

FRENCH
COOKERY
FOR
AMERICAN
HOMES



FRENCH COOKERY
FOR AMERICAN HOMES.




A WESSELS
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NEW YORK



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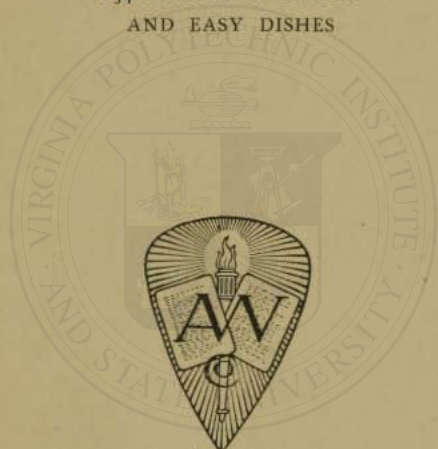
French Cookery for
American Homes

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634 RECIPES OF SIMPLE
AND EASY DISHES



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A. WESSELS COMPANY

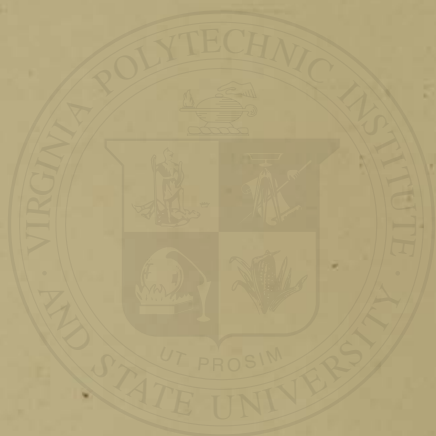
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A FEW HINTS TO COOKS.

To those cooks who are desirous to accomplish their by no means unimportant work in a satisfactory and conscientious manner, and who at the same time are not very experienced in cooking, I should advise them before attempting to try any of the recipes contained in this work to read them first carefully through, particularly all directions given for preparing fat for frying, for making stocks for soups and gravies, for thickening for sauce, &c. I venture to say that if a cook carefully begins by preparing her provision of gravy, thickening, bread-crumbs plain and baked, clarified butter, and spices,—by keeping all these things cool, clean, and sweet, and neatly at hand to be taken down at a moment's notice, the actual preparation of the various dishes will be comparative child's play. When none of these things are kept in reserve the cook gets flurried, the ingredients for the dishes are wasted, and the results are generally lamentable. When fresh herbs are not obtainable, bottles of dried herbs can always be at hand; but nothing can replace fresh parsley, and that is never missing. Potato-flour must always be kept in the event of thickening being needed at the last moment; ordinary flour is most unwholesome unless a long time is allowed for cooking it.

With very few exceptions, all the recipes given in this book will be found so simple and easy that a cook who has interest in her work will feel pleasure and no trouble in trying one or two daily, even without a kitchen-maid, if all

the above instructions are carried out. Let attention be given to the sauces, and, above all, see that they are made in the morning, poured into a large jam-pot, and when wanted warmed by placing the pot in a shallow saucepan of boiling water. In kitchens where the latest and most expensive appliances are to be found a *bain-marie* would be among them, but I am writing for ordinary households and for kitchens which are stocked with the simplest and most elementary utensils.

Wine is frequently recommended in the recipes. I have quoted it because I have seen it used in the different dishes, and it being quite a custom on the Continent; but, with perhaps one or two exceptions, I firmly believe the omission of it would in no way spoil the flavour of the article. Where economy is an object do not fail to substitute New Zealand mutton for cutlets in place of the English. I think it would be more correct to say, pay for foreign mutton and not for English, as so many people do the contrary and get the foreign all the same; but considering the amount of waste to be found on a neck, breast, and shoulder of mutton, it is cruel to pay those prices for it. I will not say the same when legs and saddles are in question; if you can be certain they are English, by all means buy them. The American beef is excellent; the fillets and rump steaks can be procured for 11d. a pound, and nothing better could be desired.

DIRECTIONS (Various).

Fat and Dripping and Butter for frying purposes.

To clarify fat put it into a large stewpan with a third of its height of water; let it boil upon a moderate fire, moving and stirring frequently until the water and all moisture have evaporated and the fat has become quite clear; but it must not take colour. At this point turn it through a sieve into a clean vessel. When this is to be used for frying, take great care it is sufficiently hot for the purpose. Throw in a small piece of bread-crumbs: if it becomes crisp, the fat is at the right point of heat; if the bread remains soft and damp, the fat is not hot enough. When it has attained its highest degree of heat, a light smoke rises on the surface. Lard and suet are melted in the same manner, the suet to be skinned and cut in small pieces. Butter is melted by cooking it over a gentle fire (without water) until it becomes sufficiently clear to allow the bottom of the stewpan to be seen. Let it get half cold, then strain it into a jar.

The fat used for frying must be used for no other purpose, but the same fat will serve many times. Each time it must be passed through a fine sieve into a clean pan; in this manner it will always be ready for use. After serving a very long time the fat will become too deep a colour and burnt, then it must be thrown away. Naturally the fat used for fish must be kept only for that purpose, but fritters (sweet) and beignets of all kinds may be fried in the same fat as that used for meat dishes; the great heat to which it is subjected renders it tasteless.

If before cooking cutlets the superfluous fat is carefully cut away, it is most useful for melting down. The dripping from joints of mutton (beef dripping is sufficiently valuable to keep separate: it makes excellent pastry, and is good for many purposes), from the top of soups—all is good

towards forming the necessary pan of fat indispensable when good cooking is desired. When fat is bought expressly for the purpose, beef suet is the best.

Bread-crumbs

(*Panure*).

Take stale white bread; put it in a clean tea-cloth (rather strong); rub it briskly to reduce it to powder; pass it through a wire sieve.

Baked Bread-crumbs

(*Panure sèche ou chapelure*).

They can be obtained either by grating crusts of bread or by drying bread in a gentle oven, then reducing them to powder by pounding them or crushing them with a rolling-pin.

Bouquet of Herbs.

Mention is frequently made in the following recipes of a bouquet of herbs: it is made by tying together parsley, bay-leaf, marjoram, and thyme; but do not arrange them as you would a bunch of flowers: press them all neatly and lightly together into as small a compass as possible, then securely fasten with string in a manner that will allow no leaf to detach itself.

Caramel.

It is useful to have a little caramel always at hand, and a good careful cook would know better than to abuse the use of it. Put it into a bottle and make some incisions lengthwise in the cork to enable the caramel to pass through it only in very small quantities, which is preferable to taking the cork out and dashing an unknown quantity into the dish in question.

To make Caramel.—Put $\frac{1}{4}$ lb. of sugar, either in lumps or

powder, into a small pan or vessel of any kind, with two dessert-spoonfuls of water ; place over a moderate fire ; stir frequently ; let the sugar become a dark brown colour. Then throw in a tumblerful of cold water ; boil for fifteen minutes ; pass through a fine sieve and bottle.

Vanilla Sugar.

It is most useful as well as economical to keep a bottle filled with vanilla sugar—that is, about half a stick of vanilla pounded fine and mixed with 1 lb. of sugar.

Observe and read carefully the recipes for gravies (No. 56), for thickening (No. 58), for glaze (61), for adding eggs to sauces (63).

When the few facts contained in these directions are mastered, and the few articles made and kept at hand, then I feel convinced no difficulty whatever will attend the preparation of the various dishes.

THE COMPILER.



COOKERY BOOK.

S O U P S.

1. Stock for Clear Soup.

LET the meat be very fresh; it is best cut from the neck and back, called sticking. Soup to be good should never be made from shin of beef; it is gelatinous, but has no real nourishment in it, nor does it give gravy. For good clear soup take 1 lb. of meat to each pint of water. When a pale, beautiful-coloured stock is desired, two-thirds of the meat should be cut from the knuckle of veal, one-third from the sticking of beef; the meat to be cut in small pieces the size of a square inch, every particle of gristle, fat, and bone to be removed; of course the meat to be prepared before it is weighed.

Put it in cold water, and bring it very gently and gradually to boil. After it has simmered for two hours and the scum carefully removed as it rises, add the vegetables— $\frac{1}{4}$ lb. mixed vegetables to every pound of meat, carrot, turnip, celery, leek, onion, thyme, marjoram, one bay-leaf, a few whole cloves to be stuck in an onion, a little cayenne, salt, one lump of sugar, a little mace. The soup must not cook longer than four hours in all, as it would lose its

delicate flavour. It can be cleared like a jelly with the whites of eggs: on the Continent $\frac{1}{2}$ lb. of ox-liver is used for the purpose; it is boiled in the soup from the commencement.

2. To clear the Stock.

A good way to clear soup. Take for 3 quarts of stock $\frac{1}{4}$ lb. raw beef without fat or gristle, put it in a stewpan with two whites of eggs, then add the cold stock. Put the stewpan on the fire; bring it to boil, stirring all the time to avoid the meat sticking to bottom of pan. Let it cook slowly at the side of the fire for fifteen to twenty minutes. Pass through a strainer. In this case omit liver.

3. Clear Soup à la Printanière

(Consommé à la printanière).

