuls Breadcrumbs.	

Cut a round top off each tomato and scoop out the pulp. Melt the butter in a frying-pan, chop and fry the onion until almost cooked but not brown, then add the ham, and cook thoroughly. Add pulp and sufficient breadcrumbs to absorb the fat, add seasoning. Fill the tomatoes with the mixture, but do not pack too tightly. Sprinkle a few browned crumbs on top, replace the lid of the tomatoes, place in buttered tin, covered with buttered paper, and cook in a moderate oven till just hot through. Serve on small croûtons of bread and garnish well with parsley.

N.B.—Tomato pulp may be made into sauce to serve with tomatoes.

TOMATO AND EGG DISH.

INGREDIENTS.

2 Tomatoes.	$\frac{1}{2}$ oz. grated Cheese.
2 Eggs.	Seasoning.

Lay slices of tomatoes on a well greased fireproof dish. Break eggs on top and sprinkle over grated cheese and seasoning. Bake till set in a moderately hot oven, having dish in a tin of water. Serve hot garnished with parsley.

BAKED MUSHROOMS.

Pick and skin the mushrooms; wash thoroughly and dry carefully. Put a piece of butter on top of each mushroom, sprinkle over some seasoning and little lemon juice. Place on a buttered tin, cover with buttered paper, and bake in a moderate oven till tender.

CAULIFLOWER AU GRATIN.

INGREDIENTS.

1 Cauliflower.	$\frac{1}{2}$ pint Milk (very good
$1\frac{1}{2}$ ozs. Butter.	measure).
$1\frac{1}{2}$ ozs. Flour.	Salt, Pepper, and Cayenne.
2 ozs. grated Cheese.	

Boil the cauliflower till tender, drain and place upright on the dish in which it is to be served. Make a sauce of butter, flour and milk, add seasoning and grated cheese, reserving about 1 table-spoonful of cheese. Pour the cheese sauce over the cauliflower, sprinkle on top the remainder of the cheese. Place in a hot oven till nicely browned on top, garnish with parsley.

N.B.—Celery, leeks, and onions can be cooked similarly.

CAULIFLOWER AND TOMATO SOUFFLE.

INGREDIENTS.

1 oz. Flour.	1 small Cooked Cauliflower.
1 oz. Butter.	2 small Tomatoes.
1½ gills Milk.	Salt, Pepper, Cayenne,
2 Yolks.	Brown Crumbs.
3 Whites.	

Melt the butter: Add flour, then milk gradually. Boil up over heat. Add yolks and seasoning. Lastly, fold in the stiffly beaten whites. Divide cauliflower into small sprigs; skin and slice tomatoes. Place some of the mixture in bottom of prepared soufflé case (greased and a band of paper tied round); then add a few sprigs of cauliflower and slices of tomato; more mixture and so on, finishing up with a layer of the mixture. Sprinkle browned crumbs on top. Bake in a hot oven 20-30 minutes. Serve at once.

N.B.—Other soufflés are made similarly. Nut soufflé—substitute 3 ozs. pine kernels, chopped.

COOKING IN BUTTER.

The vegetables are prepared according to kind and are cooked in butter in a pan with a tight-fitting lid. During cooking, a gentle heat should be maintained, and the pan should be shaken occasionally, keeping the lid on.

JERUSALEM ARTICHOKEs.

Prepare artichokes as for Steaming (*page 142*); dry; put a piece of butter in stew pan, and add the artichokes—sufficient only to cover bottom of pan. Toss them gently in the butter, put the lid on the pan, and cook slowly till tender, shaking the pan occasionally. When cooked, toss in finely chopped parsley and serve at once. Melted Butter Sauce may be handed.

CABBAGE.

Prepare cabbage as for Steaming (*page 143*) and shred finely. Put into pan with butter. Cook gently till tender, having a tight-fitting lid on pan. When cooked, season lightly, if necessary, and serve at once.

NEW POTATOES.

Prepare and dry potatoes. Put in pan with sufficient melted butter to cover bottom of pan. Toss in butter, put on lid and cook till tender, about $\frac{1}{2}$ hour. Before serving, take off lid and crisp.

N.B.—The above examples are sufficient to illustrate this method. Other vegetables are prepared according to kind and cooked as above.

Buttered Vegetables *take less time to cook* than by other methods, owing to the higher temperature of the fat.

BRAISING.

Braising is a combination of stewing and roasting or steaming and roasting, depending on the amount of liquid used.

Most vegetables may be braised, the flavour often being greatly improved.

Braising is an elaborate method, but is to be recommended for the cooking of Dressed Vegetables and the rarer varieties.

Half the cooking is effected on the stove and the remaining half in the oven.

JERUSALEM ARTICHOKEs.

INGREDIENTS.

Braise (*page 110*),
 $\frac{1}{2}$ pint Stock.

1 lb. Artichokes.

Make minpoix for Braise. Prepare artichokes as for Steaming. Put artichokes on minpoix and fume for 5

minutes. Add sufficient stock to almost cover minpoix. Cover artichokes with buttered paper, put lid on pan. Simmer gently on top of the stove for 20 minutes, then put pan into a hot oven and continue cooking for 20 minutes. Remove artichokes, strain gravy and skim well. Reduce gravy to demi-glaze, and pour round artichokes.

Alternative method of serving:—Remove artichokes, serve on toasted or fried bread. Thicken gravy with flour (2 teaspoonfuls: 1 gill), boil up. Coat artichokes and serve at once.

STUFFED CABBAGE.

INGREDIENTS.

Braise (*page 110*).
1 Cabbage.

$\frac{1}{2}$ pint Stock.

Forcemeat.

1 oz. Sausage-meat.
1 oz. Breadcrumbs.

Seasoning.

Halve cabbage and remove stalk. Wash carefully, soak in salted water $\frac{1}{2}$ hour. Fill cavity with forcemeat of sausage and breadcrumbs. Place halves of cabbage together and tie with string. Cook as above recipe, allowing 15 minutes on top of stove and 15 minutes in the oven. When ready, remove string and serve with demi-glaze poured round.

STUFFED AUBERGINES.

Wash and peel and cut in half lengthwise. Scoop out centre part. Farce (Forcemeat—as for Stuffed Cabbage), cook and serve as Stuffed Cabbage, allowing similar time.

N.B.—Vegetable marrows may be cooked and served as above.

STUFFED CUCUMBER.

Wash and peel and cut in pieces about 2 ins. long. Scoop out the inside carefully, almost to the bottom. Fill up cavity with forcemeat as for Stuffed Cabbage. Cook as for Cabbage, allowing 10 minutes on top of the stove and 10 minutes in the oven. When ready, brush over with glaze, and serve on croûtes of toasted or fried bread, with tomato sauce or thickened sauce poured round. Garnish with hard boiled white of egg.

CELERY.

Wash very carefully, and soak in salted water. Keep head whole, if possible. Braise and serve as for Jerusalem Artichokes.

N.B.—Other vegetables, *e.g.*:—Carrots, Parsnips, New Potatoes, etc., are braised and served as above. Prepare according to kind, as for steaming.

ROAST POTATOES.

See "Baking." These form a good accompaniment to roast meat. If liked, potatoes may be sliced thickly instead of being left whole, or if very large they may be parboiled before roasting. Roast 20 to 30 minutes. Potatoes may be baked with their jackets on, in which case no fat is used, and they are served on a folded napkin.

MASHED POTATOES.

INGREDIENTS.

Cooked Potatoes.
Salt and Pepper.

Dripping or Butter and little
Milk.

Boil or steam the potatoes, beat with a wooden spoon, add the seasoning, fat, and the milk, which should be heated before adding. Beat well and make quite hot.

Turnips are served as Potatoes. Omit addition of milk.

PEAS PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Split Peas.	Seasoning.
2 ozs. Butter or Dripping.	Raspings.

Wash and soak the peas overnight in boiling water, to which has been added a good pinch of bi-carbonate of soda. Tie rather loosely in a cloth, place in boiling water, and simmer 2 hours. Drain well. Mash the peas and pass through a wire sieve, then add the fat melted and seasonings. Grease a basin, sprinkle thickly with raspings, pack in the mixture. Bake half an hour in a quick oven. Let it shrink well, turn out, and serve with boiled pickled pork.

CURRIED LENTILS.

INGREDIENTS.

$\frac{1}{2}$ lb. Split Lentils.	1 table-spoonful Curry
3 medium-sized Onions.	Powder.
3 ozs. Butter or Dripping.	A little Salt.

Wash and steep the lentils overnight in cold water; slice the onions thinly, and fry them with the curry in butter till a nice brown; add the lentils, cover closely, and cook gently till the lentils are soft, but not mashed. Serve in a pile on a hot dish. If the lentils are very dry a little stock or water may be added. This dish is improved by being served with boiled rice.

VEGETABLE PIE.

INGREDIENTS.

1 Carrot.	$\frac{1}{2}$ pint Stock or Water,
1 Onion or 2 Leeks.	2 ozs. Sago or Tapioca,
$\frac{1}{2}$ Turnip.	washed and soaked,
1 Potato.	or $\frac{1}{2}$ pint Brown Sauce.
1 teacupful Peas.	2 ozs. Margarine or Dripping.
1 table-spoonful chopped Parsley.	$\frac{1}{2}$ lb. Short Pastry.
2 Tomatoes.	Salt and Pepper.

Parboil vegetables, except tomato. Prepare and slice the vegetables very thinly, mix and place in layers with seasoning and tapioca between, pour in the stock or sauce and cover with the pastry, as in meat pie. Bake in a hot oven $\frac{3}{4}$ hour. Serve hot or cold.

N.B.—Any vegetable in season may be added, and dried lentils or beans may take the place of the peas.

PLAIN BOILED RICE.

INGREDIENTS.

$\frac{1}{4}$ lb. Patna Rice.	Boiling Salted Water.
Squeeze Lemon Juice.	

Wash the rice very thoroughly in cold water. Place in pan of boiling salted water to which is added a squeeze of lemon juice, and boil rapidly without lid for about 12 minutes. Drain, and rush cold water through. Place in a pan lined with buttered paper, cover and steam for half an hour. Serve instead of potatoes, or an accompaniment to curries, certain soups, etc.

COLCANNON.

INGREDIENTS.

$\frac{1}{2}$ lb. Boiled Cabbage.	1 Boiled Onion.
$\frac{1}{2}$ lb. Boiled Potatoes.	Salt and Pepper.
1 oz. Dripping (melted).	

Mash all together, heat in a pot and stir well, pile high on a dish, smooth with a knife and score across; or line a thickly-greased bowl with raspings, and turn the cabbage mixture into the dish and heat in the oven; allow to shrink well; turn out and serve.

SPINACH.

INGREDIENTS.

2 lbs. Spinach.

Wash in several waters. Remove stems. Put dripping wet in pan. Add a pinch of sugar. Put on lid and cook gently till tender (20 minutes). Rub through a wire sieve. Serve on toast.

à la Crème.Spinach Purée.
2 ozs. Butter. $\frac{1}{2}$ gill Cream.
Seasoning.

Melt butter, add spinach, cream and seasoning. Reheat. Pile on fried bread—garnish with half-moons of puff pastry or fried bread.

CHESTNUTS.

General Preparation.—Wash well, score and blanch. Remove shell and all the brown skin. Use as required for soups, curries, stews, etc.

CHESTNUTS (PLAIN).

Wash well. Score and cook in boiling salted water until tender (45 minutes). Remove shell and brown skin. Toss in butter, season lightly and serve at once.

CHESTNUT CURRY.

INGREDIENTS.

 $\frac{1}{2}$ lb. Chestnuts.
 $\frac{1}{2}$ pint Curry Sauce (*see*
page 246).4 ozs. Boiled Rice (*see*
page 156).

Prepare chestnuts and put in hot sauce. Simmer for one hour. Add lemon juice if necessary. Serve at once. Rice served separately.

N.B.—Vegetable curries are made similarly. The vegetables are prepared according to kind and simmered till tender in the sauce, *e.g.*:—beans, carrots, celery, parsnips, etc.

STEWED MUSHROOMS.

INGREDIENTS.

Mushrooms.	Flour.
Stock or Water.	Toast.

Prepare mushrooms. Stew in very little liquid. Serve on toast. Thicken stock, allowing $1\frac{1}{2}$ teaspoonfuls flour per gill. Coat mushrooms and serve at once.

Grilled and buttered mushrooms are also excellent.

N.B.—Trimmings are used for gravies and stocks.

GREEN PEA PUREE.

For this either peas alone, or marrowfats, or equal quantity of cooked peas and cooked potatoes may be used.

Sieve the peas through a fine wire or coarse hair sieve. Add seasoning to taste, and either 1 oz. butter melted or sufficient cream and milk to moisten nicely. If colour is poor, add a little green colouring. Heat thoroughly in a pan and use as a centre for entrées.

$\frac{1}{2}$ lb. peas and $\frac{1}{2}$ lb. potatoes make about the right amount for one dish.

FRYING.

All vegetables may be fried. They should be cooked previously, with the exception of potatoes, which may also be fried raw (*see page 159*). They are protected by an artificial coating—Batter, Egg and Breadcrumbs—and fried in deep fat. They must be drained thoroughly and served at once.

CAULIFLOWER IN BATTER.

INGREDIENTS.

1 small Cauliflower (not quite cooked).
Some Frying Batter (*see page 254*).

Break off sprigs of cauliflower and dip in batter. Fry a nice brown in hot fat. Drain. Serve instantly.

N.B.—Other suitable vegetables may be treated similarly.

ALMOND POTATOES.

Mixture as for potato croquettes with the addition of $1\frac{1}{2}$ ozs. grated cheese. Make into balls, coat with beaten egg and toss in shredded blanched almonds. Fry in smoking hot fat, serve in paper cases.

May be served simply as a variety of potato in a vegetable dish, or as a lunch or odd supper dish.

FRIED CELERY.

Boil or steam the celery until tender. Drain on a cloth and when quite cold, season. Dip in beaten egg, toss in breadcrumbs. Fry in hot fat till a nice brown. Drain. Serve as a dressed vegetable and send tomato sauce to table with it. Artichokes are cooked similarly.

FRIED POTATOES.

Cut the potatoes thinly, dry thoroughly, put into hot fat, and cook gradually. Raise the heat and brown nicely. They are ready when coloured a golden brown. Drain, sprinkle with salt, serve on a dish-paper in a vegetable dish.

POTATO CROQUETTES.

INGREDIENTS.

$\frac{3}{4}$ lb. cooked Potatoes.	Salt and Pepper.
1 oz. Butter.	Egg and Breadcrumbs.
1 Yolk of Egg.	

Sieve the potatoes, add yolk of egg and melted butter, also seasoning. Shape into croquettes or balls, coat with egg and roll in breadcrumbs. Fry in hot fat. Drain on soft paper. Serve on a dish-paper with sprigs of parsley or stalks in each.

POTATO CHIPS (a).

Peel some potatoes, trim and slice very thinly. Leave in cold water one hour, then dry in a cloth. Fry in hot fat till cooked through and a nice brown. Drain, and season with salt. Serve with grilled meats, game and roast fowl.

POTATO CHIPS (b).

Select the potatoes rather small; pare them very nicely; cut them in 8 or 12 pieces exactly like the natural divisions of an orange, and soak one hour in cold water. Dry them in a towel thoroughly and put into the fat which is not quite smoking. Let them remain in the fat until they begin to float on the surface; then remove them and allow the fat to become smoking hot. Quickly put the potatoes back, when they will puff out and become brown. Drain, sprinkle with salt, and serve very hot.

POTATO STRAWS.

Cut potatoes into strips about one-eighth of an inch square and an inch and a quarter long. Soak in cold water one hour. Dry in a clean cloth and fry as potato chips. Drain, season and serve on a dish-paper.

POTATO RIBBONS.

Wash the potatoes and cut them in slices of an inch in depth. Pare the slices very evenly and proceed to cut them into long, thin ribbons. Soak one hour in cold water. Take up and dry them (and tie into a knot, if liked), drop them in the hot fat and fry a golden colour. Drain, sprinkle with salt, and serve hot.

FRIED PARSLEY.

Wash parsley well and pick leaves from the stalk. Dry on a towel. After last batch of fried food is removed from pan and when smoke has just ceased to rise, place in parsley and gently lower basket into fat. When the spluttering noise ceases the parsley is ready. Drain, season, and use at once.

SALADS AND DRESSINGS.**To Use Vegetables Raw.**

Almost all vegetables may be eaten raw. They are best made up in the form of Salads.

Hard vegetables, such as Carrot, Turnip, Beetroot, Onion and Artichokes should be grated.

Green vegetables, such as Brussels Sprouts, Heart of a Cabbage, Spinach, Lettuce, Celery, Cress, etc., should be shredded or chopped.

Tomatoes, cucumber and radishes, need not be peeled.

PLAIN SALADS.**FRENCH OR LETTUCE SALAD.**

Prepare a head of lettuce by washing each leaf separately in a stream of water, tearing off any portion that is bruised or brown, and looking carefully for little green insects that may be lodged in the creases; they are not easily seen. Then drain the lettuce on a fresh towel or napkin, for if the leaves are very wet the dressing will not cling to them. Tear it to pieces with the fingers, rejecting the large part of the stalk, put it into a deep bowl, pour over it a French dressing, and toss it with a wooden salad spoon and fork until all the lettuce seems oiled. Serve it immediately. Mayonnaise dressing may be used instead of the French dressing on this salad.

N.B.—Endive and Water-cress Salad are prepared as above.

TOMATO SALAD.

INGREDIENTS.

Tomatoes.	1 table-spoonful Vinegar.
3 table-spoonfuls Oil.	—Seasoning.
Chopped Parsley.	

Wash, skin and slice the tomatoes. Sprinkle over them a little chopped parsley. Mix the oil and vinegar with pepper and salt, and pour over. A little chopped shallot is liked by some.

MIXED VEGETABLES.**ENGLISH SALAD.**

INGREDIENTS.

$\frac{1}{2}$ lb. nice Red Tomatoes.	2 hard-boiled Eggs.
Water-cress.	Salad Dressing (<i>see</i>
2 or 3 Lettuces.	page 166).

Dip tomatoes in boiling water for 2 minutes, then skin them, and cut in neat pieces. Wash the salad plants and dry with a cloth; break into nice pieces. Cut the eggs into eight and arrange the salad nicely in a salad bowl and any pieces of egg left from dressing. Garnish with tomatoes and egg. Salad dressing may be poured over or handed separately.

COOKED VEGETABLES.**POTATO SALAD.**

INGREDIENTS.

Freshly-boiled Potatoes.	French Dressing.
Beetroot.	

The potatoes and beetroot should be cooked in salted water purposely for the salad, and allowed to become just cool. Cold potatoes left over from the last meal may be used, but they are not so nice. When the potatoes are cool cut them in thin slices, season with a little more salt and white pepper; cut the beetroots also in thin slices, and mix the two in the proportion of one-third beetroot to

two-thirds potatoes with the dressing, or arrange them in alternate layers in a salad bowl, with the dressing poured over each layer as it is made.

A tastier way, which really makes a perceptible difference in the flavour of the salad, is to mix the lemon juice, vinegar, salt and pepper together, without the oil, and pour it over the different layers as they are laid, and then add the oil by itself. The acids penetrate and season the vegetables, and the oil is left on the outside of each piece.

N.B.—Chopped olives may be substituted for the beetroot.

WINTER SALAD.

INGREDIENTS.

Cooked Potatoes.	Little Celery.
Cooked Beetroot.	1 or 2 hard-boiled Eggs.
Cooked Sprouts.	Salad Dressing.
Cauliflower.	

Clean and cut the celery into dice. Cut the potatoes and beetroot into slices, and stamp out with a cutter. Have the sprouts nicely cooked, cut in quarters. Heap the trimmings in a pile in a salad bowl, place cut vegetables round, and garnish with hard-boiled eggs, if liked. Pour the salad dressing over.

N.B.—See English Salad Dressing. *Page 166.*

MEAT SALADS.

FISH SALAD.

INGREDIENTS.

Cold Fish, such as Turbot or Halibut.	Some Pickled Shrimps.
Beetroot or Tomatoes.	Some Water-cress.
Chopped Gherkins.	Some Lettuce.
Chopped Capers.	Some Cucumber.
Little chopped Shallot.	Mayonnaise Dressing.
	Hard-boiled Egg.

Flake the fish. Add shrimps, capers, and hard-boiled egg, chopped. Put the fish, etc., mixed with some

Mayonnaise, in the centre. Coat all over with Mayonnaise. Garnish with cress, lettuce, cucumber, etc.

CHICKEN SALAD.

INGREDIENTS.

Some cold Chicken.	Some well-washed Lettuce
Some Mayonnaise Dressing.	or Celery.
Salt, Pepper.	

Remove all skin, bone, and tendons from the chicken, cut into half-inch cubes. Season with salt and pepper. Dry and tear the lettuce into small pieces, or cut up the celery. Mix equal parts of chicken and lettuce or celery with part of the dressing, arrange it in a shallow salad bowl or entrée dish, coat with the remainder of the Mayonnaise. Garnish with tiny inside leaves of lettuce or celery tops. The chicken, lettuce, and dressing may all be prepared beforehand, but should only be mixed just before serving.

CHEESE SALAD.

Cut up a pound of Cheddar cheese into nice dice shapes, and mix with it two large peeled raw onions, the best part of two well-washed heads of celery, and a half pound of lean cooked ham all cut in similar manner. Dress with French dressing. Dish the salad in a pile, sprinkle over it some coralline pepper and finely-shredded crisp lettuce, and serve for luncheon, shooting parties, etc.

SWEET SALADS.

MIXED FRUIT SALAD.

INGREDIENTS.

Fruit, in season.	Any Bottled or Tinned
Grapes, peeled and stoned.	Fruits may also be used,
Peaches, peeled and cut up,	cut up, and added.
etc.	Sweet Dressing (<i>see</i>
Nuts and Dates.	<i>page 167</i>).

Mix prepared fruit and soak in syrup or sweet dressing. Keep on ice till wanted. Serve on a crystal dish.

Sprinkle with chopped cocoanut (if liked), or cover (if liked) with whipped cream, sweetened and flavoured.

APPLE SALAD.

INGREDIENTS.

2 Red Apples.	Lettuce.
1 oz. Walnuts.	2 table-spoonfuls cooked
1 oz. Dates.	Salad Dressing.
Celery.	

Halve apples or cut off tops. Scoop out inside and chop with walnuts, celery, and dates. Add dressing. Nick edges of apples, if liked. Fill up with mixture, replace top and serve on lettuce leaves with garnish of cress.

ORANGE SALAD.

INGREDIENTS.

Oranges.	Little Sugar.
French Dressing.	

Peel oranges, remove pith and pips, slice thinly, sprinkle with sugar, place in flat salad dish. Pour dressing over, keep on ice till required.

N.B.—Usually served as an accompaniment to wild duck.

PINEAPPLE SALAD.

INGREDIENTS.

1 fresh Pine or 1 tin Chunks.	$\frac{1}{2}$ teaspoonful chopped
Some Mayonnaise Sauce.	Parsley (if liked).

Prepare the pineapple and cut in large dice; toss with the Mayonnaise. Serve in a pile in a salad bowl, sprinkle with chopped parsley (if liked).

DRESSINGS.

French dressing is a mixture of fine olive oil, vinegar or lemon juice, or both, and salt, cayenne pepper and

onion juice. The following proportions will make enough for one head of lettuce:—

FRENCH DRESSING.

INGREDIENTS.

1 table-spoonful Oil.	Extra, if liked:—
Few grains Cayenne.	$\frac{1}{2}$ teaspoonful chopped Parsley.
$\frac{1}{2}$ salt-spoonful Salt.	$\frac{1}{2}$ teaspoonful chopped Mint and
4 drops Onion Juice.	—Tarragon.
1 teaspoonful Lemon Juice.	
1 teaspoonful Vinegar.	

Mix all together well. This dressing may be used with lettuce, tomatoes, cold meat, potato salad, and to marinade chicken, lobster and crab when they are to be used for salads.

ENGLISH DRESSING.

INGREDIENTS.

Yolks of 2 hard-boiled Eggs.	Salad Oil or Cream (about
Seasoning.	1 gill).
$\frac{1}{2}$ teaspoonful Castor Sugar.	1 or 2 table-spoonfuls
$\frac{1}{2}$ teaspoonful Mustard.	Vinegar.

Place the yolks, seasoning, and sugar in a mortar, pound well, add the vinegar gradually, stirring vigorously. Lastly, add the cream or oil, drop by drop.

N.B.—Sour cream may be used for this dressing.

MAYONNAISE DRESSING.

INGREDIENTS.

$\frac{1}{2}$ salt-spoonful Salt.	2 table-spoonfuls Lemon
2 salt-spoonfuls Mustard.	Juice.
2 salt-spoonfuls Sugar.	1 table-spoonful Vinegar
$\frac{1}{4}$ salt-spoonful Cayenne.	(Tarragon).
Yolk of 1 Egg.	1 table-spoonful thick Cream.
1 gill of Olive Oil.	

These proportions may be multiplied or divided to make larger or smaller quantities. Put the first five ingredients together in a bowl and mix them well; then add the oil, one drop at a time, stirring constantly with a wooden spoon or whisk. After dropping and stirring for 10

minutes, the mixture will become stiff and difficult to turn. At this point stir in a little of the vinegar or lemon juice. Then drop in more oil, and stir until it again becomes stiff. Continue putting in oil and the acids until all are used, when the result should be a thick, smooth cream, which when taken up on the end of a spoon will keep its shape and not "run." Lastly, stir in the cream.

Should the dressing break or appear curdled, it may sometimes be restored to smoothness by beating with an egg-beater, or by adding more egg and stirring for a while without adding oil. If these expedients fail, begin all over again, adding the curdled dressing to a new yolk. However, a Mayonnaise dressing will not go wrong except in the hands of a careless worker. The only points to be observed are—to put the oil in *slowly*, and to stir *constantly and rapidly*. The cream is a valuable addition, giving the Mayonnaise a delicate, satisfying flavour.

Note.—The *dressing* for salads, whether simply oil and vinegar, or a Mayonnaise, should be mixed with a wooden spoon. As for the seasonings, the Spanish maxim which reads as follows is a good guide: "Be a miser with vinegar, a counsellor with salt, a spendthrift with oil, and a madman with stirring." Let the oil be of the first quality of genuine olive oil.

SWEET DRESSING.

INGREDIENTS.

1 pint Water and the Syrup	Juice of a Lemon or Orange.
from a tin of Fruit.	Little Sherry or Brandy
4 ins. Cinnamon Stick.	(if liked).
8 ozs. Sugar (loaf).	

Place all in a pan except wines. Dissolve sugar, bring to boiling point, skim well. Boil quickly till reduced to half quantity and of an oily consistency, add wine, cool. Pour over fruit. Colour dressing (if liked).

COOKED DRESSING (1).

INGREDIENTS.

1 oz. Flour.	2 Yolks.
$\frac{1}{2}$ gill Cream.	1 table-spoonful Vinegar.
$\frac{1}{2}$ teaspoonful Mustard.	1 dessert-spoonful Sugar.
1 oz. Butter.	Boiling Water (about $\frac{1}{2}$ pint).

Melt butter, add flour, then add the boiling water. Stir in mustard, sugar, and vinegar, and boil; add yolks, and lastly, cream; re-cook. Bottle and keep in cool place. If too thick, add a little more cream.

COOKED DRESSING (2).

INGREDIENTS.

Yolks of 3 Eggs.	1 teaspoonful Salt.
1 table-spoonful Oil.	1 teaspoonful made Mustard.
1 table-spoonful Sugar.	1 gill Vinegar.
$\frac{1}{2}$ pint Milk or Cream.	

Make sugar, oil, salt, and mustard into a smooth paste, add eggs, vinegar, and milk. Put into a basin and place in a pan of hot water. Stir occasionally till slightly thick.

HOT PUDDINGS.

MILK PUDDINGS.

Average Proportions:—

1½ ozs. Farinaceous Food Stuff.

1 pint Milk.

1 dessert-spoonful Sugar.

RICE PUDDINGS (WITHOUT EGGS).

INGREDIENTS.

1½ ozs. Rice.

1 pint Skim Milk.

½ oz. Suet, finely chopped.

Little Nutmeg or Cinnamon.

½ oz. Sugar.

Wash the rice well and put all together in a greased pie-dish. Bake for 3 hours in a very slow oven.

TAPIOCA PUDDING (1).

INGREDIENTS.

1½ ozs. Tapioca.

A little flavouring.

1 pint Milk.

A little Margarine, Butter

½ oz. Sugar.

or chopped Suet.

Grease the pie-dish. Wash the tapioca and soak with water in a covered basin for 1 hour. Place in pie-dish, put suet on top, add milk and flavouring, and bake in a moderate oven slowly from 2 to 3 hours. Stir occasionally until the skin begins to form on top of pudding. Fine sago may be used similarly.

SEMOLINA PUDDING.

INGREDIENTS.

1½ ozs. Semolina.

½ oz. Sugar.

1 Egg.

1 pint Milk.

Heat the milk in a saucepan, sprinkle in the semolina, bring slowly to boiling point. Simmer till the grain is

soft (about 10 minutes), stirring all the time. Remove pan from fire, add sugar, allow to cool a little, beat egg, and add carefully to pudding, stirring well. Pour into a buttered pie-dish. Bake in a brisk oven 20 minutes. Other milk puddings may be made similarly.

BIRD'S NEST PUDDING.

INGREDIENTS.

Apples according to size of dish (peeled and cored).	Pinch Salt.
1½ ozs. Fine Sago.	1 pint Milk.
1 table-spoonful Sugar.	1 oz. chopped Suet or Margarine.

Place the prepared apples in a greased pie-dish, add sago, salt, suet, sugar and milk. Fill up the cores of the apples with sugar. Place in a moderate oven and cook about 1½ hours. Stir frequently until skin forms on top of the pudding.

PLAIN BOILED RICE (SWEET).

INGREDIENTS.

1½ ozs. Carolina Rice.	½ oz. Sugar.
1 pint Milk.	

Wash rice well and place in pan with water, bring to boiling point, pour off the water, add milk. Simmer very slowly with lid on till quite tender, about 2 hours. Add sugar, and serve either hot or cold in a rough heap.

PLAIN BOILED BARLEY (SWEET).

Prepare exactly as for Boiled Rice.

N.B.—An egg may be added to rice or barley, and finished as semolina pudding.

MILK MOULDS.

Average Proportions for Milk Moulds:—

1½ ozs. Fine Powders to 1 pint Milk.
3 ozs. Larger Grains to 1 pint Milk.

CORNFLOUR MOULD (1).

INGREDIENTS.

1 pint Milk.	Some grated Lemon Rind.
1½ ozs. Cornflour.	1 table-spoonful Sugar.
1 pinch Salt.	

Put most of the milk on to heat. Blend cornflour with the rest of the milk, to which add a pinch of salt and grated lemon rind. Pour heated milk on to it and then return to pan. Stir until it comes to boiling point, boil 3 minutes, add sugar, turn at once into a wetted mould. When quite cold, turn out.

Ground Rice Mould is made in the same way, but must be boiled 10 minutes. Serve with stewed fruit.

PLAIN RICE MOULD.

Prepare as for plain boiled rice, using 3 ozs. rice to 1 pint. When tender, pour into wetted mould. Set, turn out, and serve with stewed fruit or jam.

CUSTARD PUDDINGS.**STEAMED CUSTARD.**

INGREDIENTS.

1 Egg.	Little Sugar.
¼ pint Milk.	Flavouring (if liked).

Beat the egg slightly, add the sugar and milk, and allow the custard to stand aside until the sugar is dissolved; strain. Butter a large cup or very small bowl, strain the custard in, twist a piece of buttered paper over the top of the cup, and place in a saucepan of boiling water—the water coming half-way up the cup. Draw the saucepan to the side of the fire, and allow the custard to remain there till firm, which will be about 20 minutes; do not on any account allow the water to boil while the custard

is steaming, or it will be full of holes. When custard is firm, serve either hot or cold turned out or in the cup or basin in which it was steamed.

BAKED CUSTARD.

INGREDIENTS.

2 Eggs.	1 pint Milk.
1 table-spoonful Sugar.	Little Nutmeg.

Beat the eggs with the sugar; stir the milk on the beaten eggs. Strain and pour into a buttered pie-dish, grate a little nutmeg over, and bake three-quarters of an hour in a moderate oven. If liked, the milk may be warmed before pouring over the eggs, and the custard sets more quickly.

BREAD AND BUTTER PUDDING.

INGREDIENTS.

1 Egg.	2 slices thin Bread and
1 table-spoonful Sugar.	Butter.
$\frac{3}{4}$ pint Milk.	1 oz. Currants.

Make the custard and stir occasionally till the sugar is dissolved. Strain. Cut the bread and butter in small squares, and lay it in a buttered pie-dish. Sprinkle currants between, adding a little chopped peel, if liked. Pour custard over, and let it soak into bread for half an hour. Bake in a brisk oven until pudding has nicely risen, and is set. It takes from about 30 to 40 minutes. Stale cookies or dry white cake may be used in this way.

STEAMED BREAD AND BUTTER PUDDING.

Make as for baked bread and butter pudding, using, however, only half quantity of liquid. Steam gently in a greased basin for three-quarters of an hour.

STEAMED OR BOILED PUDDINGS.**SUET PUDDING.**

INGREDIENTS.

$\frac{3}{4}$ lb. Flour.	A very little Salt.
3 ozs. Suet.	Water or Milk.
1 teaspoonful Baking Powder.	

Chop the suet very finely, mix the dry ingredients together, make into a soft dough with the water. Dip the pudding cloth in boiling water, flour it well, put in the pudding and tie it up securely, leaving room for it to swell. Place in a pan with plenty of boiling water and boil 2 hours. Turn out. Serve with syrup or jam.

N.B.—The pudding may be made lighter by using half flour and half breadcrumbs, and, if liked, 3 ozs. of sugar may be included in the ingredients.

PLAIN CURRANT PUDDING.

INGREDIENTS.

As for Suet Pudding, plus 3 ozs. Currants or Sultanas.

Clean the currants; mix all as for suet pudding. Place in a greased basin, cover with a cloth scalded and floured and boil, or cover with greased paper and steam 3 hours. Allow to shrink before turning out; serve with syrup sauce.

N.B.—Any other dried fruits may be used in same proportion and variety given, *e.g.*, chopped dates, figs, prunes, raisins.

N.B.—This pudding is much lighter if $\frac{1}{4}$ lb. breadcrumbs is used with $\frac{1}{2}$ lb. flour, instead of $\frac{1}{2}$ lb. flour.

ROLY-POLY.

INGREDIENTS.

$\frac{1}{2}$ lb. Suet Pastry (*see* page 301). 2 or 3 table-spoonfuls Jam.

Roll out pastry on a floured board into a long strip (twice as long as broad). Spread with jam to within half an inch of the edge. Wet the edges, roll up the strip, press the edges together. Dip a pudding cloth in boiling water, flour it well, put in the roly, roll firmly and tie securely at the ends. Place in a pan of boiling water, boil for $1\frac{1}{2}$ hours, take off the cloth, and place the roly in a hot dish. Serve with sweet sauce if liked.

N.B.—A richer paste can be made by using 1 oz. more of suet.

JAM LAYER PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Suet Pastry. Some stiff Jam.

Divide the pastry into three or four before rolling out. Put a good spoonful of jam at the bottom of basin, roll out one piece of pastry, cut out a round and put it on top of jam; then more jam and more pastry, and continue to do this until the basin is full, finishing with a lid of pastry. Cover and steam 3 hours.

N.B.—If liked, the basin may be lined first, and spoonful of jam placed in, then a round of pastry, and so on, finishing up with a round of pastry.

TREACLE PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	Milk to mix (about 1 gill).
3 ozs. Suet.	1 teaspoonful Ground Ginger.
2 ozs. Treacle (may be mixture of syrup and treacle).	Pinch Salt.
1 Egg (if liked).	$\frac{1}{2}$ teaspoonful Bi-carbonate of Soda.

Shred and chop suet finely. Mix all the dry ingredients in a basin, and egg (if used), treacle and milk. Mix

to a soft consistency. Pour into a greased basin, cover with a greased paper, steam 2 to 3 hours. Serve with treacle or syrup sauce (*see page 240*).

BOILED FRUIT PUDDING.

INGREDIENTS.

6 ozs. Suet Pastry.
Any Fruit in Season for filling (1 lb.).
Sugar and Water.

Prepare the fruit according to its kind. Line the basin with the pastry, reserving a piece for lid, put in half the fruit, then add the sugar, remainder of fruit, and a little water if necessary. Cover with the pastry lid, then cover with scalded and floured pudding cloth and boil 2 to 3 hours.

BROWN PUDDING (PLAIN).

INGREDIENTS.

2 ozs. Breadcrumbs.	2 ozs. Suet.
2 ozs. Wheaten Meal.	1 oz. Raisins.
2 ozs. Flour.	$\frac{1}{2}$ teaspoonful Spice.
1 oz. Brown Sugar.	$1\frac{1}{2}$ ozs. Peel.
$\frac{1}{2}$ oz. Syrup.	Pinch Salt.
Grated Carrot (small).	Milk to mix.
$\frac{1}{2}$ teaspoonful Bi-carbonate of Soda.	

Chop suet, stone raisins, and chop, also peel. Mix dry ingredients, add syrup and milk to make to a soft consistency, turn into a greased tin mould or basin, and steam 4 hours. Serve with suitable sauce.

SEVEN CUP PUDDING.

INGREDIENTS.

1 cupful Flour.	1 cupful Currants.
1 cupful Breadcrumbs.	$\frac{1}{2}$ teaspoonful Bi-carbonate of Soda.
1 cupful Suet.	1 teaspoonful Ground Cinnamon.
1 cupful Sugar.	1 Egg.
1 cupful Milk.	
1 cupful Raisins.	

Make as for brown pudding. Steam 4 to 5 hours

SCRAP BREAD PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Crusts Bread.	3 ozs. Suet.
3 ozs. Sugar.	3 ozs. Currants.
3 ozs. Raisins.	1 oz. chopped Peel.
1 small teaspoonful Ground Ginger.	1 teaspoonful Mixed Spice.
$\frac{1}{2}$ teaspoonful Ground Cinnamon.	Shake of Pepper.
1 Egg (if liked).	Little Milk.
	1 teaspoonful Bi-carbonate of Soda.

Weigh the bread and soak as long as possible in cold water. Squeeze dry and crumble it with a fork. Chop the suet, stone the raisins, and chop a little. Clean the currants, chop the peel, mix all the dry ingredients except the soda. Mix soda with a little milk, add it to the mixture, and if egg is used add it. Mix all thoroughly, and turn into a greased basin and steam $2\frac{1}{2}$ to 3 hours. Let shrink, turn out, and serve with sauce.

BAKED SCRAP BREAD PUDDING.

Same mixture as above, made rather more moist. The pudding is placed in a greased pie-dish and baked in rather a hot oven for three-quarters of an hour.

STEAMED GROUND RICE PUDDING.

INGREDIENTS.

2 ozs. Rice.	2 ozs. Raisins.
2 ozs. Flour.	2 ozs. Suet.
2 ozs. Brown Sugar.	$\frac{1}{2}$ teacupful Milk.
$\frac{1}{2}$ teaspoonful Bi-carbonate of Soda.	Pinch Salt.

Stone and chop the raisins. Chop the suet very finely. Mix dry ingredients well together. Add the milk, making the mixture very moist. Pour the mixture into a greased tin, cover with greased paper, and steam 3 hours.

PLAIN PLUM PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ lb. Breadcrumbs.
$\frac{1}{2}$ lb. Suet.	$\frac{1}{4}$ lb. Currants.
$\frac{1}{4}$ lb. Raisins.	2 ozs. Mixed Peel.
2 ozs. Brown Sugar.	$\frac{1}{2}$ teaspoonful Mixed Spice.
1 Lemon.	1 or 2 Eggs.
$\frac{1}{2}$ teaspoonful Bi-carbonate of Soda.	Pinch Salt.
Little Milk.	2 table-spoonfuls Treacle.

Mince the suet and candied peel very finely, wash and dry the currants, stone the raisins and cut them through. Put the flour into a basin, mix it with the breadcrumbs, sugar, and suet. Add the fruit, lemon rind (grated), soda, salt, and spice; mix thoroughly. Beat up the egg well and add a little milk to it. Add the lemon juice to the dry ingredients in the basin and add the treacle, and mix all to a soft paste with the egg and milk, adding more milk if required. Pour the mixture into a greased basin, and steam or boil the pudding for 4 hours.

COTTAGE PUDDING.

INGREDIENTS.

1 lb. Flour.	Small teaspoonful
2 ozs. Butter.	Bi-carbonate of Soda.
Small teaspoonful Cream of Tartar.	Breakfast-cupful of Buttermilk.
2 table-spoonfuls Sugar.	-

Rub the butter into the flour, mix dry ingredients, make into a dough with the milk. Grease a pudding basin, half fill with the dough, twist a greased paper over the top; steam for 2 $\frac{1}{2}$ hours. Serve with syrup or jam.

RAILWAY PUDDING.

INGREDIENTS.

- | | |
|-------------------------------|-----------------------|
| 2 breakfast-cupfuls of Flour. | 3 teaspoonfuls Baking |
| 1 breakfast-cupful Sugar | Powder. |
| (short measure). | 2 Eggs. |
| | 1 teacupful Milk. |

Mix all dry ingredients. Beat eggs very well, and add the milk to them. Mix all to a moist consistency, and bake in a shallow tin for 15 minutes in a quick-oven. Split open with a hot knife, spread with jam or stewed fruit. Cut in pieces, and sift sugar over.

STEWED FRUITS.

INGREDIENTS.

Average Proportions:—

- | | |
|----------------------|---------------------------|
| 1 lb. Fruit (fresh). | $\frac{1}{2}$ pint Water. |
| 3 to 4 ozs. Sugar. | |

Juicy fresh fruits, use only 1 gill water.

STEWED APPLES (FRESH).

INGREDIENTS.

- | | |
|---------------------------|--------------------|
| 1 lb. Apples, pared cored | 3 to 4 ozs. Sugar. |
| and sliced. | 2 gills Water. |

Put all into a lined stewpan and cook gently until the apples are soft. Rhubarb, green gooseberries, currants, raspberries, plums, etc., can be stewed in the same way, observing the above notes on proportions. The quantity of sugar and water varies with the different fruits. Fruit can be stewed in a jar in the oven instead of in a stewpan.

Average Proportions:—

- | | |
|----------------------|---------------------------|
| 1 lb. Fruit (dried). | $\frac{1}{2}$ pint Water. |
| 2 ozs. Sugar. | |

STEWED PRUNES.

Wash and soak the prunes in the measured water overnight, place in pan with sugar and strip of lemon rind

if liked. Cook very slowly till tender, 1 hour. Cool and serve. Other dried fruits are done similarly.

SWISS PUDDING.

INGREDIENTS.

1 lb. Stewed Apples.	3 table-spoonfuls Brown Sugar.
$\frac{1}{2}$ lb. Breadcrumbs.	$\frac{1}{4}$ oz. Butter.
2 ozs. Suet.	

Stew the apples till tender. Chop the suet finely, and mix with the breadcrumbs and sugar. Grease a pie-dish. Put half the mixture at the bottom, then put in the stewed apples and then rest of the mixture. Break the butter in small pieces and place on top. Bake half an hour in a sharp oven.

N.B.—If liked, the above may be put in in layers.

SAGO AND RHUBARB MOULD.

INGREDIENTS.

1 lb. Rhubarb.	Strips Lemon Rind.
3 ozs. Fine Sago.	Little Colouring if Rhubarb is green.
1 gill Water.	
$\frac{1}{4}$ lb. Sugar.	

Cook the rhubarb for five minutes with water, add washed sago and lemon rind. Simmer half an hour, taking care it does not burn. Remove the peel; put in the sugar and colouring. Turn into a wetted mould. When cold, turn out and serve with custard sauce.

LEMON SAGO.

INGREDIENTS.

1 $\frac{1}{2}$ ozs. Sago.	1 Lemon.
$\frac{1}{2}$ oz. Sugar.	1 table-spoonful Golden Syrup.
1 pint Water.	

Wash sago, then sprinkle into boiling water and cook gently till quite clear and thickened, add grated rind and

juice of lemon and syrup. Serve cold. If liked, this may be placed into a wetted mould, and when cold turned out.

COLD FRUIT PUDDING.

INGREDIENTS.

1 pint Raspberries.	} $\frac{1}{2}$ pint	$\frac{1}{2}$ pint Water.
1 pint Red Currants.		Juice.
$\frac{1}{4}$ lb. Sugar.		Few drops of Cochineal.

Stew the fruit and sugar together till soft, rub through a hair sieve, mix the cornflower with the water, add to the strained fruit, boil for a few minutes. Colour with a few drops cochineal, pour into a wetted mould, put aside to firm.

N.B.—If preferred, 1 oz. gelatine can be used instead of the cornflour. There must be 1 pint of fruit juice and water before adding cornflour.

MALVERN OR WAKEFIELD PUDDING.

INGREDIENTS.

3 to 4 slices Stale Bread.	1 teacupful Black Currants.
1 teacupful Raspberries.	$\frac{1}{2}$ teacupful Sugar.
1 teacupful Red Currants.	

Prepare the fruit and stew till soft, with the sugar. Cut a round of bread and fit it in the bottom of a pint basin. Cut some fingers of bread and fit them tightly round the sides of the basin. Fill up the centre with layers of bread and stewed fruit while hot. Cover the top with a round slice of bread. Cover with a plate; set weights on this. Put aside till perfectly cold. Turn out and serve with custard, milk or cream. If the fruit is very watery, the plate must be lifted off, and any superfluous liquor poured off. If it is too soft it will not turn out. The bread must be thinly cut or the fruit will not soak through. Any fruit in season can be used.

FRUIT TART.

INGREDIENTS.

1 lb. (seasonable) Fruit.	Water (if necessary).
About $\frac{1}{4}$ lb. Sugar.	6 ozs. Short Pastry.

Prepare fruit. Half fill pie-dish, then add sugar, a little water, and pile up fruit.

Roll out pastry on a floured board to size larger than pie-dish. Cut off a strip of pastry, wet the edges of the pie-dish, and lay on the strip of paste. Wet that again, cover the tart with the remainder of the paste. Trim off the rough edges, mark with a teaspoon. Bake in a quick oven about half an hour. When ready, make a small slit at either end and allow steam to escape. Before serving, sprinkle over with sugar. Any fruit in season can be used.

APPLE BALLS.

INGREDIENTS.

4 to 5 large Apples or 6 small Apples.
1 to 2 ounces Sugar.
2 ozs. Pastry to each large Apple.

Make some short crust, allowing 2 ozs. flour for each apple. Core and peel the apples without breaking them. Divide the paste. Place an apple on each piece and work the pastry lightly round. Fill up the hole in the apple with sugar, and 1 clove if liked. Join the edges of the paste all over the apple; there must be no cracks.

Place on a greased tin and bake from half to three-quarters of an hour in a sharp oven, or until the fruit is cooked.

SYRUP PASTRY.

INGREDIENTS.

12 ozs. Short Crust.	Grated rind and juice of
8 table-spoonfuls Syrup.	2 Lemons.
6 ozs. Breadcrumbs.	

Mix to a thick paste. Roll out the pastry into two thin sheets about ten inches square, top rather smaller;

wet the edges of one sheet, after placing it on tin. Spread syrup mixture over to within one inch of the edges. Place second sheet on top and turn edges over. Mark into squares. Bake in a quick oven till golden-brown colour all over. Cover with paper, and bake from half to three-quarters of an hour. Cut into squares and dust with castor sugar.

N.B.—This may be made as an open tart on an ashet.

JAM TURNOVERS.

INGREDIENTS.

Short Crust.

Little Jam.

Roll out pastry, cut with a cutter. Put a little jam in the centre of each round, wet the edges, fold over, and bake in a quick oven.

BATTERS.

PANCAKE BATTER.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.

$\frac{1}{2}$ pint Milk.

1 Egg.

Pinch Salt.

Mix the flour and salt together; drop the egg into centre with one-third of the milk, make a smooth paste without any lumps. Beat well, adding gradually the rest of the milk. Let it stand at least half-an-hour covered, in a cold place. Use as required for the following:—

PANCAKES.

INGREDIENTS.

$\frac{1}{2}$ pint Batter.

Sugar.

Lemon Juice.

Lard to Fry.

Melt lard into a frying-pan (a piece about the size of a small nut). When it is hot pour in a little batter,

just enough to cover the bottom of the pan. When the batter is set, shake it loose. When brown, toss it over and brown on the other side, drain on paper, sprinkle with white sugar and little lemon juice, roll up; keep hot while the rest of the pancakes are being fried. Serve very hot.

N.B.—Jam or marmalade may be used instead of lemon and sugar.

STEAMED BATTER PUDDING.

Make the batter as for pancakes; pour into a greased basin; steam for 1 hour. For **Black Cap Pudding**, sprinkle a few currants into the batter before steaming.

YORKSHIRE PUDDING (A).

Batter as above; pour into dripping-tin in which there is 1 oz. hot dripping. Bake about half an hour in a quick oven, or cook it under the meat. Serve with roast beef. All batters are improved by standing in a cool place before cooking. They must be served immediately they are cooked.

YORKSHIRE PUDDING (B).

INGREDIENTS.

3 ozs. Flour.	1 Egg.
1½ gills Milk.	Salt.

Blend flour with egg and half a gill of milk. Boil remainder of milk and add to blended flour. Pour into tin with smoking hot fat and bake in a quick oven about half an hour.

OMELETS.**RULES FOR OMELET MAKING.**

1. The pan must be perfectly clean and not used for any other purpose, and must never be washed, but cleaned immediately after cooking by wiping round with soft paper.

2. All ingredients (eggs and butter) must be perfectly fresh.

3. Eggs should be beaten with a fork, and only sufficiently to mix, not to make frothy.

4. A little milk, cream, or water should be added when beating the eggs, this makes lighter and more moist omelets.

5. The oil or butter for cooking must not be too hot when eggs are put into pan.

6. An omelet must be quickly made over a clear fire. The stirring and shaking processes must be quickly performed.

7. When the eggs show signs of slightly setting, shape the omelet by folding in the ends so as to form a kind of oval shape, this is done at side of pan furthest from handle.

8. Shake pan, see that omelet is perfectly loose and a golden-brown colour.

9. Serve immediately.

SAVOURY OMELET.

INGREDIENTS.

2 Eggs.	Seasoning.
1 teaspoonful finely chopped Parsley.	1½ ozs. Butter (short measure).
Pinch Thyme.	

Beat eggs. Add parsley, thyme, seasoning, also half the butter in pieces.

Melt the rest of the butter in a pan and when just frizzling pour in the mixture.

Draw a fork through the mixture until it begins to set, pan must be in constant motion. When lightly set, fold in edges with a knife. Turn on to a hot dish. Serve at once.

FARCED OMELET.

When forming into oval shape, place hot cooked farce into centre and fold over and serve.

SWEET OMELET.

Omit savoury ingredients and add 1 oz. sugar and fold in hot jam.

OMELET SOUFFLE.

INGREDIENTS.

2 Yolks.	$\frac{1}{2}$ oz. Clarified Butter or
3 Whites.	Salad Oil.
1 teaspoonful Sugar.	Jam.

Separate the whites from the yolks, add sugar to the yolks and beat well. Whisk up whites to a very stiff froth, lightly fold the two together. Melt the butter in an omelet pan. When just melted, pour in the mixture, and cook lightly till nicely set and browned. Cook the upper side under the grill or in front of a clear fire or in the oven. Turn right over on to a sugared paper, make an incision in centre and put a teaspoonful of warmed jam in centre. Fold over, sift with sugar on top and serve at once.

RUM OMELET.

INGREDIENTS.

3 Eggs.	1 oz. Sugar.
1 table-spoonful Rum.	$\frac{1}{2}$ oz. Butter (clarified).

Separate the whites from the yolks. Add sugar to the yolks and beat well. Whisk the whites stiffly and add rum to the yolks. Fold in the whites. Melt the butter in an omelet pan, pour in egg mixture. Cook over a moderate heat till nicely set and browned. Have ready a little warm jam, place in the centre of omelet and fold over. Sift with sugar.

SOUFFLES.

GENERAL FOUNDATION PROPORTIONS.

FOUNDATION.

Panada— $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ ozs. Butter.} \\ 1\frac{1}{2} \text{ ozs. Flour.} \\ 2 \text{ gills Liquid (may be Milk, Stock, or} \\ \text{Fruit Juice or Syrup).} \end{array} \right.$

DISTINCTIVE INGREDIENTS.

Liquids.—1 teaspoonful to 2 table-spoonfuls according to strength and nature of Liquid used.

Solids.—4 to 6 ozs. finely-divided Meat, Fish, Game, fresh or preserved Fruits.

Seasonings.—Salt, Pepper, 1 teaspoonful. Vinegar, or 2 ozs. Sugar, according to requirements.

Raising Agents.—3 Yolks and 4 Whites of Eggs.

Soufflés take their name from distinctive ingredients used, *e.g.*, Vanilla Soufflé, Fish Soufflé, Cherry Soufflé.

Method for Soufflés.—Melt the butter, add the flour, and cook slightly; add liquid and cook thoroughly, add distinctive ingredients, and seasonings and yolks; lastly, add the stiffly-beaten whites; mix lightly. Pour into prepared soufflé tin, cover with buttered paper and cook in a steamer for 40 to 45 minutes. Allow to shrink. Turn out very carefully. Serve with suitable sauce.

Farinaceous Soufflés take their name according to farinaceous substance used for foundation, *e.g.*, Sago Soufflé, Semolina Soufflé, etc.

INGREDIENTS.

Foundation.— $1\frac{1}{2}$ to 2 ozs. Farinaceous Substance to 1 pint Milk and $\frac{1}{2}$ oz. Butter.

Raising Agents.—3 Yolks and 4 Whites of Eggs.

Flavouring.—As desired.

Method.—Boil the milk. Blend the farinaceous food-stuff with a little milk, then pour the hot milk on it.

Cook thoroughly till as thick as an ordinary panada. When well cooked, add sugar, butter, and flavouring, and when cool enough, the beaten eggs (yolks). Lastly, fold in the stiffly-beaten whites. Have a tin prepared and turn the mixture into it. Cover with buttered paper. Steam 1 hour. Serve with marmalade, arrowroot or wine sauce.

If a more solid article is desired, use fewer eggs or double quantity of panada.

N.B.—Any of the above soufflés may be baked in a soufflé tin in a quick oven.

CHOCOLATE SOUFFLE.

INGREDIENTS.

2 ozs. Cake crumbs.	$\frac{1}{2}$ gill Milk.
2 ozs. grated Chocolate.	2 Yolks Egg.
2 ozs. Butter.	2 Whites Egg.
$1\frac{1}{2}$ ozs. Sugar.	Vanilla Essence.

Heat butter and milk together. Stir in grated chocolate and sifted crumbs. Stir till mixture thickens and leaves the sides of the pan. Cool, add sugar and vanilla and yolks. Fold in carefully the stiffly beaten whites. Pour into prepared soufflé tin and steam gently about 1 hour. Turn out, and sauce over with chocolate sauce. Decórate with chopped pistachio nuts.

HOT PUDDINGS.

BAKED.

COCOANUT PUDDING.

INGREDIENTS.

$\frac{1}{2}$ pint Milk.	Little grated Lemon Rind.
2 ozs. Cocanut.	1 oz. Butter.
2 ozs. Breadcrumbs.	2 Eggs.
1 oz. Sugar.	

Boil milk and pour over breadcrumbs, add butter, sugar, cocanut, and lemon rind. Separate yolks from whites

of eggs, and when mixture has cooled slightly, add yolks well beaten. Bake in a moderate oven until set. Whip whites, add 2 table-spoonfuls sugar to them, and pile up roughly on top of pudding; dredge over with sugar. Set in a cool oven until a light brown colour. Decorate (if liked) with coloured cocoanut.

QUEEN OF PUDDINGS.

INGREDIENTS.

$\frac{1}{2}$ pint Milk.	2 Eggs.
1 oz. Butter.	$\frac{1}{2}$ oz. Sugar.
2 ozs. Breadcrumbs.	2 or 3 table-spoonfuls Jam.
1 Lemon.	

Boil the milk with the butter and pour over the breadcrumbs. Let it soak for a few minutes, then add the yolks of the two eggs, the grated lemon rind, and the sugar. Pour into a buttered pie-dish and bake till set. Take it out of the oven, spread over with jam, allow to cool slightly. Beat the whites of eggs very stiffly, add 2 table-spoonfuls sugar, mix, and spread over the top, sprinkle with sugar, and bake a very pale brown.

BAKED CHOCOLATE PUDDING.

INGREDIENTS.

2 ozs. Breadcrumbs.	1 oz. Butter.
$1\frac{1}{2}$ ozs. grated Chocolate.	1 teaspoonful Vanilla
1 oz. Sugar.	Essence.
2 table-spoonfuls Cream.	2 Eggs.
$\frac{1}{2}$ pint Milk.	

Boil the butter, milk, and chocolate, pour over breadcrumbs, add sugar and (when cool enough) the yolks, cream, and vanilla. Turn into a well-greased pie-dish; bake in a moderate oven for half an hour. Whisk the whites stiffly, mix in 2 table-spoonfuls sugar and place on top when the pudding is set. Sprinkle over a little sifted sugar and bake in a cool oven till a pale brown tint.

RICE AND APRICOT PUDDING.

INGREDIENTS.

2 small Eggs.	—	$\frac{1}{2}$ lb. Stewed Apricots.
2 ozs. Rice.		3 dessert-spoonfuls Apricot
1 pint Milk.		Jam.
Salt.		

Wash the rice and put it in a saucepan with the milk and a pinch of salt. Cook slowly till thick. Let it cool, then add jam and yolks of eggs. Mix well. Put into a buttered dish and bake. Spread the apricots over. Beat up the whites of eggs stiffly, add 2 table-spoonfuls sugar. Pile roughly on top, sift some sugar over, and place in a cool oven till crisp and slightly brown.

VERMICELLI PUDDING.

INGREDIENTS.

$1\frac{1}{2}$ ozs. Vermicelli.	2 Eggs.
1 pint Milk.	1 oz. Butter (if liked).
1 oz. Sugar.	Vanilla Essence.

Boil the milk. Crush the vermicelli and sprinkle it in. Cook from 10 to 15 minutes or until the vermicelli is tender. Then add sugar, butter and flavourings, and when cool, the beaten eggs. Bake in a moderate oven until nicely set and browned.

BARLEY PUDDING.

INGREDIENTS.

$1\frac{1}{2}$ ozs. Pearl Barley.	1 oz. Butter.
1 pint Milk.	Orange Flower Water.
3 Yolks of Eggs.	3 Whites of Eggs.
2 ozs. Sugar.	

Scald the barley. Cook in the milk till thick. Add sugar, butter, and yolks of eggs. When cool, fold in two stiffly-whisked whites. Bake half an hour in a moderate oven. Cover with meringue, made from remaining white, and decorate.

TAPIOCA PUDDING (2).

INGREDIENTS.

1½ ozs. Tapioca.	½ teaspoonful Essence of
1 pint Milk.	Lemon or a little Nutmeg.
2 Eggs.	2 table-spoonfuls Sugar.
½ oz. Butter.	A pinch Salt.

Wash and soak the tapioca in cold water for 1 hour, put it on to boil with the milk, and boil till the tapioca is clear, stirring frequently. Add the butter, allow this to cool a little, then add the eggs (well beaten), sugar and flavouring; pour into a greased pie-dish, bake in a brisk oven for about three-quarters of an hour.

FRUIT TART.

INGREDIENTS.

6 ozs. rich Short Crust (<i>see</i>	Sugar to sweeten.
<i>page 301</i>).	Cold Water, if necessary.
1 lb. Fruit.	1 White of Egg.

Roll out pastry and cover the tart, using any fruit in season. Bake in a quick oven half an hour. Take out tart, brush over quickly with white of egg, sprinkle instantly with sifted sugar, replace in a moderate oven 3 minutes to frost tart.

SPICED APPLE TART.

INGREDIENTS.

1½ lbs. Apples.	½ lb. Sugar.
½ lb. Dates or Prunes (stoned).	Little Water.
1 teaspoonful Ground Cinnamon.	½ lb. Spiced Pastry (<i>see</i> <i>page 303</i>).

Cut up apples, dates, or prunes; add water, and cinnamon and sugar, and stew till tender. Make pastry and divide into three, letting one piece be larger than the other two. Roll out into a long strip. Line a greased or floured ring with pastry. Roll out the second piece and fit it in the bottom. Place in apple mixture and cover with third

piece. Trim the edges. Bake one hour in fairly hot oven. When cool ice, or thickly sift with sugar.

APPLE AMBER PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Short Pastry.	1 lb. Apples.
$1\frac{1}{2}$ ozs. Butter.	Rind and juice of 1 Lemon.
2 Eggs.	2 table-spoonfuls Sugar.

Method.

Put on apples, rind, sugar, water and stew till slightly soft. Rub through a sieve. Add yolks, lemon juice and butter. Mix well. Line a pie-dish with pastry and ornament the edges. Place in the mixture. Brush pastry with egg and bake in a moderate oven for half an hour. Make a meringue with whites and two table-spoonfuls sugar and put on top. Bake in a cool oven till set and a pale brown.

MANCHESTER PUDDING.

INGREDIENTS.

Some Short or Flaky Pastry.	Some grated Lemon Rind.
$\frac{1}{2}$ pint Milk.	1 oz. Castor Sugar.
2 ozs. Breadcrumbs.	2 Eggs.
$\frac{1}{2}$ oz. Butter.	Some Raspberry Jam.

Heat the milk with the lemon rind and pour over the breadcrumbs. Add sugar, butter, and the beaten yolks of eggs. Allow to stand till cool. Line sides of a pie-dish with the pastry. Spread a layer of jam on the bottom, then pour in the mixture. Bake in rather a hot oven at first, then in a more moderate heat, until the mixture is set and well risen. It takes about half an hour. Whisk the whites stiffly, add 2 table-spoonfuls sugar, and pile on top of the pudding. Bake till set and lightly brown in a moderate oven. Decorate (if liked) with glacé cherries, etc.

SWISS TART.

INGREDIENTS.

Pastry.

4 ozs. Flour.
2½ ozs. Butter.

½ oz. Sugar.
Pinch Baking Powder.

Filling.

6 Apples, peeled and
quartered.
½ gill Water.
6 ozs. Sugar.

Juice ½ Lemon.
2 Whites of Egg.
4 ozs. Castor Sugar.

Cream butter and sugar. Add flour and baking powder. Work smoothly. Line a flan ring with the pastry. Fill with baking beans and bake in a moderate oven for 30 minutes. Remove beans from case. Make a syrup with the water, sugar and lemon juice. Stew apples in this, being careful not to break them down. Whisk whites stiffly. Continue whisking till ½ sugar is added gradually; fold in the rest of the sugar. Fill up case with apples and pipe the meringue on top. Sprinkle with sugar. Bake till set in a moderate oven (20 minutes).

MADEIRA PUDDING.

INGREDIENTS.

6 ozs. Short Pastry.
½ lb. Butter.
½ lb. Sugar.
4 ozs. Flour.
3 Eggs.

½ teaspoonful Baking Powder.
1 teaspoonful Vanilla
Essence.
2 table-spoonfuls Raspberry
Jam.

Line the sides of the pie-dish with pastry; decorate the edges. Spread jam in the bottom of the pie-dish. Make cake mixture of the other ingredients by creaming the butter and sugar and adding the flour, mixed with baking powder and well-beaten eggs alternately. Lastly, add essence. Place mixture in the lined pie-dish and bake in a fairly hot oven from three-quarters to one hour.

LEMON PIE.

INGREDIENTS.

$\frac{1}{2}$ lb. Short Pastry.	1 breakfast-cupful Castor Sugar.
2 Eggs.	
2 Lemons.	$\frac{1}{4}$ teaspoonful Cinnamon.
1 gill Cream or Milk.	1 oz. Butter.
1 table-spoonful Cornflour.	

Roll out pastry and line a pie-dish with it. Decorate edges with leaves of pastry. Beat two yolks together. Mix the cornflour, sugar, cinnamon, grated lemon rinds and juice. Blend with little cold water or milk. Pour boiling milk over, add butter and yolks. Pour mixture into the lined dish. Bake in a slow oven until paste is cooked. Whisk the whites stiffly. Fold in two table-spoonfuls castor sugar. Pile on top of pie. It is ready when set and tinged a golden brown.

LEMON PUDDING.

INGREDIENTS.

3 ozs. Breadcrumbs.	$\frac{1}{2}$ pint Milk.
3 ozs. Sugar.	Pinch Salt.
Grated Rind of 2 Lemons.	Juice of 1 Lemon.
Yolk of 2 Eggs.	4 ozs. Short Pastry.
1 oz. Butter.	

Place the breadcrumbs and sugar in a basin. Add lemon rind. Bring milk and butter to the boil and pour over crumbs. Add juice of lemon and the yolks of eggs. Cover and allow to soak. Line a pie-dish with the pastry. Decorate. Pour in the mixture. Place in a fairly hot oven. Cook till pastry is crisp and the mixture set, 35 to 40 minutes. Beat the whites of eggs. Add 2 table-spoonfuls sugar and form into a meringue on top. Place in a moderate oven till set. Decorate. Serve hot or cold.

APPLE CHARLOTTE.

INGREDIENTS.

1 lb. Apples.	Rind and Juice of 1 Lemon.
$\frac{4}{4}$ ozs. Sugar.	Thin slices of Bread.
$\frac{1}{2}$ pint Water.	2 ozs. Clarified Butter.

Stew the apples in sugar and water till tender and a thick pulp; add lemon juice. Dip one side of the bread in clarified butter and line bottom and sides of a small round cake-tin; pour in the pulp and place a round of bread, dipped in the melted butter, on top. Bake for half an hour in a hot oven till brown and crisp. Turn out and sift sugar over.

FIG PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Figs.	$\frac{1}{2}$ teaspoonful Cream of Tartar.
$\frac{1}{2}$ lb. Suet.	2 Eggs.
$\frac{1}{4}$ lb. Flour.	Buttermilk.
$\frac{1}{2}$ lb. Breadcrumbs.	4 ozs. Sugar.
$\frac{1}{2}$ teaspoonful Bi-carbonate of Soda.	Pinch Salt.

Wash and chop figs with sugar, shred and chop the suet, and mix all the dry ingredients. Beat eggs, add milk to them, and mix to a soft consistency. Turn into a greased mould and steam for 2 hours. Turn out on a hot dish and serve with fig sauce.

Fig Sauce (*see page 251*).

SUPERIOR TREACLE PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	2 ozs. Sugar.
$\frac{1}{2}$ lb. Breadcrumbs.	2 table-spoonfuls Treacle.
$\frac{1}{2}$ lb. Suet.	2 Eggs.
Grated Rind and Juice of 1 Lemon.	Milk.
2 ozs. Currants.	$\frac{1}{2}$ teaspoonful Baking Soda.

Chop the suet very finely. Mix all the dry ingredients together. Add the beaten eggs, milk, and treacle. Stir

well together and mix to a soft consistency. Turn into a greased basin and steam 2 hours. Serve with arrow-root sauce.

Arrowroot Sauce (*see page 249*).

PLUM PUDDING.

INGREDIENTS.

6 ozs. Breadcrumbs.	4 Eggs.
$\frac{3}{4}$ lb. Muscatel Raisins.	$\frac{1}{2}$ teaspoonful Salt.
6 ozs. Suet.	$\frac{1}{2}$ glass Brandy.
$\frac{1}{4}$ lb. Currants.	2 ozs. Almonds.
1 oz. Lemon, Orange and Citron Peel.	2 ozs. Brown Sugar.

Mince suet very finely. Mix with breadcrumbs. Add raisins stoned and cut through, peel cut finely, currants washed and dried, and the salt. Moisten with the well-beaten eggs, and, lastly, add the brandy. Boil in a greased mould or basin for at least 6 hours.

PLAIN CABINET PUDDING.

INGREDIENTS.

2 to 3 ozs. Bread.	Some large Raisins.
$\frac{1}{2}$ pint Milk.	1 Egg.
1 table-spoonful Sugar.	

Stone the raisins and place in a pattern in a thickly-greased basin. Add sugar to the milk. Beat the egg and pour the milk over it. Let it stand until the sugar is dissolved, stirring occasionally. Cut the bread into very small squares, place in basin and strain the custard over it, cover with a greased paper and let it stand for at least half an hour. Then steam gently three-quarters of an hour. Allow to shrink. Turn out and serve with jam or custard sauce.

SUPERIOR CABINET PUDDING.

INGREDIENTS.

4 Penny Sponges.	Sherry or Almond Essence.
1 Egg.	Few Ratafia Biscuits.
1½ ozs. Castor Sugar.	Cherries and Raisins to decorate.
1 gill Milk.	

Beat eggs a little, add sugar and milk, and allow to stand until sugar is dissolved. Butter a plain tin mould. Line with thickly-buttered paper. Decorate with raisins (stoned) and cherries (halved). Cut the sponges in slices. Put layer of sponge in bottom. Place round tin in alternate colours. Fill up with strained custard, put a few crushed ratafias into custard and allow to stand 15 minutes. Steam steadily, but gently 1 hour. Turn out, remove the paper, and serve with jam sauce.

CONSERVATIVE PUDDING.

INGREDIENTS.

2½ ozs. Savoy Biscuits or Ratafias.	½ pint Milk.
2 Eggs and 1 Yolk.	1 table-spoonful Apricot Jam.
2 table-spoonfuls Rum or Brandy.	

Butter a soufflé tin. Put in the biscuits in layers with a little apricot jam between. Pour in the rum or brandy. Pour over the custard. Allow to soak half an hour. Steam 45 minutes. Serve with a nice, sweet sauce.

CHERRY PUDDING.

INGREDIENTS.

1 Egg, its weight in Butter, Sugar, Flour.	½ oz. Glacé Cherries (chopped).
Pinch of Baking Powder.	½ pint Jam Sauce.
	1½ teaspoonfuls Arrowroot.

Make as for cake mixtures (*page* 198). Put into a greased timbale mould and bake in the oven about 25-30

minutes. Turn out and coat with a jam sauce (red), thickened with arrowroot.

Decorate with rings of cherry angelica or* chopped pistachio.

VIENNOISE PUDDING.

INGREDIENTS.

2½ ozs. Bread (no crusts).	1½ ozs. Castor Sugar.
1½ ozs. Sultanas.	1 oz. Candied Peel.
½ Rind Lemon.	1½ gills Milk.
½ gill Cream.	2 Eggs.
2 table-spoonfuls Sherry.	Extra ½ oz. Sugar.

Make caramel with ½ oz. sugar and a little water; cook until a rich brown colour. Allow to cool slightly. Add milk to the caramel; allow to stand till dissolved. Cut bread into tiny squares. Place in a basin with the chopped peel and sultanas, grated lemon rind, and sherry. Pour milk with the dissolved caramel over beaten eggs, strain on the bread mixture. Cover with a plate and allow to stand as long as possible. Turn into a buttered mould, cover with greased paper, steam 45 minutes or longer, cooking it rather quickly for first 10 minutes. Let it shrink, turn out, and serve with custard or whipped egg sauce.

Whipped Egg Sauce (*see page 251*).

MARMALADE PUDDING.

INGREDIENTS.

5 ozs. Breadcrumbs.	2 ozs. Castor Sugar.
½ pint Milk.	2 table-spoonfuls Marmalade.
2 Eggs.	1 oz. Butter.

Warm the milk, pour over the breadcrumbs, add sugar, butter, and beaten eggs, and marmalade, which must be melted. Turn into a well-greased mould, cover with buttered paper, steam 1 hour. Allow to stand a few minutes to shrink, turn out, and serve with marmalade or wine sauce (*see Sauces*).

LOUISE PUDDING.

INGREDIENTS.

6 ozs. Glacé Cherries.	$\frac{1}{2}$ pint Milk.
3 Penny Sponge Cakes.	Essence Vanilla.
3 Eggs.	1 oz. Sugar.

Line a soufflé tin with buttered paper, then line the tin with glacé cherries cut in three. Make a custard with the eggs and milk, sugar and essence. Cut the sponge cakes and place in prepared tin. Pour on the custard. Allow to stand in the mould for half an hour. Cover with buttered paper. Steam $1\frac{1}{2}$ hours, allow to shrink. Turn out and pour a nice sweet sauce round. Serve hot or cold.

LEICESTER PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 teaspoonful Baking Powder.
3 ozs. Sugar.	
$\frac{1}{2}$ lb. Butter.	Raspberry Jam.
2 Eggs.	

Beat the butter and sugar to a cream. Whisk the eggs and sift the flour and baking powder. Add egg and flour alternately to the creamed butter and sugar. Put some jam in the bottom of a greased basin and place the mixture in. Cover with a greased paper and steam regularly $1\frac{1}{2}$ to 2 hours. Turn out, and spread the jam over the pudding.

CAKE MIXTURES.**CASTLE PUDDINGS.**

INGREDIENTS.

2 Eggs; their weight in Butter and Sugar.	$\frac{1}{2}$ teaspoonful Baking Powder.
5 ozs. Flour.	Grated Lemon Rind.
	Little Milk.

Beat the butter and sugar to a cream. Add flour mixed with baking powder, and egg, alternately. Add

the lemon rind, and, if necessary, a little milk. Mix lightly. Place in buttered dariole moulds and steam three-quarters of an hour, or in one mould for 1½ hours. Let shrink. Turn out, and serve with lemon sauce.

Lemon sauce (*see page 250*).

N.B.—(1) **Steamed Chocolate Pudding.**—Make as Castle Pudding, add 2 ozs. chocolate dissolved in a little boiling water, and add 1 teaspoonful vanilla essence. Serve with chocolate sauce poured over (*see page 250*).

(2) **Steamed Orange Pudding.**—Make as Castle Pudding, adding grated rind of one orange and juice of ½. Serve with orange sauce (*see page 250*).

(3) **Sultana Pudding.**—Make as Castle Pudding, adding 3 ozs. chopped sultanas. Serve with lemon sauce (*see page 250*).

BROWN PUDDING (RICH).

INGREDIENTS.

6 ozs. Butter.	4 ozs. Sultanas.
6 ozs. Sugar.	5 ozs. Flour.
3 Eggs.	

Clean the sultanas, chop finely, then pound well in a mortar. Cream the butter and sugar and beat eggs well. Sift flour and add it alternately with the eggs. Add sultanas and work well in. Pour into a greased mould and steam for 4 hours. Serve with hard sauce.

Hard Sauce (*see page 251*).

CARAMEL CUSTARDS.

INGREDIENTS.

½ pint Milk.	Vanilla Essence.
3 ozs. Sifted Sugar.	2 Eggs and 1 Yolk.

Make 2 ozs. sugar and lemon juice into caramel of golden brown colour. Have some darioles warmed. Pour enough caramel into each to cover the bottom and allow to harden. Grease the tins with clarified butter. Bring

milk to boiling point with 1 oz. sugar; flavour with vanilla. Have eggs slightly beaten and pour boiling milk over them. Strain the custard into prepared moulds. Cover with greased paper and immediately place in a pan of water just under boiling point in which has been placed a few layers of paper. Steam gently until set. Allow to shrink well before turning out. Serve hot or cold. Add 1 gill water to remaining caramel. Dissolve and strain round custards.

APPLE FRITTERS.

INGREDIENTS.

2 Apples.
Sugar.

Frying Batter (*see*
page 253).

Have the apples pared, cored, and sliced thinly in rings. Dip in batter and fry quickly, drain, toss in sugar, arrange in a circle. Serve instantly.

Other fruits may be done similarly, retaining, where possible, the original shape of the fruits.

SPANISH PUFFS.

Some Choux Pastry (*see page 304*). Place in bag with a plain pipe. Force it into a pan of hot fat in pieces about one inch long. Fry thoroughly. Drain. Serve on fancy paper with sifted sugar sprinkled over and jam sauce handed.

These may be dropped into fat in teaspoonfuls.

PORTUGUESE BARS.

INGREDIENTS.

4 ozs. Rice.
1 oz. Sugar.
1 pint Milk.
1 Egg.

Flavouring.
Pinch Salt.
Cold Water.

Wash the rice well and place in a pan with some water; stir frequently. Boil quickly 10 minutes. Pour off the water, add the milk, and simmer until the rice has

absorbed all the milk. When quite cooked, sweeten and add one egg. Flavour nicely, and turn out on to an ashet to get quite cold. When cold, cut in bars, egg and crumb and fry in hot fat. Drain. Toss in sugar and cinnamon. If liked, the bars may be split and spread with jam after frying.

Rice Balls are made similarly.

BABA AU RHUM.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 oz. Castor Sugar.
$\frac{1}{4}$ lb. Butter.	1 oz. Shredded Almonds to line the tin.
3 Eggs.	Little lukewarm Milk.
$\frac{1}{2}$ oz. Yeast.	Little lukewarm Water.
$\frac{1}{2}$ teaspoonful Salt.	Rum Syrup to soak the Baba.
2 ozs. Almonds.	

Place the yeast in a small basin. Work with half teaspoonful sugar until liquid. Add 2 or 3 table-spoonfuls tepid water and milk. Pour into the centre of the flour, lightly cover with flour. Sprinkle salt round the edges of the basin. When the yeast cracks through, knead up with beaten eggs and a little warm milk if necessary. Add almonds, blanched and shredded, butter melted and sugar. Beat with the hand for 20 minutes. Turn into a tin which is thickly buttered and coated well with shredded almonds. Allow to rise in a warm place until double the size. Bake in a moderate oven about three-quarters of an hour. Turn out, prick all over. Pour rum syrup over. Serve hot, or cold decorated with whipped cream.

Rum Syrup.

INGREDIENTS.

$\frac{3}{4}$ lb. Loaf Sugar.	Rum to flavour.
$1\frac{1}{2}$ pints Water.	