Clear soup with a garnish of spring vegetables, green peas, asparagus points, French beans (cut in diamonds), carrot and turnip (cut in fancy shapes); cooked separately and added to it.

4. Ambassadors Soup

(Consommé à l'ambassadrice).

Clear soup garnished with plover's eggs, shredded lettuce, chervil that has been blanched.

5. Julienne Soup

(Consommé à la julienne).

Prepare a small spring cabbage, the best part of a fresh cos lettuce, three carrots, one turnip, one onion, the whites of three leeks. Shred the cabbage and lettuce as fine as possible; cut the other vegetables in thin slices, then divide these slices again into fine shreds. Reduce 1 $\frac{1}{2}$ oz. of butter to oil in a stewpan, with a teaspoonful of fine sugar (white).

Add the vegetables; keep them covered, and let them simmer until all the humidity is reduced. Add $2\frac{1}{2}$ quarts of clear soup; leave to simmer until tender.

Note.—Many cooks add the vegetables raw to the clear soup, or else boil them previously in water. The former method is extravagant, as it reduces unnecessarily the good stock; the latter is unsatisfactory in its results.

6. Fowl Soup

(*Potage de volaille*).

Take for six persons one good fat fowl; set on the fire in cold water; skim continually; cook slowly three or four hours. Pour the broth through a hair-sieve; let it stand; take the fat off; put in a stewpan one table-spoonful of flour, 2 oz. of good butter; stir over the fire until of a pale yellow colour. Pour the soup in gradually. Beat up two or three yolks of eggs, one teacupful of cream, add little by little to the warm soup; serve.

7. German Soup

(*Soupe allemande*).

Cut 2 lb. of beef into small dice; prepare flour and butter as in the above soup (No. 6); lay in the meat, a small chopped onion, carrot, and stick of celery; stir for some time; pour in as much boiling water as required; cover tightly; let it cook one hour; pour through a sieve, serve with the celery cut in shreds in the soup, and the following balls, called by the Germans *klöse*. Take 1 oz. of butter, one egg, and two dessert-spoonfuls of flour; mix all into a very loose paste. Season with salt, a very little cayenne, mace, and the smallest pinch of nutmeg. Drop this mixture into the boiling soup, a teaspoonful at a time. Eight minutes will cook them.

8. Vegetable Soup (cheap and nourishing)

(*Soupe aux légumes*).

Two quarts of water, 2 lb. of lean mutton, 1 lb. shin of beef, one head of celery, three leeks, four potatoes, four tomatoes, parsley, one table-spoonful of salt, two turnips, two carrots. The soup to be boiled and skimmed before adding vegetables; the latter to be cut up fine. One table-spoonful of well-washed rice to be added. The shin may be boiled to rags; the mutton to be left whole, and only to be boiled sufficiently tender for eating.

9. Ox-foot Soup

(*Soupe de pied de bœuf*).

Well wash the foot; put in a stewpan with 3 quarts of water and one table-spoonful of salt; let it boil; skim; boil slowly for six hours. After skimming strain through a cullender into a basin. Let it get cold, then take off all fat, and put it back into a saucepan. Prepare two carrots, three leeks, two turnips, one small head of celery, and four tomatoes. When the soup has boiled, put in the vegetables cut in pieces, and a penny packet of pea-flour mixed smooth in a little cold water; simmer for at least thirty minutes, stirring from time to time. Add a little saffron (to prepare which take as much as will lie on a threepenny-piece, place it in clean paper for a few seconds in the oven, then rub it through a hair sieve); pepper and salt to taste; strain.

The flesh of the foot makes a nice dish. Put into a stewpan with half a cupful of the soup before the vegetables are added, four good-sized tomatoes, skinned and squeezed to divest of superfluous pips and moisture; stew all slowly for fifteen minutes. A clove of garlic is a great improvement, but doubtless would not meet with the approval of English palates.

10. Tomato Soup

(*Soupe aux tomates*).

Cut up a dozen good-sized tomatoes (unpeeled); put them in a stewpan with a sliced Spanish onion and a table-spoonful of the best olive-oil; cook gently until well reduced; pass through a hair-sieve; add good stock until of proper consistency. At the moment of serving flavour with lemon-juice and cayenne pepper.

11. Chicken Broth for Invalids

(*Bouillon de poulet*).

Cut off the flesh from a fowl; steam it and pass it through a sieve. Break all the bones into small pieces; put them into a stone jar with sufficient water to cover them, and add a pinch of salt. Place the jar in a large saucepan of water (boiling); let it boil twenty-four hours. Keep the pounded flesh either to eat separately or to add to broth if desired.

12. Pot-au-feu.

French pot-au-feu for six persons. The best pieces of meat for this soup are cut from the brisket, top ribs, or that piece which when salted is called the silver side.

Take 3 lb. of beef, 1 lb. of bones, and a piece of ox-liver ($\frac{1}{2}$ lb.) Remove the bones from the meat and tie it up to keep it in shape. Place the meat and bones in a saucepan with five quarts of cold water and a good pinch of salt. Place the saucepan on the fire and bring it slowly to the boil; before it boils all the scum that rises must be carefully taken off; *after* it has boiled throw in a ladleful of cold water; should more scum rise take it off as before. After it boils place the saucepan on one side where there is sufficient heat to cook it gently, then add four medium-sized carrots, two turnips, four leeks split lengthwise and tied together in one bunch, a head of celery, an onion stuck with

cloves (it improves the colour of the soup to colour the onion by leaving it for a few seconds in the oven). Let all cook slowly for three or four hours. If the meat is not to be eaten it can be left to simmer another hour and a half, which will naturally make the soup stronger. When finished take the grease off carefully. Pass through a fine hair-sieve. If the meat is to be sent to table serve it in an oblong dish, surrounded by the vegetables which have been boiled with it, placing them round in groups, and varying the colours. An old fowl, failing which, a few legs of fowls, impart a delicious flavour to the soup. Serve piquante sauce (No. 86) with the meat.

13. Veal Stock

(Bouillon de veau)

Veal is used much less for soups than beef; it is much less nutritious. It is very useful in making thick soups, and naturally where a pale colour is preferred.

Put in a saucepan 2 lb. from the knuckle of veal and 1 lb. of the bones well broken; add three quarts of cold water—it must be sufficient to cover all—and a pinch of salt. Bring it to the boil, skimming when necessary. Add two medium-sized carrots, an onion stuck with two cloves, and a small bouquet composed of a laurel leaf, parsley, and thyme tied together. Let all simmer two hours. Pass through a fine sieve.

14. Jerusalem Artichoke Soup

(Purée d'artichauts).

Wash and peel the artichokes. Cut them in slices and boil in a little stock until soft. Pass through a fine sieve, then reduce to the desired consistency with the above veal stock. Taste if sufficiently seasoned with salt; before serving add a cupful of cream. Send to table with fried *croûtons* of bread (see No. 33).

15. Stock for Soups

(*Bouillon*).

For ordinary soups something less expensive than the recipe given for clear soup can be made in the following manner: Take the meat from the back or sticking of beef, $1\frac{1}{2}$ pint or quart of water to the pound of meat. Prepare and flavour with vegetables as in clear soup, but let it simmer until all the goodness is entirely gone from the meat, when it is only fit to be thrown away. It is not necessary to clear this soup unless desired.

16. Common Economical Stock.

In large or even small families it will be found most advantageous to keep a large saucepan called a digester continually on the stove. In it can be thrown the bones from the joints chopped very small, trimmings cut from joints, chops, or steaks before cooking. No vegetables must be added, as they would turn it sour. Some cooks who need a little stock or gravy for a hash to be eaten for lunch put on the mutton bone an hour before for that purpose; the trouble might be spared and water used with equal results. Hours are needed of gentle simmering to get all the nourishment from bones. Stock made in this manner is good for thick soups, vegetable soups, and for gravies. Let it be kept in a cool place, and if there be any fear of it turning sour boil it up frequently and pour it into a clean basin.

17. Concentrated Beef-tea.

Take 1 lb. of freshly killed juicy beef (on no account must it be from the shin), remove all fat, and shred it finely. Put it into a jar or bottle which can be hermetically fastened and close it. Place this in a stewpan with cold water to cover the jar or bottle two-thirds; bring to the boil, and simmer slowly from three to four hours.

Then strain through a fine cloth, squeezing the beef lightly to extract all the juice. Allow it to stand for a short time, that any sediment may settle, then pour into a cup for the patient.

18. Soups of various Italian Pastes

(Potage aux pâtes d'Italie).

Vermicelli, macaroni (the latter from Naples is far superior to that from Genoa), and all kinds of small pastes, can be cooked in the same manner.

Throw 6 oz. of the paste into boiling water with a good pinch of salt (the quantity of water must be quite 3 pints); let them cook five minutes; drain them in a sieve, then pass cold water over them quickly. Put them back in a saucepan with $2\frac{1}{2}$ quarts of stock; let all cook slowly for fifteen minutes. Grated Parmesan cheese is a decided improvement served with these soups. Macaroni must be cut in small pieces.

19. Tapioca Soup

(Potage au tapioca).