Boil the water and sugar until reduced to half. Add rum and use.

COLD SWEETS.

CORNFLOUR MOULD.

INGREDIENTS.

1½ ozs. Cornflour.	Pinch Salt.
1 oz. Castor Sugar.	Flavouring (Lemon Rind or
1 pint Milk.	Cinnamon Stick).
1 Egg.	1 oz. Butter.

Place the milk and flavourings in a pan and allow milk to become hot. Blend the cornflour with a little cold milk. Strain the hot milk over, and add beaten egg, salt, and sugar. Return to pan and stir till boiling, add butter. Turn into a wetted mould, and, when set, turn out. Serve with compôte of fruits, etc.

BEN RHYDDING PUDDING.

INGREDIENTS.

6 Sponge Cakes.	Sugar to Sweeten.
1 lb. Juicy Fruit.	½ pint Whipped Cream.

Stew the fruit with sufficient sugar to sweeten. Cut the sponge cake in thin slices and line a plain mould or basin with it. Put in some stewed fruit, then a layer of sponge cake, then more fruit and more sponge cake until the basin is filled up, finishing off with a layer of sponge cake. Place a plate with a weight on top and allow to stand until quite cold; turn out. Pour over some whipped cream, and decorate with some which has been coloured. Rhubarb and red currants are good fruits to use. Bread or cookies can be used instead of sponge cake to make plain pudding. Custard may be used instead of cream, or a mixture of both is excellent.

TAPIOCA CREAM.

INGREDIENTS.

1½ ozs. Tapioca (fine, best).	Little Sherry.
1 pint Milk.	About 2 ozs. Ratafias.
1 oz. Sugar.	Some Pistachio Nuts.
½ pint Double Cream.	

Place a layer of ratafias in the bottom of a glass dish. Soak them with sherry. Simmer tapioca in milk till thick. Add sugar and a little essence of almonds. Stir occasionally till cold, then add stiffly-whisked cream. Pour over the ratafias, and garnish with ratafias and chopped pistachio nuts.

SWISS CREAM.

INGREDIENTS.

3 penny Sponge Cakes.	1½ ozs. Castor Sugar.
2 or 3 table-spoonfuls Sherry or Fruit Syrup.	1 oz. Almonds.
¾ pint Milk.	1 whole Egg and 1 Yolk.
1 oz. Flour.	Raspberry Jam.

Split the sponge cakes and spread with jam and place in a glass dish. Soak with sherry. Mix the flour with a little cold milk. Heat the rest of the milk with the lemon rind. Stir into the blended flour. Add beaten eggs and sugar, and stir until boiling. Cook thoroughly. Take off, and stir occasionally till well off boiling point. Then pour custard over sponges. Blanch the almonds, cut into strips, and stick into custard, or decorate as desired.

CHOCOLATE CURDS.

INGREDIENTS.

½ pint Milk.	1½ teaspoonfuls Rennet.
1 oz. grated Chocolate.	1 teaspoonful Sugar.
½ gill Cream.	

Heat chocolate and milk. Add sugar, cool, add rennet and pour into a crystal. When set spread on half whipped cream.

DEVONSHIRE JUNKET.

INGREDIENTS.

1 pint Milk.	2 large teaspoonfuls Rennet.
1 large table-spoonful Castor Sugar.	2 table-spoonfuls Brandy. Whipped Cream.

Bring the milk to blood heat, add the sugar to it. Put rennet and brandy in. Pour into a glass dish and let it stand two or three hours. Spread cream whipped on top of this and the dish is ready.

N.B.—Brandy may be omitted.

GOOSEBERRY FOOL.

INGREDIENTS.

2 lbs. Gooseberries.	$\frac{1}{2}$ lb. Sugar.
1 gill Water.	$\frac{1}{2}$ pint Cream or Custard.

Boil the sugar and water together for a few minutes. Add the gooseberries and cook until tender; sieve through hair sieve. Mix with cream or custard and serve cold in glasses. Colour pale green if necessary.

N.B.—Any fresh fruit may be treated similarly.

APPLE SNOW.

INGREDIENTS.

3 or 4 Sponge Cakes. Custard.	Apple Snow.
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Custard.

$\frac{1}{2}$ pint Milk.	2 Yolks of Eggs.
Rind of 1 small Lemon.	1 oz. Castor Sugar.

Place the milk and lemon rind in a pan, and, when warm, pour over the beaten yolks. Add sugar, strain, return to pan and stir till the custard thickens, then set aside to cool; stir occasionally.

Snow.

2 Apples, roasted.	2 ozs. Castor Sugar.
2 Whites of Eggs.	Juice of 1 Lemon.

Slice the sponge cakes and lay them in a glass dish, soak them with the cold custard. Sieve* apple pulp through a hair sieve and add lemon juice to it. Whisk

the whites very stiffly and alternately add 1 dessertspoonful sugar and 1 dessertspoonful apple pulp, whisking well. Pile roughly on sponge cakes and decorate with chopped pistachios.

TRIFLE.

INGREDIENTS.

4 or 5 penny Sponge Cakes.	$\frac{1}{2}$ pint Custard.
Raspberry or Apricot Jam.	$\frac{1}{2}$ pint Cream.
A few Ratafias.	1 teaspoonful Vanilla
2 table-spoonfuls Brandy.	Essence.
6 table-spoonfuls Sherry or	1 table-spoonful Sugar.
1 gill Fruit Syrup.	

Split the sponges, spread with jam, place on a flat dish. Put in the ratafias. Pour the wine and brandy, or fruit syrup, over the sponge cakes, then pour over the custard and soak. Flavour, sweeten and whip the cream. Force through a bag and pipe on top of custard and decorate as liked.

FLEUR OF APRICOTS.

INGREDIENTS.

3 ozs. Rich Short Crust (see page 302).	$\frac{1}{2}$ pint flavoured Sweetened Cream.
Compôte of Fruit.	

Grease a fleur ring and plate on a greased tin. Roll out the pastry to fit the ring, and fill with baking rice. Bake in a hot oven about half an hour. When pastry is baked, take out the rice and crisp slightly in the oven, brush out the remaining rice. When cold, place a layer of apricots or other compôte of fruit in the fleur and some syrup. Pipe or pipe sweetened and flavoured whipped cream on top.

VOL-AU-VENT OF FRUIT.

INGREDIENTS.

6 ozs. Puff Pastry (see page 303).	Compôte of Fruit.
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Roll out pastry half an inch thick. Cut out two vol-au-vent cases. Take a smaller cutter and cut out the

inside of one of them. Brush solid round with beaten eggs and place the ring above the solid round. Prick centre part. Put a crust of bread in the centre. Place in a quick oven and bake till cooked (20 or 25 minutes). When done, remove the crust and scoop out soft part. Then put back in oven for a minute to dry. Fill with fruit mixture.

Compôte of Fruit (*see below*).

COMPOTE OF FRUIT.

Make a syrup by boiling together half a pint water and 6 ozs. sugar and the skins of the fruits used (a few only). When into a syrup, remove the skins and, if necessary, strain. Place the fruit in the syrup and simmer till tender. Any fruits can be used, those that take longest to cook being put on first. Great care must be taken that the fruits are not broken, though quite tender. Pile on a dish. Colour and flavour the syrup, pour over, and decorate to taste.

SEMOLINA SNOW.

INGREDIENTS.

2 ozs. Semolina.	3 to 4 ozs. Sugar.
1 pint Water.	Rind and Juice of 1 Lemon.

Bring the grated rind and water to boiling point. Sprinkle in the semolina and cook 8 minutes. Pour on to the lemon juice and sugar, and allow to become almost cold. Whisk till stiff. Pour into a crystal.

LEMON SPONGE.

INGREDIENTS.

$\frac{1}{2}$ oz. Gelatine.	$\frac{1}{2}$ pint cold Water.
Rind and Juice of 1 Lemon.	Whites of 2 Eggs.
4 ozs. Sifted Sugar.	

Place the gelatine, sugar, lemon juice, water, and lemon rind in a pan; stir till gelatine is melted; bring to boiling

point. Strain and cool. Beat the whites of the eggs to a stiff froth in a basin. Add the lemon mixture, cool, but not setting. Beat the whole till it is a stiff white froth. Have a mould scalded and rinsed out with cold water. Pour in the mixture and set aside till cold and firm.

PINEAPPLE SPONGE.

INGREDIENTS.

$\frac{1}{2}$ tin Pineapple (medium size).	Juice of 1 Lemon.
Whites of 3 Eggs.	$1\frac{1}{2}$ ozs. Castor Sugar.
$\frac{1}{2}$ oz. Gelatine.	$\frac{1}{2}$ pint Liquid (Pineapple, Syrup, and Water).

Drain the syrup from the pineapple and dissolve gelatine in the given quantity of liquid. Cut the pineapple into dice (small). Whisk whites until very stiff, add sugar, dissolved gelatine, and lemon juice; whisk until it becomes stiff, then whisk in fruit. Pile up in a glass dish and sprinkle some fruit over. Keep in a cool place until used. Sponge may be moulded if liked. Custard sauce may be served with sponge.

N.B.—Other fruits may be treated similarly.

PRUNE MOULDS.

INGREDIENTS.

1 lb. Prunes.	$\frac{1}{4}$ oz. Gelatine.
1 pint Water.	$\frac{3}{4}$ pint Water.
$\frac{1}{2}$ lb. Sugar.	Carmine.
1 Lemon.	2 Bananas.
1 in. Cinnamon Stick.	

Well wash the prunes and soak all night in 1 pint water. Stew till tender with the sugar, lemon rind and cinnamon. Then stone. Put gelatine and $\frac{3}{4}$ pint water into the pan. Stir till dissolved, then add lemon juice and syrup prunes are cooked in. Bring to boiling point, strain into a basin, add prunes, bananas and carmine, and, when setting, mould.

RHUBARB MOULD.

INGREDIENTS.

1 quart Rhubarb.	$\frac{3}{4}$ lb. Sugar.
Juice of 1 Lemon.	$\frac{1}{2}$ pint Custard or $\frac{1}{2}$ pint
1 oz. Gelatine.	Cream.
$\frac{1}{2}$ gill Water.	Little Carmine, if necessary.

Wash the rhubarb and cut into pieces, and stew to a pulp with 1 table-spoonful water. Melt the gelatine in the water and when dissolved, mix it with the rhubarb. Add sugar and lemon and stir well. Pour into mould. When set, turn out, and pour cream or eustard round.

LEMON SOUFFLE.

INGREDIENTS.

2 Eggs.	$\frac{1}{2}$ oz. Gelatine.
1 Lemon.	Chopped Pistachio Nuts or
$\frac{1}{2}$ gill Water.	Cream to decorate.
2 ozs. Castor Sugar.	

Separate yolks from whites. Whisk yolks, grated lemon rind and sugar till thick and creamy. Add strained lemon juice. Whisk up whites—dissolve gelatine in water and add to mixture. Fold in carefully the stiffly beaten whites. Pour into china soufflé case which has a band of oiled paper tied round. When set remove paper and decorate as desired.

ORANGE JELLY.

INGREDIENTS.

$\frac{3}{4}$ oz. Gelatine.	2 Oranges.
6 oze. Sugar.	1 gill Lemon and Orange
$\frac{3}{4}$ pint Water.	Juice.
2 Lemons.	

Put the water, gelatine and sugar and the rind of one lemon and oranges in a pan and stir till melted, bring to boiling point; add the juice from oranges and lemon, and

strain through muslin cloth. When cool, turn into wetted mould, and when set, turn out.

N.B.—This jelly may be cleared (*see* directions for Lemon Jelly).

MOCHA PUDDING.

INGREDIENTS.

2 Eggs.	Coffee Water Icing (<i>see</i>
4 ozs. Castor Sugar.	<i>page</i> 295).
2½ ozs. Sifted Flour.	½ pint Whipped Sweetened
Coffee Butter Icing (<i>see</i>	Cream.
<i>page</i> 296).	

Beat the eggs, add the sugar, and whisk over a pan of hot water until the sugar is melted; then whisk again till cold. Add the flour, sifted. Turn into a carefully-greased timbale mould; bake in a very moderate oven until set and a pale brown colour (45 minutes); turn out and allow to cool. Cover with coffee water icing and let it set. Decorate with coffee-flavoured butter icing and fill up the centre with cream passed through a rose forcier.

MERINGUES.

To every white of egg, allow 2 ozs. of castor sugar, sifted. Whisk the whites stiffly; gradually whisk in the sugar, continue beating till very stiff. Shape by means of 2 dessert-spoons dipped in cold water, and put on to paper over a board. To shape like mushrooms, force out with a plain pipe on to paper. Sift castor sugar over. Bake in a moderate oven about 3 hours. When quite cold, fill with whipped cream and decorate.

Note.—The sugar must always be sifted. The meringues, when firm enough to move, should be made free on the tin and soft centre parts removed or pressed in to allow centres to dry thoroughly.

JELLIES (Sweet and Clear).**General Average Proportions—**

1½ ozs. Gelatine—in very hot weather, rather more (2 ozs.);
in very cold weather, rather less (1½ ozs.).

1 quart Liquid.

½ to ¾ lb. Sugar.

2 Whites and Shells of Eggs.

For example—

For 1 quart Lemon Jelly.—Liquid—½ pint Lemon Juice,
¼ pint Sherry, and 1½ pints Water.

For 1 quart Wine Jelly.—Liquid—½ pint Sherry Wine, 1
gill Brandy, 1 gill Lemon Juice, and 1 pint Water.

For 1 quart Ale or Stanhope Jelly.—Liquid—1 pint Pale
Ale, 1½ gills Lemon Juice, and 2½ gills Water.

For 1 quart Claret Jelly.—Liquid—¾ pint Claret, ¼ pint
Lemon Juice, and 1 pint Water.

For 1 quart Fruit Jelly.—Liquid—1 pint Raspberry Juice,
¾ pint Water, and 1 gill Lemon Juice.

Specimen Recipes—**LEMON JELLY.**

INGREDIENTS.

Liquid—	½ to ¾ lb. Loaf Sugar.
1½ pints Water.	2 Cloves.
½ pint Lemon Juice.	1 stick Cinnamon.
¼ pint Sherry.	Rind of 4 Lemons.
1½ ozs. Gelatine.	Whites and Shells of 2 Eggs.

Place the thinly-peeled rind, gelatine and sugar, water and lemon juice, whites of eggs and washed and crushed shells in a pan. Whisk well till almost at boiling point. Bring to boiling point undisturbed; simmer gently 10 minutes. Have ready a scalded jelly bag or towel, pour jelly through, and repeat until the jelly is quite clear. Pour the sherry through the bag into the jelly. When cool, pour into wetted mould, and when set, turn out, dipping in hot water.

Note.—If no sherry is used, make up same quantity with water.

N.B.—If the jelly has to be used for decorative purposes, *e.g.*, chopped, then use 2 ozs. gelatine to 1 quart.

WINE JELLY.

INGREDIENTS.

1½ to 2 ozs. Gelatine (according to purpose).	2 Whites and Shells of Egg.
1½ pints Water.	½ pint Lemon Juice.
½ pint Sherry.	½ lb. Loaf Sugar.
¼ pint Brandy.	Rind of 3 Lemons.

Method is similar to Lemon Jelly, wine and brandy being poured through bag.

STANHOPE JELLY.

INGREDIENTS.

1 pint Pale Ale.	1½ ozs. Gelatine.
1½ gills Lemon Juice.	Whites of 2 Eggs and Shells.
2½ gills Water.	Rind of 3 Lemons.
½ lb. Loaf Sugar.	

Clear all ingredients as for Lemon Jelly, clearing ale.

CLARET JELLY.

INGREDIENTS.

¾ pint Water.	Rind of 3 Lemons.
1 pint Claret (½ pint Lemon Juice).	Whites and Shells of 2 Eggs.
1½ ozs. Gelatine.	½ lb. Loaf Sugar.

Clear all in the usual way.

CALF'S FOOT JELLY.

INGREDIENTS.

	First Part.
2 Calf's Feet.	3½ pints Water.

Scald and blanch the feet, split up, put on with given quantity of water, and simmer very gently about 5 hours

The liquid will have been reduced to about $1\frac{1}{2}$ pints. Strain, and allow to become cold. Remove fat, wiping it off with cloth wrung out of boiling water.

Second Part.

$1\frac{1}{2}$ pints Stock.	1 glass Brandy.
$\frac{1}{2}$ lb. Loaf Sugar.	Juice and Rind of 3 Lemons.
$\frac{1}{2}$ pint Sherry.	Whites and Shells of 3 Eggs.
1 Clove.	2 in. Cinnamon Stick.

Put stock, rind, juice, sugar, whites, and shells into a pan and whisk till nearly at boiling point. Allow to boil, then simmer 10 minutes. Strain till clear. When clear, pass sherry and brandy through the bag. When cold, mould.

Note.—If liked, wines may be left out, in which case $1\frac{1}{2}$ pints stock must be made up to 2 pints.

Note.—Three whites are used here, as this jelly is more difficult to clear.

FRUIT JELLY (RASPBERRY).

INGREDIENTS.

$\frac{1}{2}$ pint Water.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ pint Lemon Juice.	2 Whites and Shells of Eggs.
1 pint Raspberry Juice.	$1\frac{1}{2}$ ozs. Gelatine.

To get the juice, squeeze the fresh raspberries in a clean linen cloth. Proceed to clear as for Lemon Jelly.

MACEDOINE OF FRUIT.

INGREDIENTS.

1 pint Lemon Jelly.	Pistachios.
$\frac{1}{2}$ lb. White Grapes.	2 Bananas.
$\frac{1}{2}$ lb. Grapes.	2 Tangeline Oranges.

Set half an inch of jelly in the bottom of a mould. Prepare the fruit according to its kind. Put in a layer of fruit and set with the jelly. Place in another layer of fruit and set these, and repeat until the mould is filled. When set, unmould and decorate with fruits, or whipped cream, if liked.

MARBLE JELLY.

One quart of lemon or wine jelly. Divide jelly into three parts, having one part larger than other two. Take one of the smaller parts, whisk till stiff and frothy. Do the same with the other smaller division, but before it is quite stiff add enough carmine to colour a nice pink. Dip a jelly mould in cold water. Place some of the cold plain jelly at the bottom of the mould. Then place alternately spoonfuls of the white and pink froth jelly. Allow to set. If liked, a few chopped pistachios may be added. Then pour in some more liquid jelly, then spoonfuls of the frothed. Set. Proceed similarly till the mould is almost full. Fill up with liquid jelly. Set. Dip in warm water and turn out.

N.B.—Do not allow frothed jelly to touch sides of mould.

CREAMS.

Three Classes—

- (1) Whole Creams; (2) Custard Creams;
(3) Fruit Creams.

Average Proportions for all—

$\frac{1}{2}$ gill Water.	1 pint Cream Mixture.
$\frac{1}{2}$ oz. Gelatine.	2 to 4 ozs. Sugar.

(1) WHOLE CREAMS.

INGREDIENTS.

Foundation.

1 pint Cream.	$\frac{1}{2}$ gill Water.
$\frac{1}{2}$ oz. Gelatine.	2 to 4 ozs. Sugar.

Flavourings.

Velvet Cream.—2 table-spoonfuls Sherry and 1 table-spoonful Brandy.

Chocolate Cream.—2 ozs. Dissolved Chocolate and 1 tea-spoonful Vanilla.

Ginger Cream.— $\frac{1}{2}$ teaspoonful Ground Ginger, 3 table-spoonfuls Syrup from Ginger, and few pieces Preserved Ginger, etc., etc.

Prepare the mould by wetting or by lining with jelly. Dissolve the gelatine in the water. Whisk the cream till half stiff, add flavourings and sugar to gelatine. When just cool enough, add to cream, stirring well in until cream shows signs of setting. Pour at once into prepared mould. Turn out when set, by dipping mould in basin of warm water. Decorate suitably with glacé fruits, pistachios, etc., and chopped lemon or wine jelly.

CHARLOTTE RUSSE.

INGREDIENTS.

$\frac{1}{2}$ pint Velvet Cream.	Some chopped Jelly.
Some Sponge Fingers.	Some chopped Pistachios.

Line straight, dry tin with split trimmed biscuits, fill with cream, nearly setting. When set, cut biscuits even, turn out and decorate.

(2) CUSTARD CREAMS.

INGREDIENTS.

Foundation.

$\frac{1}{2}$ pint Custard.	{	$\frac{1}{2}$ pint Milk.	
		Vanilla Pod.	$\frac{1}{2}$ pint Cream.
		3 Yolks of Egg.	$\frac{1}{2}$ oz. Gelatine.
		1 White of Egg.	$\frac{1}{2}$ gill Water.
		2 ozs. Sugar.	

Flavourings.

Vanilla Cream.—1 teaspoonful Essence of Vanilla.

Coffee Cream.—1 table-spoonful Coffee Essence.

Almond Cream.—1 teaspoonful Essence of Almond and Green Colouring.

Caramel Cream.—3 ozs. Loaf Sugar, made into Caramel and dissolved in Milk used for Custard, and 2 table-spoonfuls Brandy.

Infuse the milk with the vanilla pod. Pour on to the eggs, strain, return to pan, and stir till custard thickens. Add sugar, and cool. Dissolve gelatine, add flavourings (if any) to it, and add the custard. Have cream half whisked, add custard (cool), stir till it shows signs of setting, and mould.

(3) FRUIT CREAMS.

INGREDIENTS.

Foundation.

$\frac{1}{2}$ pint Cream.	$\frac{1}{2}$ gill Water.
$\frac{1}{2}$ pint Fruit Purée.	2 to 4 ozs. Sugar.
$\frac{1}{2}$ oz. Gelatine.	

Flavourings.

Strawberry.— $\frac{1}{2}$ pint fresh Strawberry Purée and 1 tea-spoonful Brandy (if liked).

Raspberry.— $\frac{1}{2}$ pint Raspberry Jam Purée, or $\frac{1}{2}$ pint fresh Raspberry Purée, 1 teaspoonful Red Currant Jelly, and Carmine.

Apricot.— $\frac{1}{2}$ pint Tinned Apricot Purée, $\frac{1}{2}$ teaspoonful Essence Almond, and little Carmine.

Add the sugar to the fresh fruit and rub through a hair sieve. Add necessary colouring matter to make deeper than required, as cream lessens tints when added. Dissolve the gelatine in the water, add flavourings then add to purée.

Have cream half whisked, stir in the fruit mixture, continuing stirring till just setting. Mould in jelly-lined mould, in which decorations may be set, if liked.

ELABORATED CREAMS.

CHARTREUSE OF BANANAS.

INGREDIENTS.

$\frac{1}{2}$ pint Banana Purée.	Juice of $\frac{1}{2}$ Lemon.
$\frac{1}{2}$ pint Cream.	Decorations—
2 ozs. Castor Sugar.	Few Pistachio Nuts.
$\frac{1}{2}$ oz. Gelatine.	3 Bananas.
$\frac{1}{2}$ teacupful Cold Water.	Little Clear Jelly.

Line a plain soufflé tin with clear jelly; cut about three bananas into thin slices; dip each in jelly and entirely line the mould with them; fill in the spaces between with blanched and chopped pistachio nuts. Set all with a little jelly. Make the banana purée; dissolve the gelatine in water; add sugar to it. Whisk the cream until half stiff. Mix the banana pulp and the dissolved gelatine, also the lemon juice. Add to the cream, stir till nearly setting. Turn into the lined mould, and when quite set, dip in warm water and turn out.

CHARTREUSE OF ORANGES.

INGREDIENTS.

Some Orange Jelly (clear).	1 pint Cream.
About 6 Oranges.	$\frac{1}{2}$ oz. Gelatine.
Pistachio Nuts, chopped and blanched.	$\frac{1}{2}$ teacupful Cold Water.
	2 ozs. Sugar (Loaf).

Put two oranges aside for the cream; peel the other oranges and cut into very thin slices. Line a plain tin mould with jelly and arrange the slices dipped in jelly round it, filling in the spaces with chopped pistachio nuts. Rub the sugar on the orange rind and dissolve it in a pan with the juice of two oranges. Soak and dissolve the gelatine in the water. Whisk the cream until nearly stiff—not too stiff, else the acid of the fruit will crack the cream. Mix gelatine and orange syrup, add to cream, mix well and turn into the prepared mould. When set, dip in warm water and turn out.

ICES.

RULES FOR FREEZING.

Ice and salt must be used in proportion—two parts ice to one part Bay salt. Ice should be chipped finely. Have freezer perfectly clean; can, spatula, etc., scalded. Have can perfectly adjusted on pivot and crank working smoothly *before* placing in freezing mixture or mixture to be frozen. Pack well round can with ice and salt before placing in mixture to be frozen, being careful that no salt touches lid or rim of can. Never fill the can more than two-thirds full with the ice cream mixture. Never have mixture hot when placed in can, else extravagance of ice and time.

Observe accurate proportions, especially with sugar; average proportion, quarter pound sugar to one pint liquid. If too sweet it will not freeze, if not sufficiently sweet it will be hard and rocky.

Avoid as much as possible the use of tin or copper utensils. Once the mixture is placed in the can continue turning handle steadily till evenly frozen.

If necessary, scrape sides of can well down occasionally, taking care to wipe lid when removing as salt would spoil mixture. When sufficiently frozen remove spatula. Place on paper and lid and leave aside well covered to “ripen” or mellow.

N.B.—As ice melts it must be drained away and can kept continually well packed with ice and salt.

If solid pieces of fruits are to be added to ices, they should be added when the mixture is half frozen.

FREEZING WITHOUT ICE.

Take 2 parts of sulphate of soda, 1 part of muriate of ammonia, 1 part of nitrate of potash. Pound separately each ingredient in a mortar and mix with water; four ounces of the above mixed with about one gallon of water will make a good freezing mixture.

PLAIN ICES.

Two Classes.—Cream and Water.

Cream Ices may be made with—

1. Whole Cream; 2. Cream plus Fruit Purée;
3. Cream plus Custard.

**The Custard for Ices may be rich, plain,
or cheap.**

RICH CUSTARD ICE.

INGREDIENTS.

1 pint Cream (single).	}	Custard.
$\frac{1}{4}$ lb. Castor Sugar.		
8 Yolks of Eggs.		
Vanilla Essence.		
$\frac{1}{2}$ pint Double Cream, slightly sweetened.		

Make custard, allow to cool, add vanilla or other flavouring. Partly freeze, then add the whipped cream, continue freezing till right consistency. Remove spatula, place on lid, allow to ripen at least half hour.

N.B.—This may be moulded.

PLAIN CUSTARD ICE.

Make as above, using milk instead of cream for the custard, and three eggs and three yolks.

CHEAP CUSTARD ICE.

INGREDIENTS.

1 pint Milk.	$\frac{1}{2}$ oz. Cornflour.
$\frac{1}{4}$ lb. Sugar.	Any Flavouring.

Boil the cornflour with milk and sugar, add flavouring, finish as for other ices.

N.B.—This may be made richer by using cream as above. Gelatine in same proportion as cornflour is sometimes used for cheap ice.

CREAM ICES MADE WITH JAM.

As Jams vary exceedingly in the amount of sugar they contain, it is most necessary that this be taken into consideration to ensure success. The following recipe is for Jams of average sweetness:—

INGREDIENTS.

1 pint Plain Custard. 1 teacupful Jam.

Pass through tammy or hair sieve. When cool, colour, if necessary, freeze half, then add half pint whipped sweetened cream ($\frac{1}{2}$ teaspoonful sugar). Continue freezing and finish as for Rich Custard Ice.

FRUIT AND CREAM ICE.

INGREDIENTS.

$\frac{1}{2}$ pint Cream (double). $\frac{1}{4}$ lb. Sugar.
 $\frac{1}{2}$ pint Fruit Purée from Squeeze of Lemon Juice.
 Fruits.

Add the sugar to the fruit and pass through a hair sieve, add to the whipped cream and freeze.

N.B.—Tinned apricots, etc., or jams may be used instead of fresh fruits, but less sugar will be required. All fruit ices should have a good squeeze of lemon juice added, as this helps to increase the flavour.

CHOCOLATE ICE CREAM.

INGREDIENTS.

4 ozs. Chocolate. $\frac{1}{2}$ pint Cream.
 $\frac{1}{2}$ pint Milk. Sugar.
 2 Eggs and 2 Yolks.

Dissolve the chocolate in the milk, add sugar and make the custard. When cold, add to the whipped cream. Freeze.

N.B.—Coffee may be used instead of chocolate.

WATER ICES.**LEMON WATER ICE.**

INGREDIENTS.

$\frac{1}{2}$ lb. Loaf Sugar.	Juice of 4 Lemons.
1 pint Water.	Whites of 2 Eggs.
Thin rind of Lemon.	

Put the water and sugar in a stewpan on the fire to boil 10 minutes, reserving about six lumps of sugar from the half pound, with which rub the zest from the two lemons. Strain the juice, which should measure one gill; sometimes it will take more than the quantity to make the measure. When syrup is cold, add the lemon juice and freeze. When half frozen, add the whipped whites of two eggs. Continue freezing till sufficiently stiff.

RASPBERRY WATER ICE (from Fresh Fruits).

INGREDIENTS.

$\frac{1}{2}$ pint Raspberry Juice (2 lbs. Rasp., pulped).
1 pint Syrup (1 lb. Loaf Sugar, 1 pint Water; boil 10 minutes).
Juice of 2 Lemons.

Place all in the prepared freezer and freeze as usual.

WATER ICE MADE FROM JAM.

INGREDIENTS.

$\frac{1}{2}$ lb. Jam.	2 ozs. Icing Sugar.
1 pint Water.	Colouring suited to the kind
Juice of 1 Lemon.	of Jam used.

Mix the ingredients above given, boil, skim, add the colouring (use very little of this, and, if possible, only such as are made from vegetables). Strain through tammy cloth. Freeze when cold.

SAVOURIES.

ASPIC JELLY.

INGREDIENTS.

2½ ozs. Gelatine.	1 Onion.
1 quart Liquid—	Parsley.
1½ pints Water or Stock.	20 Peppercorns.
½ gill Sherry.	Bay Leaf.
½ gill Lemon Juice.	Piece of Carrot.
1 gill Mixed Vinegar.	2 Whites and Shells of Eggs.
1 dessert-spoonful Salt.	

Place all the ingredients except sherry in a pan. Stir till gelatine is dissolved, whisk the eggs well. Let it boil undisturbed 5 minutes. Allow it to settle 5 minutes. Pass through a jellybag till clear. If sherry is used, add it as liquid runs through the bag for the last time.

HOT SAVOURIES.

CROUTES OF HADDOCK.

INGREDIENTS.

Croûtes of Fried Bread.	1 oz. Butter.
½ Findon Haddock.	Salt, Pepper, Cayenne.
1 Oyster for each person.	Lemon, Cress, or Endive.

Remove the skin and bone from the haddock. Pound the flesh in a mortar or pass through a sieve. Add the melted butter and seasoning. Beard the oysters, spread some haddock mixture on top of each croûte, then lay an oyster on also and cover with more of the haddock mixture. Work into a pyramid shape, place in a dripping-tin, cover with buttered paper and heat through about 8 minutes. Serve on a lace paper and garnish with endive or cress, and a little coralline pepper on each croûte.

SARDINE TOAST.

INGREDIENTS.

Some Sardines.	Little Parsley.
Few chopped Capers.	Little Seasoning.
Few drops Vinegar.	Fingers of Fried Bread.

Scrape the sardines lightly, boning them if possible. Lay them on a greased tin. Sprinkle over the parsley, seasoning, chopped capers and vinegar. Cover with greased paper and heat through in the oven. Slip on to fingers of fried bread or toast. Garnish with coralline pepper and serve very hot. If liked, brush with dissolved glaze before putting on the capers and parsley.

CHEESE AIGRETTES.

INGREDIENTS.

1½ ozs. Flour.	1 gill Water.
1 oz. grated Cheese.	2 small Eggs.
½ oz. Butter.	Salt and Cayenne.

Boil the butter and water together. Add sifted flour, and beat till it forms a ball. Add cheese and seasonings. Beat in eggs, a little at a time. Have fat barely smoking. Place mixture in small teaspoonfuls. Fry golden brown. Drain, dish on a fancy paper and dust over with Parmesan cheese.

ANCHOVY AIGRETTES.

INGREDIENTS.

8 to 10 Fillets of Anchovy.	Chopped Parsley.
Marinade (Salad Oil, Vinegar).	Coralline Pepper.
	Frying Batter (<i>see page 254</i>).

Have the anchovies lying one hour in marinade, then dip each fillet in batter, fry in hot fat, and drain. Garnish with chopped parsley and coralline pepper. Serve hot as a savoury.

HERRING ROE FRITTERS.

INGREDIENTS.

2 Herring Roes.	Chopped dry Parsley.
Some thin pieces of Bacon.	Coralline Pepper.
Some pieces firm ripe Tomato.	Frying Batter.

Skin and cut the tomato into small pieces. Place a piece of herring roe and tomato on each slice of bacon. Roll up, dip in batter. Fry in hot fat. Garnish with parsley and coralline pepper. Serve in little paper cases.

Frying Batter (*see page 254*).

MUSHROOM CROUTES.

INGREDIENTS.

4 Mushrooms.	Seasoning.
1 large table-spoonful Breadcrumbs.	Soft Herring Roe.
$\frac{1}{2}$ oz. Butter.	Fried Croûtes.

Melt the butter. Skin, wash and chop the mushrooms. Cook in butter, add breadcrumbs, salt, pepper and cayenne. Place the mixture on croûtes. Cook roe in dripping-tin in the oven, then cut it up, and place a piece on each croûte.

N.B.—Instead of chopping the mushrooms they may be left whole.

CROUTES DE CABOUG.

INGREDIENTS.

5 Croûtes of Bread, fried to a golden colour.	$\frac{1}{2}$ gill thick Fish Sauce.
1 small Findon Haddock.	2 Pickled Walnuts.
1 Tomato.	Little finely-chopped Parsley.
	Water-cress to garnish.

Cook the haddock. Scrape and pound it. Mix it with the fish sauce. Season and spread it on the croûtes of fried bread. Dip tomato into boiling water, remove skin and cut into slices. Place a slice on top of haddock

mixture, and on top of that place a small slice of pickled walnut. Heat through under grill. Put a dust of parsley on top of each piece of walnut. Place on a hot dish and garnish with water-cress or fried parsley. Serve very hot.

HUITRES A LA TZAR.

INGREDIENTS.

12 Oysters.	Salt.
12 rounds cooked Tongue.	Pepper.
Grated Parmesan Cheese.	Lemon Juice.
1 teaspoonful Anchovy Essence.	12 small Cheese Biscuits. Cayenne.

Cut tongue into rounds a size smaller than the cheese biscuits. Toss in melted butter to partly heat and prevent them becoming dry. Mix anchovy paste with a little cheese and spread on the biscuits. Place tongue on this, then one or two bearded oysters. Heat through in the oven. Garnish with cress, endive, and parsley.

DIABLOTINES.

INGREDIENTS.

$\frac{1}{2}$ lb. Cheese Pastry (<i>see</i> <i>page 227</i>).	$1\frac{1}{2}$ ozs. grated Parmesan or Gruyere.
$\frac{1}{2}$ gill Milk.	1 Egg.
$\frac{1}{2}$ oz. Butter.	Salt and Cayenne.
$\frac{1}{2}$ oz. Cornflour.	Anchovy Paste.

Line half-a-dozen small moulds with very thin cheese pastry. Melt the butter in a stewpan, add half an ounce of cornflour, then the milk, and let it boil. Remove from the fire, add the cheese, and mix with beaten egg. Season with a little salt and highly with cayenne. Half-fill the moulds with this preparation, put a small quantity of bloater or anchovy paste in the centre of each, cover with the remaining mixture, and sprinkle the surface with grated cheese. Bake in a moderate oven a light brown, turn out, and serve quickly on a folded napkin.

HOT CHEESE SOUFFLE OR FONDUE.

INGREDIENTS.

$\frac{1}{2}$ oz. Butter.	2 Eggs.
$\frac{1}{2}$ oz. Flour.	$\frac{1}{2}$ pint (rather more) Milk.
$1\frac{1}{2}$ ozs. grated Cheese (Parmesan).	Salt, Pepper, Cayenne.

Melt the butter, add the flour, mix to a smooth paste, add the milk, stir over the fire till it boils. Cook thoroughly. Beat up the whites of eggs well. Add the beaten yolks to the panada. When slightly cool, add the cheese, salt, pepper, and cayenne. Fold in the whites and pour into the prepared tin. Bake in a very hot oven for 20 minutes or till firm on top. Quickly tie a d'oyley round, or slip into a silver soufflé case, and serve in the tin in which cooked. Serve at once, as it falls very quickly.

N.B.—This mixture may be baked in small soufflé cases; time, about 10 minutes.

CROUTES AU JAMBON.

INGREDIENTS.

- 10 Croûtes of Bread, dipped in melted Butter and tossed in grated Cheddar Cheese.
5 rounds raw Ham, size of Croûtes.

Place the round of ham between the croûtes. Brown under grill on both sides. Open and grill the ham. Re-cover. Garnish. Place on a lace paper. Garnish with water-cress or fried parsley. Garnish croûtes with chopped dried parsley.

COLD SAVOURIES.**ANCHOVY CANAPEES.**

Cut one slice of bread quarter of an inch thick and cut into oblong pieces; fry a light brown and cool. Wash and bone two anchovies. Take two fillets from each of them for each piece of bread. Put rough pieces of

anchovy in a mortar and pound with half an ounce butter. Spread on fried bread. Lay the fillets across each piece, fill the space between with chopped parsley or chopped pistachios, sieved yolk, and chopped white of egg. Serve on a dish-paper and garnish with cress.

CHEESE D'ARTOIS.

INGREDIENTS.

Paste.

<p> ½ lb. Flour. 3 ozs. Butter. Squeeze Lemon Juice. Cold Water to mix. </p>	<p> } } } } </p>	<p> Make into Rough Puff Pastry. </p>
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Mixture.

<p> 2 ozs. Cheddar Cheese. 1 oz. melted Butter. 1 Egg. Salt, Pepper, Cayenne. </p>	<p> } } } } </p>	<p> Mix. </p>
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Roll out pastry and divide into 2 squares. Lay 1 square on baking tin. Spread mixture on pastry, wet edges, and lay on 2nd square of pastry. Mark into fingers. Brush with beaten egg, bake in a hot oven till brown and crisp.

ANCHOVY BASKETS.

INGREDIENTS.

<p> 3 hard-boiled Eggs. 1 oz. Butter. Some Anchovy Essence. </p>	<p> Pepper and Cayenne. Water-cress. </p>
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Boil the eggs for 20 minutes, then place in cold water. Shell and cut them in two lengthways, and remove the yolks. Pound the yolk with the butter, anchovy essence, and the cayenne, adding a little seasoning if necessary. Then rub through a wire sieve. Force through a bag and pipe into the white oval. Sprinkle a little chopped parsley over. Place in a stalk of parsley to represent the handle, and slip each basket on to a piece of cold fried bread or croûte of bread and butter. Garnish with water-cress.