Three oz. small tapioca are sufficient for $2\frac{1}{2}$ quarts of stock. Let the stock boil, then drop in the tapioca gently and gradually, stirring incessantly for five minutes to prevent the tapioca forming into lumps; let it cook gently for ten minutes longer. Before serving remove the skin which forms at the top.

20. Semolina Soup

(Potage à la semoule).

Throw $3\frac{1}{2}$ oz. semolina into $2\frac{1}{2}$ quarts of boiling soup, stirring all the time. Semolina should be thrown in like falling rain. Let all cook fifteen minutes. Serve with grated cheese.

21. Thick Semolina Soup

(*Potage semoule*).

Prepare the soup exactly as above, then beat up the yolks of two eggs, and add them to the soup in the manner indicated in No. 6.

22. Rice Soup

(*Potage au riz*).

Wash $\frac{1}{4}$ lb. of rice; put it on the fire with 3 pints of boiling water and a pinch of salt. Boil for ten minutes; drain; pour cold water through it. Put the rice back in the saucepan with 3 pints of good soup; let it cook gently twenty-five to thirty minutes. Serve with grated Parmesan cheese.

23. Thick Rice Soup

(*Potage au riz*).

Wash $\frac{1}{4}$ lb. of rice; throw it into 3 quarts of boiling soup; let it cook three-quarters of an hour, stirring frequently. The rice should be well cooked. When ready to serve have ready in the tureen two yolks of eggs with a half small tumbler of milk and a pinch of nutmeg; throw the soup in, stirring briskly. Instead of eggs and milk a glass of cream may be added.

24. Pearl-barley Soup

(*Potage orge perlé*).

Melt in a saucepan a piece of butter the size of an egg; add $\frac{1}{4}$ lb. of finest pearl-barley and a table-spoonful of flour. Stir a few seconds over a slow fire; moisten with 3 quarts of stock (veal stock preferable), and stir uninterruptedly until it boils. Let it cook three-quarters of an hour; skim off the skin which rises to the surface; salt it. Have ready in the tureen 1 gill of cream or 1 oz. of fresh butter; pour the soup in, stirring briskly all the time.

25. Thick Barley Soup

(Potage crème d'orge).

Half a pound of large pearl barley, a table-spoonful of flour; put both on a slow fire for a few seconds with $1\frac{1}{2}$ oz. of butter. Add three quarts of good veal stock (cold) and a pinch of salt. Bring to the boil, stirring all the time. Let it boil two hours, adding stock if it becomes too thick. Pass the soup through a hair-sieve, pressing it well. Put it back on the fire to heat, and add more stock if too thick. Taste if it is sufficiently salted, and finish as the above (No. 24) with 1 gill of cream or 1 oz. of butter in the tureen. Serve with fried *croûtons* of bread (see No. 33).

26. Crayfish Soup

(Potage Bisque).

Take three dozen of the smallest crayfish, wash them; put them in a saucepan with a large onion, a sliced carrot, a bouquet of laurel-leaf, parsley, and thyme, a pinch of salt, one of pepper, and a little white wine. Cover the saucepan, and let all cook for ten minutes, shaking the pan occasionally. When cooked, separate the tails from the bodies; skin the former carefully without breaking, and put them on one side on a plate. Take the flesh out of the bodies; pound it well, moistening it with some of the liquor the fish has been boiled in. Pass through a fine sieve or tammy-cloth, and keep this *purée*. (With the skins of the tails, the empty bodies, and the claws make lobster butter.) (See No. 27.) Make a white sauce with $2\frac{1}{2}$ oz. of butter, the same of flour; moisten with three pints of stock and the liquor the fish has been boiled in. Stir over the fire until boiling. Cook ten to fifteen minutes, skimming very carefully, and add the *purée* of the fish. Pass through a hair-sieve; re-heat the soup, but do not boil. Taste if it be sufficiently salted—it should neither be too thick nor too thin; add a sprinkle of cayenne, and finish by mixing in the lobster butter (No. 27).

27. Lobster or Crayfish Butter

(*Beurre d'écrevisses*).

Pound in the mortar the tails, claws, and empty bodies of the fish, adding during the pounding (little by little) 2 oz. of fresh butter. Put this paste into a saucepan; let it take colour for an instant on the fire. Moisten with two tumblersful of water, and cook ten minutes. Pass it through a white cloth stretched over a basin half full of cold water. Twist the cloth at both ends in order to squeeze out all the butter. Carefully take it off, as it rises to the surface of the water.

Note.—Bisque soup is a favourite one in Paris, but is little known in England. It is doubtless expensive and takes time to prepare; but well made, it would amply repay the expense and trouble. If crayfish cannot be procured, prawns may be substituted, but naturally in that case the expense would be much increased.

28. Mock Turtle Soup

(*Potage fausse tortue*).

Take half a calf's head, wash it well, take out the bones, and let it drain. Blanch it by putting it on the fire in cold water, and leaving it until it boils. Take it out; pour cold water over it; put it back in the saucepan with sufficient cold water to cover it completely, and a pinch of salt. Let it boil; skim; add a tumbler of white wine, one carrot, onion stuck with three cloves, a bouquet of parsley, laurel, and thyme. Let it cook two hours. Take out the head; remove all the gristle from the ears. Place the pieces upon a cloth; then press them between two flat dishes with a weight on the top until cold. Strain the soup; place it on one side. Put 3 oz. of butter into a clean saucepan; colour in it 1 oz. of ham or lean bacon, one onion, one sliced carrot; add 2 oz. of flour; stir continually. Let this take a pale golden tint; moisten with two-thirds of the liquor in which the head has been boiled and 2

quarts of stock. Bring to the boil, still stirring; add a small stick of celery, a bouquet of parsley, thyme, marjoram, laurel-leaf, bay-leaf, and 10 grains whole pepper. Let it simmer one hour on the corner of the stove, frequently skimming and taking off the grease. The soup should have reduced one-third, and must be very smooth. Cut up the head in squares about $\frac{1}{2}$ inch in size; put them in another saucepan with the remainder of the liquor it was cooked in (about two glasses) and the same quantity of wine, madeira or marsala. Reduce one-half; pass the soup over this through a fine sieve; season to taste with salt and a pinch of cayenne.

MAIGRES SOUPS (WITHOUT MEAT).

29. Bread Soup

(*Soupe au pain*).

Cut in small square pieces (crumb and crust) $\frac{1}{2}$ lb. of bread; colour them on the fire for two minutes in 1 oz. of butter; moisten with 3 quarts of water; a pinch of salt. Let it cook thirty minutes. Beat up the soup with an egg-whisk to reduce the bread to a *purée*. Have ready two yolks of eggs, a wine-glass of milk, a pinch (very small) of nutmeg, and 1 oz. of fresh butter; throw this into the soup. Of course eggs, milk, and butter must be well beaten and quite smooth. The soup must not be allowed to boil after this is added.

30. Onion Soup

(*Soupe à l'oignon*).

Slice or chop two medium-sized onions; let them colour an instant in 1 oz. of butter; add a table-spoonful of flour; make a brown thickening. The onions must on no account be allowed to burn. Add $2\frac{1}{2}$ quarts of water, salt, and a pinch of pepper; stir on the fire until it boils; let it cook

five minutes. Cut some slices of bread very fine (like a leaf); dry them in an open oven. Place in the tureen a layer of bread, a layer of grated cheese, until the tureen is half full. Pass the soup through a sieve into the tureen. Must allow a few minutes to well soak the bread; at the same time the soup must not be allowed to get cold. If onions are not objected to do not strain them off.

31. Soldiers' Soup

(Soupe à la bataille).

Wash well and chop fine a small white cabbage or lettuce (cos preferred), one carrot, one turnip, three leeks, one head of celery. Let these vegetables take colour for about three minutes in 2 oz. of good fat or butter. Add 3 quarts of water and a pinch of salt; let it boil. Add five raw potatoes cut like the vegetables, a handful of green French beans cut up, the same quantity of green peas. Cook over a good fire for two hours. The soup should be quite smooth; if it is not so, beat it well with a whisk; if too much reduced add more water. Season to taste; at the last add a little chopped chervil. A bone of ham or the remains of bacon improve this soup immensely.

32. Velvet Soup

(Potage velours).

Melt gradually 3 oz. of butter in a stewpan; mix with it the same quantity of flour; stir for an instant on the fire, but do not take colour. Moisten with 2½ quarts of veal-broth if available; if not, beef stock. Stir continually until it commences to boil—the egg-whisk is the best for the purpose. Let it cook gently for ten minutes, carefully skimming all the skin that rises to the surface; season; prepare three yolks of eggs with half a teacupful of cream or milk; beat them well together; put them in the tureen; add 1 oz. of best fresh butter and a pinch of nutmeg. Pour

the soup gently over this mixture, stirring all the time. Serve with *croûtons* of fried bread.

Note.—A few leaves of fresh spinach, well washed and pounded in a mortar and squeezed through a tammy-cloth, make a pretty change of colour for the *velours* soup.