ANCHOVY BISCUITS A LA CREME.

INGREDIENTS.

1½ ozs. Flour.	Cayenne.
½ oz. Butter.	1 Yolk.
1 teaspoonful Anchovy Essence.	Few drops of Carmine.

Rub the butter in the flour, add cayenne. Add anchovy essence and carmine to the yolk of egg. Mix the flour and butter with the egg. Roll out and cut out with a fancy cutter. Prick over, and bake in rather a moderate oven 5 or 6 minutes. Cool on a sieve. Whip up ½ gill double cream, and add 1 dessert-spoonful trimmings of anchovy fillets cut up. Pile with a teaspoon on top of the biscuits. Wind a long fillet of anchovy round the cream. Sprinkle with sieved yolk and parsley. Serve on a dish-paper. Garnish with water-cress or endive.

SARDINE PYRAMIDS.

INGREDIENTS.

5 diamonds of Toasted or Fried Bread.	Chopped dried Parsley.
6-8 small Sardines.	Cayenne.
½ oz. Butter.	Salt.
	Coralline Pepper.

Remove skin and bone from fish. Pound in a mortar with butter and seasoning. Mound on the toast. Sprinkle with parsley and cayenne pepper. Serve on a dish-paper with sprigs of water-cress round.

CHEESE STRAWS.

INGREDIENTS.

Cheese Pastry:—

3 ozs. Flour.	3 ozs. grated Cheese
1½ ozs. Butter.	(mixture of Parmesan or soft Cheese).
1 Yolk of Egg.	Water, if necessary.
Salt, Pepper, Cayenne.	

Add salt and other seasoning to flour, rub the butter in finely, and add the grated cheese and sufficient yolk

of egg to make a very stiff paste. Roll out on a lightly-floured board, cut into straws, and also cut some into rings. Place on a baking tin and bake in a moderate oven 10 to 15 minutes. Slip the straws through the rings when cold and garnish with coralline pepper. Serve as a savoury, either hot or cold.

CHEESE AND CELERY BISCUITS.

INGREDIENTS.

- 2 ozs. Cheese Pastry (see above).
 Celery Mixture— $\left\{ \begin{array}{l} \frac{1}{2} \text{ gill Double Cream.} \\ \frac{1}{2} \text{ oz. grated Parmesan Cheese.} \\ \text{Finely-chopped Celery.} \\ \text{Salt, Pepper, Cayenne.} \end{array} \right.$

Roll out pastry and cut into biscuits and prick. Bake in a moderate oven. Allow to cool.

Mix all the ingredients, stir or whip slightly, and pile on biscuits. Garnish with chopped pistachio nuts and a little celery. Garnish the dish with sprays of mustard and cress.

CHEESE PYRAMIDS.

INGREDIENTS.

- | | |
|-----------------------------------|--------------------------|
| $\frac{1}{2}$ gill Whipped Cream. | 3 pieces Cheese for each |
| Salt, Pepper, Cayenne. | Biscuit. |
| Little grated Cheese. | Little Water-cress. |
| | Cheese Biscuits. |

Mix the grated cheese, seasoning, and whipped cream together. Place a spoonful of mixture on top of biscuits, and then three little pieces of cheese on top of that. Arrange on a bed of cress.

COLD CHEESE SOUFFLES.

INGREDIENTS.

- | | |
|--------------------------------------|--------------------------|
| 1 gill Double Cream. | Little made Mustard. |
| $\frac{1}{2}$ gill Aspic Jelly. | 2 ozs. grated Parmesan. |
| Seasonings. | Chopped Aspic, coloured. |
| Few Sprigs Water-cress or
Endive. | |

Whip the cream lightly, not so stiff as for an ordinary cream. Add seasonings, and stir in cheese and liquid

aspic. When almost setting, pour into little soufflé cases. Garnish round outside of each case with chopped aspic jelly (red and clear). Place on the dish with lace paper. Garnish with few sprigs of water-cress.

N.B.—White stock or gelatine may be used instead of aspic for mixture. Paper may be tied round cases to mould mixture higher.

ROGNONS NORVEGIENNE.

INGREDIENTS.

1 Sheep's Kidney.	Little chopped Onion.
1 Mushroom.	Butter.
Chopped Parsley.	Salt and Pepper.
Flour.	Egg and Breadcrumbs.
Some thin slices of raw Bacon.	Fried Parsley (<i>see page 161</i>).

Skin, wash and chop kidneys. Sauté with finely chopped onion in the butter, adding the skinned chopped mushrooms a little before kidney and onion are ready. Add seasoning and parsley and spread a little of mixture on small strips of bacon. Roll up. Dip in flour, then egg and breadcrumbs and fry in deep fat.

Arrange in small paper cases and serve hot, garnished with fried parsley.

CROUTES A LA CAMPAGNE.

INGREDIENTS.

2 ozs. cooked Ham.	Salt, Pepper, Cayenne.
1 oz. Butter.	Carmine, if necessary.
Yolk of hard-boiled Egg.	

Chop the ham, pound with the other ingredients, sieve and colour, if necessary. Fry 5 or 7 croûtes of bread. Spread on mixture, piling it higher in the centre. Decorate

with whipped and seasoned cream. Serve on a lace paper. Garnish with chopped or shredded truffle, sieved, hard-boiled yolk of egg and a little well-dried parsley.

LITTLE JELLIES OF TOMATO.

INGREDIENTS.

2 table-spoonfuls thick	Salt and Pepper.
Tomato from tin or	Carmine.
2 fresh Tomatoes.	Tiny piece Onion.
3 sheets Gelatine.	Cayenne.
2 table-spoonfuls Aspic.	Some Aspic, Truffle, and
$\frac{1}{2}$ oz. Butter.	Salad for garnishing.
Pinch Sugar.	

Line five small dariole moulds with aspic. Decorate with truffle, cut in fancy shapes. Cook tomatoes, onion, sugar, butter, and seasoning till quite soft, then pass through a hair sieve. Add liquid aspic jelly, and gelatine dissolved, and a few drops of carmine. Pour into prepared moulds and set aside to firm. Turn out, and serve with chopped aspic or salad round.

OEUF ST. MALO.

INGREDIENTS.

6 hard-boiled Eggs.	Aspic Jelly (<i>see page 221</i>).
1 small Tureen Caviare.	White Chaudfroid Sauce
1 or 2 ozs. Fresh Butter.	(<i>see page 242</i>).
Seasoning.	Fine Cress.
2 or 3 Tomatoes.	

Cut off a little at one end of each egg and carefully remove yolks. Pound yolks, caviare, butter and seasoning in a mortar. Then pass through a hair sieve, farce the eggs with the mixture and coat each with the chaudfroid sauce, garnish with fine cress, then finally with aspic. Have some aspic coloured green and moulded in a flat dish, then cut out as many rounds as there are eggs. Skin tomatoes and put in a slice of tomato on the round of aspic, place eggs on top, garnish with bunches of cress and serve.

SANDWICHES.**SAVOURY.****CHEESE SANDWICHES.**

INGREDIENTS.

1 oz. Cheese.	1 oz. Butter.
1 hard-boiled Yolk of Egg.	Salt, Pepper, Cayenne.
1 teaspoonful made Mustard.	Small rounds of Brown
$\frac{1}{2}$ teaspoonful Vinegar.	Bread and Butter.

Pound the cheese, butter, yolk of egg, mustard, vinegar, and seasoning together in a mortar, and rub through a wire sieve. Spread some of this mixture on to a round of buttered brown bread and place another on top.

CHEESE CREAM SANDWICHES.

INGREDIENTS.

3 table-spoonfuls grated Cheese.	A little crisp Celery or a few shelled and peeled Walnuts.
2 large table-spoonfuls Double Cream.	Bread and Butter.
	Cayenne.

Cut some thin slices of bread, butter them slightly, shred either celery or walnuts finely, and mix this with the cheese and cream. Spread the buttered side of the bread slices with this, place them together like sandwiches, cut them into pretty shapes—square, oblongs, crescent or stars. Dish up, garnish with sprigs of parsley and serve.

CHICKEN AND CHUTNEY SANDWICHES.

INGREDIENTS.

1 oz. Butter.	Salt and Pepper.
1 table-spoonful White Sauce.	Slices of thin Bread and
2 ozs. Cooked Chicken.	Butter.
1 dessert-spoonful Chutney.	

Pound the chicken, butter, white sauce, chutney, salt and pepper together in a mortar, then rub through a fine

sieve. Spread some of this mixture on to a slice of bread and butter, cover with another slice, and cut into fancy shapes.

CHICKEN SANDWICHES.

The same as for chicken and chutney sandwiches, only leaving out the chutney.

EGG AND ANCHOVY SANDWICHES.

INGREDIENTS.

2 Eggs, hard-boiled.	Salt, Pepper, Cayenne.
$\frac{1}{2}$ teaspoonful Anchovy Essence.	Slices of Bread and Butter or Buttered Sandwich Rolls.
2 Anchovies, boned.	
1 oz. Butter.	

Pound the eggs, anchovies, butter, anchovy essence, salt, pepper and cayenne together in a mortar, then rub through a hair sieve. Spread some of this mixture on to a slice of bread and butter, lay another slice on top, press together, and cut into fancy shapes.

GHERKIN AND SARDINE SANDWICHES.

INGREDIENTS.

$\frac{1}{2}$ oz. Butter.	1 table-spoonful Mayonnaise Sauce.
3 Sardines, boned.	
$\frac{1}{2}$ teaspoonful made Mustard. Seasoning.	1 table-spoonful chopped Gherkins.
2 hard-boiled Yolks of Eggs.	Slices of White and Brown Bread and Butter.

Pound the butter, yolks of eggs, sardines, mustard, Mayonnaise sauce and seasoning together in a mortar, then rub through a fine sieve. Spread this mixture on to the slices of white bread and butter, sprinkle with chopped gherkins, and place the slices of brown bread and butter on the top. Press well together, and cut into fancy shapes.

MADRAS SANDWICHES.

INGREDIENTS.

- | | |
|------------------------------------|---------------------------|
| 2 hard-boiled Yolks of Eggs. | 1 cz. Butter. |
| Salt, Pepper, Cayenne. | Thin slices of Bread and |
| 1 dessert-spoonful Anchovy | Butter, or Sandwich Rolls |
| Paste. | and Butter. |
| $\frac{1}{2}$ teaspoonful Chutney. | |

Pound the yolks of eggs, chutney, anchovy paste, butter, salt and cayenne together in a mortar, then rub them through a hair sieve. Spread some of the mixture on to a slice of bread and butter, put another slice on top, and cut into fancy shapes.

LAX SANDWICHES.

INGREDIENTS.

- | | |
|-------------------------|------------------------------|
| 1 table-spoonful Lax | 2 hard-boiled Yolks of Eggs. |
| (smoked salmon). | Seasoning. |
| 1 oz. Butter. | Thin slices of Bread and |
| 3 fillets of Anchovies. | Butter (brown and white). |

Put the lax, anchovies, yolks of eggs, butter and seasoning into a mortar, pound until they are smooth, then rub through a hair sieve. Spread some of the mixture on to a slice of bread and butter, put another slice on the top, press them well together, and cut into small fancy shapes.

N.B.—If liked, slices of lax may be used instead of pounding.

SALMON AND LOBSTER SANDWICHES.

INGREDIENTS.

- | | |
|-------------------------------|--------------------------|
| 12 thinly-cut slices of Bread | 1 teaspoonful of Anchovy |
| and Butter. | Paste. |
| 3 ozs. of Cold Salmon. | 1 table-spoonful Double |
| 2 ozs. Lobster, free from | Cream. |
| bone. | Salt and Pepper. |
| 2 table-spoonfuls Mayonnaise. | |
| 2 French Gherkins. | |

Pound the salmon and lobster in a mortar, add the Mayonnaise and anchovy paste, chop finely the gherkins

and add also, mix well, and work in cream. Season with salt and pepper. Spread the buttered side of all the slices of bread rather quickly with this preparation, and place in twos, one on top of the other (spread sides together, of course). Take a cutlet cutter, plain or fluted, stamp out carefully as many cutlet shapes as possible, dress them in a circle on a dish with a folded napkin or lace paper, pointed end up; fill up the centre with a plain salad. Thinly-sliced tomatoes or shredded celery makes a nice change, dressed in the centre.

LETTUCE SANDWICHES.

Cut the required number of very thin slices of bread, butter them lightly on one side, and spread with a thin layer of Mayonnaise or simple vinegar dressing. Wash, trim, drain and shred some crisp lettuce leaves, place them on the slices of bread, sprinkle with salt and pepper, and sandwich them together. Cut into conveniently-sized sandwiches, serve, and garnish with sprigs of crisp parsley, or tiny lettuce leaves.

CUCUMBER SANDWICHES.

INGREDIENTS.

Thin slices of Bread and	Sliced Cucumber.
Butter.	Salt, Pepper, Vinegar.

Soak the cucumber for a short time in the vinegar and seasoning. Sandwich and cut neatly. Decorate with shredded rind.

TOMATO AND EGG SANDWICHES.

INGREDIENTS.

1 Egg.	Salt, Pepper.
$\frac{1}{2}$ oz. Butter.	Bread and Butter.
$\frac{1}{2}$ gill Tomato Pulp from fresh Tomatoes.	

Mix egg, butter, pulp, and seasoning. Cook as for scrambled egg. Spread on a plate to cool; spread on bread and butter. Sandwich. Cut neatly, serve.

SALTED ALMOND SANDWICHES.

INGREDIENTS.

1 oz. Salted Almonds (*see* Slices of Bread and Butter.
page 347).

Chop the almonds finely and sprinkle on to a slice of bread and butter, cover with another slice, and cut into fancy shapes.

N.B.—The above may be improved with a little Mayonnaise sprinkled on the nuts.

SWEET SANDWICHES.**FRUIT SANDWICHES.**

INGREDIENTS.

Thin slices of Brown and White Bread and Butter.
Sugar to taste.
Slices of any kind of Fruit.

Cover a slice of bread and butter with fruit, sprinkle with sugar and cover with another slice of bread and butter. Cut out into fancy shapes.

N.B.—A little whipped cream may be spread on the fruit.

PRUNE SANDWICHES.

INGREDIENTS.

1 lb. Prunes stewed to a thick pulp, with Sugar to sweeten.	Little Vanilla Essence, Or 2 table-spoonfuls of Port Wine (if liked).
$\frac{1}{2}$ gill Cream (whipped).	Thin slices White Bread and Butter.
$\frac{1}{2}$ lb. Ground Almonds.	

Mix all well together and spread on the buttered bread.
Sandwich.

GINGER CREAM SANDWICHES.

INGREDIENTS.

Preserved Ginger. Cream.
Brown Bread and Butter.

Slice the ginger, mix with a little syrup, spread on the brown bread and butter, spread on a layer of cream, and sandwich. Cut into fancy shapes.

N.B.—Sponge fingers may be used instead of bread and butter.

N.B.—Lemon Curd, Banana Butter, Apple and Damson Cheese may all be used for sweet sandwiches.

Sauces, forcemeats and Batters.

FOUNDATION WHITE SAUCE.

INGREDIENTS.

$\frac{1}{2}$ - 1 oz. Margarine or Butter. $\frac{1}{2}$ pint Liquid (milk or water,
 1 oz. Flour. or mixture, or fish stock
 Salt and Pepper. or meat stock).

Melt the butter, add the flour, cook for a few minutes without discolouring, add liquid gradually, beating well, add seasoning; stir till boiling point, cook five minutes, and use.

N.B.—The following Sauces are made as above, with the various distinctive ingredients being added to the cooked Foundation Sauce.

1.—Anchovy Sauce.

INGREDIENTS.

$\frac{1}{2}$ pint Foundation Sauce. 1 teaspoonful Anchovy
 Essence.

2.—Brain Sauce.

INGREDIENTS.

$\frac{1}{2}$ pint Foundation Sauce.
 1 Sheep's Brains (cooked and chopped).
 1 teaspoonful Lemon Juice.

3.—Caper Sauce.

INGREDIENTS.

$\frac{1}{2}$ pint Foundation Sauce. 1 teaspoonful Caper
 1 table-spoonful Capers. Vinegar.

4.—Egg Sauce.

INGREDIENTS.

$\frac{1}{2}$ pint Foundation Sauce. 1 hard-boiled Egg (chopped).

5.—Fish Sauce.

INGREDIENTS.

- $\frac{1}{2}$ pint Foundation Sauce (fish stock and milk).
1 teaspoonful Vinegar.

6.—Melted Butter.

INGREDIENTS.

- $\frac{1}{2}$ pint Foundation Sauce (made with water), and
1 extra 1 oz. Butter.

7.—Onion Sauce.

INGREDIENTS.

- $\frac{1}{2}$ pint Foundation Sauce.
2 large Onions (boiled, drained, and chopped).

8.—Mustard Sauce.

INGREDIENTS.

- $\frac{1}{2}$ pint Foundation Sauce. 1 teaspoonful Mustard
(made).

9.—Parsley Sauce.

INGREDIENTS.

- $\frac{1}{2}$ pint Foundation Sauce.
1 table-spoonful chopped Parsley (washed and dried).

10.—Sweet Sauce.

INGREDIENTS.

- $\frac{1}{2}$ pint Foundation Sauce (all milk).
2 teaspoonfuls Sugar.
Little Flavouring (if liked).

BROWN SAUCE.

INGREDIENTS.

- | | |
|--|---------------------------------------|
| 1 oz. Butter, Margarine, or
Dripping. | 1 small Onion. |
| 1 oz. Flour. | 1 small Tomato or piece of
Carrot. |
| $\frac{1}{2}$ pint Stock. | Salt and Pepper. |

Melt the butter, add the flour, fry together till a nice golden brown roux, add the vegetables and seasoning, add

the stock. Stir till boiling point, skim well, simmer at least half hour; strain.

N.B.—If the stock is a poor colour, then the onion may be sliced and fried in the butter, and removed before the flour is added, and again added when stock is in.

BROWN FISH SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint Brown Foundation Sauce.	1 teaspoonful Vinegar.
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NONDESCRIPT SAUCES.

APPLE SAUCE.

INGREDIENTS.

4 good-sized Apples.	2 table-spoonfuls moist Sugar.
1 table-spoonful Water.	Clove (if liked).
1 oz. Butter.	A squeeze Lemon Juice.

Pare, core, and quarter four good-sized apples. Put them in a stewpan with the cold water and two table-spoonfuls moist sugar, and a clove, if liked. Simmer all together till the apples are in pulp; add butter, if liked. If the apples are very juicy, it will be necessary to boil very quickly, stirring well for five or six minutes to reduce the liquid. Add lemon juice and beat well till smooth.

BREAD SAUCE.

INGREDIENTS.

2 ozs. Breadcrumbs.	$\frac{1}{2}$ Onion.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ oz. Butter.
6 Peppercorns.	Seasoning.
$\frac{1}{4}$ blade Mace.	

Simmer very gently the onion, peppercorns and mace in the milk till well flavoured. Strain, add the bread-crums and butter, add seasoning, and cook about five minutes gently till the crumbs have absorbed milk.

MINT SAUCE.

INGREDIENTS.

$\frac{1}{2}$ gill Vinegar.	4 table-spoonfuls chopped
$\frac{1}{2}$ gill boiling Water.	Mint.
1 teaspoonful Sugar.	

Add the sugar to the boiling water. Add it to the vinegar, and when cold, pour all over the chopped mint. Stand aside for an hour and use as required.

. CUSTARD SAUCE (PLAIN).

INGREDIENTS!

1 large teaspoonful	1 teaspoonful Sugar.
Cornflour.	$\frac{1}{2}$ pint Milk.
1 Egg.	Flavouring (if liked).

Blend the cornflour with a little cold milk. Heat the remainder of the milk. Pour over the blended cornflour and return to pan. Stir till boiling, and cook thoroughly. When sufficiently cool, pour over the well-beaten egg. Return to the pan, and stir over the fire until the egg is cooked, but do not boil. Add sugar and flavouring. Serve hot or cold.

JAM SAUCE.

INGREDIENTS.

2 ozs. Sugar.	2 table-spoonfuls Jam.
$\frac{1}{2}$ pint Water.	A few drops Lemon Juice.

Boil all together very rapidly for ten minutes. The sauce should be of a syrupy consistency. Strain and serve.

N.B.—Marmalade sauce may be made in the same way without the addition of lemon juice.

TREACLE SAUCE.

INGREDIENTS.

2 table-spoonfuls Syrup or	1 gill Water.
Treacle.	1 squeeze Lemon Juice.

Boil together for ten minutes.

WHITE SAUCES.**BECHAMEL SAUCE.**

INGREDIENTS.

1 oz. Butter.	$\frac{1}{2}$ pint Milk.
1 oz. Flour.	1 small Onion.
2 table-spoonfuls Cream.	$\frac{1}{4}$ blade Mace.
Salt, Pepper.	Piece Carrot and Turnip.

Melt the butter, add the flour, cook well. Then add vegetables (sliced) and seasoning. Cook a few minutes without discolouring, add the liquid. Bring to boiling point and then simmer till required. Strain and tammy, add cream and reheat, use as required. If liked, milk may be simmered with vegetables, strained, and sauce made in usual way.

VELOUTE SAUCE.

Same as above, with distinctive exception that white stock is used instead of milk, and 1 teaspoonful lemon juice is added.

N.B.—Fish stock is used when the sauce is for fish.

BUTTER SAUCE.

INGREDIENTS.

2 ozs. Butter.	$\frac{1}{2}$ pint Water.
1 oz. Flour.	Salt and Pepper.

Melt the butter in a lined pan. Add the flour, cook well; then add the water gradually, and seasoning. Stir till boiling. Cook 3 minutes. Serve with vegetables, such as asparagus, seakale, etc.

SUPREME SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint Velouté Sauce.	6 Mushrooms.
1 gill Cream.	

Simmer with the prepared mushrooms half an hour. Strain and tammy, add cream, reheat.

CHAUDFROID SAUCE (WHITE).

INGREDIENTS.

$\frac{1}{2}$ pint Béchamel. Velouté Sauce.	2 table-spoonfuls Cream. $\frac{1}{4}$ pint to $\frac{1}{2}$ pint Aspic Jelly.
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Add the liquid aspic to the hot sauce; add cream and seasoning; tammy. Stir till setting and use when cold, but unset.

N.B.—Coloured Chaudfroids may be made by using different foundation sauce, *e.g.*, tomato, brown, etc.

CUCUMBER SAUCE (HOT).

INGREDIENTS.

$\frac{1}{2}$ pint Béchamel or 1 Cucumber. 2 table-spoonfuls Cream.	Little Green Colouring (if necessary).
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Stew and sieve the cucumber. Add this purée to the sauce. Add cream, reheat, colour (if necessary). Serve with salmon, veal, sweetbreads, etc.

N.B.—Celery sauce is made similarly.

HORSE-RADISH (HOT).

INGREDIENTS.

$\frac{1}{2}$ pint Velouté Sauce. 1 Horse-radish.	1 table-spoonful Vinegar. 2 table-spoonfuls Cream.
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Grate the horse-radish and add to the velouté; add cream and vinegar, reheat, serve with roast beef, etc.

SHRIMP SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint Velouté Sauce (made with Fish Stock). $\frac{1}{2}$ gill picked Shrimps. Squeeze Lemon Juice.	Seasoning. 2 table-spoonfuls Cream. Little Lobster Spawn.
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Pound and sieve the spawn, and add to the sauce with the other ingredients. Reheat.

OYSTER SAUCE.

INGREDIENTS.

- | | |
|--|--|
| ½ pint Velouté Sauce (made with Fish Stock and Oyster Liquor). | 6 Sauce Oysters.
Lemon Juice (1 teaspoonful). |
|--|--|

Blanch the oysters in their liquor. Strain them, reserving the liquor to make the sauce. Remove the beard and cut each oyster in two; add, with cream and lemon juice, to the sauce. Make hot.

LOBSTER SAUCE.

INGREDIENTS.

- | | |
|--|--|
| 1 pint Velouté Sauce (using Fish Stock). | 1 or 2 table-spoonfuls Cream.
Lemon Juice (1 dessert-spoonful). |
| 1 Lobster. | |
| 1 oz. Lobster Spawn. | |

Pound the spawn with ½ oz. butter and rub through a hair sieve. Add to the sauce. Cook till it turns a rich red. Add the lobster (cut in small pieces), lemon juice, and cream.

N.B.—Shrimp and lobster sauce are improved if the shells are crushed and simmered in the fish stock before the velouté is made from it.

MAITRE D'HOTEL SAUCE.

INGREDIENTS.

- | | |
|-----------------------------------|-----------------------------|
| ½ pint Béchamel Sauce. | 2 teaspoonfuls Lemon Juice. |
| 1 table-spoonful chopped Parsley. | Seasoning. |

DUTCH SAUCE.

INGREDIENTS.

- | | |
|-----------------------|-------------------------------|
| 1 gill Velouté Sauce. | 1 dessert-spoonful Vinegar or |
| ½ gill Stock or Milk. | 1 table-spoonful Lemon |
| 1 Yolk of Egg. | Juice. |
| | Salt, Pepper, Cayenne. |

Add egg and stock to the sauce, season. Make hot, but do not boil.

SOUBISE SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint Béchamel Sauce (thick).	Purée made from 4 boiled Onions.
	2 table-spoonfuls Cream.

Mix and heat.

BROWN SAUCES.**ESPAGNOLE SAUCE.**

INGREDIENTS.

$\frac{1}{2}$ pint Brown Stock.	} Roux.
$1\frac{1}{2}$ ozs. Butter.	
$1\frac{1}{2}$ ozs. Flour.	
1 small Carrot.	} Mirepoix.
1 small Onion.	
1 small Shallot.	
$1\frac{1}{2}$ ozs. of Ham or lean Bacon highly smoked.	
Bouquet of Herbs.	
3 Mushrooms or Mushroom Trimmings.	
$\frac{1}{2}$ gill Tomato Sauce or 1 Tomato.	
Seasoning.	
$\frac{1}{2}$ glass Sherry.	

Cut up bacon or ham and fry slightly in the butter. Add the vegetables, cut in thin slices or dice, and fry 5 minutes. Add the flour and cook very slowly together till a golden-brown colour is obtained. Add the stock, tomato purée, seasoning, and herbs, and simmer gently for one hour, skimming frequently. Lastly, add the wine, bring to boiling point, skim, and tammy. It is then ready for use.

This is the foundation of nearly all good brown sauces.

N.B.—If bottled mushrooms be used, they should be added with the stock. Being damp prevents the flour browning.

Half oz. glaze may be added if shorter time required for cooking.

REFORM SAUCE.

INGREDIENTS.

1 gill Espagnole Sauce.	} Poivrade Sauce.
Juice of 1 Lemon or $\frac{1}{2}$ gill of Vinegar.	
12 Peppercorns.	
1 teaspoonful Red Currant Jelly.	
1 glass Port Wine or Claret.	
Cayenne Pepper.	

When the pepper sauce is boiling, stir in the jelly, wine, and cayenne pepper. Allow to boil 10 minutes. Strain and tammy, and it is ready for use.

Method for Poivrade.

Reduce peppercorns in the vinegar to half quantity, add Espagnole Sauce, tammy, and use.

PIQUANTE SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint Espagnole Sauce.	1 dessert-spoonful Vinegar.
1 doz. Peppercorns.	1 teaspoonful chopped Parsley.
1 chopped Gherkin.	
Few chopped Capers.	

Simmer the sauce and the peppercorns till well flavoured; strain, then add the chopped gherkin, parsley, and capers. Reheat.

GRATIN SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint Espagnole Sauce.	1 Shallot.
$\frac{1}{4}$ table-spoonful chopped Parsley.	4 Mushrooms.
	$\frac{1}{2}$ oz. Glaze.

Make the sauce, tammy. Add chopped mushrooms and shallot, parsley, sherry and glaze, also seasonings. Cook well. If necessary, reduce.

SAUCE CHASSEUR (SAUCE FOR VENISON).

INGREDIENTS.

$\frac{1}{2}$ pint good Brown Sauce.	Few drops Lemon Juice.
2 ozs. Red Currant Jelly.	1 gill Port Wine.
1 oz. Glaze.	Little Cayenne.

Boil all these ingredients together till reduced to half a pint, then strain and serve.

BIGARADE SAUCE (FOR WILD DUCK).

INGREDIENTS.

$\frac{1}{2}$ pint good Brown Sauce.	Small Shallot, chopped very fine.
Juice of 1 Orange and 1 Lemon.	1 gill of Port Wine or Claret.
	Pinch of Castor Sugar.

Mix all these ingredients and boil well for 5 minutes; then strain and serve very hot.

TOMATO SAUCE.

INGREDIENTS.

1 lb. Tomatoes.	Small Onion.
1 oz. Butter.	2 or 3 table-spoonfuls Stock.
1 oz. Ham (lean).	Small teaspoonful Cornflour.

Slice the tomatoes, ham, and onions, add the seasoning and butter. Sauté for 10 minutes, then add the stock. Simmer until the onion is tender, pass through a sieve. Thicken with cornflour, bring to boiling point, and, if necessary, add a little colouring (carmine).

CURRY SAUCE.

INGREDIENTS.

1 oz. Butter.	2 table-spoonfuls Cocoanut.
1 oz. Flour.	1 teaspoonful Curry Powder.
$\frac{1}{2}$ pint Stock.	$\frac{1}{2}$ teaspoonful Chutney.
1 small Apple.	Salt.
$\frac{1}{2}$ Onion.	Lemon Juice.

Soak the cocoanut in the stock. Fry the chopped onion and apple in the butter, with the curry powder added, for 20 minutes. Add flour, and gradually the

strained stock. Stir till boiling. Simmer 20 minutes longer. Add chutney, lemon juice, and (if necessary) seasoning.

BERNAISE SAUCE.

INGREDIENTS.

4 Shallots or 1 Onion.	3 ozs. Butter.
$\frac{1}{2}$ gill Tarragon Vinegar.	3 Yolks of Eggs.
$\frac{1}{2}$ gill Common Vinegar.	Chopped Parsley and Chervil.
1 gill White Sauce.	

Chop the shallots or onions and put into a pan with vinegar. Reduce to 1 table-spoonful. Strain, add to the white sauce, and mix well. Whisk in the yolks separately, having the pan in a larger one of boiling water. Remove from the fire and add the butter in small pieces, taking care each piece is dissolved before adding the next. Reheat before serving, and add some finely-chopped parsley and chervil.

HOLLANDAISE SAUCE.

INGREDIENTS.

3 table-spoonfuls White Vinegar.	2 Yolks of Eggs.
2 ozs. Butter.	Seasoning.

Reduce the vinegar to 1 table-spoonful, make up to 3 table-spoonfuls with water. Pour over the yolks. Melt half the butter in a small basin, add the egg mixture. Place in a pan of hot water. Stir till thick. Add remainder of butter away from fire. The sauce is then ready for use. If too thick, add a little hot water.

HORSE-RADISH SAUCE (COLD).

INGREDIENTS.

1 Horse-radish.	Pinch Salt.
$\frac{1}{2}$ teaspoonful Mustard.	About 1 gill stiffly-whisked Cream.
1 teaspoonful Castor Sugar.	
2 raw Yolks of Eggs.	$1\frac{1}{2}$ table-spoonfuls Vinegar.

Let the horse-radish lie in water till firm. Scrub well. Peel and grate finely. Take the mustard, castor sugar,

raw yolks of eggs, and the salt, and mix well. Gradually add the cream and vinegar. Lastly, the horse-radish.

MAYONNAISE SAUCE.

INGREDIENTS.

2 Yolks of Eggs.	Vinegar.
1 teaspoonful Castor Sugar.	Salt and Pepper.
Salad Oil (1 gill to $\frac{1}{2}$ pint).	Cream, if liked.
$\frac{1}{2}$ teaspoonful Mustard.	

Mix together all the dry ingredients and yolks. Next whisk in, drop by drop, the salad oil and the vinegar. If cream is to be added, add it last and very gradually.

N.B.—1 dessert-spoonful boiling water added at end is an improvement.

TARTARE SAUCE.

INGREDIENTS.

1 or 2 table-spoonfuls	Mayonnaise Sauce.
chopped Gherkins or	
Capers.	

BREAD SAUCE.

INGREDIENTS.

2 ozs. Breadcrumbs.	$\frac{1}{2}$ Onion.
$\frac{1}{2}$ pint Milk.	1 oz. Butter.
6 Peppercorns.	Seasoning.
$\frac{1}{4}$ blade Mace.	2 table-spoonfuls Cream.

Simmer the onion, peppercorns, and mace in the milk till well flavoured. Strain, add the crumbs and butter, and cook gently till the crumbs have absorbed milk. Add seasoning. Cream may be added to enrich.

GOOSEBERRY SAUCE.

INGREDIENTS.

1 lb. Gooseberries.	$\frac{1}{2}$ gill Water.
$\frac{1}{4}$ lb. Sugar.	

Make a syrup with the sugar and water, add gooseberries, and cook until tender. Rub through a hair sieve.

OILED OR DRAWN BUTTER.

INGREDIENTS.

2 ozs. Pure Fresh Butter.

Place in a shallow pan. Melt slowly. Remove scum as it rises. Serve in a hot sauceboat.

SWEET SAUCES.**CUSTARD SAUCE.**

INGREDIENTS.

$\frac{1}{2}$ pint Milk.	Little Lemon Rind or
1 dessert-spoonful Sugar.	Vanilla Essence.
	2 Yolks of Eggs.

Heat the milk with the lemon rind, and pour over the beaten yolks. Strain; add sugar. Stir till it thickens, and pour out instantly. Serve hot or cold.

N.B.—The same may be made with the yolks, and the whites, whipped stiffly, added after it thickens.

COFFEE CUSTARD SAUCE.

INGREDIENTS.

2 Yolks.	$\frac{1}{2}$ pint Milk.
$\frac{1}{2}$ pint Coffee.	1 $\frac{1}{2}$ ozs. Castor Sugar.

Heat the coffee and the milk in a double pan; pour over beaten yolks; strain. Cook; add sugar. Serve hot or cold.

ARROWROOT SAUCE.

INGREDIENTS.

1 teaspoonful Arrowroot.	1 Yolk.
1 table-spoonful Sugar.	Juice of 1 Lemon.
$\frac{1}{2}$ pint Water.	

Mix the arrowroot with a little water. Boil the rest of the water and pour on the blended arrowroot; return to the pan, and add sugar, yolk, and lemon juice.

CHOCOLATE SAUCE.

INGREDIENTS.

2 ozs. grated Chocolate.	1½ gills Water.
2 ozs. Icing Sugar.	1 teaspoonful Arrowroot.
½ teaspoonful Vanilla Essence.	

Boil sugar, water and chocolate a few minutes. Blend arrowroot and add. Boil up, flavour and use as required.

WINE SAUCE.

INGREDIENTS.

½ pint Water.	2 table-spoonfuls Marmalade.
1 oz. Sugar.	Juice of ½ Lemon.
½ gill Sherry.	Few drops Carmine.

Put on the marmalade, sugar, and water, and simmer for 20 minutes. Strain, and add the lemon juice and sherry. Carmine may be added if liked.

LEMON SAUCE.

INGREDIENTS.

6 ozs. Loaf Sugar.	½ pint Water.
Rind and Juice of 1 Lemon.	

Place sugar and water in a clean pan. Boil gently till it is reduced to half the original quantity. Peel the lemon thinly, cut rinds into shreds, one inch long. When syrup has reduced, add the strained lemon juice and shreds, boil up, and serve round pudding.

ORANGE SAUCE.

INGREDIENTS.

Juice of 2 Oranges.	1 teaspoonful Arrowroot.
1 gill Water.	2 ozs. Loaf Sugar.

Mix arrowroot with a little water. Pour boiling water over. Add orange juice and sugar rasped on rinds. Return to pan and boil a few minutes.

FIG SAUCE.

INGREDIENTS.

$\frac{1}{2}$ pint Water.	4 Figs.
6 ozs. Sugar.	

Boil sugar and water till syrupy, add chopped figs, and simmer about 1 minute, and serve with pudding.

WHIPPED EGG SAUCE.

INGREDIENTS:

1 Yolk of Egg.	$\frac{1}{2}$ gill Sherry and Water
1 teaspoonful Castor Sugar.	mixed.

Whisk all over a slight heat in a flat pan till quite frothy and warm. Pour round pudding.

N.B.—By addition of little cream this is transformed into Sabayon Sauce.

HARD SAUCE.

INGREDIENTS.

$\frac{1}{4}$ lb. Fresh Butter.	2 ozs. sifted Sugar.
6 Sweet Almonds.	1 table-spoonful Sherry and
2 Bitter Almonds.	1 dessert-spoonful Brandy.

Blanch, mince, and pound the almonds to a smooth paste in a mortar. Cream the butter and sugar; add almonds. Add sherry and brandy before serving. Use for Plum and Brown Pudding. Serve separately.

FORCEMEATS, GLAZE, &c.**GLAZE 1.**

Place 2 or 3 quarts good white stock in a large clean pan with 1 or 2 pints of cold water and reduce. Skim well during reduction. As liquid decreases in bulk change into smaller pans. As liquid thickens, care must be taken

to prevent burning. When reduced to the consistency of treacle, run into skins or jars, secure ends of skins by tying tightly; if in jars, seal with mutton fat.

N.B.—Second, third, or even fourth stock may be treated as above, but best glaze is made as already given.

GLAZE 2 (quickly made).

INGREDIENTS.

1 teaspoonful Liebig.	½ oz. Gelatine.
1 gill Stock (brown).	

Melt the gelatine in the stock; use when cooling.

VEAL FORCEMEAT.

INGREDIENTS.

½ lb. Breadcrumbs.	½ Lemon Rind (grated).
2 ozs. Suet (chopped).	Salt, Pepper, Cayenne.
3 teaspoonfuls Parsley (chopped).	1 Egg.
½ teaspoonful Sweet Herbs.	Little Milk.

Mix all the dry ingredients together and moisten with the egg and milk.

SAGE AND ONION STUFFING.

INGREDIENTS.

4 large Onions.	1 teaspoonful Sage.
½ lb. Breadcrumbs.	Salt, Pepper.
1½ ozs. Fat.	Milk or Egg to bind.

Parboil and chop the onions. Mix the ingredients together, season well, and bind with egg or milk. Use to stuff meat, or bake in a well-greased dripping-tin till cooked and firm. Cut in squares. Dish on dish-paper on hot ashet.

CHESTNUT FORCEMEAT.

INGREDIENTS.

$\frac{1}{2}$ lb. Chestnuts.	1 dessert-spoonful Thyme
2 ozs. Beef-suet (chopped).	(chopped finely).
$\frac{1}{4}$ lb. Breadcrumbs.	$\frac{1}{4}$ teaspoonful each of Pepper
$\frac{1}{4}$ lb. Sausage Meat.	and Salt.

Score the chestnuts with a sharp knife and put into a frying-pan with $\frac{1}{2}$ oz. butter. Shake over the fire for 2 or 3 minutes, remove skin and peel. Pass them through a mincing machine, add the other ingredients and mix well together. Season.

TURKEY AND FOWL STUFFING.

INGREDIENTS.

1 lb. Sausage Meat.	1 teaspoonful chopped
1 breakfast-cupful Bread-	Parsley.
crumbs.	Salt, Pepper.
1 teaspoonful Mixed Herbs.	1 Egg (large).
1 teaspoonful powdered	
Thyme.	

Mix all well together with the hand. Season highly. Use to stuff fowl, turkey, etc.

BATTERS.**COATING BATTER (1).**

INGREDIENTS.

2 table-spoonfuls Bread-	$\frac{1}{4}$ teaspoonful Salt.
crumbs.	1 Egg.
3 table-spoonfuls Flour.	About $\frac{1}{4}$ gill Milk.

Mix the dry ingredients. Beat the egg well and add a little milk to it. Add to the flour mixture, beating very thoroughly. Let it stand at least half an hour in a cool place before using. Use as a coating for fish, fruit, and vegetables.

COATING BATTER (2).

INGREDIENTS.

$\frac{1}{4}$ lb. fine Flour.	Small table-spoonful
2 Whites of Eggs.	Salad Oil.
1 gill Tepid Water.	

Put the flour in a basin, add salt and mix well. Make a hole in the centre, add the oil, and then the tepid water by degrees. Beat well, and set aside for 1 hour. Just before using fold in the stiffly-beaten whites.

This batter is suitable for all frying purposes, whether for sweet or savoury dishes.

PANADA OR PANARD.

INGREDIENTS.

1 oz. Butter.	1 gill Liquid.
1 oz. Flour.	

Melt butter in a pan. Add flour and liquid. Stir briskly till smooth and in a ball which leaves sides of pan.

Use for binding mixtures of cold fish, cold meat, etc., when to be shaped and coated.

N.B.—If to be enclosed in pastry cases, *e.g.*, rissoles in paste, then $1\frac{1}{2}$ gills liquid may be used.

BAKING.

BREAD.

INGREDIENTS.

3½ lbs. Flour.	1 teaspoonful Sugar.
3½ teaspoonfuls Salt.	About 1½ pints lukewarm
1 oz. Yeast.	Water.

Add salt to the flour, and warm in a basin. Place yeast along with the sugar in a small basin. Cream the yeast until it becomes liquid, then add most of the water to it. Make a well in the centre of the flour; add liquid, and mix to the consistency of an elastic dough. Knead with the hand until it is perfectly smooth. When well kneaded, put to rise in a warm place for 1 hour, or until it is double its original size. Turn out on to a floured board, knead it again, shape into three loaves; place each in a warm greased tin. Set again in a warm place to rise or prove. When it is well risen, place in a hot oven, and bake each loaf about 1 hour.

N.B.—The addition of ½ oz. lard or dripping rubbed into each 1 lb. flour, makes the bread keep moist a long time.

BROWN BREAD.

INGREDIENTS.

2 lbs. Whole Meal.	1 pint lukewarm Milk
1 oz. Yeast.	and Water.
2 ozs. Lard.	2 teaspoonfuls Salt.
½ teaspoonful Sugar.	

Method—Make as above.

YORKSHIRE TEA CAKES.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 oz. Lard or Butter.
$\frac{1}{2}$ teaspoonful Salt.	About 1 gill Milk or Milk
1 teaspoonful Sugar.	and Water (mixed).
$\frac{1}{4}$ oz. Yeast.	

Rub the lard into the flour. Warm slightly. Add the salt and sugar. Cream the yeast with a little extra sugar, and pour the warm milk on to it. Mix all to a light dough and knead well; put to rise in a warm place till double its size. Knead again, divide into three, shape into round tea cakes and place on warmed greased tins. Let them prove for 10 minutes, then bake in a quick oven. Average time, 12 minutes; when ready, brush over with butter.

N.B.—If liked, $1\frac{1}{2}$ ozs. currants may be added, or a further addition of an egg.

AVERAGE PROPORTIONS FOR PLAIN BAKING.

- (1) 1 teaspoonful Bi-carbonate of Soda.
1 teaspoonful Cream of Tartar.
1 lb. Flour plus Buttermilk.
- (2) 1 teaspoonful Bi-carbonate of Soda.
2 teaspoonfuls Cream of Tartar.
1 lb. Flour plus Sweet Milk.
- (3) 2 teaspoonfuls Baking Powder.
1 lb. Flour plus Sweet Milk.

Note.—The above proportions may be varied by adding shortening and fruits in proportion of 2 to 4 ozs. of each to each pound of flour.

BAKING POWDER, OR UNFERMENTED BREAD.

INGREDIENTS.

1 lb. Flour.	2 teaspoonfuls Baking
1 teaspoonful Salt.	Powder.
2 ozs. Lard.	Milk or Water to mix.

Rub the lard into the flour; mix all the dry ingredients; add milk to make a light dough; shape into little loaves. Bake in a quick oven 15 to 20 minutes, depending on the size of the bread.

DATE AND WALNUT LOAF.

INGREDIENTS.

½ lb. Dates (after stoning).	14 ozs. Flour.
4 ozs. Sugar.	2 ozs. chopped Walnuts.
2 ozs. Butter.	1 teaspoonful Vanilla
1 teaspoonful Bi-carbonate	Essence,
of Soda.	1 Egg.
1½ gills boiling Water.	A pinch of Salt.

Mix chopped dates, sugar, butter, soda and salt. Pour boiling water over and stir till soda, etc., dissolves. Add egg and stir in the flour, chopped walnuts and essence. Beat well and bake in a greased loaf tin in a moderate oven 1-1½ hours.

BUTTERMILK BREAD.

INGREDIENTS.

1 lb. Flour.	1 teaspoonful Bi-carbonate
1 teaspoonful Salt.	of Soda.
1 teaspoonful Cream of	½ pint Buttermilk.
Tartar.	

Mix all the dry ingredients; add buttermilk, and mix to a light elastic dough. Divide into two. Shape in rounds. Place on a greased tin. Cut across twice. Bake in a quick oven 15 to 20 minutes.

SODA SCONES.

INGREDIENTS.

- | | |
|----------------------------|---------------------------------------|
| 1 lb. Flour. | $\frac{1}{2}$ pint Buttermilk (or, if |
| 1 teaspoonful Salt. | using Sweet Milk, add 2 |
| 1 teaspoonful Cream of | teaspoonfuls Cream of |
| Tartar. | Tartar. |
| 1 teaspoonful Bi-carbonate | |
| of Soda. | |

Heat the girdle slowly. Add salt to the flour, mix all the dry ingredients; add buttermilk, and mix to a light elastic dough. Roll out thinly on a floured board. Divide into four. Bake on a fairly hot girdle, allowing 3 to 4 minutes per side. Cool in a clean towel.

1 oz. lard may be used if liked, rubbed into flour after adding salt. Scones may be made smaller as desired by dividing before rolling out.

DROPPED SCONES.

INGREDIENTS.

- | | |
|----------------------------|---------------------------------|
| 1 lb. Flour. | 2 table-spoonfuls Sugar or 1 |
| 1 teaspoonful Bi-carbonate | table-spoonful Golden |
| of Soda. | Syrup. |
| 1 teaspoonful Cream of | 1 Egg. |
| Tartar. | $\frac{1}{2}$ teaspoonful Salt. |
| | $\frac{3}{4}$ pint Buttermilk. |

Mix all dry ingredients, beat the egg well and add milk to it; mix to fairly soft batter. Grease a hot girdle with suet. Drop the mixture on to the girdle with an iron spoon. When brown on one side, turn and brown on the other. Wrap in a clean towel.

SWEET MILK SCONES.

INGREDIENTS.

- | | |
|----------------------------|--|
| $\frac{1}{2}$ lb. Flour. | $\frac{1}{2}$ teaspoonful Bi-carbonate |
| $\frac{1}{2}$ oz. Sugar. | of Soda. |
| 1 oz. Butter or Margarine. | $\frac{1}{2}$ teaspoonful Salt. |
| 1 teaspoonful Cream of | 1 gill Milk. |
| Tartar. | |

Rub the butter or margarine into the flour, add the dry ingredients, mix well into a light dough with the milk.

Turn out on to a floured board, work lightly, roll out and cut in eight pieces. Lay on a greased baking-tin, and bake in a quick oven for 10 minutes. To glaze the scones, brush over with a little egg or milk before putting into the oven.

BROWN SCONES.

As in previous, bake, using half flour and half wheaten flour or wheaten meal.

TREACLE SCONES.

INGREDIENTS.

1 lb. Flour.	1 teaspoonful Ground
2 ozs. Lard or Butter.	Cinnamon.
2 table-spoonfuls Treacle.	1½ table-spoonfuls Sugar.
1 teaspoonful Bi-carbonate of Soda.	1 teaspoonful Mixed Spice.
	Salt.
	Buttermilk to mix.

Mix the dry ingredients, and treacle, then begin to mix with buttermilk until a stiff dough. Divide in four. Roll out, cut in four, brush over with beaten egg, and bake in a hot oven 12 to 15 minutes.

N.B.—Half teaspoonful cream of tartar may be added if sweet milk is used.

POTATO SCONES.

INGREDIENTS.

½ lb. Cold Potatoes.	½ oz. Butter.
About 2 ozs. Flour.	Salt.

Mash the potatoes, melt the butter. Mix all together, adding salt, and work in as much flour as the paste will take up. Roll out very thinly, cut and place on a hot girdle, prick well, cook for 3 minutes on each side. Cool in a towel.

N.B.—Oatmeal may be used instead of flour.

ROCK BUNS.

INGREDIENTS.

1 lb. Flour.	2 teaspoonfuls Baking Powder.
$\frac{1}{2}$ lb. Dripping or Lard.	Small pinch Salt.
$\frac{1}{2}$ lb. Moist Sugar.	1 Egg.
$\frac{1}{2}$ lb. Currants.	Little Milk.
2 ozs. Candied Peel.	

Clean the currants, cut the peel in thin slices, rub the lard or dripping lightly into the flour, add the dry ingredients; mix well. Beat the egg well; mix all into a stiff paste, adding sufficient milk. Drop the mixture in little rough heaps on a greased tin. Bake at once in a very quick oven for about 15 minutes.

N.B.—The mixture must be very stiff, and the oven very hot, or the cakes will not keep their shape.

LONDON BUNS.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	Little Grated Lemon Rind.
2 ozs. Butter or Lard.	2 pieces of Peel for top of each.
2 ozs. Sugar.	Little Coarse Sugar (from the Peel).
1 oz. Peel.	Pinch Salt.
1 teaspoonful Baking Powder.	
1 Egg.	

Chop the peel finely, reserving strips for top. Rub in the lard thoroughly. Mix all the dry ingredients, beat the egg well, add milk to it. Mix all to a light dough. Shape into eight balls, place on a greased tin, brush over with beaten egg; sprinkle with coarse sugar, and place on peel. Bake in hot oven for 10 to 15 minutes, depending on heat and the size of buns.

N.B.—If proportions of flour, fat and baking powder are always kept the same, then sultanas, currants, almonds, etc., may be added in proportion.

COCOANUT BUNS.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 teaspoonful Baking
2 ozs. Lard or Butter.	Powder.
1 Egg.	Pinch Salt.
2 ozs. Sugar.	Milk to mix.
2 ozs. Cocoanut.	

Rub the lard lightly into the flour. Mix all dry ingredients together. Beat the eggs well and mix to a stiff paste. Drop the mixture on a greased tin in small pieces. Bake in a quick oven till brown. Brush over with beaten egg and sprinkle cocoanut over.

N.B.—Very light buns are made if buttermilk is used to mix. Use $\frac{1}{2}$ teaspoonful cream of tartar and $\frac{1}{2}$ teaspoonful bi-carbonate of soda instead of baking powder.

RASPBERRY BUNS.

INGREDIENTS.

5 ozs. Flour.	Pinch Salt.
3 ozs. Ground Rice.	Milk to mix.
2 ozs. Lard or Butter.	2 Eggs.
3 table-spoonfuls Sugar.	Raspberry Jam.
1 teaspoonful Baking Powder.	

Mix flour and ground rice together, rub the lard lightly in, add all dry ingredients, beat the eggs well, and mix all to a very stiff paste. Form into balls, make a hole in the centre, place in a little jam, close up the opening, brush over with beaten egg. Bake in a hot oven 15 minutes, or according to size.

OATCAKES.

INGREDIENTS.

1 lb. Oatmeal,	1 teaspoonful Salt.
2 table-spoonfuls melted Dripping (Bacon, if possible),	Boiling Water. Pinch Baking Soda.

Add salt to the oatmeal, pour in liquid fat, add enough water (boiling) to make a rather soft consistency. Knead

well, work round cake on board sprinkled with oatmeal. Roll out as thinly as possible in a round and cut into four pieces. Rub with dry oatmeal to whiten. Fire on a fairly hot girdle. When done one side, toast in front of the fire until crisp through and well curled, or bake in the oven.

OATMEAL BISCUITS.

INGREDIENTS.

6 ozs. Flour.	1 teaspoonful Baking Powder.
6 ozs. Oatmeal.	Little Milk.
3 ozs. Lard.	Salt.
1 oz. Sugar.	

Rub lard into flour; mix all the dry ingredients; add sufficient milk to mix very stiffly. Sprinkle the board with oatmeal; roll out very thinly; cut out with a round cutter and prick with a fork. Bake in a moderate oven about 12 minutes. Sugar may be left out, if liked unsweetened. One egg may be used to enrich, if liked.

GINGERBREAD.

INGREDIENTS.

1 lb. Flour.	1 teaspoonful Mixed Spice.
$\frac{1}{2}$ lb. Treacle.	1 teaspoonful Ground Cinnamon.
4 ozs. Butter, or Butter and Lard.	2 Eggs.
4 ozs. Sugar.	1 teaspoonful Bi-carbonate of Soda.
3 teaspoonfuls Ground Ginger.	Buttermilk to mix.

Melt the butter, sugar and treacle together. Mix all the dry ingredients, and pour in the treacle, eggs, and milk. Mix to a soft consistency. Pour into a greased tin. Bake in a fairly hot oven till set, time depends on depth of tin.

PLAIN WHITE CAKE.

INGREDIENTS.

1 lb. Flour.	2 teaspoonfuls Baking
6 to 8 ozs. Butter.	Powder.
6 to 8 ozs. Sugar.	Milk.
2 Eggs.	

Rub the butter into the flour, mix dry ingredients, add the eggs well beaten; beat well. Bake 2 hours in a moderate oven. Fruit may be added to this mixture, using $\frac{1}{2}$ lb. to above quantity—*e.g.*, plain currant cake, plain sultana cake—or 2 ozs. caraway seeds for seedcake.

SHORTBREAD.

INGREDIENTS.

1 lb. Flour.	4 ozs. Sifted Sugar.
$\frac{1}{2}$ lb. Butter.	

Mix the flour and sugar together on a board. If the butter is salt, wash it and squeeze it dry in the corner of a clean towel. Put the butter on a board along with the dry ingredients, and work the flour and sugar into the butter with the hands, kneading it well. After the flour is all worked in, knead the whole for a little, then shape out into a cake. Pinch the edges of the cake. Prick all over the top of the cake with a fork or skewer (ornament with strips of candied peel, or large sweets, if liked). Lay the shortbread on a greased tin, and bake in a slow oven for about three-quarters of an hour till a pale brown colour. Allow to stand a minute or two after it is taken out of the oven before lifting. Two ozs. rice flour may be substituted for the same quantity of flour. Shape of shortbread is improved if a band of paper is fastened round before baking.

N.B.—Pitcaithley Bannock is made exactly as above, with the addition of 2 ozs. blanched chopped almonds and 2 ozs. chopped citron peel. Shortbread may also be rolled out and cut into fancy biscuits.

SWISS ROLL.

INGREDIENTS.

$\frac{1}{2}$ teacupful Sugar.	1 small teaspoonful Baking Powder.
2 Eggs.	$\frac{1}{4}$ teaspoonful Essence of Lemon.
1 small teacupful Flour.	
Jam (heated).	
1 table-spoonful Milk or Water.	

Whisk the eggs and sugar together for 10 minutes till thick, add the milk and essence; then mix the flour and baking powder lightly in. Have ready a tin lined with greased paper. Pour in the mixture, bake in a very quick oven for 5 minutes, turn the sponge out on to a sugared paper, cut off the edges, spread with hot jam, roll up, dust sugar on the top.

N.B.—The cake mixture must be very quickly baked and very quickly finished, or it will crack when rolled up.

It may be served as a pudding with custard sauce.

FRENCH BREAD (No. 2).

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ oz. Butter.
$\frac{1}{2}$ Egg.	$\frac{1}{4}$ oz. Yeast.
$\frac{1}{2}$ teaspoonful Salt.	$\frac{1}{2}$ teaspoonful Sugar.
$\frac{1}{2}$ pint Milk.	

Warm the milk and butter. Heat the flour. Mix the yeast with the sugar. Pour some warm milk on. Mix well. Beat up the egg and pour on. Sprinkle salt round the sides of the basin. Pour the warm yeast (liquid) into the centre of the flour, using more warm milk, if required. Knead well and set in a warm place for one hour. When risen, knead again. Shape into a loaf. Place on a greased tin; cut across. Allow to prove 10 minutes in a warm place. Brush with egg. Bake in a hot oven 15 minutes.

FRENCH BREAD (No. 1).

INGREDIENTS.

1 lb. Flour.	1 teaspoonful Salt.
2 ozs. Butter or Lard.	$\frac{1}{2}$ pint Milk (nearly).
$\frac{1}{2}$ oz. Yeast.	Little lukewarm Water.

Warm the flour. Rub in the butter; cream the sugar and yeast. Pour on to yeast a little lukewarm water and some milk, sprinkle salt into the flour, mix to a light dough, and put in a warm place to rise for about one hour. Make into fancy shapes, allow to prove 15 minutes, brush with milk and egg, and bake 15 to 20 minutes in a quick oven.

YEAST RING.

Ingredients.— $\frac{1}{2}$ lb. Dough as for French Bread.

Same as French Bread No. 2. Form into a roll, wet the ends and stick together to form a ring. Put on a greased tin, allow to rise well (10 minutes). Glaze with sugar and bake in a quick oven 20-30 minutes.

Before proving the ring may be snipped in a slanting position with scissors at intervals of about $1\frac{1}{2}$ ins. or it may be brushed over with butter and sprinkled with cinnamon, chopped nuts, etc.

DINNER ROLLS.

Ingredients.— $\frac{1}{2}$ lb. Dough as for French Bread.

Roll out half-inch thick. Stamp out with a cutter. Place on a greased tin, allow to rise well, bake in a quick oven 8 to 10 minutes. Rub over with butter, or bake hard and rasp the crust.

CHELSEA BUNS.

INGREDIENTS.

6 ozs. Flour.	1 oz. Sugar.	} Filling.
1 oz. melted Butter.	Currants.	
$\frac{3}{4}$ teacupful Milk.	$\frac{1}{2}$ teaspoonful Sugar.	
$\frac{1}{2}$ oz. Yeast.		

Heat flour. Cream yeast and sugar. Melt butter and pour milk over it. Mix all to a light dough. Knead well. Put to rise till double its size. Re-knead and roll into a square. Sprinkle with currants and sugar. Roll up and cut into pieces, 1 in. thick. Put to prove for 10 minutes. Brush with egg and bake in a hot oven 15 minutes.

1. DOUGHNUTS (YEAST).

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 oz. Sugar.
1 oz. Butter.	2 Yolks of Eggs.
$\frac{1}{2}$ oz. Yeast.	1 gill Milk.

Place flour in a warm basin and add salt to it. Cream yeast with $\frac{1}{2}$ teaspoonful sugar. Rub the butter into the flour add rest of sugar. Warm milk and pour it over beaten yolks. Then add this to the yeast and flour and mix to a light dough with a wooden spoon. Beat well. Cover and set in a warm place to rise. Knead up and form into 14 small balls. Place a cherry or little jam in the centre of each and quite cover up the cherry. Place on a warm greased tin and allow to prove about 10 minutes. Fry in faintly-smoking fat 6 to 8 minutes. Drain, toss in castor sugar and a little ground cinnamon.

May be cut into rings if desired.

N.B.—**Hot Cross Buns** are made as above, adding $\frac{1}{2}$ teaspoonful spice, omitting the cherries, forming into 7 buns, proving on tin, then glazing and placing on cross of uncooked short pastry and baking in a quick oven about 20 minutes.

2. DOUGHNUTS (WITHOUT YEAST).

Made from same mixture as London Buns (*page* 260).
Fry in faintly-smoking fat, and toss in sugar.

SALLY LUNN.

INGREDIENTS.

$\frac{3}{4}$ lb. Flour.	1 teaspoonful Salt.
2 ozs. Butter.	Table-spoonful Brewer's
$\frac{1}{4}$ pint lukewarm Milk.	Barm, or
1 Egg.	$\frac{1}{2}$ oz. Yeast.

Melt the butter in the warm milk, mix it with the barm or yeast and salt, pour on the flour, add one well-beaten egg. Work till smooth. Divide the dough into two portions and put each into a very well-greased tin. Set to rise for an hour, then bake in a very quick oven for quarter of an hour. If the tins are not very well greased, the cakes will break in turning out.

GRISINI BREAD.

INGREDIENTS.

1 lb. Flour.	3 or 4 table-spoonfuls
1 oz. Butter.	lukewarm Milk.
1 oz. Yeast.	Lukewarm Water to mix.
1 teaspoonful Salt.	

Make as usual, mix *very* stiffly. Let it rise $1\frac{1}{2}$ hours in a warm place. Make into long sticks and into rings. Bake at once in a moderate oven till crisp.

N.B.—Salt Sticks are made similarly—brush with milk and sprinkle with coarse Bay salt.

YULE CAKE.

INGREDIENTS.

1 lb. Flour.	$\frac{3}{4}$ oz. Yeast.
$\frac{1}{4}$ lb. Butter.	$\frac{1}{2}$ teaspoonful Salt.
$\frac{3}{4}$ lb. Sultanas.	$\frac{1}{4}$ Nutmeg.
2 ozs. Candied Peel.	$\frac{1}{2}$ pint tepid Milk.
$\frac{1}{4}$ lb. Sugar.	1 Egg.

Rub the butter into the warm flour. Add sugar and salt. Cream the yeast with a little sugar. Heat the

milk and pour on to the beaten egg. Add it to the flour, also the creamed yeast. Knead well. Let it rise in a warm place from one to two hours. Add fruit. Knead. Place in a greased cake tin. Let it rise well. Bake in a fairly hot oven at first and a more moderate oven afterwards. Allow 50 to 60 minutes.

MUFFINS.

INGREDIENTS.

1 lb. Flour.	3 ozs. Butter.
1 Egg.	2 ozs. Sugar.
1 teaspoonful Baking Soda.	Buttermilk to mix.
1 teaspoonful Cream of Tartar.	

Melt butter. Beat egg. Mix flour, sugar, soda, and tartar; add butter, egg, and milk. Make into soft dough with buttermilk, roll out half inch thick, cut into rounds. Cook on girdle. Serve hot or cold.

CRUMPETS.

INGREDIENTS.

8 ozs. Flour.	$\frac{1}{2}$ teaspoonful Bi-carbonate of Soda.
1 oz. Margarine.	
2 Eggs.	$\frac{1}{2}$ teaspoonful Cream of Tartar.
2 teaspoonfuls Sugar.	About 3 gills Milk.

Rub fat into flour. Add all dry ingredients; mix well. Make a well in centre and drop eggs in with about one gill of the milk; give a good quick beat; add rest of liquid. Cook in spoonfuls on hot greased girdle, on either side. Cool between folds of clean towel.

GALETTE.

INGREDIENTS.

6 ozs. Flour.	1 Egg.
2 ozs. Butter.	Milk to mix.
$\frac{1}{2}$ teaspoonful Sugar.	$\frac{1}{2}$ teaspoonful Salt.
1 good table-spoonful Paisley Flour.	

Rub butter into flour. Add Paisley flour and sifted sugar. Beat up egg. Mix to a light dough with egg and sufficient milk. Turn on to a floured board. Work a little. Form into a round. Place on a greased oven shelf. Score across with a knife into diamond shapes. Brush over with beaten egg. Bake in a hot oven half an hour.

If liked, small galettes may be made instead of one large one.

BREAKFAST ROLLS.

INGREDIENTS.

8 ozs. Flour.	Sweet Milk to mix.
2 ozs. Butter.	$\frac{1}{2}$ teaspoonful Sugar.
$1\frac{1}{2}$ ozs. Brown & Polson's Paisley Flour.	Yolk of Egg (if liked).
	Pinch Salt.

Mix as for a scone. Roll out, cut into strips, and form into rolls. Brush with egg and bake in a hot oven 10 minutes.

COFFEE BUNS.

INGREDIENTS.

4 ozs. Flour.	$\frac{1}{2}$ teaspoonful Baking Powder.
$1\frac{1}{2}$ ozs. Currants.	Pinch Salt.
$\frac{1}{2}$ table-spoonful Milk.	$\frac{1}{2}$ teaspoonful Spice.
2 ozs. Butter.	1 table-spoonful Coffee Essence.
$\frac{1}{2}$ table-spoonful Ground Rice.	
$1\frac{1}{2}$ ozs. Brown Sugar.	
$\frac{1}{2}$ Egg.	

Rub butter into flour, add dry ingredients, mix to a stiff paste with egg and milk. Place in a greased tin

in heaps. Brush with egg (if liked). Bake in a quick oven from 15 to 20 minutes.

Note re Texture.

When a *close* texture is desired, add eggs and flour alternately.

When an *open spongy* texture is aimed at, add all eggs and flavouring gradually to beaten butter and sugar, and lightly mix in flour at last.

QUEEN CAKES.

INGREDIENTS.

4 ozs. Butter.	2 Eggs.
4 ozs. Castor Sugar.	$\frac{1}{2}$ Lemon (grated rind).
4 ozs. Flour.	$\frac{1}{2}$ teaspoonful Baking
4 ozs. Currants.	Powder.

Cream the butter and sugar. Add beaten eggs, flour, baking powder, currants, lemon rind. Fill greased Queen Cake tins two-thirds full. Bake in a fairly quick oven 15 minutes.

RICE CAKES.

INGREDIENTS.

2 ozs. Butter.	$\frac{1}{2}$ teaspoonful Baking
2 ozs. Flour.	Powder.
2 ozs. Sugar.	1 Lemon Rind, grated.
2 ozs. Ground Rice.	Milk.
1 Egg.	

Cream the butter and sugar. Add the beaten egg, then the sifted flour, ground rice and baking powder mixed; add the flavouring. Place in buttered patty tins and bake in a quick oven.

ADELAIDE CAKES.

INGREDIENTS.

$\frac{1}{2}$ lb. Butter.	1 table-spoonful Milk.
$\frac{1}{2}$ lb. Sugar.	1 teaspoonful Baking Powder.
$\frac{1}{2}$ lb. Flour.	3 Eggs.
2 ozs. Cherries.	Flavouring.
2 ozs. Cornflour.	
1 oz. Sweet Almonds.	

Blanch and shred the almonds finely. Mince the cherries. Beat the butter and sugar to a cream. Work in the cherries and almonds. Add the eggs and heat well. Sift in the flour, cornflour, and baking powder and mix all well together. Add the flavouring. Grease 14 patty tins and half-fill them with the mixture. Bake in a moderate oven 15 to 20 minutes.

CHOCOLATE CAKES.

INGREDIENTS.

$2\frac{1}{2}$ ozs. Flour.	2 Eggs.
$2\frac{1}{2}$ ozs. Chocolate.	Vanilla.
$2\frac{1}{2}$ ozs. Butter.	About 1 table-spoonful Water.
$2\frac{1}{2}$ ozs. Sugar.	

Melt the chocolate in the water. Separate the whites from the yolks. Beat the whites to a stiff froth. Cream butter and sugar, add flour and yolks, dissolved chocolate, vanilla, and, lastly, the whites. Half-fill eight greased patty tins with mixture. Bake in a moderate oven 20 minutes.

N.B.—Chocolate must be cold before adding to mixture.

CINNAMON CAKES.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoonful Cinnamon,
3 ozs. Butter.	Nutmeg, and Cloves.
6 ozs. Sifted Sugar.	Pinch Salt.
2 Eggs.	1 teaspoonful Baking Powder.
$\frac{3}{4}$ teacupful Milk.	

Beat butter and sugar to a cream, add spices, flour, baking powder, beaten eggs, and milk. Pour into three

well-greased tins (oval). Bake half an hour in a moderate oven. When cold, ice top with water icing.

LANCASHIRE NUTS.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 Egg.
$\frac{1}{4}$ lb. Cornflour.	$\frac{1}{2}$ teaspoonful Baking Powder.
$\frac{1}{4}$ lb. Butter.	
$\frac{1}{4}$ lb. Sifted Sugar.	

Beat butter and sugar to a cream, add egg gradually, mix other dry ingredients and mix in carefully. Place in little heaps on a greased tin with a teaspoon. Bake in a moderate oven about 15 minutes.

LOUISE CAKES.

INGREDIENTS.

$1\frac{1}{2}$ ozs. Flour.	2 ozs. Sugar.
$1\frac{1}{2}$ ozs. Cornflour.	$\frac{1}{4}$ teaspoonful Baking Powder.
Essence of Lemon.	
2 ozs. Butter.	1 Egg.

Cream the butter and sugar, add flours, baking powder and beaten egg and beat well. Bake in a quick oven 15 minutes (seven patty pans).

BROWN CAKES.

INGREDIENTS.

$\frac{3}{4}$ lb. Flour.	1 small teaspoonful Bi-carbonate of Soda.
6 ozs. Sultanas.	
6 ozs. Sugar.	$\frac{1}{4}$ lb. Treacle.
Grating of Nutmeg.	$\frac{1}{4}$ lb. Butter.
$1\frac{1}{2}$ teaspoonfuls Cinnamon.	2 Eggs.

Mix all dry ingredients. Melt butter and treacle, and add with the beaten egg. Bake in a moderate oven $1\frac{1}{2}$ to $2\frac{1}{2}$ hours.

If liked, small cakes may be made of the mixture. Grease patty tins, and place a blanched and split almond in the bottom. Then half-fill the tins. Bake 15 to 20 minutes.

ECCLES CAKES.

INGREDIENTS.

$\frac{1}{2}$ lb. Flaky Pastry.	1 oz. Citron Peel.
1 oz. Melted Butter.	4 oz. Currants.
2 ozs. Sifted Sugar.	Grating of Nutmeg.

Mix all together. Roll out the pastry rather thickly. Cut into rounds. Place some of the mixture in the middle of each. Gather the edges together. Pinch firmly and turn right over. Roll out into neat rounds or ovals until the currants just show through. Score across in diamond shapes. Brush with white of egg. Sprinkle with sifted sugar. Bake in a hot oven 20 minutes.

BANBURY CAKES.

INGREDIENTS.

$\frac{1}{2}$ lb. Currants.	2 ozs. Sugar.
$\frac{1}{2}$ lb. Minced Lemon and Citron Peel.	$\frac{1}{4}$ teaspoonful Ground Cinnamon.
$\frac{1}{2}$ lb. Butter.	Some Puff Pastry.

Beat butter and sugar till creamy; add fruits and mix very well. Roll out pastry its last time and shape into diamond shapes. Place mixture on one, wet edges. Place second on top. Bake, then frost with white of egg and castor sugar. Set in a cool oven. Use.

LEMON CURD CHEESE CAKES.

INGREDIENTS.

Short or Flaky Pastry to line patty tins.
Some Lemon Curd (*see page 323*).

Line patty tins with pastry. Prick the bottom of each and place in a piece of crust. Bake in a quick oven till ready. Remove the crust and place in the lemon curd.

ORANGE CREAM TARTLETS.

INGREDIENTS.

3 ozs. Loaf Sugar.	2 Yolks of Eggs.
1 Orange.	1½ Whites of Eggs.
1 table-spoonful Water.	Short or Flaky Pastry.
Juice of 1 Lemon.	

Line some patty tins with flaky or short pastry. Prick the bottoms of each and bake till crisp in a hot oven. Put aside to cool.

Rasp the sugar on the orange rind. Place in a pan with the orange and lemon juice. Allow to dissolve slowly. Add yolks, stir until thick (but do not boil). Whisk whites very stiffly. Fold into the mixture! Place in the pastry cases and decorate with pistachio nuts.

WELSH CHEESE CAKES.

INGREDIENTS.

1 Egg—its weight in Butter,	Pinch Baking Powder.
Sugar, and Flour.	Short or Flaky Pastry.

Line some patty tins with pastry. Cream the butter and sugar. Mix flour and baking powder. Add flour and egg alternately. Put a little jam in the pastry-lined tins, place in a teaspoonful of the above mixture. Bake in a fairly quick oven 15 to 20 minutes.

GROUND RICE CHEESE CAKES.

INGREDIENTS.

2 ozs. Butter.	Juice and Rind of 1 Lemon.
2 ozs. Ground Rice (medium).	Short or Flaky Pastry.
2 ozs. Loaf Sugar.	

Rasp the sugar on the lemon and then pound the sugar. Beat the butter with the sugar to a cream, gradually add the well-beaten egg, ground rice and lemon juice. Line some patty tins with short or flaky pastry, place a little jam in each, then add a teaspoonful of the mixture and bake in a hot oven about 20 minutes.

MACAROON CHEESE CAKES.

INGREDIENTS.

Puff or Short Pastry.	2 Whites of Eggs.
2 ozs. Ground Almonds.	Orange Flower Water.
2 ozs. Sifted Sugar.	

Line patty tins with pastry. Beat the whites of eggs very stiffly. Mix all ingredients well together. Pour mixture into lined patty tins. Bake 20 to 30 minutes in a moderate oven.

PASTRY SANDWICHES.

INGREDIENTS.

Some Puff Pastry.	Whipped Cream.
Apricot or Raspberry Jam.	White of Egg.
Castor Sugar.	

Roll out $\frac{1}{2}$ lb. pastry, puff or flaky, as thin as possible. Divide in two equal strips. Brush with white of egg. Sprinkle castor sugar over. Mark finger lengths with a knife and bake. When cold, cut the sandwiches by the marks. Spread one with jam and the other with whipped cream. Place one on top of the other. Sprinkle sugar over and serve on a lace paper. Pastry may be cut into fingers before baking.

CREAM BUNS.

INGREDIENTS.

Choux Pastry (*see page 304*).

Whipped Cream—	{	$\frac{1}{2}$ pint Double Cream.
		2 teaspoonfuls Sugar.
		Few drops Vanilla.

Make the pastry, drop in teaspoonfuls on a waxed tin; bake in a moderate oven till well-risen and dry. Split them and remove any soft inside part. Fill with whipped cream, sweetened and flavoured. Dust with icing sugar.

CHOCOLATE ECLAIRS.

INGREDIENTS.

Choux Pastry (*see page 304*). Chocolate Icing (*see page 296*).
Whipped Cream.
Sugar.

Make pastry; add a little sugar; force in finger lengths on a waxed tin. When cooked, split and remove the soft inside; fill with whipped cream or pastry custard. Ice with chocolate icing.

GENOESE PASTRY.

INGREDIENTS.

4 Eggs.	3 ozs. Sifted Sugar (good
3 ozs. Butter (short measure).	measure).
3 ozs. Sifted Flour.	Butter Icing (<i>see page 296</i>).
	Water Icing (<i>see page 295</i>).

Beat the eggs and sugar together over hot water until light and frothy. Clarify the butter. Have it and flour at the same temperature as the eggs and sugar mixture. Stir it in lightly. Last of all, just fold in the sifted flour. Turn into a prepared tin. Bake in a moderate oven about 40 minutes. When cold, split and spread with chocolate, coffee, or vanilla butter icing; place other half on top. Place on a sugared plate, sprinkle a little sugar on top, cover with a plate and press lightly. Pour over water icing. Decorate as liked. If required for small cakes, bake in a large shallow tin and cut up as desired.

GENOESE BASKETS.

INGREDIENTS.

Some Genoese Pastry, baked in dariole moulds.
Genoese Pastry (*see above*).
Apricot Jam.
Some Whipped Cream (sweetened and flavoured).
Cocoanut or Chopped Pistachios.

Scoop out the inside of the Genoese pastry moulds; brush with heated apricot jam. Toss in chopped

pistachios or desicated cocoanut; place a little jam in the bottom of each. Pipe a rosette of cream on top with a rose forcener; decorate with violets and angelica; place an angelica handle on each. Serve as a dinner sweet.

JAM SANDWICH (1).

INGREDIENTS.

3 ozs. Flour.	2 Eggs.
3 ozs. Sifted Sugar.	1½ ozs. Butter.
½ teaspoonful Baking Powder.	Some Jam.

Sift the flour, after drying, if necessary. Beat eggs and sugar until light and frothy, stir in the melted butter, gradually add flour and baking powder, mixing lightly. Turn into a prepared tin and bake in a fairly hot oven for about 10 minutes if in two tins, about 15 minutes if in one tin. When cold, split open, spread with jam and sift sugar on top.

JAM SANDWICH (2).

INGREDIENTS.

2 Eggs.	1 small table-spoonful Brown
½ teacupful Sugar.	& Polson's Paisley Flour.
½ teacupful Flour.	

Whisk eggs and sugar for 10 minutes. Fold in sifted flour and Paisley Flour. Pour into two prepared sandwich tins. Bake in a quick oven about 8 minutes.

SWISS ROLL (RICH).

INGREDIENTS.

3 Eggs.	1 small teaspoonful Baking
3 ozs. Sugar.	Powder.
3 ozs. Flour.	Flavouring, as liked.
	Hot Jam.

Beat eggs and sugar together for 5 to 10 minutes, add flavouring. Mix baking powder and flour, sift into

mixture, fold lightly together, turn into prepared tin; bake in a hot oven 5 to 6 minutes till firm to touch and a golden colour. Turn out, spread with hot jam, roll up tightly.

SPONGE CAKE.

INGREDIENTS.

3 Eggs.	4½ ozs. Castor Sugar.
4 ozs. Flour, sieved and weighed after drying.	Some grated Lemon Rind or Essence.

Warm a tin and grease it with melted suet; dust thickly with a teaspoonful flour and a teaspoonful sugar mixed. Break the eggs into a basin, add the sugar, and beat over hot water until warm, then take off and whisk until quite cold and thick. Sieve the flour, add it with the rind or essence and stir lightly into the beaten eggs, turn into mould and bake in a moderate oven one hour.

MOCHA CAKE.

INGREDIENTS.

3 Eggs.	Some Coffee Butter Icing
3½ ozs. Sugar.	(see page 296).
3½ ozs. Flour.	Some Coffee or Pink Water
1 teaspoonful Coffee Essence.	Icing (see page 295).

Whisk eggs and sugar till thick and creamy. Fold in the flour, then essence. Pour into a prepared tin and bake about three-quarters of an hour. When cold, ice and decorate.

The cake may be split into three and have a layer of pink and a layer of coffee icing between the slices. Then decorate either by piping all over with rosettes in sections of coffee and pink, or by coating the sides with icing and baked almonds and piping the top only.

RUSSIAN SANDWICH.

INGREDIENTS.