33. Croûtons of Fried Bread for Soups.

Cut two slices from a square loaf—they must be from $\frac{1}{4}$ to $\frac{1}{3}$ inch in thickness; divide these slices into small squares the size of a large pea; fry them in a little butter in a small frying-pan—they must be quite crisp and of a golden colour. Throw them in the soup the last moment.

34. Flemish Soup

(*Potage Flamand*).

One lb. of Brussels sprouts trimmed and washed; throw them into boiling water, salted, and cook until they are tender. Drain and toss them for an instant in 1 oz. of butter; add three yolks of eggs; mash all up; pass through a hair-sieve. Have ready $2\frac{1}{2}$ quarts of the velvet soup (No. 32), not too thick and without the eggs; add to it the *purée* or thickening of Brussels sprouts; heat to the right point without allowing it to come to the boil. When the *purée* is being added to the soup all must be briskly stirred, and the stirring continued until the soup is poured out.

35. Hare Soup

(*Potage au lièvre*).

Cut the hare in pieces, leaving the shoulders whole, the thighs in two, the fillet in three or four slices, the head split in two. Put in a large stewpan $\frac{1}{4}$ lb. of butter, 3 oz. of lean ham or bacon cut in squares, one carrot, one sliced onion; colour all for an instant; add the pieces of hare; season with salt and pepper, and let all take colour gently. Sprinkle over three table-spoonfuls of flour; add

4 quarts of beef or veal stock ; let it boil, stirring all the time. The soup should then be quite smooth. Add a bouquet of laurel, thyme, and parsley, and $\frac{1}{2}$ pint of white or red wine, according to taste. Let it simmer for an hour, skimming frequently ; it must reduce quite a third. At this point pass the soup through a fine sieve into a clean saucepan ; choose the best parts of the hare, trim them and put them in the tureen ; pound all the rest in a mortar, moistening them with a little stock ; pass it through a sieve or tammy, and add this *purée* to the soup. Warm without allowing it to boil ; pour into the tureen.

Note.—Chopped mushrooms and *quenelles* can be added to this soup.

36. Quenelles for Soup.

Take 11 oz. of veal, $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ lb. of panada (see note at end of recipe), four yolks, two whole eggs, salt, pepper, nutmeg. Take away all skin and nerves from the veal ; pound fine in a mortar with a yolk of egg. Put the cold panada in the mortar ; add by degrees the butter and meat, still pounding. When all is mixed add seasoning and the eggs one by one ; see if sufficiently seasoned ; if not firm enough add a little flour in the yolk of an egg.

Note for Panada.—Two table-spoonfuls of flour, 2 oz. of butter, yolk of an egg, cupful of water or milk, a piece of butter size of a walnut, salt ; put the butter in the stewpan ; add flour, egg, and salt ; mix all well with the milk ; place upon a slow fire and turn continually until it becomes a thick paste without lumps and detaches itself easily from the bottom of the pan. Spread on a plate to become cold to add to the *quenelles*.

37. Cabbage Soup

(*Soupe aux choux*).

Take a medium-sized cabbage, wash well, and cut it in halves, removing the stalk. Slice or chop it not too small, and colour for two or three minutes in 1 oz. of butter or

fat. Add 3 quarts of water; salt; let it boil; add five or six sliced potatoes; let it cook for an hour on a good fire. The vegetables should by that time be well cooked and the soup smooth; if it is not so, beat with the whisk. Make it the desired consistency by adding water; boil up again; season to taste, and throw into the tureen, into which some slices of bread have been already laid. A ham-bone, or the smallest piece of bacon or sausage, improves the flavour of this soup considerably.

38. Cabbage Soup with Rice

(Soupe aux choux avec riz).

Made like the cabbage soup, simply substituting $\frac{1}{4}$ lb. rice for the potatoes.

39. Leek Soup

(Soupe aux poireaux).

Split lengthwise five or six leeks, skinned and well washed, and cut them in pieces about an inch. Put them on the fire in butter—they must not be allowed to take colour; moisten with $2\frac{1}{2}$ quarts of water; salt; cook for three-quarters of an hour. Pour into the tureen over slices of bread.

40. Potato Soup

(Soupe aux pommes de terre).

Made exactly the same as cabbage soup, omitting the slices of bread.

41. Haricot Bean Soup

(Soupe aux haricots blancs).

Steep 7 oz. of the small white haricot beans in cold water (over-night). Put them in a saucepan with 3 quarts of cold water, a pinch of salt, and an onion stuck with three cloves. They must cook a long time covered. When the

haricots are nearly soft take out the onion, add 3 oz. of rice well washed and $1\frac{1}{2}$ oz. of butter or fat; continue to let all simmer until the soup is quite smooth.

42. Turnip Soup

(*Soupe aux navets*).

Cut into thin strips two or three turnips; put them on the fire an instant in $1\frac{1}{2}$ oz. of fat or butter; moisten with a sufficient quantity of water; cook three-quarters of an hour. Spread on a tin some slices of bread (thin); sprinkle them with some grated cheese; put them in the oven for an instant; when the cheese commences to melt take them out, lay them in the bottom of the tureen, pour the soup over.

43. Pumpkin Soup

(*Soupe à la courge*).

Cut into pieces $1\frac{1}{2}$ lb. of pumpkin; put them into a saucepan to cook with 1 oz. of butter, two tumblers of water, pinch of salt, one of pepper; when all is soft, pass through a sieve or tammy-cloth. Thin down with milk to the desired consistency; season to taste; add a pinch of fine white sugar; boil. Pour the soup over fried *croûtons* of bread (see No. 33).

44. Oatmeal Soup

(*Soupe au gruau*).

Half a pound of fine oatmeal; place on the fire with 2 quarts of cold water, one carrot, 1 oz. of butter; cook for two hours, stirring frequently, and as it thickens add water. When the oatmeal is well cooked pass through a sieve; put back the *purée* in the saucepan; make it the desired consistency with water, or milk and water; boil; season; when in the tureen stir in 1 oz. of fresh butter.

Half a pound of veal cut up and boiled in this soup before it is put through the sieve makes it delicious.

45. Fish Soup

(Soupe au poisson).

Slice up one onion, one carrot, some celery, the heart of a lettuce, some sprigs of parsley; moisten with 3 quarts of water; add salt, pepper, and two cloves, 1 lb. of well-washed fish (any fish will do except mackerel or salmon); cook for three-quarters of an hour; strain the soup, add a little saffron if liked, and throw into the tureen over slices of grilled bread. To prepare saffron see No. 9.

46. Milk Soup

(Soupe au lait).

Boil $2\frac{1}{2}$ quarts of milk; salt lightly. Take some slices of bread cut fine; sprinkle them with fine sugar; place them on a tin in the oven to take a golden tint; place them in the tureen; throw over the boiling milk. Three or four yolks of eggs well beaten and added are an improvement. The soup must not boil after adding the eggs.

47. Sorrel Soup

(Soupe à l'oseille).

Take a good handful of sorrel; take off all the stalks; wash the leaves in two waters; chop them up (not small). Melt $1\frac{1}{2}$ oz. of butter; add the sorrel; stir it until all moisture has evaporated. Add a dessert-spoonful of flour; stir well until all is mixed. Add $2\frac{1}{2}$ quarts of water, a pinch of salt, one of sugar; stir well over the fire; let it cook ten minutes. Prepare two or three yolks of eggs with a wine-glassful of milk; add to the soup without allowing it to boil. Throw into the tureen over grilled bread.

DRY SOUPS.

The following recipes may be termed Dry Soups, and make a pleasant change in middle-class households when soup and fish are not in the *menu* for the day. They are simple to prepare in kitchens where the boiling of rice and Italian pastes is understood; if these are boiled to a mash, the dishes will be worthless. The rice should be tender, at the same time each grain separate; the Italian pastes also tender, but with a certain crispness in them, which can be given by throwing a jug of cold water through them (on a sieve) immediately after they are boiled.

48. Rice and Tomatoes

(*Riz aux tomates*).

One and a half pint of gravy, two tomatoes which have been passed through a sieve, or a table-spoonful of tomato sauce (No. 90), one teacupful of rice; boil up, then let simmer gently until the gravy is absorbed; if by that time the rice is still hard add a little more gravy. When finished add a small piece of butter and toss it about in the rice; see if sufficiently seasoned with salt. Patna rice is the proper kind for these preparations. Serve in an *entrée*-dish.

49.

Rice can be prepared in the same manner without tomato, in which case grated cheese (Parmesan for preference) should be served with it.

50. Rice Milanese fashion

(*Risotto à la Milanaise*).

Half a pound of fresh butter, one medium-sized onion chopped fine; put in a stewpan; fry until onion is a

pale golden colour; add $1\frac{1}{2}$ lb. of rice with a very little powdered saffron (see No. 9); cook together for two minutes, stirring all the time with a wooden spoon to prevent it sticking to the saucepan. Add 3 pints of gravy or broth; let it simmer until rice is tender, still occasionally stirring. Before quite cooked add a little grated nutmeg, 2 oz. of grated Parmesan cheese, then boil for one minute.

This quantity is far too much for an ordinary dish.

51. Spanish Recipe for Rice and Tomatoes

(Ris aux tomates à l'Espagnole).