4 Eggs.	1 teaspoonful Baking Powder.
6 ozs. Flour.	
6 ozs. Castor Sugar.	Little Carmine.
2 ozs. Butter.	Some Chocolate Butter Icing.

Beat the eggs and sugar well together, add the melted butter, which should be cool. Sift the flour and baking powder and fold in lightly. Turn half of it into a cake tin, colour the other half pink, and turn it into a similar tin. Bake in a moderate oven 15 minutes. When cold, put some chocolate mixture on the one half and place the other on top. Press lightly between the hands. Coat with water icing and decorate to taste.

WALNUT CAKE (a).

INGREDIENTS.

4 ozs. Butter.	1½ ozs. Shelled Walnuts.
4 ozs. Sugar.	½ teaspoonful Baking Powder.
3 Eggs.	
5 ozs. Flour.	

Cream the butter and sugar, add flour and eggs alternately. Add chopped walnuts, then the baking powder. Bake in a moderate oven about 40 minutes, according to size of tin used. When cold, split and spread with walnut mixture. Ice with water icing and decorate with walnuts.

Walnut Mixture (*see page 299*).

WALNUT CAKE (b).

INGREDIENTS.

10 ozs. Flour.	4 Eggs.
Pinch Salt.	1 teaspoonful Vanilla Essence.
4 ozs. Butter.	
1 gill Milk.	Walnut Filling (<i>see page 299</i>).
2 ozs. Walnuts.	
½ oz. Baking Powder.	Mountain or Feather Icing (<i>see page 298</i>).
9 ozs. Castor Sugar.	

Sift the flour, salt, and baking powder together on to a piece of paper. Cream the butter and sugar together

until they are white, beat in the eggs, one at a time, stir in lightly the flour. Add the milk, vanilla essence, and walnuts, chopped, and put the mixture into two shallow tins lined with buttered paper. Bake in a moderate oven for about one hour. When the cakes are cold, put them together with the walnut filling between, and pour the mountain or feather icing over the top; they may also be decorated with a few extra walnuts.

Note.—The cake tins should be eight inches in diameter.

ORANGE CAKE.

INGREDIENTS.

2 Eggs; weight in Butter, Sugar, and Flour.	$\frac{1}{2}$ teaspoonful Baking Powder.
1 Orange, grated Rind and strained Juice.	Orange Filling. Orange Water Icing.

Use loaf sugar. Rub rough end on the rind. Pound, cream the butter, add sugar, work well together. Gradually add the beaten eggs, then flour, baking powder, and orange juice. Turn into prepared cake tin. Bake in a moderate oven 35 to 40 minutes. When cool, split and spread with orange filling, then cover with orange water icing. Decorate with glacé fruits and royal icing.

Orange Filling (*see page 299*).

Orange Icing (*see page 295*).

STRAWBERRY SHORT CAKE.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	2 table-spoonfuls Sugar.
2 Yolks of Eggs.	For Filling—
$\frac{1}{2}$ lb. Cornflour.	Strawberries.
$\frac{1}{2}$ lb. Butter.	Sugar.
2 small teaspoonfuls Baking Powder.	Cream or Egg Whites.

Cream butter and sugar, add dry ingredients in usual way. Bake; cool. Cut off top. Fill with crushed strawberries and sugar. Decorate with strawberries and whipped cream.

Guide as to Oven Heat for large Cakes.

Heat increasing when cake is put in.

Heat stationary as cake rises and browns slightly.

Heat decreasing as cake cracks and browns all over.

Heat cool as cake dries and settles down in pound.

BACHELOR CAKE (NO EGGS).

INGREDIENTS.

1½ lbs. Flour.	2 ozs. Citron Peel.
6 ozs. Butter.	1 oz. Cinnamon.
1 lb. Sugar.	1 oz. Allspice.
½ lb. Raisins (stoned).	1 oz. Ginger.
1 lb. Currants.	2 teaspoonfuls Baking Soda.
½ lb. Almonds.	1 teaspoonful Salt.
2 ozs. Caraway Seeds.	Buttermilk.
1½ ozs. Orange Peel.	

Mix dry ingredients together. Mix with buttermilk (not too soft consistency). Beat 20 minutes. Bake 2½ hours.

LUNCH CAKE.

INGREDIENTS.

¾ lb. Flour.	1 teaspoonful Ground Cinnamon.
3 ozs. Lard.	
1½ ozs. Butter.	½ teaspoonful Cream of Tartar.
4 ozs. Currants.	¾ teaspoonful Bi-carbonate of Soda.
3 ozs. Raisins.	2 Eggs.
2 ozs. Peel.	Pinch Salt.
6 ozs. Sugar.	Buttermilk to mix.
½ teaspoonful Ground Cloves.	
1 teaspoonful Mixed Spice.	

Prepare the fruit, stoning the raisins and chopping the peel. Rub the fat into the flour. Mix all dry ingredients. Beat the eggs well and mix to rather a soft paste. Bake in a moderate oven for 2 hours, having it rather hotter at first.

FRUIT CAKE.

INGREDIENTS.

1 lb. Flour.	1 heaped teaspoonful Baking Powder.
$\frac{1}{2}$ lb. Sugar.	$\frac{1}{2}$ teaspoonful Essence of Lemon or Almond.
$\frac{1}{2}$ lb. Butter.	4 Eggs.
8 ozs. Sultanas.	Milk to mix.
8 ozs. Currants.	
8 ozs. Peel.	
Pinch Salt.	

Rub the butter into the flour, add sugar and cleaned fruit, also salt and baking powder. Beat the eggs well. Add the essence and about 1 breakfast-cupful of milk. Add this to the dry ingredients. Mix all to a soft paste. Beat well. Turn into a greased and prepared tin and bake in a moderate oven about $3\frac{1}{2}$ hours.

ST. GEORGE'S HALL CAKE.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	2 Eggs.
3 to 4 ozs. Butter.	1 teaspoonful Baking Powder.
3 ozs. Sugar.	Pinch Salt.
3 ozs. Currants.	Little Milk.
1 oz. Peel.	

Rub the butter into the flour. Add the dry ingredients. Gradually add the well-beaten eggs and milk. Beat well. Turn into a prepared tin and bake in a moderate oven for 1 to $1\frac{1}{2}$ hours.

1. GINGERBREAD (GOOD).

INGREDIENTS.

$\frac{1}{2}$ lb. Butter.	$\frac{1}{2}$ teaspoonful Ground Cloves.
$\frac{1}{2}$ lb. Treacle.	$\frac{1}{2}$ teaspoonful Baking Soda.
$\frac{1}{2}$ lb. Sugar.	$\frac{1}{2}$ lb. Raisins.
1 lb. Flour.	$\frac{1}{2}$ lb. Almonds.
2 teaspoonfuls Cinnamon.	$\frac{1}{2}$ lb. Preserved Ginger.
2 teaspoonfuls Mixed Spice.	4 Eggs.
2 teaspoonfuls Ground Ginger.	

Melt the butter, treacle and sugar. Mix the dry ingredients, add prepared fruit, beat the eggs and mix all together. Bake in a moderate oven for three hours.

2. GINGERBREAD (DAMP).

INGREDIENTS.

10 ozs. Flour.	$\frac{3}{4}$ teaspoonful Bi-carbonate of Soda.
3 ozs. Almonds.	
$\frac{1}{4}$ lb. Treacle.	$1\frac{1}{2}$ teaspoonfuls Ground Ginger.
6 ozs. Butter.	
6 ozs. Brown Sugar.	$1\frac{1}{2}$ teaspoonfuls Cinnamon.
6 ozs. Sultanas.	Warm Milk.
2 Eggs.	

Cream the butter. Add the dry ingredients and treacle, then the eggs well beaten, and a little milk if necessary. Bake about two hours.

3. GINGERBREAD (SPONGY).

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoonful Cinnamon.
2 ozs. Butter.	$\frac{1}{2}$ teaspoonful Soda.
2 ozs. Sugar.	1 Egg.
1 table-spoonful Treacle.	Pinch Salt.
2 table-spoonfuls Syrup.	3 table-spoonfuls Boiling Water.
1 teaspoonful Ground Ginger.	

Rub butter into flour. Mix dry ingredients. Whisk egg. Boil treacle and syrup. Add to egg, whisking meanwhile. Pour among dry ingredients. Add hot water. Pour into tins and bake in a quick oven.

WHITE CAKE (FOUNDATION CAKE).

INGREDIENTS.

1 lb. Flour.	10 ozs. Sugar.
$\frac{1}{4}$ lb. Butter.	1 small teaspoonful Baking Powder.
6 or 7 Eggs (according to size).	Flavouring (if liked).

Cream the butter and sugar, sift the flour, beat the eggs. Add beaten eggs gradually, then the sifted flour mixed with the baking powder. Lastly, add essence. Bake in a moderate oven about two hours.

The above mixture can be made into a fruit cake—sultana, cherry, peel, ginger, etc.—by adding 1 to 1½ lbs. of any fruit or mixture of fruit desired, *e.g.*, glacé cherries, ginger, pineapple, almonds, currants, raisins, sultanas, peel, etc. Fruit takes longer to bake.

MADEIRA CAKE.

INGREDIENTS.

White Cake Mixture.	Little Grated Lemon Rind.
2 strips of Citron Peel.	Pinch Salt.

Add grated lemon rind to cake mixture. Turn into a prepared tin and bake in a moderate oven for about 1½ to 2 hours. When the cake is half-baked, place the slices of peel on top.

DUNDEE CAKE.

INGREDIENTS.

6 ozs. Butter.	1 oz. Almonds.
5 ozs. Sugar.	4 Eggs.
8 ozs. Flour.	3 ozs. Currants.
1½ ozs. Peel.	3 ozs. Raisins.
½ teaspoonful Baking Powder.	3 ozs. Sultanas.

Beat butter and sugar to a cream. Add eggs and flour alternately, then fruit and baking powder. Place in a prepared cake tin. Bake in a hot oven for 10 minutes, then sprinkle blanched almonds on top and cook more slowly about 1½ hours.

COCOANUT CAKE.

INGREDIENTS.

6 ozs. Flour.	½ small teaspoonful Baking Powder.
4 ozs. Butter.	Pinch Salt.
4 ozs. Sugar.	Flavouring.
3 Eggs.	
1½ ozs. Cocoanut.	

Beat butter and sugar till creamy. Beat up eggs, add, and then add cocoanut, then gradually the sifted flour and

baking powder. Add flavouring. Mix lightly. Turn into prepared tin and bake till firm to touch (1 hour).^{*} If liked, ice when cold with water icing and sprinkle with cocoanut.

RICE CAKE.

INGREDIENTS.

$\frac{1}{2}$ lb. Ground Rice.	4 Eggs.
$\frac{1}{2}$ lb. Flour.	Pinch Salt.
6 ozs. Sifted Sugar.	Milk.
6 ozs. Butter.	$\frac{1}{2}$ teaspoonful Essence of
$\frac{1}{2}$ teaspoonful Baking Powder.	Lemon.

Beat the butter and sugar to a cream. Beat the eggs well and add alternately with the flour and ground rice and baking powder. If not moist enough, add a little milk. Last of all, add essence of lemon. Bake in a moderate oven about $2\frac{1}{2}$ hours.

CHOCOLATE CAKE.

INGREDIENTS.

$\frac{1}{2}$ breakfast-cupful Butter.	$\frac{1}{2}$ teaspoonful Cream of
$1\frac{1}{2}$ breakfast-cupfuls Sugar.	Tartar.
$\frac{1}{2}$ breakfast-cupful Milk.	Whites of 5 Eggs.
$2\frac{1}{4}$ breakfast-cupfuls Flour.	2 squares Baker's Chocolate,
$\frac{1}{2}$ teaspoonful Baking Soda.	grated.

Cream the butter, add sugar, gradually add milk and flour mixed and sifted with soda and cream of tartar. Beat whites of eggs and add to mixture; then add chocolate and beat thoroughly. Bake 45 minutes in a moderate oven. When cake is just removed from tin and still hot, cover bottom with marsh-mallows, split in half in order that sticky side may come next to cake. Coat all with chocolate water icing (*see page 296*).

RAISIN CAKE.

INGREDIENTS.

10 ozs. Flour.	$\frac{1}{2}$ lb. Almonds.
$\frac{1}{2}$ lb. Butter.	4 Eggs.
$\frac{1}{2}$ lb. Sugar.	Small teaspoonful Baking Powder.
$\frac{1}{2}$ lb. Raisins.	

Beat the butter and sugar to a cream. Add the flour and baking powder and beaten eggs. Add the fruit, stoned and roughly chopped. Blanch and shred the almonds and sprinkle them over the top. Bake the cake in a moderate oven for about 2 hours.

SCOTCH POUND CAKE.

INGREDIENTS.

$\frac{1}{2}$ lb. Butter.	3 ozs. Currants.
$\frac{1}{2}$ lb. Sugar.	Grated rind of 1 Lemon.
10 ozs. Flour.	Milk, if necessary.
4 Eggs.	Small teaspoonful Baking Powder.
2 ozs. chopped Peel.	
3 ozs. Sultanas.	

Cream the butter and sugar, add the flour alternately with the well-beaten eggs, then the fruit which has been prepared. Beat well, and, lastly, add the baking powder. Bake in a moderate oven two hours. If the eggs are a good size no milk is needed.

PLUM CAKE.

INGREDIENTS.

$\frac{3}{4}$ lb. Flour.	6 ozs. Orange and Lemon Peel.
$\frac{3}{4}$ lb. Sugar.	2 ozs. Citron Peel.
$\frac{3}{4}$ lb. Butter.	1 $\frac{1}{2}$ teaspoonfuls Cinnamon.
8 Eggs.	1 $\frac{1}{2}$ teaspoonfuls Ginger.
$\frac{1}{2}$ lb. Raisins.	$\frac{1}{2}$ teaspoonful Mixed Spice.
$\frac{1}{4}$ lb. Currants.	$\frac{1}{2}$ teaspoonful Baking Powder.
$\frac{1}{2}$ lb. Almonds, chopped or shredded.	

Cream the butter and sugar, add the spice, then flour alternately with the well-beaten eggs. Next add the fruit,

which has been prepared. Beat well, and, lastly, add the baking powder. Bake in a moderate oven from three to four hours.

N.B.—Double quantity of currants may be used if liked.

SIMNEL CAKE.

INGREDIENTS.

$\frac{3}{4}$ lb. Flour.	$\frac{1}{2}$ wine-glass Brandy.
$\frac{3}{4}$ lb. Currants.	$\frac{1}{2}$ Nutmeg.
$\frac{1}{2}$ lb. Mixed Peel.	$\frac{1}{2}$ teaspoonful Soda,
$\frac{1}{2}$ lb. Blue Raisins.	dissolved in 1 table-
$\frac{1}{2}$ lb. Sultanas.	spoonful Vinegar.
2 ozs. Almonds.	Almond Paste.
$\frac{1}{2}$ lb. Butter.	Preserved Fruit.
$\frac{1}{2}$ lb. Sugar.	Royal Icing.
3 or 4 Eggs.	

Prepare the cake in the usual way. Spread a layer in a prepared cake tin. Place in a layer of almond paste, then a layer of cake mixture. Bake four hours. Decorate with almond paste, preserved fruits, and royal icing.

SCOTCH CURRANT BUN.

INGREDIENTS.

For Lining—	$\frac{1}{2}$ lb. Sugar.
$1\frac{1}{2}$ breakfast-cupfuls Flour.	$\frac{1}{2}$ oz. Jamaica Pepper.
$\frac{1}{2}$ lb. Butter.	$\frac{1}{2}$ oz. Ground Ginger.
Cold Water.	$\frac{1}{2}$ oz. Ground Cinnamon.
$\frac{1}{2}$ teaspoonful Baking Powder.	$\frac{1}{2}$ teaspoonful Black Pepper.
Mixture—	1 small teaspoonful Cream of Tartar.
2 lbs. Blue Raisins.	1 small teaspoonful Baking Soda.
3 lbs. Currants.	1 breakfast-cupful Milk.
$\frac{1}{2}$ lb. Almonds, not blanched.	
$\frac{3}{4}$ lb. Flour.	

Rub the butter into the flour, add baking powder, mix to a stiff paste with water, and roll out in a thin sheet. Grease the inside of a cake tin and line it neatly with the paste, reserving a piece the size of the tin for the top of the bun.

Prepare the fruit, add to the flour, sugar, spices, baking soda, cream of tartar, and sufficient milk to just moisten. Mix all thoroughly together and put the mixture into the lined tin. Make flat on the top, wet the edges round, and put on the piece of paste reserved for the purpose. Prick it all over with a fork, brush with a little egg, and put in a moderate oven from 3 to 4 hours.

BISCUITS.

Average Proportions—

6 ozs. Flour.	3 ozs. Sugar.
4 ozs. Butter.	

SHREWSBURY .CAKES.

INGREDIENTS.

$\frac{1}{2}$ lb. Butter.	1 teaspoonful Carraway
3 ozs. Sugar.	Seeds, or $\frac{1}{2}$ teaspoonful
1 small Egg.	Cinnamon.
6 ozs. Flour.	

Cream the butter and sugar. Add the flour and the seeds and sufficient beaten egg to mix stiffly. Let it stand in a cool place. Roll out on a well-floured board and cut in small biscuits. Place on a greased tin and bake in a moderate oven till a pale brown.

LEMON BISCUITS.

INGREDIENTS.

6 ozs. Flour.	4 ozs. Butter.
3 ozs. Castor Sugar.	1 small Egg.
Grated Lemon Rind.	

Cream the butter and sugar. Add the flour, then egg and rind. Lay aside for 1 hour. Roll out thinly and cut into biscuits. Bake in a moderate oven. Sift with sugar.

GINGER BISCUITS.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ lb. Butter.
3 ozs. Sugar.	$\frac{1}{4}$ teaspoonful Baking Powder.
Pinch Salt.	Little Milk, if required.
2 small teaspoonfuls Ginger.	
1 Egg.	

Beat the butter and sugar to a cream; mix in the ginger, add a little of the flour, the egg well beaten, the baking powder, remainder of the flour, salt, and milk if required. Turn on to a floured board; work till smooth, roll out thinly, cut into biscuits with a cutter, lay on a greased tin. Bake for about 20 minutes in a cool oven.

IMPERIAL BISCUITS.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 teaspoonful Ground Cinnamon.
$\frac{1}{2}$ lb. Butter.	Jam and Water Icing (<i>see page 295</i>).
$\frac{1}{4}$ lb. Sugar.	
1 small Egg.	
$\frac{1}{2}$ teaspoonful Baking Powder.	

Cream the butter and sugar, add the flour, cinnamon and baking powder, also egg by degrees. Work smoothly. Set aside to become stiff. Roll out thinly and cut into biscuits. Bake 15 to 20 minutes in a moderate oven. Spread half the biscuits with jam, place the others on top. Then put on one teaspoonful of water icing and a small piece of cherry.

CHOCOLATE BISCUITS.

INGREDIENTS.

$\frac{1}{2}$ lb. Butter.	6 ozs. Flour.
2 ozs. grated Chocolate.	Walnut Mixture.
1 Egg.	Walnuts and Angelica.
$\frac{1}{2}$ lb. Sugar.	

Cream the butter and sugar; add the beaten egg gradually, and also flour and chocolate. When stiff

enough roll out on a floured board, rather thinly. Cut into biscuits and prick. Bake in a moderate oven till firm. Cool on a sieve. Spread one with walnut mixture and place another on top. Coat with chocolate icing. Decorate with angelica, walnuts, and crystallized violets.

Walnut Filling (*see page 299*).

Chocolate Water Icing (*see page 296*).

JUMBLE BISCUITS.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 Egg.
$\frac{1}{2}$ lb. Sugar.	1 teaspoonful Baking Powder.
$\frac{1}{4}$ lb. Butter.	

Cream butter and sugar, etc. Place in squirt. Force on a greased tin. Bake in quick oven 10 minutes.

RICE BISCUITS.

INGREDIENTS.

4 ozs. each of Sugar, Butter, Ground Rice, and Flour.
1 Egg.

Make into a paste with one egg. Roll out and cut in rounds. Bake in a moderate oven till a golden brown and till crisp.

HUNTER'S NUTS.

INGREDIENTS.

2 ozs. Flour.	1 oz. Brown Sugar.
2 ozs. Wheaten Meal.	2 $\frac{1}{2}$ ozs. Golden Syrup.
2 ozs. Oatmeal.	Grated Lemon Rind.
$\frac{1}{2}$ teaspoonful Ground Ginger.	$\frac{1}{2}$ teaspoonful Bi-carbonate of Soda.
$\frac{1}{2}$ teaspoonful Allspice.	
1 $\frac{1}{2}$ ozs. Butter.	

Melt butter and syrup. Dissolve soda in warm water. Mix all dry ingredients. Add butter, syrup, and soda. Work into stiff dough. Knead till smooth. Divide into ten. Roll into balls. Place good space apart on greased

tin. Place half-blanchéd almond on top; bake in cool oven 20 minutes.

NAPOLEON CAKES.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 oz. Sweet Almonds.
3 ozs. Butter.	1 oz. Sifted Sugar.
1 Yolk of Egg.	Raspberry Jam.

Blanch, mince, and pound the almonds, or use ground almonds. Rub the butter into the flour, add sugar and almonds. Mix well. Moisten with enough yolk of egg to make a stiff paste. Put aside one hour to firm. Then roll out in two thin sheets. Bake a pale brown in a moderate oven. Spread one with jam. Lay the other on top. Cut into fingers while hot. Serve, as a sweet, piled on lace paper in crystal dish. Dust with icing sugar.

MASERINES.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ oz. Castor Sugar.
2 ozs. Butter.	1 Yolk of Egg.
1 oz. Ground Almonds.	

Cream butter and sugar, add flour, ground almonds and mix to a stiff paste with egg. Roll into a strip 4-5 ins. wide and 8-10 ins. length. From width cut off on either side, two strips $\frac{3}{4}$ in. wide. Place each on top of big strip either side—cut edge to cut edge. Half cook in a hot oven; remove, spread with jam and place mixture on top. Cook another 15-20 minutes and cut into fingers.

Mixture.

$\frac{1}{2}$ lb. Granulated Sugar.	1 table-spoonful grated
2 ozs. roughly chopped blanchéd Almonds.	Chocolate.
	1 White of Egg.

Whisk up white till stiff, then place all ingredients into a pan, bring to the boil and use at once.

COBURG CAKES.

INGREDIENTS.

5 ozs. Flour.	Small teaspoonful Cinnamon.
2½ ozs. Sugar.	1 teaspoonful Treacle.
2 ozs. Butter.	1 teaspoonful Syrup.
Grating Nutmeg.	½ teaspoonful
1 Egg.	Bi-carbonate of Soda.

Mix all dry ingredients. Heat butter, syrup and treacle. Beat up egg and add a little milk. Mix to a fairly soft consistency. Place ½ an almond in the bottom of each greased patty tin, and pour in some of the mixture.

Bake 20-30 minutes in a moderate oven.

PARKINS.

INGREDIENTS.

¼ lb. Oatmeal.	¼ teaspoonful Spice.
¼ lb. Flour.	½ teaspoonful Cinnamon.
2 ozs. Lard.	½ teaspoonful Ginger.
3 ozs. Syrup.	Small teaspoonful
3 ozs. Sugar.	Bi-carbonate of Soda.
½ Egg.	Few Almonds.

Mix dry ingredients. Rub in lard. Add syrup and egg. Mix to a fairly stiff dough. Place on a greased tin in teaspoonfuls—placing well apart. Put ½ almond on top of each biscuit. Bake in moderately hot oven about 20 minutes.

FRUIT CAKES.

INGREDIENTS.

½ lb. Rough Puff Pastry.	1 teaspoonful Spice.
½ lb. Currants.	2 ozs. Sugar.
1 Apple.	1 oz. chopped Peel.
1 oz. melted Margarine.	

Wash currants. Chop apple finely. Mix all ingredients. Roll ½ pastry into square. Place on mixture. Lay other half of pastry on top. Mark, brush with egg. Bake in a hot oven. Cut in squares and dust with icing sugar.

ALMOND MACAROONS.

Small tins lined with puff, flaky or rich short pastry. Place a small quantity of raspberry jam in each tin on top of pastry and the following mixture on top:—

2 Whites of Eggs.	2 ozs. Ground Almonds.
2 ozs. Castor Sugar.	Almond Essence.

Bake in a moderately hot oven, 20-30 minutes.

TANTALLON CAKES.

INGREDIENTS.

7 ozs. Flour.	2 ozs. Sugar.
4 ozs. Butter.	

Prepare as for shortbread. Cut out with a star cutter. Bake a pale colour in a hot oven.

BRANDY SNAPS.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ lb. Syrup.
$\frac{1}{4}$ lb. Butter.	$\frac{1}{2}$ oz. Ginger.
$\frac{1}{4}$ lb. Sugar.	Juice of $\frac{1}{2}$ Lemon.

Place all in a pan and just warm. Put on in teaspoonfuls on a well-greased tin, six inches apart. Bake till a nice brown, allow to stand a second and roll up. These may be stored in tins till required. When cool, cream may be piped inside and the ends decorated with crystallized violets and angelica.

MÁCAROONS.

INGREDIENTS.

$\frac{1}{2}$ lb. Ground Almonds.	6 small Whites of Eggs
1 oz. Rice Flour.	(beat, leave overnight).
Rice Paper.	1 teaspoonful Vanilla
1 lb. Castor Sugar.	Essence.
	Few shredded Almonds.

Put the almonds, castor sugar and whites of eggs into a basin, and cream them well together for ten minutes.

Add the rice flour and vanilla essence, then pour the mixture into a bag with a half-inch plain pipe. Put this out on to rice paper in rounds about the size of a penny, decorate with shredded almonds, and bake in a moderate oven for about 20 minutes.

ALMOND HORSESHOES.

INGREDIENTS.

4 ozs. Ground Almonds.	4 ozs. Castor Sugar.
$\frac{1}{2}$ oz. Rice Flour.	3 Yolks of Eggs.
1 oz. chopped Almonds.	Rice Paper.

Pound the ground almonds, sugar, rice flour, and yolks of eggs in a mortar until thoroughly mixed; then shape into narrow strips four inches in length, roll them in the chopped almonds and bend into the form of a crescent. Put on to rice paper and bake in a moderate oven from 15 to 20 minutes.

ALMOND RING CAKES.

INGREDIENTS.

4 ozs. Flour.	$\frac{1}{4}$ of an Egg.
2 ozs. Butter.	Almond Mixture (see
1 oz. Castor Sugar.	page 295).
Red Currant Jelly.	Chopped Pistachio Nuts.
$\frac{1}{4}$ teaspoonful Baking Powder.	

Cream the butter and sugar together until they are white, add the quarter of an egg, and gradually add the flour and baking powder. Work until smooth, then roll out and stamp into rounds with a fluted cutter. Put the almond mixture in a bag with a rose forceer and press some of the mixture round each biscuit. Bake in a quick oven for about 15 minutes. When cool, put half teaspoonful of red currant jelly in the centre of each cake and sprinkle with chopped pistachio nuts.

Almond Mixture.

INGREDIENTS.

4 ozs. Ground Almonds.	2 ozs. Castor Sugar.
1½ Whites of Eggs.	6 drops Ratafia Essence.

Whisk the whites of eggs stiffly and mix with the other ingredients.

COCOANUT PYRAMIDS.

INGREDIENTS.

½ lb. Coconut.	1½ ozs. Rice Flour.
4 ozs. Castor Sugar.	3 Whites of Eggs.
½ teaspoonful Vanilla Essence.	Rice Paper.

Whisk the whites of eggs to a very stiff froth, then stir in lightly the rice flour, castor sugar, coconut, and vanilla essence. Divide the mixture into small heaps and put it on to rice paper; then bake in a slow oven until they are a light brown colour.

N.B.—Half the mixture may be coloured a pale pink.

ICINGS AND FILLINGS.**WATER ICING.**

INGREDIENTS.

2 or 3 table-spoonfuls Boiling Water or Fruit Juice.
½ lb. Sifted Icing Sugar.
Flavouring.

Mix all together.

N.B.—Different flavourings and colourings may be added as desired, *e.g.*, coffee essence.

ORANGE WATER ICING.

INGREDIENTS.

6 ozs. Icing Sugar.	1½ table-spoonfuls Orange Juice.
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Sieve the sugar, add orange juice and mix well. Just make warm and use.

CHOCOLATE WATER ICING.

INGREDIENTS.

6 ozs. Icing Sugar.	1 teaspoonful Vanilla
3 ozs. grated Chocolate.	Essence.
1½ table-spoonful Water.	

Boil chocolate and water together, add sugar and beat well.

BUTTER ICING (CHOCOLATE).

INGREDIENTS.

4 ozs. Fresh Butter.	6 ozs. sieved Icing Sugar.
4 ozs. grated Chocolate.	

Melt half the butter and add the chocolate to it. Cream the other half and add it to the melted butter and chocolate gradually. Mix well, then gradually add the sugar. Beat well. Use when still soft.

N.B.—Coffee and other Butter Icings made as above without requiring to melt any of the butter. Any flavourings and colourings may be added.

ROYAL ICING.

INGREDIENTS.

½ lb. sieved Icing Sugar.	2 Whites of Eggs.
Lemon Juice.	

Add sugar gradually to slightly whisked eggs; then add lemon juice. Beat well.

FONDANT COATING FOR CAKES.

Take some prepared fondant (*see page 297*). Place in a pan, add some water or thin reducing syrup (1½ lbs. sugar and one pint water brought to boiling point and used for such purposes). Add enough liquid to moisten, place over a slight heat and stir, do not beat, till liquid. Pour over cake.

Fondant should only be blood heat when used, else it goes sugary and hardens, so if still stiff add more liquid. If beaten, it is full of air-holes and not smooth.

FONDANT.**Full quantity—**

INGREDIENTS.

3 lbs. Sugar.	1 table-spoonful Glucose.
1 pint Water.	

For smaller quantity—

INGREDIENTS.

1½ lbs. Sugar.	1 dessert-spoonful Glucose.
½ pint Water.	

Put sugar and water in pan. Stir *till dissolved*—a gentle heat—do not boil—then add glucose and preserver. Stir till dissolved. Remove any scum. Boil briskly. Place in thermometer, leaning against side of pan—do not stir or shake pan. When thermometer registers 238 deg., lift out thermometer into pan of boiling water. Allow syrup to settle—pour into a basin rinsed in cold water. — Have it not deeper than 1 to 1½ inches. When the finger can bear to touch it, begin to stir with a wooden spoon till firm, then knead to a creamy mass. Place in a jar and cover with waxed paper, then a thick towel, and a plate on top. It will keep several months. Allow to mellow at least one hour before use.

N.B.—Keep brushing sides of pan (when cooking) with pastry brush, dipped in hot water.

TRANSPARENT ICING.

INGREDIENTS.

1 lb. Loaf Sugar.	Juice of ¼ Lemon.
½ pint Water.	

Dissolve the sugar and water together in a stewpan. Then boil them until 229 degrees is registered on the saccharometer. While boiling, the sugar must be well skimmed and the sides of the pan brushed down with a little clean water. When the sugar has reached 229 degrees, pour it into a clean basin, add the lemon juice,

and beat with a wooden spoon until it is thick and white; it is then ready to pour over the cake.

N.B.—This icing is useful to form a last coat on a cake that has been iced with royal icing.

ALMOND ICING OR PASTE.

INGREDIENTS.

$\frac{3}{4}$ lb. Ground Almonds.	Few drops of Almond
$\frac{3}{4}$ lb. Icing Sugar.	Essence.
1 table-spoonful Orange	2 whole Eggs, or
Flower Water.	2 Whites, or
	2 Yolks.

Mix almonds and sugar well, add almond essence, orange flower water, and, lastly, beaten eggs. Knead well.

N.B.—Equal quantities of almonds, icing sugar, and castor sugar may be used if liked.

MOUNTAIN OR FEATHER ICING.

INGREDIENTS.

1 lb. Loaf Sugar.	1 gill Water.
2 Whites of Eggs.	

Whisk slightly the whites of eggs. Dissolve the sugar in the water and then boil together until 240 degrees is registered on the saccharometer; pour this syrup on to the whites of eggs and whisk until the mixture begins to thicken, then pour the icing over the cake.

N.B.—This icing may be coloured if preferred.

CONFECTIONERS' CUSTARD.

INGREDIENTS.

$\frac{1}{2}$ pint Milk.	1 oz. Castor Sugar.
2 Yolks of Eggs.	$\frac{1}{2}$ teaspoonful Vanilla
$\frac{1}{2}$ oz. Cornflour.	Essence.

Mix the cornflour and milk to a smooth paste, stir it over the fire until it boils, then let it simmer for ten

minutes. Add the yolks of eggs, sugar, and vanilla, and stir over the fire until the custard has thickened; it should not be allowed to boil. When cool, the custard is ready for use, and may be used instead of whipped cream for filling *éclairs*, etc.

ALMOND FILLING.

INGREDIENTS.

3 table-spoonfuls Ground Almonds.
3 table-spoonfuls Apricot Jam.
1 teaspoonful Maraschino.

Rub the jam through a hair sieve. Mix all well together and use as required.

N.B.—The addition of two table-spoonfuls of whipped cream is an improvement, but, if put in, the filling must be used at once.

ORANGE FILLING.

INGREDIENTS.

Rind of 1 Orange.	2 ozs. Cornflour.
Juice of 2 Oranges.	2 Yolks.
2 table-spoonfuls Lemon Juice.	2 ozs. Sugar.
Enough Water to make Juice equal to $\frac{1}{4}$ pint.	1 oz. Fresh Butter.

Boil all, add eggs and butter last. Cool and use.

WALNUT FILLING.

INGREDIENTS.

3 table-spoonfuls Ground Almonds.
1 teaspoonful Vanilla Essence.
1 table-spoonful chopped Walnuts.
3 table-spoonfuls Apricot Jam.

Rub the jam through a hair sieve. Mix all together and use as required.

CREAM SUBSTITUTE.

INGREDIENTS.

1 teacupful Milk.	1 large teaspoonful Sugar.
1 dessert-spoonful Cornflour.	Pinch Salt.
1 oz. Butter.	Flavouring.

Make the cornflour and milk into a sauce, and allow to become cool. Beat butter and sugar to a cream, add cornflour to it a little at a time. Beat thoroughly till creamy and smooth, add flavouring and use as required.

PASTRY.

SUET CRUST.

INGREDIENTS.

8 ozs. Flour.	1 teaspoonful Baking
3 to 4 ozs. Suet.	Powder.
$\frac{1}{2}$ teaspoonful Salt.	About 1 gill Water.

Remove skin from suet, shred and chop finely, using some of the measured flour if necessary. Mix all the dry ingredients. Rub suet into flour with fingers. Mix with cold water to an *elastic* consistency. Turn on to a floured board, roll once and use as required. May be boiled, steamed or baked.

SHORT CRUST.

INGREDIENTS.

8 ozs. Flour.	$\frac{1}{2}$ teaspoonful Salt.
4 ozs. Shortening (margarine, lard, or dripping).	Cold Water to moisten (about $\frac{3}{4}$ gill).

Cut the shortening into the flour, then rub till like fine breadcrumbs; add all dry ingredients, mix well.— Mix very *stiffly* with cold water, work slightly till smooth. Roll out *once* and use as required. Bake in a hot oven.

N.B.—For sweet dishes the above pastry should have one table-spoonful sifted sugar added to the flour.

If a smaller proportion of shortening be used, $\frac{1}{2}$ teaspoonful of baking powder should be added to 8 ozs. of flour.

ROUGH PUFF PASTRY.

INGREDIENTS.

8 ozs. Flour.	About 1 gill Cold Water.
5-6 ozs. Shortening.	About 1 teaspoonful
$\frac{1}{2}$ teaspoonful Salt.	Lemon Juice.

Mix the dry ingredients; cut shortening into 4 pieces and put into flour; make well in centre of flour. Add

lemon juice to cold water and mix to an elastic consistency. Turn on to a floured board, work a little, roll out in a long strip, flour lightly, fold in three, roll out again, again flour and fold, roll out a third time, and if necessary, a fourth. Use for sweet and savoury dishes; bake in a hot oven.

POTATO PASTRY (1).

INGREDIENTS.

$\frac{1}{2}$ lb. Potatoes.	1 teaspoonful Baking
$\frac{1}{2}$ lb. Flour.	Powder.
3 ozs. Margarine or Butter.	

Rub the shortening into the flour. Add the baking powder and mix in the sieved potatoes, and enough cold water to make a stiff dough. Roll out and use as short pastry.

POTATO PASTRY (2).

INGREDIENTS.

3 ozs. Dripping.	1 teaspoonful Baking
4 ozs. mashed Potatoes.	Powder.
3 ozs. Flour.	Salt.
2 ozs. Rice Flour.	

Cream butter. Add potato, then rice flour and salt. Then flour and baking powder. (No water.)

RICH SHORT CRUST.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	Little Lemon Juice
5 ozs. Butter.	($\frac{1}{2}$ teaspoonful).
1 Yolk of Egg.	1 table-spoonful Castor Sugar
Pinch Salt.	(if for sweet dishes).
	Cold Water.

Rub the butter into the flour, add sugar and salt. Add little water, about $\frac{1}{2}$ gill, to the yolk, then mix all to a stiff paste. Use as required for sweet or savoury dishes. Bake in a hot oven.

SPICED SHORT CRUST.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	1 table-spoonful Castor Sugar.
$\frac{1}{2}$ lb. Butter.	1 teaspoonful Cinnamon.
1 Egg.	Little cold Water.

Mix as above. If to line deep tins, the whole egg should be used, as it makes the pastry bind better, but is less short and crisp. This is used chiefly for spiced apple tart.

FLAKY PASTRY.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	Cold Water (about 1 gill).
Pinch of Salt.	$\frac{1}{2}$ teaspoonful Lemon Juice.
6 ozs. Lard and Butter (mixed).	

Mix the lard and butter together. Divide into four. Rub one part into the flour, to which pinch of salt is added. Add lemon to the water and mix to an elastic dough. Turn out on to a board and work lightly. Roll out, place one part of the butter and lard on in little pats. Flour, fold and roll out again. Proceed similarly with the rest of the shortening. Set pastry aside for half an hour in a cool place. Roll out twice more, in all giving five rollings. Use as required.

PUFF PASTRY.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	Pinch Salt.
$\frac{1}{2}$ lb. Butter.	Water to mix.
$\frac{1}{2}$ teaspoonful Lemon Juice.	

Press the butter lightly in the corner of a floured cloth. Rub a small piece of the butter into the flour. Add salt. Mix water and lemon juice. Mix with flour to an elastic consistency. Work lightly till smooth. Roll out in a square. Then put the square pat of butter in the centre of the paste and fold over. Press lightly with the roller and roll out in a long strip, always keeping the open ends to and from one. Flour, fold in three, and roll out again.

Roll out once more, and set aside in cool place half an hour; then roll out twice more, and set aside again; then roll out twice more and use. Puff pastry should be rolled seven times.

HOT WATER CRUST OR RAISED PIE CRUST.

INGREDIENTS.

$\frac{3}{4}$ lb. Flour.	1 gill Milk.
$\frac{1}{2}$ lb. Lard.	$\frac{1}{2}$ teaspoonful Salt.

Add salt to flour. Boil milk and lard, stir into the flour, knead well till smooth, allow to stand ten minutes. Keep warm and use for raised pork pies, game pies, or raised fruit pies.

CHOUX PASTRY.

INGREDIENTS.

$2\frac{1}{2}$ ozs. Sifted Flour.	$\frac{1}{2}$ pint Water.
2 small Eggs.	Vanilla Essence.
1 oz. Butter.	Pinch Salt.

Boil the water and butter in a pan; sift the flour on to paper and add to boiling liquid, beat well till smooth, and cook very well. Allow to cool slightly. Add the beaten eggs gradually. Beat well, then add some vanilla essence; use as required.

NOUILLE PASTRY.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoonful Salt.
1 oz. Butter.	About 3 Eggs.

Rub the fat into flour, add salt, mix with the eggs. Roll out very thinly, cut into strips about two inches broad, and cut these again into shreds of desired thickness. Let nouilles dry on a pastry tray. They may be cut into various shapes. Nouilles are often used as a garnish for soups. Boil in salted water for about 15 minutes, and add them to the soup. They may also be used for any similar purpose that macaroni is used for.

Bottling, Pickling and Preserving.

TABLE FOR BOTTLING FRUITS AND VEGETABLES.

<i>Fruit.</i>	<i>Strength of Syrup in lbs. Sugar per 1 Gallon Water.</i>	<i>Temperature.</i>	<i>Retaining Time.</i>
Raspberries	6	In 1½ hrs. raise to 165°F.	10 minutes.
Currants	6	„ 1½ „ 180°F.	15 minutes.
Cherries	4 — 6	„ 1½ „ 180°F.	30 minutes.
Plums	4 — 6	„ 1½ „ 165°F.	10-20 mins.
Damsons	4 — 5	„ 1½ „ 165°F.	10 minutes.
Peaches	4 — 5	„ 1½ „ 180°F.	20 minutes.
Gooseberries	4	„ 1½ „ 165°F.	10 minutes.
Greengages	4	„ 1½ „ 165°F.	15 minutes.
Brambles	4	„ 1½ „ 165°F.	15 minutes.
Apricots	4	„ 1½ „ 165°F.	10 minutes.
Pears	4	„ 1½ „ 180°F.	20 minutes.
Apples	4	„ 1½ „ 165°F.	10 minutes.
Rhubarb	4	„ 1½ „ 165°F.	10 minutes.
Tomatoes	—	„ 1 „ 190°F.	30 minutes.
<i>Vegetables.</i>	<i>Brine.</i>	<i>Temperature.</i>	<i>Retaining Time.</i>
All Kinds	1 gallon Water. 2½ ozs. Salt. 5 ozs. Lemon Juice.	212°F. as quickly as possible.	1½ hours.

RULES TO ACCOMPLISH SUCCESSFULLY.

1. Fruit or vegetables must be perfectly sound and of good quality.

2. Both should be freshly gathered; fruit must be free from bruises and not over-ripe.

3. Have fruit of uniform size and ripeness.

4. Handle little and lightly and prepare in the usual way, according to kind.

5. Bottles must be scrupulously clean.

6. Bottles and lids must be perfect—not chipped nor cracked in any way.

7. Rubbers should be new—good soft rubber rings must always be used.

8. The “False Bottom” must be put in the pan before the bottles are put in—to prevent cracking.

9. The bottles must not touch one another.

10. When using screw-band bottles, the screw cap must be given a $\frac{1}{2}$ turn back before the bottles are placed in sterilizer.

11. Only fruit or vegetables requiring the same degree of heat can be sterilized at one time—and correct times and temperatures must be strictly kept.

12. The bottles should be removed one at a time from the sterilizer, and screwed down tightly at once.

13. They must be cooled slowly, and left undisturbed and free from draughts until quite cold.

14. When tested, store in a cool, dry, dark place.

First Method.**SYRUP PLUS FRUIT.****Recipe for Syrup.**

INGREDIENTS.

$\frac{1}{2}$ lb.- $\frac{3}{4}$ lb. Cane Sugar. 1 pint Water.

Dissolve slowly. Boil 5 minutes, leave till nearly cold. Filter till clear through muslin and use as required.

INGREDIENTS.

1 lb. Plums. 1 pint Syrup.

Wipe the plums carefully, pack very tightly, without bruising, and well fill the bottles. Fill to overflowing with syrup and screw on lids. Place in the sterilizer having the bottles entirely covered with water. If the bottles are not submerged, the sterilizer must have a very tight-fitting lid. Sterilize for the time and at the temperature given in the table. Remove and tighten the lids. When cold, test, and store in a cool, dry, dark, place.

Second Method.**WATER AND OIL PLUS FRUIT.**

INGREDIENTS.

1 lb. Gooseberries. Wax or Mutton Fat.
Boiling Water to cover.

Prepare fruit and heat slightly, place in jars, pour boiling water over. Seal with fat. Fix on lid. Store.

Third Method.**SUGAR AND FRUIT.**

PROPORTIONS.

1 lb. Sugar. 1 lb. Fruit.

INGREDIENTS.

Raspberries. Sugar.

Prepare the raspberries. Place a layer of sugar first in the jar, then a layer of fruit, and so on till full, finishing up with a layer of sugar, place on the lid, Place

in a gentle heat either in a moderately hot oven or in a pan of water till the sugar is dissolved. Then store.

The fruit may be stored without any heating, as the sugar acts as a germicide.

N.B.—Any of the above methods may be used for any kind of fruit.

BOTTLING VEGETABLES.

BOTTLED PEAS.

INGREDIENTS.

Green Peas.	Lemon Brine.	{ 2 ozs. Salt. 4 ozs. Sugar. 5 ozs. Lemon Juice. 1 gallon Water.

Wash pods very thoroughly in cold water or a very weak solution of Potassium Permanganate. Shell the peas and blanch in boiling water from $\frac{1}{2}$ -2 minutes, depending on size of peas. Dip in cold water for 1 minute. Pack loosely into jars to within $\frac{1}{4}$ inch from top and completely cover with brine. Place in sterilizer and bring to 212° F. as quickly as possible. Retain this temperature for 1 $\frac{1}{2}$ hours. If necessary, fill up with boiling brine and re-sterilize for 20 minutes. Cool, test and store.

N.B.—It is understood that the bottles must either be completely submerged or that the sterilizer has a tight-fitting lid.

French Beans.—Method as for Peas. Brine prepared minus sugar.

BOTTLED TOMATOES.

INGREDIENTS.

2 lbs. Tomatoes.	1 teaspoonful Sugar.
1 teaspoonful Salt.	

Wash the tomatoes. Blanch in boiling water from $\frac{1}{2}$ -1 minute, cold dip and peel them. Cut up if necessary

and pack tightly into jars. Sprinkle salt and sugar mixture between each layer. Sterilize according to table.

BOTTLED SALMON.

Cook in usual way in boiling water to which has been added salt, peppercorns, and if liked piece of onion.

When cooked take off skins, press tightly into jars. Strain the water in which it was cooked and pour it over the salmon. Sterilize for 30 minutes at 212° F.

PICKLED SPICED BEEF (WET).

INGREDIENTS.

$\frac{1}{2}$ pint Treacle.	$\frac{1}{2}$ oz. Allspice.
1 pint Strong Old Ale.	1 oz. Saltpetre.
$\frac{1}{2}$ oz. Coriander Seeds.	$\frac{1}{2}$ lb. Salt.
$\frac{1}{2}$ oz. Whole Black Pepper.	1 chopped Onion.

Boil all together, pour boiling over meat. Turn every day, and leave in pickle as desired.

PICKLED SPICED BEEF (DRY).

Take a piece of thin flank of beef. Remove skin and bone. Then take:—

2 $\frac{1}{2}$ ozs. Common Salt.	1 teaspoonful Black Pepper.
3 ozs. Bay Salt.	1 teaspoonful Ground Ginger.
3 ozs. Saltpetre.	6 Grated Shallots.
1 $\frac{1}{2}$ lbs. Moist Sugar.	$\frac{1}{2}$ Nutmeg (grated).
1 saltspoonful Ground Cloves.	12 Bay Leaves.
1 teaspoonful Ground Mace.	1 dessert-spoonful Thyme.

Pound all except meat till very fine, then rub through hair sieve, mix with a little carmine to colour. Rub meat with it for 10 minutes each day for 8 days to 10 days; let lie in pickle, turning it each day. When ready to cook, rinse it and roll up in form of galantine, bind lightly round with tape and roll in buttered muslin and braise. Press it well in the liquor till cold. Glaze and decorate with aspic jelly, butter or Italian paste.

PICKLE FOR TONGUE (WET).

INGREDIENTS.

$\frac{3}{4}$ lb. Salt.	$\frac{1}{4}$ lb. Coarse Brown Sugar.
$\frac{1}{2}$ oz. Saltpetre.	

Put all in jug and pour over 1 pint boiling water, stir well. It is ready when cold. The meat must first be rubbed with a little salt.

PICKLE FOR TONGUE (DRY).

INGREDIENTS.

1 oz. Saltpetre.	4 ozs. Sugar.
6 ozs. Salt.	

Rub well with saltpetre, then salt and leave, rubbing every day and turning every day for nine days. At half-time rub with sugar.

CURING OF HAMS AND FLITCHES.

Rub with common salt for 10 minutes every day for a week, let lie so that brine will run off. Then rub off salt and put in trough or tub and rub into each ham or fitch 1 lb. of saltpetre that has been pounded, warmed and dissolved. The day after rub in 3 or 4 lbs. of common salt. Let lie a week, during this time rub daily. Do this for one month, then wipe over with clean dry cloth and hang in dry place till required, or smoke. Best not to use for six months at least.

PICKLED VEGETABLES.

The general method is to wash the vegetables thoroughly and then soak them in brine (1 lb. salt: 1 gallon water) for 48 hours. Re-wash them well and pack into jars. Then completely cover with spiced vinegar (which keeps better and has a fuller flavour than ordinary vinegar) and seal securely with mutton fat or wax.

Cold vinegar is used for vegetables requiring a crisp finish, *e.g.*, onions, cabbage, etc. Hot vinegar is preferable for the softer type, *e.g.*, walnuts.

SPICED VINEGAR.

INGREDIENTS.

1 quart Vinegar (Malt or	$\frac{1}{2}$ oz. whole Allspice.
White or mixture of both).	$\frac{1}{2}$ oz. Cloves (stalks only).
$\frac{1}{2}$ oz. Cinnamon Stick.	$\frac{1}{2}$ oz. whole Mace.

Add the spices (tied in muslin) to the vinegar. Put all into a pan with a tight-fitting lid and bring to the boil. Remove from heat, and infuse for 2 hours. Then lift out the spice bag and use the vinegar as required.

PICKLED BEETROOT.

Slice cold cooked beetroot into rounds $\frac{1}{4}$ inch thick. Pack into bottles, cover with cold spiced vinegar. Seal securely and do not use for at least one week.

PICKLED ONIONS.

Select small white round onions. Place with their skins on in brine (1 lb. salt: 1 gallon water). Leave for 12 hours. Peel and place in a fresh brine of the same strength for 24-36 hours. Remove from brine. Wash thoroughly in cold water and drain well. Pack into jars, cover with cold spiced vinegar. Seal and store for 3-4 months before using.

PICKLED MUSHROOMS.

Rub button mushrooms with flannel and salt to clean them, well wash and dry, then put them in a stewpan and sprinkle with a little salt, add a blade or two of mace

and a little pepper. Cook them at a slow heat till liquor comes, and shake them well and continue cooking till it is all absorbed. Just cover with vinegar, give one boil up, then put in glass jars; cover when cold.

PICKLED WALNUTS.

Gather the walnuts while a pin can pierce them easily. Put them in brine (1 lb. Salt: 1 gallon Water) let them soak for six days, then change the brine and let them soak fourteen days longer. Then put in brine a third time and keep till wanted, then drain them. Spread them on dishes, expose to the air till they become black; they will do so in about a day. For every quart of vinegar take 2 ozs. peppercorns, 3 blades mace, 2 ozs. of bruised ginger and 1 scraped horse-radish, 3 ozs. mustard seed, 2 cloves of garlic, boil them all up together for five minutes. Put walnuts in jars, pour vinegar over them. When cold, cover closely, put away for a month or longer, laying the jars on their sides.

PICKLED RED CABBAGE.

Use cabbage freshly-gathered after frost, remove dry, tough, outside leaves. Divide into five or six pieces and shred finely, then place in layers on flat dishes or trays and sprinkle with salt, allowing 6 ozs. to each 1 lb. of cabbage. Leave for two days, turning frequently, then drain on hair sieves. Take some clean jars, put in layer of cabbage, about three inches, sprinkle with black and white peppercorns, and some crushed root ginger, continue till full. Bring some vinegar to the boil, let cool. Cover cabbage entirely with vinegar, and, if necessary, add a little carmine to improve colour. Cover with bladder and store in a dry, cool place. White cabbage excellent also.

SWEET PICKLES.

INGREDIENTS.

4 cups Vinegar.	Water Melon Rinds.	} 7 lbs. Fruit.
4 cups Brown Sugar.	Apples.	
2 table-spoonfuls Whole Cloves.	Ripe Cucumber (seeded).	
Allspice.	Cinnamon.	

Prepare fruit, and cook in the spiced sweetened vinegar until tender. Drain the liquid from the fruit, and pack fruit neatly into jars. Boil the vinegar syrup until slightly thick and fill up each jar with enough to cover the fruit. Seal at once with mutton fat. Cover when cold and store in a cool dry place for some months before using.

CHUTNEY.

INGREDIENTS.

$\frac{1}{2}$ lb. Bruised Ginger.	$\frac{1}{2}$ lb. Seedless Raisins.
2 $\frac{1}{2}$ ozs. Garlic.	1 lb. Sultanas.
1 oz. Mustard Seeds.	1 $\frac{1}{2}$ quarts Malt Vinegar.
1 oz. Pounded Chillies.	2 dozen Apples or more.
2 lbs. Sugar.	6 sliced Figs.
$\frac{1}{2}$ lb. Salt.	1 oz. Citron (cut fine).
$\frac{1}{2}$ lb. Onions.	1d. Horse Radish.

Chop garlic and onions and raisins like mince. Chop all together. Boil slowly for 40 minutes. Stir occasionally. Bottle and cork well.

TOMATO CHUTNEY (1).

INGREDIENTS.

1 peck Green Tomatoes.	$\frac{1}{2}$ lb. Whole Mustard.
6 large Onions.	2 table-spoonfuls Cinnamon.
1 cup Salt.	2 table-spoonfuls Allspice.
8 cups Water.	2 table-spoonfuls Cloves.
4 cups Vinegar.	2 table-spoonfuls Ginger.
2 lbs. Brown Sugar.	1 teaspoonful Cayenne.

Slice onions and tomatoes. Sprinkle with salt, stand overnight. Drain; put in porcelain kettle with water

and vinegar. Boil 15 minutes; drain. Cover with vinegar, add other ingredients, boil 15 minutes more (if liked, put dark spices in bag).

TOMATO CHUTNEY (2).

INGREDIENTS.

2 lbs. Tomatoes (skinned).	4 ozs. Mustard Seed (tied in muslin).
1 lb. Granulated Sugar.	
1 lb. Raisins.	4 Chillies (tied in muslin if liked).
1 lb. Sultanas.	
$\frac{1}{2}$ lb. Salt.	6 Sour Apples.
2 ozs. Garlic.	2 quarts White Vinegar.
2 ozs. Shallots.	

Chop all ingredients finely, place all in a pan and cook till pulpy. Store in jars and cover.

JEU CHUTNEY.

INGREDIENTS.

2 lbs. Green Apples.	2 ozs. Garlic or Onion.
1 lb. Dates.	4 Chillies.
$\frac{1}{2}$ lb. moist Sugar.	2 ozs. Salt.
$\frac{1}{2}$ lb. Preserved Ginger.	1 quart Vinegar.

Chop apple roughly and cook in vinegar till soft. Add other ingredients and boil till soft and pulpy. Store in jars and cover.

JAMS AND JELLIES.

RULES.

1. Preserve the fruit as soon as possible after gathering.
2. Fruit must be dry and in good condition.
3. Use pure cane sugar as it keeps better.
4. Use a strong pan—to prevent burning—and have it large enough to allow the jam boil up well. When necessary stir with a wooden spoon.
5. Allow the fruit to simmer quietly before the sugar is added. Long boiling with sugar spoils the colour.

6. To get a well set jam or jelly, pectin, acid and sugar must be present in correct proportions.

7. Do not add the sugar until the fruit is well cooked and broken down. After adding the sugar, dissolve completely, then boil the jam very rapidly until the setting point is reached.

8. To test for "setting point" apply the Flake Test or put a little on a plate—on cooling, if a skin forms, the jam is ready. If not, continue boiling and re-test.

9. Have the jars thoroughly clean, dry and warm.

10. Allow jam to cool slightly and stir up gently before filling into jars. This prevents fruit rising to the top of the jars.

11. Do not allow jelly to cool before dishing. Skim it carefully and pour into jars as quickly as possible.

12. Immediately the jars are filled, place a wax circle on top of each.

13. When quite cool, tie down with parchment square or jam pot cover.

14. Store in a cool, dark cupboard.

TO TEST FOR PECTIN.

The proportion of sugar to add to fruit juice depends on the quantity of pectin present. To make the test for pectin take 1 teaspoonful cold fruit extract and mix it up with 3 teaspoonfuls methylated spirits. The pectin in the juice is thrown out of solution by the spirit and forms a jelly-like clot. The stiffer the clot, the greater is the proportion of sugar allowed.

If the clot does not hold together in one lump—the extract requires concentration by further rapid boiling, and the test for pectin remade.

If no clot forms there is insufficient pectin present and the deficiency must be made up by the addition of apple pectin or some fruit juice known to be rich in pectin.

THICK MARMALADE.

Wash the bitter oranges. Cut into four, and then cut in very thin slices. Remove the pips and soak in some of the measured water. To each pound of orange add 3 pints water. Let it stand all night. Place in pan with liquid strained from pips, then boil all till the rind is quite tender, probably 1 hour. Lay away again for 24 hours. Next measure the pulp, and allow $1\frac{1}{4}$ lbs. sugar to each 1 pint of pulp. Boil till some jellies on a plate. If liked, a few lemons can be added. Half-stone of oranges makes 52 lbs. marmalade. Grape fruit may be made same as above.

CLEAR MARMALADE.

INGREDIENTS.

8 lbs. Bitter Oranges.	3 Lemons.
9 lbs. Preserving Sugar.	Cold Water.

Wipe and pare the fruit very thinly in ribbons; cut the ribbons across into very thin chips with a pair of scissors. Remove all the white pith from the fruit; divide the fruit into pieces, removing the pips. Soak them in water to cover overnight, strain and add before finally finishing. Put fruit in jelly-pan and cover with cold water; add the chips tied in muslin; boil for two hours, skimming carefully and stirring frequently. Take out chips, pour the pulp and liquid through a sieve, and allow to drip all night. Weigh the liquid and chips, put into a jelly-pan with rather more than their weight of sugar (the weight of the chips and juice should be about the original weight of the fruit). Boil for ten minutes, or

till a little sets, skimming if necessary. Put into jars and cover with gummed paper.

GRAPE FRUIT MARMALADE.

INGREDIENTS.

1 Grape Fruit.	3 pints Water.
1 Lemon.	Juice of 1 Orange.

Wash the grape fruit and the lemons. Slice thinly. Pare off yellow grape fruit rind. Cut skin in four pieces to do this. Remove pith and shred rind. Put white pith and slices of lemon into muslin. Cut up grape fruit and remove pips. Put all in a basin, add water and orange juice. Leave overnight. Next day, simmer until thick and pulpy. Take a pectin test, add sugar and boil as rapidly as possible until it sets.

If good clot allow 1 lb. sugar to 1 pint pulp.

If poor clot allow $\frac{3}{4}$ lb. sugar to 1 pint pulp.

BLACK CURRANT JAM.

INGREDIENTS.

3 lbs. Currants (topped and tailed).	3 pints Water. 6 lbs. Cane Sugar.
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Wash fruit well. Put in pan with water and bring to the boil. Simmer till skins are soft (10 minutes). Add sugar, stir till dissolved. Boil quickly to setting point (about 20 minutes). Skim. Allow to cool slightly. Pour into jars.

DRIED APRICOT JAM.

INGREDIENTS.

1 lb. Dried Apricots.	2 pints Water.
3 lbs. Sugar.	

Wash, cut up and soak apricots for two days. Simmer gently until the skins are tender. Stir to prevent burning. Add sugar, stir till dissolved. Then boil quickly till

setting point is reached. Allow to cool slightly. Stir, and pour into prepared jars. Cover with waxed tissue. When quite cold, tie down, label and store.

PLUM OR DAMSON JAM.

INGREDIENTS.

4 lbs. Plums or Damsons. 5 lbs. Sugar.
1½ pints Water.

Wash the fruit. Weigh it and put in the pan with the water. Simmer gently until it is well broken down. Stir to prevent burning. Add the sugar. Stir till dissolved. Then boil quickly till setting point is reached. Allow to cool slightly. Stir gently and pour into prepared jars. Cover with waxed tissue. When quite cold, tie down, label and store.

GOOSEBERRY JAM.

INGREDIENTS.

4 lbs. Gooseberries. 5 lbs. Sugar.
1½ pints Water.

Make as for Plum or Damson Jam.

STRAWBERRY JAM.

INGREDIENTS.

7 lbs. Plugged Strawberries. 8½ lbs. Sugar.
1½ pints Gooseberry Juice.

Put strawberries and sugar into pan and simmer until all the sugar is dissolved. Add fruit juice and boil quickly until the jam "flakes" when tested or until a little sets on a plate. Skim, allow to cool slightly, then stir gently and fill into jars.

RASPBERRY JAM OR LOGANBERRY JAM.

INGREDIENTS.

6 lbs. Fruit.

6 $\frac{1}{4}$ lbs. Sugar.

Prepare fruit and place in preserving pan. Simmer gently until well broken down. Frequent stirring is necessary to prevent burning. Add sugar, stir till dissolved and boil till setting point is reached. Skim carefully. Allow to cool slightly. Stir gently and fill into jars.

RHUBARB JAM.

INGREDIENTS.

7 lbs. Rhubarb.

3 to 4 Lemons.

Wipe the rhubarb, and cut into 1 $\frac{1}{2}$ inch lengths. Cut the lemon in very thin slices. Weigh the fruit, and place over it an equal quantity of sugar; let it stand 24 hours. Then boil 25 to 30 minutes.

N.B.—1 lb. Figs, wiped and cut up small, can be substituted for the lemons.

RHUBARB AND GINGER.

INGREDIENTS.

7 lbs. Rhubarb.

2 lbs. Crystallized Ginger.

7 lbs. Sugar.

Wash and cut up rhubarb, and place in an earthenware crock with sugar in layers for 36 hours. Pour off juice into a preserving pan, add ginger, boil 15 minutes. Then add rhubarb and boil 15 minutes longer. Pot, cover, and label.

VEGETABLE MARROW JAM (PULPED).

Take some nice fresh young vegetable marrows, peel and remove the seeds, and cut them into quarters, then put into a stewpan with sufficient cold water to cover,

and just bring to the boil; then strain and rinse them in cold water, and put on again in boiling water and allow to cook for 15 minutes. Strain and press till dry, and press them through a coarse sieve. Take some sour apples, peel, slice, and boil them, and allow for each pound of apples the strained juice of 1 lemon, and boil to a pulp.

Then weigh the marrow pulp, and allow a $\frac{1}{2}$ lb. of apples to each pound, 1 lb. loaf sugar, and the finely-chopped peel of 1 lemon and 4 cloves (tied in muslin and taken out when jam is cooked). Put the jam into a clean stewpan and boil half an hour, then add a few drops carmine to improve the colour. Pour into jars and cover when cold.

VEGETABLE MARROW JAM (WHOLE).

INGREDIENTS.

4 lbs. Marrow.	2 Lemons (rind and juice).
4 lbs. Sugar.	1 oz. Bruised Ginger.

Peel the marrow and cut into pieces 3 inches long and 1 inch thick, strew some of the sugar over it and let it remain 12 hours. Then put it in a pan with remainder of sugar and ginger, and boil till clear, about three-quarters of an hour. Add grated rind and juice of lemon just at end. Pot and label.

BLACK CURRANT JELLY.

INGREDIENTS.

6 lbs. Ripe Fruit.	Sugar.
2 $\frac{1}{2}$ pints Water.	

Wash fruit, but do not remove stalks. Put into preserving pan, add water and simmer till quite tender. Mash well. Strain through a scalded jelly bag and allow to

drip overnight. Make a thin mash with the pulp from the bag, simmer this again for about 1½ hours and strain. Mix first and second extracts together. Test for pectin clot and if necessary concentrate the extracts until, on further testing, a good clot is formed. Measure extract and to each 1 pint extract allow 1 lb. sugar. Heat juice, dissolve sugar in it, and boil rapidly until a "set" is obtained when tested. Skim carefully, and quickly fill into warm, dry, jars.

N.B.—Green Gooseberry, Raspberry, Apple Jelly, etc., are made in a similar way.

RED CURRANT JELLY (A).

INGREDIENTS.

3 lbs. Fruit.	Sugar.
1 pint Water.	

Method as for black currant jelly. Allow ½ lb. sugar to each pint juice.

RED CURRANT JELLY (B).

INGREDIENTS.

6 lbs. Fruit (mixture of Red and White Currants may be used).	Sugar.
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Wash fruit. Place in preserving pan and heat gently until fruit is tender—about 45 minutes. Mash fruit and strain overnight through a scalded jelly bag. To each 1 pint juice allow 1½ lbs. sugar. Heat juice, add sugar, dissolve and bring to boiling point. Boil 1 minute. Skim very quickly and pour into jars at once.

Method B.—Makes a delicious jelly—but is extravagant as only slightly over 3 lbs. jelly is obtained.

RED CURRANT JELLY (C) (UNCOOKED).

To every 3 lbs. currants allow 1 lb. raspberries. Squeeze the fruit through a cloth, and to every pint of juice allow $1\frac{1}{2}$ lbs. cane sugar. Stir till the sugar is quite dissolved, and put into small jars at once. Cover and label.

APPLE AND DAMSON JELLY.

INGREDIENTS.

6 lbs. Apples.	Sugar.
3 lbs. Damsons.	Water.

Wipe apples and cut them up. Wipe the damsons. Place all in the pan and well cover with water. Simmer slowly till tender. Mash well and strain overnight through a scalded jelly bag. Reheat the pulp, as for red currant jelly above, by simmering gently for 1 hour. Strain as before and mix the extracts. Test for pectin clot. Concentrate, if necessary, by reboiling; and when a good clot has been obtained, allow 1 lb. sugar per 1 lb. juice. Dissolve sugar in juice, then boil rapidly until the jelly is ready. Skim quickly, and pour into warm dry jars.

PASTES AND SYRUPS.**APPLE PASTE.**

INGREDIENTS.

7 lbs. Apples (peeled and cored).	2 ozs. Whole Ginger.
7 lbs. Sugar.	3 Lemons.
	1 pint cold Water.

Stew the apples with the water to a pulp. Then add the sugar, the ginger (tied in muslin), and the juice and grated rind of 3 lemons. Boil for half an hour, stirring all the time. Remove the ginger, put into jars, and cover with gummed paper.

DAMSON CHEESE.

INGREDIENTS.

To each 5 lbs. Damsons allow 1 gill Water.

To every lb. Damsons allow 1 lb. Sugar.

Put the damsons and water into a preserving pan, stir gently till boiling. Simmer, and when the damsons are tender rub through a coarse wire sieve. To each lb. of fruit add 1 lb. sugar. Place over a gentle heat, stir until boiling and cook for about 1 hour. Put into small jars.

BANANA PASTE.

INGREDIENTS.

6 Bananas.

2 ozs. Butter.

3 Yolks.

1 oz. Sugar.

Squeeze Lemon Juice.

Rub bananas through a hair sieve, and cook all in a double boiler till thick. Pour into pots.

GINGER APPLES.

INGREDIENTS.

2 lbs. Apples.

2 ozs. Whole Ginger.

2 lbs. Loaf Sugar.

1 pint Water.

Boil the sugar and water for ten minutes. Skim well, then add the apples, peeled and cut in quarters, with the ginger bruised and tied in muslin. Boil till the apples are transparent. Put into jars and cover like jam.

LEMON CURD.

INGREDIENTS.

6 ozs. Loaf Sugar.

2 ozs. Butter.

4 Yolks of Eggs.

2 Lemons.

Melt the butter in a jar, rasp lemon rind on sugar, crush, and add with the lemon juice, then add the yolks, beaten thoroughly. Stir over the fire till it thickens, then put into a jar and use as required.

LEMON SYRUP.

INGREDIENTS.

3 Lemons.	2 ozs. Citric Acid.
2 lbs. Loaf Sugar.	1 pint boiling Water.

Peel the lemons very thinly, put all ingredients into a basin, straining in the juice of the lemons; stir occasionally till the sugar and acid are dissolved; bottle and cork tightly. One table-spoonful added to a glass of water will make a very nice lemonade.

GINGER SYRUP.

INGREDIENTS.

4½ pints Water.	3½ lbs. Sugar (loaf).
3 drachms Essence of Ginger.	½ oz. Burnt Sugar.
3 drachms Essence of Cayenne.	¼ oz. Tartaric Acid.

Boil sugar and water together for three-quarters of an hour. Take off fire and add essences and burnt sugar and tartaric acid; hottle. Serve hot with water and sugar.

RASPBERRY VINEGAR.

Fill a wide-mouthed bottle with rasps, freshly gathered; fill up with vinegar, cork, and let them stand for a month, then strain them. If the juice is very thick, add a little cold vinegar, and to every breakfast-cupful of juice add ½ lb. sugar. Boil in a pan half an hour. Skim and bottle when cold.

INVALID COOKERY.

BEEF TEA (SLOW WAY).

INGREDIENTS.

$\frac{1}{2}$ lb. Tea or Gravy Beef, or Hough.	$\frac{1}{2}$ pint Water. Pinch Salt.
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Remove all fat from the beef and wipe carefully. Scrape. Place in jar with the water and a pinch of salt. Allow to stand for half an hour, pressing the beef against the sides of the jar with the spoon frequently. Cover with a buttered paper, place jar in a pan of cold water, bring slowly to the boiling point, and cook gently from 3 to 4 hours. Decant the liquid, remove every trace of fat, season lightly, and serve with fingers of toast.

BEEF TEA (QUICK WAY).

INGREDIENTS.

Use exactly the same Proportions.

Place directly it is scraped into a pan of cold water, allow to stand for a little, then gently simmer for $1\frac{1}{2}$ hours. Remove all fat and serve as in the recipe above.

N.B.—Beef tea may be made still more quickly by scraping the meat and placing it in the water. Allow it to stand as long as time permits, pressing it frequently. Then, very slowly, just heat the tea, thoroughly strain, season lightly, and remove the fat.

RAW BEEF TEA.

INGREDIENTS.

$\frac{1}{2}$ lb. Steak. Pinch Salt.	$\frac{1}{2}$ pint Water which has been boiled and allowed to cool.
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Scrape the meat very finely. Place in a basin with salt. Add water, cover it over; allow to stand for 1

hour, pressing frequently. Strain, and serve in a coloured glass.

BEEF ESSENCE.

INGREDIENTS.

Any Juicy Meat or Mixture of Meat.

Scrape down meat finely. Place in a stew jar, cover closely. Place in a pan of boiling water and steam slowly several hours till all juices are extracted. Decant, season lightly.

One teaspoonful = a dose.

INVALID MUTTON BROTH.

INGREDIENTS.

1 lb. Lean Mutton.	$\frac{1}{2}$ Turnip.
2 pints Cold Water.	Seasoning.
$\frac{1}{2}$ Carrot.	1 $\frac{1}{2}$ ozs. of Rice, Sago, or
$\frac{1}{2}$ Onion.	Semolina.

Trim off fat, cut meat into small pieces, place in a pan with cold water and a pinch salt (if possible, allow to stand for a little), then bring slowly to boiling point; skim carefully, and allow to simmer while vegetables are being prepared. Tie vegetables in muslin, place in broth, and simmer 2 to 3 hours. Remove vegetables and strain. Reboil broth, and sprinkle in washed rice, sago, or semolina, and cook 20 to 30 minutes. Remove all fat and serve.

Chicken and Veal Broth made similarly.

N.B.—If liked, the broth may be served after removing the vegetables, and without adding any thickening.

CHICKEN JELLY.

Clean a small chicken, disjoint it, and cut the meat into small pieces; remove the fat, break or pound the bones, and put all in cold water, using the following

proportions—1 pint for every pound of chicken. Heat the water very slowly at first, and then simmer it until the meat is tender—it will require 3 or 4 hours. Boil it down to one-half the quantity; strain it and remove the fat, then clear it with white of an egg, and season it with salt, pepper, and lemon. Strain it through a fine napkin, pour it into small cups, and cool it. Parsley, celery, and bay leaves give a good flavour.

RAW BEEF SANDWICHES.

Prepare beef by scraping, season lightly, and spread on very thin white bread; form into sandwiches; serve daintily.

STEAMED FILLETED FISH.

Sole, Plaice, Whiting, etc.

Wash the fish quickly and wipe; rub with salt to remove any blackness. Skin and fillet the fish, cutting off head and tail. Fold the fillets in half, place on a greased pie-dish or plate, season with a little salt and lemon juice, and place over a saucepan of boiling water. Cover with a buttered plate or greased basin, steam for half an hour, depending on kind of fish. Serve on a hot dish, with some of its own liquid round, garnish with a little parsley.

MINCED CHOP (STEAMED).

Remove any fat and gristle from a lean chop. Cut into very small pieces. Shape together again. Steam in a jar, cooking about 1½ hours in a pan of boiling water. Grilled chop is also suitable for invalids.

LEMONADE.

INGREDIENTS.

1 Fresh Lemon. ½ pint boiling Water.
 1½ to 2 ozs. Sugar.

Wash the lemon, and peel off the rind thinly; remove the white pith, and cut the lemon thinly. Place with the rind and sugar in a jug. Pour over boiling water, cover the jug with a saucer, and let it stand till cool; strain. Orangeade and Rhubarb Water may be made in a similar way.

Imperial Drink may be made by adding ½ teaspoonful cream of tartar to the above before serving.

APPLE WATER.

INGREDIENTS.

1 to 2 Apples (red ones if Sugar to Sweeten.
 possible). 1 pint Water.
 Squeeze Lemon Juice.

Wipe the apples, and cut into thin slices; place in a jug, pour boiling water over. Add sugar, let it stand till cold, then strain. Add lemon juice to taste.

TOAST WATER.

INGREDIENTS.

1 thin slice of Toast (crisp and well toasted).
 ½ pint boiling Water.

Pour the water over the toast; allow to stand till cold, then strain it. If liked, add a little lemon juice.

BARLEY WATER.

INGREDIENTS.

3 ozs. Pearl Barley. 1 small table-spoonful Sugar.
 1 quart cold Water. Thin rind ½ Lemon.

Scald the barley. Place in a pan of water, add lemon

rind, bring to boiling point, simmer two hours; strain, add sugar and a little lemon juice.

N.B.—The barley may be used once or twice again.

BEEF TEA CUSTARD.

INGREDIENTS.

$\frac{1}{2}$ pint hot Beef Tea. 1 Egg.
Little Salt and Pepper.

Beat up the egg slightly; add the beef tea to the egg; season lightly. Butter a large cup or very small bowl, strain the custard in, twist a piece of buttered paper over the top of the cup, and place in a saucepan of boiling water—the water coming half-way up the cup. Draw the saucepan to the side of the fire, and allow the custard to remain there till firm. Remove at once from water, which will be about 20 minutes. Do not on any account allow the water to boil while the custard is steaming, or it will be full of holes. When the custard is firm, serve either hot or cold in the cup or basin it was steamed in.

GRUEL.

INGREDIENTS.

2 ozs. Oatmeal (good 1 pint Water.
measure).

Soak the oatmeal in water for 1 hour, stir occasionally. Pour off the water, bring to boiling point, simmer for a quarter of an hour, add salt and sugar if liked. A little milk may be added. If at all lumpy, strain.

Oatflour may be used for the gruel. Take two small table-spoonfuls and blend it smoothly. Heat 1 pint water or milk and pour it over. Return to the pan, boil and cook 10 minutes.

LINSEED TEA.

INGREDIENTS.

2 ozs. Linseed.	Juice of 1 small Lemon.
Sugar to Sweeten.	1 inch Liquorice.
1½ pints cold Water.	

Place the seeds in a jar. Cover and stew gently for about 1½ hours. Strain, add sugar and liquorice. Replace in jar till melted. When tea is ready it should be of consistency of thin cream.

EGG FLIP.

INGREDIENTS.

1 Egg (yolk and white beaten separately).	A little Sugar. ¼ pint Milk.
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Beat the yolk with the sugar. Heat the milk and pour over the yolk and sugar, and add the stiffly-beaten white. Sometimes a teaspoonful of brandy is added.

IRISH MOSS JELLY.

INGREDIENTS.

½ oz. Irish Moss.	About 1½ pints Milk.
Small piece of Cinnamon Stick.	1 oz. Sugar. Lemon Rind.

If the Irish moss is freshly gathered, wash well and remove dark pieces. Soak in cold water all night. If bought, wash only, do not soak. Tie in muslin with flavouring. Place in a pan with milk and sugar, and cook gently till a little sets when dropped on a plate. Squeeze muslin well, pour into wetted mould, and when cold turn out. For invalid drink, use double the quantity of milk.

SAGO CREAM.

INGREDIENTS.

1 oz. Sago.	Sugar to Sweeten.
1 pint Milk.	Flavouring, if liked.
1 Yolk of Egg.	

Boil the milk, sprinkle in the sago, simmer till clear, about 15 minutes. Strain, sweeten, and pour over the beaten egg. Rice, tapioca, etc., may be used similarly. If liked, the yolk of egg may be left out.

BREADBERRY.

Take half slice thinly-cut bread, and toast slowly until a golden-brown colour. Cut in small pieces and place in a basin. Pour over boiling water and allow to stand from 10 to 15 minutes. Pour off the water and squeeze slightly. Add sufficient water and milk to make the desired consistency. Heat slowly and sweeten slightly if liked.

INVALID JELLY.

INGREDIENTS.

$\frac{1}{2}$ oz. Gelatine.	6 ozs. Loaf Sugar (if Lemon Juice).
$\frac{1}{2}$ pint Water.	
$\frac{1}{2}$ pint Orange or Lemon Juice.	4 ozs. Sugar (if Orange Juice).
	2 Eggs.

Rasp the sugar on the rinds; place sugar, gelatine, and water in lined pan. Stir till gelatine dissolves, then add lemon or orange juice, bring to boiling point. Beat up eggs, and when gelatine mixture has cooled a little, pour on to the eggs, stirring all the time. Strain. Allow to cool. Turn into wetted tin moulds. When quite set, dip in warm water and turn out.