Take one table-spoonful of the finest Lucca salad-oil, one sliced Spanish onion; let it brown in the oil; season with salt and pepper; slice into it three or four tomatoes strained of superfluous water and seeds. When it boils add one breakfast-cupful of rice; let it swell gently. When all the water is absorbed, if the rice is still hard, add a little more. Naturally, gravy instead of water will improve this dish.

52. Rice and Peas (excellent)

(Ris et petits pois).

Put the rice in a saucepan with three times the quantity of gravy or water; let it swell gradually; add a piece about the size of a walnut of good sweet beef or goose dripping.

To prepare the peas for the rice, fry some finely shredded onion in the best oil (about a table-spoonful), with pepper, salt, very little ground ginger, and nutmeg. Lay the heart and best leaves of a cos lettuce at the bottom of the stewpan, with a quart of very young peas. Add a pint of gravy. Stew gently. A little fine white sugar is always an improvement to peas. Rice and peas to be eaten together, but to be served up in separate *entrées* dishes.

53.

All Italian pastes boiled according to directions given in No. 18, thrown into an *entrée*-dish and mixed with tomato sauce (No. 88), or merely a lump of butter and grated cheese, are excellent. Naples macaroni is superior to the Genoa. The Italian paste called Spaghetti is one of the best for these dishes; it is sold at the stores and all the large and best shops (Italian warehouses).

54. French Beans and Tomatoes

(*Haricots verts et tomates*).

Throw the beans into boiling water (salted), and boil them until tender. Have a stewpan ready with a table-spoonful of best oil, a little chopped shallot, pepper, salt; let the shallot brown; add four good-sized tomatoes, peeled and cut up (always throw away the seeds and superfluous water); put in the beans; stew all gently for an hour. When French beans are perfectly fresh and young they are far better for being merely strung and not cut; in cutting them the principal flavour goes in the water.

55. Broad Beans

(*Fèves à l'huile*).

These must be very small and quite young. Cook them for a few minutes in boiling water, then strain. Fry some chopped shallot in a table-spoonful of oil, with pepper, salt, ginger, and nutmeg. When all is brown, put in the beans, a little chopped parsley, and the juice of a lemon. Simmer gently until the beans are tender.

GRAVIES.

56. Economical Gravy.

CHOP up fine any quantity of bones, odds and ends of meat, or the bones from a neck of mutton which is to serve for *ragoût* or Irish stew. Put them in a saucepan with any morsels of bacon or a ham-bone, and a table-spoonful of fat, one large sliced onion, one carrot, a bouquet of parsley, thyme, and laurel-leaf, three cloves, 10 grains of whole pepper, a cupful of water; place on the fire, stirring occasionally until all the water is absorbed and the bottom of the saucepan commences to take colour—it must not burn; moisten with sufficient water to cover all entirely; boil; skim; continue to cook slowly for four hours. Take off all fat and pass through the sieve. As this gravy is intended for different sauces it should not be salted.

57. A Superior Gravy.

Add to the bones 1 or 2 lb. of veal and beef; cut it up small; proceed the same as with economical gravy. When the meat is cooked it can be used for hashes or mince; if not to be eaten it can be left in the gravy until all good is extracted. Gravy prepared in this manner, a little salt added, will turn into jelly very quickly, especially in winter, and will serve to garnish cold meats.

Note.—If gravy is desired only for brown sauces, veal is not necessary; on the other hand, when a very delicate white sauce is needed, *only* veal must be used.

58.

Gravies made from the foregoing recipes (Nos. 56, 57) form the basis of all sauces. If a good and intelligent cook is careful always to keep some good gravy in the larder, which in large households can be done with no additional expense,—at the same time keep a covered jar of brown thickening always at hand,—a good sauce can be obtained at a few minutes' notice by varying the flavouring according to recipes which will be given farther on. For the thickening there is an excellent one in Cassell's 'Dictionary of Cookery,' in the instructions at the commencement of the book. It can be simply made in an enamelled stewpan by taking equal parts of butter and flour; melt the butter first; strain it away from the sediments; replace the clarified butter into the saucepan, which has been carefully wiped; add the flour by degrees, and keep stirring over the fire until it begins to take the colour of ripe corn; continue stirring, every now and then lifting the pan from the fire in order that it shall not take colour too quickly. At this stage slice half a Spanish onion into it; this will cause a great spluttering, so precaution must be taken against burns. Continue to stir until it takes the colour of chocolate; it will take time, quite half an hour. When finished strain into a jar, cover, and keep in a cool place. Care must be taken at the commencement that the butter is only allowed to melt, not boil. A piece the size of a walnut of this thickening is sufficient for an ordinary stew or *ragoût*, and it has the additional advantage of being much more wholesome than thickening made each time it is needed—probably in a hurry, and not sufficiently boiled. Naturally this preparation will not do for white sauces.

Sauces are generally the weakest point in middle-class households; by following the rules given in this work they will be found as easy as, if not easier than, the boiling of a potato to perfection.

59. Meat Jelly.

Take about 1 ½ lb. of the shin or leg of veal, the same of shin of beef, three boned calves' feet. Cut the meat in pieces; chop up the bones. Put all into a saucepan with sufficient cold water to cover the meat; a pinch of salt; bring to the boil over a slow fire; skim, add half a bottle of white wine, a bouquet of parsley, thyme, and laurel-leaf, one onion pierced with two or three cloves, two carrots, three whites of leeks. Let all cook slowly for three or four hours, taking care to take out the veal and feet before they are too much cooked, in order to serve them for eating. The jelly should have reduced one-third during the cooking. Take off the grease; pour it into a tureen to get cold. It is best to make the jelly a day in advance in order to judge of its consistency before clearing it. The following day take off all fat very carefully, when it will be seen if it is sufficiently firm for the purpose to which it is destined. If it should not be, melt some leaves of gelatine in cold water; add it to the jelly before clearing it.

60. To clear the Jelly.

Beat up in a casserole or stewpan three or four whites of eggs, the juice of a lemon; add the jelly, taking care not to pour in the deposit which will have formed at the bottom of the tureen. Mix well with a whisk the jelly and eggs; put the pan on a slow fire, beating all the time until it boils, then remove the pan to the side of the fire to let it simmer for ten minutes. Pass through the jelly-cloth until clear. Before placing the jelly aside to cool it may be coloured if desired with a few drops of caramel, or it may be left natural. This jelly is used for *aspic* to garnish cold meats, or as a strengthening jelly for invalids.

61. Glaze.

Glaze can be obtained by reducing the remains of gravies, soups, and jelly. The remains of veal are preferable, being more gelatinous; but any meat will serve for glaze (not mutton). Place in a deep saucepan 4 or 5 quarts of gravy or soup well skimmed and strained; let it boil continually to quicken the evaporation. Skim constantly until the liquid commences to thicken to that point when it will adhere lightly to a spoon placed in it. Pass it through a fine sieve into a small vessel; let it get cold.

Note.—The economical gravy (No. 56) will make excellent glaze even if mutton-bones form part of its composition.

62. Thickenings and Sauces.

When the thickening is made each time it is wanted a small piece of butter is melted in a stewpan (not boiled), then add the same quantity of flour. Stir over a slow fire until it is a golden colour. If it is intended for a white sauce it is stirred for an instant, but is not allowed to take colour.

63. Thickening with Eggs

(Liaison aux œufs).

The yolks of eggs are used in white sauces. They must never be thrown suddenly into the hot sauce or gravy, but a little of the latter must be added by degrees into the basin containing the beaten yolks, whisking all the time; then throw all back into the saucepan to get hot, still stirring; but it must not boil after the eggs have been added.

64. Butter Thickening

(Liaison au beurre).

Place on a plate a piece of butter and the same quantity of flour; work them well together with a fork.

65. Brown Sauce*(Sauce brune).*

Make a thickening with $1\frac{1}{2}$ oz. of butter melted gently (must not boil); stir over a slow fire with the same quantity of flour until a golden colour. Add 1 quart of good gravy, and if desired a wine-glassful of tomato *purée* (No. 88) or sauce. Let it cook gently until it reduces one-third, skimming and taking off the grease as it rises. When of proper consistency pass through a fine sieve. The seasoning must be regulated according to the use for which it is intended.

66. Madeira Sauce*(Sauce madère).*

It can either be made by simply adding to the brown sauce (No. 65) a small tumbler of madeira or marsala wine, with a grain or two of cayenne pepper and the juice of a lemon; or the wine to be put in a stewpan with 1 oz. of ham cut small and a pint of simple gravy; let it reduce one-half, then add the thickening and more gravy; but if the gravy is made at the commencement according to recipe No. 56, the latter mode seems needless trouble.

67. Sauce with Olives*(Sauce aux olives).*

Take the stones from the olives with a sharp-pointed knife; try and keep them whole, that they may resume the appearance of the entire olive. Cook them for ten minutes in a little sherry, then throw them into a brown sauce: twenty minutes will finish cooking them.

68. Mushroom Sauce (Tinned Mushrooms)*(Sauce aux champignons de conserve).*

Cut some button mushrooms in halves; let them boil quickly in a little water; strain them into a brown or

madeira sauce ; let them continue to simmer in the sauce for ten minutes ; add lemon-juice.

69. Sauce of Large Fresh Mushrooms

(Sauce aux champignons frais).

Half a pound of mushrooms freshly gathered ; cut away the earthy part at the base of the stalk ; throw them as they are prepared into a basin of fresh water ; wash them in several waters ; drain them on a sieve. Prepare in a stewpan a tumbler of water, a little salt, the juice of a lemon, a piece of fresh butter the size of a walnut ; let it boil. Place the casserole upon the table ; with a pointed knife take off the fine skin that covers the mushrooms ; throw them as they are skinned into the stewpan with the boiled and seasoned water, so that they do not become black. Place the stewpan on the fire ; let it cook five minutes. Use the mushrooms at once, or keep them one or two days in the liquor in which they have been cooked. When the sauce is to be made, reduce this liquor one-third ; put it with the mushrooms into a pint of madeira sauce.

70. Dutch Sauce

(Sauce hollandaise).

Prepare on a plate 7 oz. of best fresh butter ; soften it and divide it into small pieces. Put in a small stewpan three yolks of raw eggs, a pinch of salt, one of white pepper ; beat them well with a wooden spoon, add to them a table-spoonful of warm water and $1\frac{1}{2}$ oz. of butter. Pour a little hot water into a Yorkshire pudding tin ; put the stewpan *in* this on a gentle fire ; stir until the eggs commence lightly to thicken. At this point take the stewpan from the fire and place it on one side of the stove, and add little by little the remainder of the prepared butter. The sauce should be clear and brilliant as a *mayonnaise*. Season, and squeeze in the juice of half a lemon. If the sauce is too thick add a little water.

This sauce should be well beaten at a moderate fire, and once finished should be often whipped if it has to be kept. Upon the freshness of the butter depends its excellence.

Note.—If this sauce is to be eaten with fish, take a cupful of vinegar, with a few grains of whole pepper; this to be reduced on the fire to a quarter of a cup. Strain this into the sauce. If vinegar is used the lemon to be omitted.

71. Anchovy Sauce for Fish (very good)

(*Sauce d'anchois*).

Make hot two table-spoonfuls of best oil; dissolve in it three anchovies (pass through a sieve). Have ready the yolks of three boiled (hard) eggs; mash them free from lumps; add them to the anchovies. When the mixture is cold add to it lemon-juice and oil, proceeding in exactly the same manner as for *mayonnaise*. To ensure greater smoothness it is advisable to pass the hard-boiled eggs through a sieve.

72. Sauce béarnaise.

Chop finely two shallots; put them in a stewpan with 1 gill of vinegar (tarragon), a pinch of salt, one of pepper. Let it reduce to a table-spoonful; strain it through a sieve; put it back in the stewpan with the yolks of three raw eggs; place the stewpan in a frying-pan with a little water on the fire. Beat up the eggs with the spoon and mix them; as they thicken add little by little $\frac{1}{4}$ lb. fresh butter, divided into small pieces. Use the whisk, and keep a moderate heat. Finish with $1\frac{1}{2}$ oz. of glaze and a tea-spoonful of chopped tarragon or parsley. If no glaze is at hand replace it by the same quantity of Liebig's essence.

Note.—The object of placing the stewpan *in* a pan with water is to avoid the eggs coming into direct contact with the fire, a process always to be avoided for fear of them curdling. A practised hand may succeed by beating briskly and without ceasing until the first appearance of boiling,

when the stewpan must be instantly lifted from the fire. In kitchens where there is a *bain-marie* there is no difficulty with sauces—they can be made in the morning and warmed: in any case it is advisable to make them early when two or more are needed for dinner. Where there is no *bain-marie*, place the sauces in jars or large jam-pots, and heat them by placing them in a vessel of boiling water on the stove.

73. Genevese Sauce

(*Sauce genevoise*).

Make a thickening of $1\frac{1}{2}$ oz. of butter and the same quantity of flour; must not be coloured. Moisten with stock in which fish has been boiled (No. 45); let it cook ten minutes; skim carefully; thicken it at the last moment with two yolks of (raw) eggs, $1\frac{1}{2}$ oz. of fresh butter (see No. 64); whisk the sauce for an instant; season. A teaspoonful of essence of anchovies improves this sauce.

74. Egg and Lemon Sauce

(*Sauce à l'œuf et au citron*).

Take the raw yolks of five eggs and the strained juice of two lemons. Beat up the eggs, adding the lemon-juice by degrees, then add by table-spoonfuls some of the hot gravy for which this thickening is intended; throw all back into the stewpan and stir as directed for all sauces in which raw eggs are used (see No. 72).

75. Cream Sauce

(*Sauce à la crème*).

Make a white thickening with 1 oz. of butter and the same of flour; moisten with a pint of warm cream or milk; beat briskly with the whisk to bring it to the boil. It should be quite smooth, with no lumps. Let it simmer an instant; add salt, pepper, nutmeg; finish with 1 oz. of fresh butter, whisking quickly.

76. Sauce rémoulade.

Place in a salad-bowl the yolks of two hard-boiled eggs beaten smooth and passed through a sieve, one raw yolk of egg, a dessert-spoonful of raw mustard, salt, pepper. Beat all up with a spoon; add by degrees as for *mayonnaise* a teacupful of finest oil; as the sauce thickens (by continual beating) add a few drops of vinegar; taste if sufficiently seasoned.

**77. An Excellent Sauce for Game, Poultry,
and Wild Duck**

(*Sauce bourgeoise*).

Place in a stewpan three table-spoonfuls of chopped shallot and onions; colour them in $1\frac{1}{2}$ oz. of butter; shake over them a pinch of flour, and moisten with a little stock. Add a pinch of pepper, a laurel-leaf, sprig of parsley, four chopped anchovies. Stir until it boils, then leave it to cook (stirring occasionally only) for about fifteen minutes. Add to it the gravy of the roast which has had all the grease taken off and been passed through a strainer. Add some slices of lemon without skin or pips, a pinch of cayenne. Remove laurel and parsley before serving.

78. Green Sauce for Fish

(*Sauce verte*).

Scald for five minutes a few leaves of tarragon, parsley, and chervil, five leaves of spinach; pour cold water over them; squeeze them dry. Pound all in a mortar with two gherkins, a teaspoonful of capers, four fillets of anchovies well cleaned; add $1\frac{1}{2}$ oz. of fresh butter; pound for another instant. Turn out this paste; pass through a sieve. Keep it to add the last minute to any sauce for hot fish, such as Genevese sauce, &c.

79. Parsley Butter

(*Maitre d'hôtel*).

Soften 3 oz. of butter on a plate; add a teaspoonful of chopped parsley, the juice of half a lemon, and a little salt.

80. Mayonnaise Sauce.

Put the yolks of two raw eggs into a salad-bowl, a pinch of salt, one of white pepper; beat them with a wooden spoon; add $\frac{1}{2}$ pint of best olive-oil. Only a few drops at a time must be added, and with the other hand whisk briskly without ceasing. As the sauce becomes too thick add a few drops of vinegar; continue until all the oil is finished; see it is sufficiently seasoned. If the sauce has not taste enough, add a little more vinegar or the juice of a lemon; if too thick, thin it with a table-spoonful of cold water.

If the sauce has to be kept some time before serving, stir occasionally and keep it in a cool place (on ice if convenient). Should it become curdled, beat up another yolk of egg, adding little by little the sauce already made.

81. Tartar Sauce

(*Sauce tartare*).

Chop up fine three gherkins, a few capers, some leaves of tarragon, parsley, olives; mix all to a good *mayonnaise* sauce; mix all with a teaspoonful of English mustard and a tiny pinch of cayenne.

82. Apple Sauce

(*Sauce aux pommes*).

Peel two or three sour apples; chop them; cook them in a little water; pass them through a sieve or tammy-cloth. Add a little white wine, a pinch of cinnamon, one of sugar. Boil up and serve.

83. White Sauce*(Sauce maître d'hôtel chaude).*

Prepare a white sauce (No. 84). When it is smooth take it from the fire and add little by little 3 oz. of parsley butter (No. 85).

84. Butter Sauce*(Sauce au beurre).*

Put 1 ½ oz. of butter and the same of flour into a stewpan; stir it well to mix it, place it for an instant on a gentle fire; moisten with a pint of water; salt and pepper; beat quickly with the whisk until it boils (or just as it commences); take it immediately from the fire. If the same is too thin mix a piece of butter the size of a walnut with a teaspoonful of flour; divide it in small pieces and mix them with the sauce, heating all the time. Let it simmer; season with salt, a grain or two of nutmeg, 2 oz. of butter cut into small pieces, and the juice of half a lemon; whisk briskly over the fire for five minutes; must not boil.

85. Parsley Butter*(Maître d'hôtel butter).*

Soften on a plate with a fork 3 oz. of fresh butter, a dessert-spoonful of chopped parsley, a little salt, the juice of half a lemon.