CUP OF ARROWROOT AND ARROWROOT PUDDING.

INGREDIENTS.

1 dessert-spoonful Arrowroot.	1 small teaspoonful Sugar.
$\frac{1}{2}$ pint Milk.	1 Egg.

Blend the arrowroot with a little of the cold milk. Boil the rest of the milk and pour over. If instant thickening takes place, the arrowroot is cooked; if not, return to the pan and boil. Add sugar and serve; or, when cool, add 1 egg, separating the white from yolk. Beat the white very stiffly and fold in. Turn into a buttered pie-dish, bake in a moderate oven till risen and nicely browned, about 20 minutes.

WINE WHEY.

INGREDIENTS.

1 gill of Milk.	1 lump of Sugar.
$\frac{1}{2}$ gill of Sherry.	

Put the milk and sugar into a rinsed saucepan and bring it to boiling point, then pour in the sherry. When the milk is well curdled, strain through clean muslin into a glass, and serve the whey very hot.

CHICKEN PANADA.

INGREDIENTS.

$\frac{1}{2}$ lb. Chicken Meat.	$\frac{1}{2}$ teaspoonful Salt.
$\frac{1}{2}$ lb. Bread soaked in Milk.	$\frac{1}{4}$ saltspoonful Pepper.
1 pint Chicken Liquor or Broth.	

The chicken may be obtained from a cold roast fowl, the bones, gristle, and tendons of which should be boiled for the broth, or a fowl may be used on purpose for it.

Put the breadcrumbs to soak in enough milk to cover them. Cut the chicken into small pieces, leaving out

everything which is not meat, and chop it on a board until it is very fine. Press the breadcrumbs through a coarse wire strainer into a pan with the meat, pour in the broth (from which the fat has been removed), and add the pepper and salt. Boil for 1 minute. The panada should be about the consistency of thick gruel. It may be varied by seasoning it with celery-salt. Two table-spoonfuls of sweet cream form a desirable addition.

MILK TOAST.

Put one cup of rich milk into a saucepan, and place it on the stove. While it is heating, toast three slices of bread a delicate brown. Put them, one at a time, into a covered dish, and when the milk is boiling, season it with one saltspoonful salt, and pour it over the bread. A little butter may be spread upon each slice before milk is poured over it, but it is a more delicate dish without it. May be cut into dice or strips before milk is poured on.

Simple Confectionery.

MOLASSES CANDY.

INGREDIENTS.

$\frac{1}{2}$ lb. Butter.	1 table-spoonful Glucose.
$\frac{1}{2}$ lb. Granulated Sugar.	1 table-spoonful Vinegar.
2 lb. tin Syrup.	

Melt the butter and add sugar and syrup. When quite dissolved add glucose. Bring to boiling point, and boil to 285 degs. Fahr. At once place pan into a basin of cold water and add vinegar, stirring vigorously. Pour into buttered tins or on to marble between greased candy bars. When cool enough to handle, add flavouring (peppermint or ginger), and pull till light-coloured and smooth. Pull into long strips and cut with greased scissors. - Wrap in caramel paper.

Note.—It is advisable to stir the candy after it reaches 280 degrees.

EVERTON TOFFEE.

INGREDIENTS.

2 lbs. Granulated Sugar.	1 small teacupful Golden Syrup.
$\frac{1}{2}$ pint Cold Water.	
$\frac{1}{2}$ lb. best Salt Butter.	$\frac{1}{2}$ teaspoonful Cream of Tartar.
Essence Lemon to taste.	
If liked, a few drops Saffron colouring.	

Put in good-sized pan, the sugar, water, syrup, and one-third of the butter, and dissolve; stir all the time. Put in thermometer, add cream of tartar and boil to 260 degrees Fahr. Then add the rest of the butter, cut in *thin* slices so as to boil quickly into the sugar, and stir carefully with the thermometer to 300 degrees Fahr.

Note.—After 260 degrees lower the gas and stir carefully, as, if flame is too strong against the bottom of pan and

if not carefully stirred, it is apt to scorch. Remove the pan to table and very gently mix in the essence of lemon and a few drops of saffron colouring, if wished a darker brown colour. Pour on buttered marble between buttered candy bars or into buttered dish. Make it half an inch thick, and when half cold, score into squares with a knife. Break up when cold and keep in a tin lined with parchment paper. It keeps for months.

HELENSBURGH TOFFEE.

INGREDIENTS.

2 lbs. Granulated Sugar.	1 teacupful Milk or Cream
$\frac{1}{2}$ lb. Fresh Butter.	or Water.
1 large tin Condensed Milk.	$\frac{1}{2}$ bottle Vanilla Essence.

Melt butter with water in pan. Add sugar. When dissolved, boil five minutes, stirring all the time. Then add condensed milk. Boil to soft ball (240°F.). Remove from heat, allow to settle, add essence. Beat with a wooden spoon till it begins to grain. Quickly pour into a greased tin. When quite set, mark into squares or fingers.

RUSSIAN TOFFEE.

INGREDIENTS.

2 teacupfuls Sugar.	2 table-spoonfuls Syrup.
3 ozs. Butter (Fresh).	1 teacupful Water.
1 tin Condensed Milk.	Little Vanilla Essence.

Melt half the butter, add sugar, syrup, condensed milk, water, vanilla essence. When boiling put in the other half of butter small piece at a time.

Boil for about one hour or till when tried in water forms a small hard ball. Pour into a greased tin and before it is quite cold, cut into blocks. Roll in waxed paper.

COCOANUT TABLET.

INGREDIENTS.

2 lbs. Sugar.	1 oz. Butter.
$\frac{1}{2}$ lb. Cocoanut.	Any Flavouring and
$1\frac{1}{2}$ teacupfuls Milk.	Colouring liked.

Heat milk and sugar slowly, and when boiling, add butter and cocoanut. Boil 15 minutes, then remove from fire and stir till creamy and thick.

Fig Tablet.—Use Demerara or brown sugar and 6 ozs. figs. To prepare figs—wash, chop, and pound in mortar. Place in pan when mixture comes to boiling point.

WALNUT TABLET.

INGREDIENTS.

1 lb. Granulated Sugar.	3 ozs. Shelled Walnuts.
1 teacupful Milk.	1 table-spoonful Butter.
1 table-spoonful Syrup.	1 teaspoonful Vanilla.

Put sugar, butter, milk and syrup into a pan. Bring *slowly* to boiling point. Boil to 240 degs. F., or soft ball (about 25 minutes). Remove from fire, add walnuts roughly chopped and vanilla. Beat with a wooden spoon till creamy. Pour into a tin which has been greased and lined with grease-proof paper.

COCOANUT ICE.

INGREDIENTS.

2 ozs. Dessicated Cocoanut.	2 Whites (stiffly beaten).
1 gill Water.	1 lb. Granulated Sugar.

Boil sugar and water to 236 degrees Fahrenheit. Stir in cocoanut and cook a few minutes. Next add whites, stiffly beaten, and cook a few minutes longer. Pour between bars on buttered slab and cut into bars when cold.

TURKISH DELIGHT.

INGREDIENTS.

1 lb. Castor Sugar.	1 full $\frac{1}{2}$ pint Cold Water.
$\frac{3}{4}$ oz. (good measure) Cox's Instant Powdered Gelatine.	Small third-teaspoonful Tartaric Acid.
Juice of 2 Lemons.	Lemon Essence to taste.

Put the gelatine in water and dissolve. Add the sugar and stir over the fire until the sugar is dissolved. Then boil briskly, stirring all the time for 8 minutes, *by the clock*. Remove pan to table and add the tartaric acid in the lemon juice. Also add essence of lemon to taste, and, if wished, colour pale pink. Then just bring all to boiling point. (Add small measures of flavourings; they are all strong.) Pour into a tin which has been rinsed out with cold water and leave in a cool place for 24 hours. After it stands for 5 minutes remove the scum with a spoon. Then drop in pistachio nuts or blanched and dried almonds, if desired.

To turn out, dip tin quickly in water (boiling) and turn the Delight on to icing sugar. Leave for an hour, then rub over with icing sugar. Then cut into squares and roll each square in icing sugar to which a good pinch of tartaric acid or cream of tartar has been added, or use icing sugar only. The icing sugar should be perfectly dry. Pack the Delight in box with tissue or kitchen paper. Do not use wax paper. It may be flavoured with orange or a mixture of orange and lemon, and also with rose.

MARSH-MALLOWS.

INGREDIENTS.

10 ozs. Granulated Sugar/	$\frac{1}{2}$ pint Water and Orange
$\frac{1}{2}$ pint Water.	Flower Water, mixed (4
$\frac{3}{4}$ oz. Cox's Instant Powdered Gelatine (light weight).	dessert-spoonfuls Orange Flower Water is sufficient).
1 dessert-spoonful Glucose.	

Put the gelatine in the water and the orange flower water, then dissolve it in a fairly large pan over a gentle

heat and set it aside. In another pan put the sugar, water, and glucose, dissolve in the usual way and boil to 260 degrees Fahr. Re-warm the pan containing gelatine and pour the boiled sugar into it, heating briskly with an egg whisk; after a minute or two add the *stiffly-beaten* white of an egg, then whip the batch till it gets white and stiff, about a quarter of an hour. Leave it in pan for half an hour, then run a thin knife round the edge of the pan and turn it on to dry sifted icing sugar. Leave it for an hour or for some hours, then rub over with icing sugar, then with large scissors cut into squares, and rub each square with icing sugar. Leave these exposed to the air in a warm room for two or three days, then keep it in a tin lined with kitchen paper. Any kind of nuts, if ground, can be added to the batch while beating it. Various flavours can be used, such as vanilla, rose, chocolate, strawberry or coffee.

CREME DE MENTHE SQUARES.

INGREDIENTS.

10 ozs. Granulated Sugar.	1 to 2 drops Apple Green Colouring.
$\frac{1}{2}$ oz. Jap Gelatine (Agar, Agar).	7 ozs. Glucose.
$\frac{1}{2}$ teacupful cooked Apple Pulp.	$\frac{1}{2}$ teaspoonful Cox's Gelatine (dissolved in 2 table-spoonfuls boiling water).
Full $\frac{1}{2}$ pint Cold Water.	
4 or 5 drops Oil of Peppermint.	

Soak Jap gelatine an hour or two, or overnight, in a full $\frac{1}{2}$ pint of cold water. Then dissolve over a gentle heat, stirring constantly, and then add glucose and dissolve it. Dissolve the gelatine in two table-spoonfuls of boiling water and add to the Jap and glucose. Prepare apple by slicing and simmering till soft in a little water, and then rub through a hair sieve. Add the apple pulp and sugar. Boil, stirring carefully, till the syrup, when held

up, runs in an unbroken thread, all thick and oily looking. Flavour with peppermint. Colour a pale green and pour into impressions made in very dry, sifted, confectioners' starch, or pour into a wetted mould. Leave till set, then dust off any starch, and roll in icing sugar. Leave drying in the sugar for a day or two, then dust it off, and pack in boxes with layers of wax paper.

If mixture has been poured into a wetted mould dip in warm water to unmould, then finish off, as above, with icing sugar, after cutting in rounds or squares.

MARZIPAN.

INGREDIENTS.

1 lb. Loaf Sugar.	1½ gills Water.
12 ozs. Ground Almonds.	2 Whites of Eggs.

Boil sugar and water to 232 degrees Fahr. Take the pan from the fire, grain a little by stirring, and stir in ground almonds and white of egg; cook a *little* over a slow fire. Turn on to a slab, add about three table-spoonfuls sifted icing sugar, and work with a spatula until cool enough to handle. Knead it smooth, divide into portions, colour and flavour them with different essences, and use for moulding into fruits and flowers, forming into logs, rolls and slices, and for placing in tin moulds.

N.B.—Less almonds may be used.

CARAMEL WALNUT.

INGREDIENTS.

Marzipan.	Walnuts.	Syrup.
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Form marzipan into balls, place halved shelled walnut on either side. Allow to dry for 12 hours. Coat with syrup. When set, place in paper cases.

SYRUP.

INGREDIENTS.

1 lb. Loaf Sugar.
1½ gills Water.

Pinch Cream of Tartar.

Dissolve sugar slowly in the water, add cream of tartar, bring to boiling point, skim well, boil till at crack 300 degrees Fahr.

MISCELLANEOUS.

BREAKFAST DISHES.

PORRIDGE.

INGREDIENTS.

- 2 ozs. Oatmeal. 1 level teaspoonful Salt.
1 pint boiling Water.

Boil the water, add salt, sprinkle in the oatmeal, stirring all the time. When it comes to boiling point put pan lid on, and allow to simmer 1 hour, stirring frequently.

BACON AND EGGS.

INGREDIENTS.

- 3 ozs. Bacon. 1 Egg.

Slice the bacon thinly. Fry the bacon, slightly underdone, and put it in the oven to keep hot, and finish cooking while frying the egg. Break the egg into a cup, and place gently into the pan in which the bacon was fried, having the fat slightly smoking. Keep as round a shape as possible, and baste continually with the hot fat until lightly set. Drain from the fat, and place on top of the bacon. Serve hot.

POACHED EGGS.

INGREDIENTS.

- 1 slice Toast. Water.
1 Egg. Vinegar.
Salt.

Add salt and about 1 teaspoonful vinegar to the water; break egg into cup. Slip gently and quickly into a pan of hot water, and cook for $2\frac{1}{2}$ minutes under boiling point. Slip out, drain, and serve on hot buttered toast; garnish with parsley and serve.

SCRAMBLED EGG.

INGREDIENTS.

1 slice Toast.	Salt and Pepper.
1 Egg.	About 1 table-spoonful Milk.
$\frac{1}{2}$ oz. Butter.	Parsley.

Butter the toast and keep hot. Melt the butter. Mix beaten egg and milk, add seasoning, pour into the butter. Stir briskly over the fire until it thickens and is creamy. Pile on toast, and garnish with a little parsley. Serve at once.

N.B.—Chopped parsley or ham may be added to vary.

TO BOIL EGGS HARD.

Place on in cold water, boil for 20 minutes, place in cold water till required to prevent discoloration of the yolk.

TO BOIL EGGS SOFT.

Use enough boiling water to cover the eggs. Place the eggs in the water just off boiling point. Let them stand from 10 to 12 minutes on the hearth or any place where the water will not lose its warmth too quickly. The saucepan should remain uncovered.

BAKING POWDER.

INGREDIENTS.

2 ozs. Rice Flour.	2 ozs. Bi-carbonate of Soda.
2 ozs. Tartaric Acid.	

Crush lumps out of tartaric acid and soda; add rice flour. Sift through a fine sieve twice. Never touch with the hands. Keep in well-corked bottles.

BREAD RASPIINGS.

Place the scraps and crusts of bread in a tin, and put into the oven until dry and nicely browned, but not burnt.

Place on a board and crush with rolling-pin. Rub through a wire sieve and they are ready for use.

N.B.—If doing large quantities, put through a mincing machine before crushing.

RENDERED FAT.

INGREDIENTS.

Mixture of Beef and Mutton Fat.

Cut into small pieces, place in a strong unlined pan, cover with water, and heat gently until all the water is driven off. Carefully continue heating the fat until it becomes liquid and any solid remaining part has become quite clear, then allow to cool slightly, pour through a strainer, and use as a medium for frying or making plain pastries or cakes.

N.B.—Careful watching and frequent stirring are necessary after the water is driven off.

CLARIFIED DRIPPING

which has become dark through use.

Place the fat in a pan, adding $\frac{1}{2}$ to 1 pint of cold water, according to the amount of fat, heat slowly, stir occasionally, simmer about a quarter of an hour, then turn the whole contents into a basin of cold water. Next day lift off carefully the solid cake of fat, turn over and scrape off the sediment which has clung to the bottom. Place the fat in a pan, and heat slowly till it just begins to faintly smoke, when it is ready for use. If fat is very dirty, clarify twice.

BROWN FLOUR.

Put flour in a frying-pan and stir over a moderate heat until it is a light coffee colour, and then let it get cold. Rub through a sieve to get rid of any lumps, and store in bottles or tins. Brown flour does not thicken so much as white flour, so good measure must always be used.

BROWNING.

Place $\frac{1}{2}$ lb. sugar in an unlined pan, stir until it is melted, then allow to take a dark brown colour, add $\frac{1}{2}$ pint boiling water gradually. Allow to become quite cold, then strain and bottle.

VEAL FORCEMEAT OR STUFFING.

INGREDIENTS.

3 ozs. Breadcrumbs.	$\frac{1}{2}$ teaspoonful Herbs.
1 oz. chopped Suet.	1 Egg.
1 teaspoonful chopped Parsley.	Little Milk.

Mix all together, using a fork.

N.B.—Butter melted is substituted for suet when for fish dishes.

COATING BATTER.

INGREDIENTS.

$\frac{1}{2}$ lb. Flour.	About 1 gill tepid Water,
$\frac{1}{2}$ teaspoonful Salt.	

Add salt to flour, and gradually enough tepid water to make a consistency to coat spoon. Beat well.

BEANS AND BACON.

INGREDIENTS.

$\frac{1}{2}$ lb. Beans.	$\frac{1}{2}$ lb. Fat Bacon.
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Wash and soak the beans overnight and put on to boil in cold water, to which has been added an onion. Boil till tender; time varies according to size of bean, average time about two hours. Drain beans and fry bacon. Fry beans in fat drawn from bacon, season if necessary. Place beans in the middle of dish and arrange bacon round.

CHEESE POTATOES.

INGREDIENTS.

6 or 8 Boiled Potatoes.	1 gill Milk.
1 oz. Dripping or Butter.	Raspings (if liked).
2 ozs. Grated Cheese.	Salt and Pepper.

Mash the potatoes smoothly, add the salt, pepper, milk and butter, and most of the grated cheese, mix well and put in a greased pie-dish, sprinkle the remaining cheese and raspings over the top, brown in the oven or before the fire.

MACARONI AND CHEESE.

INGREDIENTS.

2 ozs. Macaroni (Naples).	$\frac{1}{2}$ pint White Sauce.
3 ozs. Grated Cheese.	Salt and Pepper.

Wash and boil the macaroni in salted water, with lid off, for about 40 minutes and then drain. Grate cheese and add nearly all to white sauce, add macaroni. Season rather highly, turn into a greased pie-dish; sprinkle a few raspings on top and the rest of the cheese. Heat through in a brisk oven.

WELSH RAREBIT.

INGREDIENTS.

3 table-spoonfuls Grated Cheese (soft cheese).	1 teaspoonful Butter. Seasoning.
1 table-spoonful Milk.	Toasted Bread.

Place the cheese, butter, and milk in a pan and heat through; season. Pour on to toast (buttered if liked) and serve at once.

RICE AND CHEESE.

INGREDIENTS.

$\frac{1}{2}$ lb. Rice.	$\frac{1}{2}$ pint Milk.
2 ozs. Grated Cheese.	Salt and Pepper.

Wash the rice and hoil 20 minutes in water. Pour off and dry rice slightly. Add milk and cook till the

rice has absorbed all the milk; season and place rice and cheese in layers in a greased pie-dish. Sprinkle cheese on top and then a few bread raspings over. Reheat and serve at once.

CHEESE PUDDING.

INGREDIENTS.

2 ozs. Breadcrumbs.	1-2 well-beaten Eggs.
2 ozs. Grated Cheese.	$\frac{1}{2}$ pint Milk.
1 oz. Butter.	1 saltspoonful Mustard.
Salt and Pepper.	

Warm the butter and milk together, pour over the crumbs and cheese; add seasoning and egg, pour into a small greased pie-dish, bake for $\frac{1}{2}$ hour.

TEA.

Allow one small teaspoonful for each person and one for the pot, if for a few people; but if tea is being made for a larger number, the quantity allowed is proportionately less. Heat the teapot, put in the tea, and pour in sufficient freshly-boiled water to just infuse. Let it stand for 3 to 5 minutes. Fill up with boiling water, and after letting it stand a minute, pour out.

A pinch of carbonate of soda may be added when the water is very hard.

COCOA.

One teaspoonful of cocoa to a breakfast cup. Sugar to sweeten. Half breakfast cup milk and half breakfast-cup water.

Mix the sugar with the cocoa. Put the milk and water on to heat, and when it boils, pour it on to the cocoa, stirring all the time. Return to the pan and boil. Then serve.

COFFEE (A).

Two ozs. coffee to each pint of boiling water.

Heat the coffee jug thoroughly, then put in the coffee, pour on the boiling water and let it stand in a warm place for 5 or 6 minutes, then strain. If it is for black coffee, serve with cream; if for breakfast coffee, serve equal quantities of coffee and boiling milk.

COFFEE (B).

The above proportions may be taken, but place coffee in cold water, soak a long time, then bring slowly to boiling point, simmer a minute, strain, use as above.

DEVILLED ALMONDS.

INGREDIENTS.

2 ozs. Jordan Almonds.
1 oz. Clarified Butter or Salad Oil.
Salt and Cayenne.

Blanch the almonds and dry them, without browning them, in the oven. Then fry them in clarified butter or oil till a light brown. Drain slightly, then place in the corner of a towel on which salt has been sprinkled and some cayenne pepper. Toss lightly in this and serve crisp.

BROWNEO CRUMBS.

INGREDIENTS.

2 ozs. Coarse Breadcrumbs. 1 oz. Butter.

Heat the butter without discolouring, place in the crumbs, and stir over a moderate heat until of the desired colour, being careful to have them all of a uniform shade. Season and use.

BOILED FLOUR.

Tie up a quantity of flour in a cloth, and boil it quickly for 5 hours. Turn it out and allow to cool. Take off

the soft crust and grate down the flour. Use as cornflour or arrowroot. This boiled flour is very digestible, and is given to invalids and young children.

CHEESE PUDDING.

INGREDIENTS.

1 oz. Flour.	2 Eggs.
2 ozs. Grated Cheese.	Salt, Pepper, Cayenne.
$\frac{1}{2}$ pint Milk.	

Make a sauce with flour and milk, cook 3 minutes, and add cheese and seasonings. When slightly cool add beaten eggs, turn into a greased pie-dish, and bake in a fairly hot oven till brown and well risen. Serve at once.

CHEESE CUSTARD.

INGREDIENTS.

2 Eggs.	$\frac{1}{4}$ lb. grated Cheddar Cheese.
3 gills Milk.	Seasoning.
Mustard if liked.	

Heat milk and cheese until cheese is melted. When cool enough pour over eggs. Season and bake in a moderately hot oven until set.

SCOTCH EGGS.

INGREDIENTS.

3 hard-boiled Eggs.	1 oz. Butter.
4 ozs. cold Meat (chopped).	1 oz. Flour.
1 gill Stock.	Seasoning.

Make a panada with the flour, butter, and stock. Add the meat and seasoning. Shell the eggs, rub with a little flour, and coat with the mixture. Egg and crumb and fry in hot fat. Cut into halves, arrange on a dish, and garnish with parsley. Serve with or without sauce.

Instead of the meat mixture sausages may be used, in which case the Scotch eggs must be fried longer to thoroughly cook the sausage-meat.

BIRDS' NESTS.

INGREDIENTS.

2 ozs. Breadcrumbs.	1 teaspoonful chopped Parsley.
1 teaspoonful Sifted Thyme or Sweet Herbs.	Salt and Pepper.
1 oz. Butter (melted).	2 hard-boiled Eggs.
1 Egg.	Egg and Breadcrumbs to coat.

Make the forcemeat. Rub the eggs in flour, then work round the forcemeat. Egg and crumb and fry in deep fat. Drain. Cut in half and dish on a dish-paper.

Garnish with parsley.

CONVENT EGGS.

INGREDIENTS.

2 hard-boiled Eggs.	Small piece Onion.
$\frac{1}{2}$ oz. Butter.	$\frac{1}{2}$ pint Milk.
1 table-spoonful Flour.	Salt and Pepper.

Slice the onion thinly and cook in butter for 10 minutes without browning. Add flour and then the milk gradually. Stir till boiling and boil for 3 minutes. Cut the eggs in halves or slices and heat in the sauce. Lift the eggs on to a hot dish and pour the sauce over. Garnish with fried or toasted bread.

CHEESE CUTLETS.

INGREDIENTS.

1 oz. Butter.	} Panada.	1 oz. grated Cheese.
1 oz. Flour.		Seasonings.
1 gill Milk.		Egg and Breadcrumbs to coat.
1 oz. cooked Macaroni.		

Make panada in usual way, add cooked chopped macaroni, grated cheese and seasonings and mix well. Spread evenly on a plate and put aside till cold. Divide into equal portions, shape into cutlet shape, egg and crumb and place a little piece of uncooked macaroni in the end of each cutlet. Fry a golden brown colour in smoking hot fat.

NUT CUTLETS.

INGREDIENTS.

1 oz. Butter.	—	Little grated Onion.
1 oz. Flour.		4 ozs. Pine Kernels, minced.
1 gill Milk.		Salt, Pepper, Lemon,
1 Yolk.		Macaroni.

Melt butter in pan; add flour, then milk, and cook thoroughly. Add onion, nuts, seasoning and mix well together. Turn out on plate to cool. Divide into 8 and shape into cutlets. Coat with white of egg. Insert macaroni to represent bone. Fry and serve with curry or tomato sauce.

EGG CUTLETS.

INGREDIENTS.

2 hard-boiled Eggs.	1 oz. cooked Ham or Tongue.
1 oz. Butter.	2 or 3 Mushrooms.
1 oz. Flour.	1 raw Yolk.
1 gill Milk or White Stock.	Little grated Nutmeg.
Salt, Pepper, Cayenne.	Egg and Breadcrumbs.

Boil the eggs 15 minutes and cut into small dice. Mince the ham and mushrooms or tongue, finely. Make a panada with butter, flour, and milk. Boil well. Take off the fire, add yolk, salt, pepper, cayenne, ham, mushrooms, and hard-boiled eggs. Turn the mixture on to a plate to cool. When cold, shape into cutlets, egg and crumb and fry. Serve in circle, and garnish with fried parsley or water-cress in the centre.

CHEESE EGGS.

INGREDIENTS.

3 Eggs.	3 ozs. Cheese.
$\frac{1}{2}$ pint Milk.	Salt, Pepper, Cayenne.

Place the cheese and milk in a pan, and stir till dissolved. Add seasoning and beaten eggs, and stir till the

mixture thickens and is thick enough to stand on toast. Pile on toast thinly buttered, if liked, and garnish with parsley.

LENTIL AND CHEESE CUTLETS.

INGREDIENTS.

$\frac{1}{2}$ lb. Lentils.	2 ozs. cooked Potatoes.
2 ozs. grated Cheese.	1 oz. Butter.
1 Yolk of Egg.	Seasoning.

Boil lentils and sieve along with the potatoes. Mix all ingredients together. Shape into cutlet form, coat with egg and breadcrumbs and fry a golden brown colour in deep fat.

TOMATOES AND BACON.

INGREDIENTS.

$\frac{1}{2}$ lb. Tomatoes.	$\frac{1}{2}$ lb. Bacon.
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Slice the bacon thinly; skin the tomatoes and slice thickly. Fry the bacon and keep it hot. Fry the tomatoes, season nicely, and arrange round the bacon.

Note.—This might be cooked in the oven. Mushrooms treated similarly.

BUTTERED EGGS.

INGREDIENTS.

2 slices Buttered Toast.	2 table-spoonfuls Milk.
2 Eggs.	Salt and Pepper.
2 ozs. Butter.	

Beat the eggs, add the seasoning. Melt the butter in a pan, add the milk and eggs, stir till it thickens and becomes a thick creamy consistency. Pile on buttered toast, garnish with parsley.

N.B.—Chopped ham, tongue, or parsley or herbs may be added.

CABBAGE, RICE, AND POACHED EGGS.

INGREDIENTS.

About 6 or 8 ozs. tender Cabbage.	$\frac{3}{4}$ gill Water to flush Rice. Salt.
1 small Onion (shredded).	$\frac{1}{2}$ gill Rice.
1 oz. Fat.	1 or 2 Eggs.
1 gill Water to 1 lb. Cabbage.	

Sweat onion in the fat. Add the shredded cabbage and first lot of water, also the salt. Cook slowly. When cabbage is half cooked add rice, stirring well into the cabbage, then add rest of water. Continue cooking till rice is tender. A few minutes before serving poach eggs on top of cabbage.

MACARONI A LA TOMATE.

INGREDIENTS.

3 large Tomatoes.	Seasoning.
1 oz. Butter.	$\frac{1}{2}$ oz. cooked Ham.
2 ozs. Macaroni.	

Cut tomatoes in slices and cook them in butter. When tender, rub through a hair sieve and season. Boil the macaroni in salted water till tender. Strain. Pour cold water over and cut in one-inch lengths. Cut ham in shreds and add it with the macaroni to the tomato purée. Heat through. Serve in an au gratin dish, sprinkled over with parsley.

MACARONI A LA MILANESE.

INGREDIENTS.

2 ozs. Macaroni, boiled and cut in one-inch lengths.	
3 Tomatoes.	} Cook together and sieve when Tomatoes are tender.
1 oz. Butter.	
1 slice Onion.	
Seasoning.	
1 oz. Butter.	1 gill Milk.
1 oz. Flour.	Tomato Purée.
Make into a Sauce, Season, and add 1 oz. grated Cheese, $\frac{1}{2}$ table-spoonful Cream, Carmine (if necessary).	

Have macaroni in a pan. Pour most of the sauce over. Mix and make very hot. Pour into an au gratin dish.

Coat with the remainder of the sauce and garnish with parsley.

CURRIED EGGS.

INGREDIENTS.

4 to 6 hard-boiled Eggs.	3 ozs. Boiled Rice (<i>see</i>
$\frac{1}{2}$ pint Curry Sauce (<i>see</i>	<i>page 170</i>).
<i>page 246</i>).	Garnish of sieved Yolk and Parsley.

Cut hard-boiled eggs in half and place in hot sauce and heat through. Form rice into a border and place the curried eggs in the centre. Add a little lemon juice to the curry sauce. Pour round, garnish.

CURLED BACON.

Roll up thinly-cut slices of streaky bacon, keeping the roll hollow in the centre. Push a skewer through each roll. Place on a dripping-tin and bake in a moderate oven 15 to 20 minutes.

TO CLARIFY BUTTER.

Melt the butter slowly in a shallow pan. Heat it, but do not allow it to discolour. Skim off the frothiness that rises. Let the butter stand for a minute or two, and then pour off carefully, leaving the sediment behind.

LIVER COCKTAIL.

8 ozs. liver yields 4 table-spoonfuls crushed product. Mix liver and sauce in proportion—1 part crushed liver : $2\frac{1}{2}$ parts sauce.

Sauce.

INGREDIENTS.

$\frac{1}{2}$ cup Tomato Ketchup.	2 teaspoonfuls Worcester
$\frac{1}{4}$ cup Lemon Juice.	Sauce.
	Salt and Pepper to taste.

Mix ingredients. Chill thoroughly and serve in cocktail glasses.

ORANGE JUICE AND LIVER COCKTAIL.

INGREDIENTS.

4 ozs. Liver.

4 ozs. Orange Juice.

Put liver through mincer several times. Add cold water to make pulp consistency of thick cream. Leave on ice at least 1 hour. Beat a little, add orange juice. Strain, serve very cold in a coloured glass.

MINCEMEAT (PLAIN).

INGREDIENTS.

 $\frac{1}{2}$ lb. Raisins. $\frac{1}{2}$ lb. Suet. $\frac{1}{2}$ lb. Sultanas.

2 ozs. Peel.

 $\frac{1}{2}$ lb. Currants. $\frac{1}{2}$ Nutmeg. $\frac{1}{2}$ lb. Apples. $\frac{1}{2}$ teaspoonful Mixed Spice. $\frac{1}{2}$ teaspoonful Ginger.

1 Lemon.

 $\frac{1}{2}$ teaspoonful Cinnamon.

Good pinch Salt.

2 ozs. Brown Sugar.

Stone and chop the raisins, rub and pick the sultanas, wash, pick and dry the currants, mince the suet and peel finely, peel and mince the apples, grate the rind of the lemon thinly, strain the juice, mix everything together, press into jars and cover till required.

MINCEMEAT.

INGREDIENTS.

1 lb. Beef Suet.

1 teaspoonful Salt.

 $1\frac{1}{2}$ lbs. Currants.

1 teaspoonful Ground Ginger.

1 lb. Valencia Raisins.

1 teaspoonful Ground Cloves.

 $\frac{3}{4}$ lb. Minced Peel.

1 teaspoonful Ground

6 large Apples.

Allspice.

 $\frac{1}{2}$ lb. Almonds.

1 Grated Nutmeg.

Rind of 1 Lemon.

 $\frac{1}{2}$ pint Brandy.

Juice of 2 Lemons.

 $\frac{1}{2}$ pint Sherry. $\frac{3}{4}$ lb. Moist Sugar. $\frac{1}{2}$ pint Rum.

Chop apples and suet finely. Chop peel and almonds. Stone and chop raisins roughly. Grate lemon rind. Mix everything well. Press into jars. Cover with parchment.

SAVOURY PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. Breadcrumbs.	$\frac{1}{2}$ table-spoonful Dried Sage.
2 Onions (parboiled).	1 Egg.
2 table-spoonfuls Oatmeal.	$\frac{1}{2}$ pint Milk.
3 ozs. Suet.	Salt and Pepper.

Soak the bread in cold water until quite soft. Drain all the water away and squeeze as dry as possible. Chop the onion and suet; beat the bread with a fork. Add all dry ingredients to it, and, lastly, the beaten egg and milk. Make one ounce dripping hot in a tin, turn in the mixture, and bake in a quick oven for about 45 minutes. Let it stand for a few minutes, then cut into squares and serve with gravy.

VEGETABLE MARROW GOOSE.

Peel the marrow. Cut off end and scoop out inside. Parboil 2 onions. Four sage leaves, 2 or 3 table-spoonfuls of breadcrumbs. Pinch of ground ginger, 2 ozs. grated cheese.

Mince the onion, add to crumbs, cheese and sage, then pepper, salt and ginger. Stuff the marrow with this. Put on top; bind up with tape. Put into a pan of hot water or stock. Simmer half an hour. Then put into flat greased dripping-pan. Sprinkle over with crumbs. Put pats of dripping on top and bake 20 minutes or half an hour. If pan is not large enough to simmer the marrow in, then it may be put in a pie-dish with water and cooked in the oven. To egg before crumbing is an improvement, but not necessary. Serve with some gravy made by putting flour into baking tin. Pour stock in and boil.

WHITE PUDDINGS.

INGREDIENTS.

1 lb. Oatmeal.	Pudding Skins.
$\frac{1}{2}$ lb. Suet.	Seasoning.
1 or 2 Onions.	

Thoroughly cleanse skins by washing in salt and water, turning outside in, rinsing and leaving overnight in cold water. Chop fat, add to oatmeal with seasoning and grated onion if liked. Quickly fill the skins about two-thirds full, tie in circles, prick. Boil in boiling water about 2 hours. Serve hot.

BLACK PUDDINGS (SCOTCH METHOD).

Take 1 quart of bullock's or sheep's blood, and mix with it half a pound of oatmeal. Add half a pound of finely-minced suet, salt, a table-spoonful of white pepper, a teaspoonful of black pepper, and a teaspoonful of powdered mint. Warm half a pint of skimmed milk, add and mix thoroughly; turn the sausage skins inside out, and wash them well in warm water and salt, then rinse them well in cold water, and fill three parts full with the mixture. Tie the two ends together; put them in hot water, and boil slowly for 20 minutes. While they are boiling, prick with a pin to let the air escape. Lay them on a cloth to dry, and hang up for use. To warm, lay them in boiling water in a deep saucepan, and then toast before the fire or on a gridiron.

Probable cost, 4d. per lb.

PAN HAGGIS.

INGREDIENTS.

$\frac{1}{2}$ lb. Suet.	$\frac{3}{4}$ teaspoonful Salt.
$\frac{1}{2}$ lb. Oatmeal.	$\frac{1}{2}$ pint Milk.
2 ozs. Currants.	A little Pepper.

Chop the suet and melt it in the saucepan; add the oatmeal and the well-cleaned currants and stir over the

fire 10 minutes; then add the milk, pepper and salt. Put on the lid and let it simmer very slowly for 10 minutes longer, till it has absorbed all the milk. Press it all into a small bowl, turn it neatly on a dish, and serve very hot.

POTATO STEW.

INGREDIENTS.

1½ lbs. Potatoes.	½ teacupful Water.
2 Onions.	½ teacupful Milk.
1 dessert-spoonful sweet Dripping.	1 table-spoonful grated Cheese.
¼ teaspoonful Salt.	1 dessert-spoonful chopped Parsley.
½ teaspoonful Pepper.	

Pare thinly, wash and slice potatoes, chop the onions and parsley; put some potatoes in the bottom of a saucepan, some onions, pepper and salt, and repeat until all are used up. Pour in the water and stew gently for ¼ hour; add the milk, stew about 20 minutes longer, till all is sufficiently cooked. Turn out neatly on a dish, sprinkle the cheese over, and brown before the fire. Sprinkle with parsley.

STUFFED CABBAGE.

INGREDIENTS.

1 Cabbage.	Seasoning.
3 Sausages.	½ pint Brown Sauce.
2 table-spoonfuls Breadcrumbs.	

Blanch the cabbage, cut out the centre stalk of each leaf. Skin the sausages and mix with breadcrumbs and seasoning; form into little rolls. Lay a roll on each leaf. Roll into little bundles and tie with string. Cook in brown sauce about three-quarters of an hour. Remove string; serve hot with sauce strained over.

OATMEAL SAUSAGES.

INGREDIENTS.

4 ozs. Oatmeal.	1 oz. chopped Onions.
$\frac{1}{2}$ pint Water.	Salt, Pepper, Nutmeg.
2 ozs. Fat.	Little Cold Meat, mixed (if liked).

Thin Batter to coat:—

Maize, Crumbs, Breadcrumbs or Raspings.
Hot Fat to Fry. Mashed Potatoes.

Cook onion in fat for a little, then add the water and bring to boiling point. Sprinkle in the oatmeal and stir till again boiling. Cook with lid on for about 10 to 15 minutes. Season nicely, add chopped meat. Spread on a plate and allow to cool. Roll into balls, and then into sausage shapes. Coat with batter and crumbs. Fry in hot fat. Serve on hot dish with mashed potatoes, brown sauce or tomato sauce.

SAVOURY MACARONI.

INGREDIENTS.

$\frac{1}{2}$ pint Milk.	Few Raspings.
2 fresh Tomatoes.	$\frac{1}{4}$ lb. Boiled Macaroni.
2 ozs. Margarine.	1 Onion, finely chopped.
2 ozs. Breadcrumbs.	1 table-spoonful chopped Parsley.
2 ozs. Grated Cheese (if liked).	Salt and Pepper.

Place all in a pie-dish in layers, tomatoes sliced and peeled, butter placed in layers in pats. Place a few raspings on top and cook in hot oven half an hour.

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		" Tea Cakes	256
		Yule Cake	267
		Z	
		Zingara Cutlets	118