86. Sauce piquante.

Put into a stewpan 1 ½ oz. of butter, three shallots chopped finely, one cupful of vinegar, a pinch of pepper. Boil until the vinegar is entirely reduced and the shallots commence to frizzle in the butter, then add a table-spoonful of flour; make the thickening; moisten with 1 pint of gravy or stock; stir over the fire until it boils. Let it cook until a third of it is reduced, taste if properly seasoned, and finish by adding three gherkins chopped, or capers, a table-spoonful of parsley and chives chopped very fine. If desired, colour the sauce with a little caramel

87. Another Way.

Reduce a cupful of vinegar (tarragon) with chopped shallots, a pinch of pepper, to two-thirds of the quantity; strain through a fine sieve into a simple brown sauce; add chopped gherkins and parsley; cook for five minutes.

88. Tomato Sauce

(Sauce aux tomates fraîches).

Cut in two five or six medium tomatoes (very ripe); squeeze out the seeds; put them in a stewpan with a cupful of water or stock; salt, pepper; a bouquet of laurel, thyme, parsley; a chopped onion. Let the tomatoes dissolve; they must be covered and on a good fire until all moisture has disappeared, then pass through a tammy-cloth. Prepare a white thickening with 1 oz. of butter, the same of flour; add the *purée* of tomatoes into it; thin the sauce with stock. Let it cook ten to fifteen minutes; see if seasoned to taste; finish with a pinch of sugar and 1 oz. of fresh butter. This sauce should be of a good thickness.

89. Sauce of Preserved Tomatoes

(Sauce aux tomates conservées).

Prepare the thickening as in No. 88; add the *purée* of tomatoes from the tin or bottle, and finish the same as for the fresh sauce.

90. Tomato Sauce, Spanish Fashion (delicious)

(Sauce tomate à l'espagnole).

Take three chopped shallots, put them into a stewpan with a table-spoonful of finest oil, salt, pepper, ground ginger, ground nutmeg (very little of the last two). Let the shallots take a good colour without burning; add five or six tomatoes skinned and all the pips well squeezed out. Let them cook very gently until all moisture has

disappeared. They should take the consistency of jam. Naturally they will lose their bright colour, but the taste will be none the less excellent. They must not be strained, but sent to table in a sauce-boat. Can be eaten with boiled meat, and is equally good hot or cold.

Note.—To skin tomatoes easily, place them for a few moments in the oven or on the stove, or plunge them into boiling water.

91. Another Green Sauce for Fish (see No. 78).

Take all the same herbs as in No. 77. Leave out the butter. Place this *purée* in a salad-bowl with salt and pepper; beat it up with three table-spoonfuls of vinegar and six of the finest oil.

92. Anchovy Butter

(*Beurre d'anchois*).

Soften 3 oz. of fresh butter with a teaspoonful of anchovy paste or essence until it is well mixed.

93. Another Way (far superior).

Clean and remove the bones from three anchovies; pound them in a mortar; add 3 oz. of fresh butter; mix all well, and pass through a tammy-cloth or hair-sieve.

94. Prawn or Shrimp Butter (see No. 27).

95. Horse-radish Sauce

(*Sauce raifort*).

Peel a stick of horse-radish; grate (not scrape) it. Make a thickening of equal parts of butter and flour (1 oz.); moisten with stock sufficient to make a smooth sauce not too thick. Directly it boils add two table-spoonfuls of the grated horse-radish; let it cook an instant; finish by

making a thickening (No. 63) with one or two yolks of eggs, a piece of fresh butter, and a few drops of vinegar or lemon-juice.

96. Horse-radish Sauce (cold)

(Sauce raifort au vinaigre).

Grate the horse-radish—useless to scrape it; place in a pickle-bottle with salt, pepper, and vinegar.

97. Vinaigrette Sauce.

Mix in a salad-bowl a teaspoonful of raw mustard, salt, pepper, three table-spoonfuls of vinegar, six of best oil; add chopped onion, parsley, and chives.

98. Béchamel Sauce.

Chop up an onion and small carrot; cut into small dice 1 oz. of lean ham; cook all in 2 oz. of butter a few minutes. Add two table-spoonfuls of flour, and mix well. Moisten the above with milk and white stock in equal quantities, making a sauce not too thick. Add a bouquet of laurel, thyme, parsley; cook and reduce for twenty minutes. Make a thickening with the yolks (only) of two eggs; 1 oz. of fresh butter (No. 63). Pass through a fine sieve or tammy-cloth.

99. Prawn or Shrimp Sauce

(Sauce aux crevettes).

Cook as for bisque soup two dozen prawns or a larger quantity of shrimps. Take off the tails and keep them on one side. With the bodies and skins make $\frac{1}{4}$ lb. of prawn butter (see No. 27); then with equal parts of butter and flour—about 1 oz. each—the liquor the prawns have been boiled in, and a little water or stock, make a white sauce; season. Make the egg thickening (No. 63) with two yolks; strain through a fine sieve. At the last add the prawn

butter divided into little pieces, and beat all briskly for a minute. A grain or two of cayenne and the juice of a lemon improve this sauce. The tails are added at the last.

100. Italian Sauce

(*Sauce à l'italienne*).

Chop a medium-sized onion finely, and colour in 1 oz. of butter. Mix with it a table-spoonful of flour; moisten with 1 pint of gravy or stock and a cupful of white wine. Stir on the fire until it boils; add if desired a table-spoonful of *purée* of tomatoes and a pinch of pepper. Let it reduce to two-thirds; finish with sweet herbs chopped fine, a little cayenne, and the juice of a lemon.

101. Italian Sauce

(*Sauce à l'italienne*).

Prepare the same as No. 100, without tomato, and in the place of the lemon and cayenne add a table-spoonful of chopped capers and two anchovies, also chopped.

102. Sauce poivrade.

Chop finely one onion, one shallot, and one small carrot. Cut into small dice 1 oz. of lean ham or bacon, and colour all in 1 oz. of butter. Add a table-spoonful of flour; stir until it commences to boil. In another pan reduce by one-half a tumblerful of vinegar, with a leaf of laurel, one of thyme, and ten peppercorns crushed. Add this infusion to the sauce, let it reduce to two-thirds, and pass through a strainer. If not sufficiently spiced add a little white pepper.

103. Sauce poivrade with Cream

(*Sauce poivrade à la crème*).

At the moment of serving add to the poivrade sauce (No. 102) a cupful of cream; let it simmer a short time.

104. White Sauce for Vegetables

(*Sauce blanche*).

Make a thickening with equal quantities of butter and flour (1 oz.); add 1 pint of beef stock; stir on the fire until it boils; add one carrot sliced, a small onion pierced with two cloves, or bouquet of laurel, parsley, and thyme. Let it cook gently until one-third is reduced, taking care to skim, and take the grease off continually. This sauce should be smooth and shining. Season, and pass through a fine sieve. Two or three yolks of eggs and a little white wine can be added to this sauce if desired for certain vegetables or *ragoûts*.

105. Remarks on the above Sauces.

The writer trusts the chapter on sauces has been made sufficiently plain. If the thickening is made fresh each time, simply take equal quantities of butter and flour; melt the butter gently; add the flour and stir briskly for an instant; add the necessary stock or gravy, and continue to whisk over the fire until it commences to boil. When made fresh each time, it must simmer for another hour with whatever meat, vegetables, or poultry it is intended for. If wanted in a hurry, and is taken from a pot of thickening kept for use, it is ready the moment the whole boils up. This is the basis of all sauces. The flavouring varies according to the dishes in preparation. When eggs are used, see No. 63.

F I S H.

106. For the Frying of Fish or Meats.

THERE are several ways of frying: the same can be said of the material used for it. I will indicate the different methods, the rest must be left to the cook to choose which she prefers. On the Continent it is not called frying when a small pan is used; for the purpose is kept a large casserole or stewpan, deep, and wider at the top than at the bottom; it must be wide enough to hold a frying-basket easily. This stewpan is filled two-thirds with fat (directions for preparing the same will be found at the commencement of this work). The fat must be brought to boiling-point. When it begins lightly to steam it is ready; the fish or meat to be plunged in, either in the frying-basket or not. The time for cooking varies according to the thickness of the fish. To be taken out and drained on a sieve. Fish or meat cooked in this manner has the advantage of being entirely free from grease. After use, the fat to be strained and poured in a clean vessel; it can be used many times—dozens of times—until it becomes black and burned. Naturally entirely different fat must be kept for meat and fish; that used for meat will serve for beignets (pancakes of all kinds) and potatoes.

Where there is a prejudice in favour of lard for frying, the same instructions to be followed. Butter is most extravagant and unnecessary, as in reality there is no taste of the fat when the above instructions are carefully carried

out and the proper degree of heat obtained before plunging the fish or meat into it.

Oil is excellent for frying fish; but it is not cheap, and many people are prejudiced against it. Fish fried in oil takes a better colour than fat or butter gives. Fat for frying must be heated to boiling-point. A dash of cold water thrown in will test it; if it splutters directly, the heat is at the degree required. The fish to be fried must be well washed after having remained some little time in a sprinkling of salt; dry in a clean cloth; pass through flour. The fish must be so dry that the flour does not stick to it, but can be shaken off easily. Pass through beaten egg and drop it immediately into the boiling fat. When of a deep golden colour it can be taken out and laid on a sieve. Some cooks put the fish in egg or milk before passing it through flour, but the way indicated above is far preferable. If a frying-pan must be used, it should be two-thirds filled with fat or oil—the fish to be treated in the same manner as for deep frying; but more care will be needed in draining it, as it will be found much more greasy. In using the frying-pan great care will be necessary; so large a quantity of hot fat in so shallow a vessel can be easily overturned or come in contact with the fire, in which case the results might be disastrous.

To use very little fat or butter at the bottom of the pan is the plan evidently adopted by those cooks who consider fish should be sent to table with half the skin burnt to a cinder and the other half left in the pan and the fish red at the bone.

Rissoles, croquettes, beignets of all kinds, and potatoes, must be done in the deep frying: for all these a frying-basket is indispensable.

107. Stock to boil Fish

(*Court-bouillon*).

In good kitchens on the Continent stock is used to boil fish in, instead of plain water as with us.

This stock is very useful for the sauce to be used for the fish, and saves trouble for the same, it being already flavoured and seasoned. Put in a fish-kettle or saucepan 3 quarts of water—of course the quantity varies according to the size of the fish, which should be quite covered; a handful of salt; fifteen peppercorns; one large onion and one carrot, both sliced; a sprig of parsley, a laurel-leaf, a little thyme; a cupful of vinegar. Let it boil fifteen minutes. Strain this stock into the fish-kettle in which the fish has been placed; add more water if the fish is not sufficiently covered. Cover the fish-kettle; place it over the fire to bring it to the boil; then draw it to the side. The liquid should be just kept bubbling until the fish is cooked. A trout weighing 2 lb. will take from twelve to fifteen minutes; 4 lb., from twenty to thirty-five minutes; 8 lb., from forty-five to fifty minutes. Place the trout for an instant on a grill laid on the top of the fish-kettle to drain it; slide the fish on to the dish already prepared for it with a fish-napkin. Take away the string which has tied the head together; surround the fish with small new potatoes boiled; garnish with parsley; serve with a good sauce. Hollandaise, tartar, lobster, anchovy, are all equally excellent with salmon.

108. Trout baked

(Petites truites à la Voltaire).

Clean six small fresh trout; put salt and pepper inside them; arrange them on a dish that will stand the fire; butter it well; pour over $\frac{1}{2}$ pint of white wine; cover with a buttered paper. Cook them on the stove or in the oven for eight or ten minutes, turning them once. Dress them upon a warm dish; put back the dish in which they were cooked upon the fire; reduce the same to half a cupful; add 1 oz. of meat-glaze or a table-spoonful of good gravy; boil it up, then mix in a piece of butter the size of an egg divided into small pieces—a piece at a time during the beating—a teaspoonful of freshly chopped parsley and

tarragon, and the juice of half a lemon; whisk all briskly on the stove, but it must not boil. Pour the sauce over the fish.

109. Trout grilled in Butter

(Petites truites au beurre à la meunière).

Prepare the trout as in 108. Put in the frying-pan 2 oz. of butter clarified (see Directions, commencement of book); warm it without allowing it to blacken; place in the pan the trout well floured, one by the side of another; sprinkle salt and pepper over; let them cook slowly on one side for five or six minutes, the same time on the other: the colour to be golden. Arrange the trout upon the dish; add the juice of a lemon or a little vinegar to the butter in the frying-pan, chopped parsley; baste the trout with it, and pour it over them to serve.

110. Boiled Salmon

(Saumon sauce à la genevoise).

It can be boiled in the stock (No. 107), or simply in water salted and with a little lemon or vinegar in it. A large salmon should be put at the commencement into cold water or stock; bring it slowly to boil, and continue the cooking, only allowing it to simmer. A salmon weighing from 8 to 10 lb. will take one hour after it has boiled. Can be served with sauce genevoise, hollandaise, verte, or lobster sauce.

111. Grilled Salmon

(Tranches de saumon grillées sauce succulente).

Two or three slices of salmon, the whole weighing about 1½ lb., will suffice for six persons. Wash the slices; dry them in a soft cloth; sprinkle them with salt and pepper; oil them lightly, or, better still, wrap them in oiled white paper. Grill them over a very clear fire; cook them six or eight minutes; turn them over, and keep them the same

time on the other side. Arrange them on a plate and throw over them the following sauce. *Sauce succulente*.— Melt in a small stewpan 2 oz. of glaze (or a little strong gravy), with a table-spoonful of tomato sauce; when it boils move the pan to the side of the fire; mix with it gradually 3 oz. of fresh butter divided into small pieces, stirring very briskly to render it very smooth; season to taste; add the juice of a lemon and a teaspoonful of chopped tarragon.

Grilled salmon can also be served with *maitre d'hôtel* sauce or anchovy butter.

112. To dress Cold Fish.

With the remains of fish many dishes can be made, merely arranged on a dish and *mayonnaise* or Tartar sauce poured over, or in the different methods given in the following recipes.

113. Mayonnaise of Fish

(*Mayonnaise de poisson*).

Remove the skin and bones from the fish to be served. Shred up the heart of a fine cos lettuce; lay it at the bottom of a round dish; place upon it a layer of fish divided in small pieces; cover it with a layer of *mayonnaise* sauce, thick and well seasoned; continue with fish and sauce until all is used, bringing it gradually to the top in the form of a dome; the sauce to be the last, and made quite smooth with a knife. Take fillets of anchovies split lengthwise, and arrange them from the top to the bottom of the *mayonnaise*; hard-boiled eggs chopped, the white and yolk to be chopped separately and kept apart; chopped capers and parsley. Arrange all these between the fillets of anchovies, blending well the various colours of white, yellow, and green. Arrange the bottom of the dish with hard-boiled eggs cut in quarters placed round the *mayonnaise*; then on the top of the dome place the heart of a lettuce open in the shape of a fan.

114. Remains of Fish with Cream

(Poisson à la crème gratin).

Prepare the remains of the fish as for No. 113; make a sauce of cream thickened with the yolk of an egg, not too thick and well seasoned. Butter a dish (for the oven); put a little sauce at the bottom of the dish, then a layer of fish; continue until the end. Arrange in the form of a dome; finish in putting the remainder of the sauce; make all smooth with a knife; sprinkle all with grated cheese and bread-crumbs baked; moisten with a little dissolved butter; put in the oven, and leave it to take a beautiful golden colour.

115. Another Way.

Make a rich *purée* of potatoes; place this in a kind of hillock round the dish (for the oven), arranging and smoothing it with the blade of the knife; place the fish and sauce in the middle as in the former recipes; bake in the same manner.

116. Fish in Shells

(Coquilles de poisson).

Prepare the fish and the cream sauce as for No. 114; butter the shells; place some sauce at the bottom, then sufficient fish to fill the shell to three-fourths; cover the fish with a dessert-spoonful of sauce, smooth over with a knife—they should be higher in the middle; sprinkle with grated cheese and baked bread-crumbs; a little butter melted; put the shells on a tin; place in the oven to colour about seven or eight minutes.

117. Fish Patties

(Bouchées de poisson).

Take puff-paste when it has been rolled out only five times (see Puff-paste, No. 585); cut out twelve rounds with

a plain cutter 3 inches round (the puff-paste should be one third of an inch thick); arrange the rounds on a sheet of iron for the oven; let it be moistened a little before putting the paste on; brush the rounds with the yolk of egg; with another cutter about 2 inches round trace the lid of the patties by dipping the cutter in hot water and pressing it delicately in the middle of the rounds to the depth of a little more than one-eighth of an inch. Care must be taken not to cut through the paste. Put them in a good oven not too hot, but the heat can be increased during fifteen to twenty minutes; take them out; lift the cover off; carefully remove the soft paste from the inside; keep them hot.

To fill the patties.—Cut up the remains of any boiled fish; mix with them half their quantity of cream or any fish sauce; warm up this mixture (must not boil); fill the warm patties.

118. Shrimp, Oyster, or Lobster Patties

(Bouchées aux crevettes, aux huîtres, aux écrevisses).

Prepare exactly in the same manner as for fish patties, and, according to the fish used, prepare with oyster, shrimp, or lobster sauce.

119. Fish Rissoles

(Boulettes de poisson).

Chop up the remains of the fish; let all be carefully looked over to be sure there are no bones. Make a cream sauce in the proportion of half the quantity to that of the fish (must not be too thick); season with salt, pepper, nutmeg, chopped parsley and chives. Mix the sauce and fish together; warm it on the fire, stirring all the time (must not boil); thicken with the yolks of two eggs. Turn all upon a plate; spread it out with a knife to allow it quickly to get cold. Divide the cold paste into small equal quantities (with a dessert-spoon); place them as they

are ready upon a floured board; roll them to the size of a walnut; put them in beaten egg and bread-crumbs; plunge them into hot fat until they take a beautiful colour; drain and arrange them on a dish. Serve with Tartar sauce.

120. Eels with Tartar Sauce

(Anguille à la tartare).

Take 3 lb. of eels; cut them in slices about $2\frac{1}{2}$ inches thick. Boil them (in Fish Stock, No. 107, if possible); take them out; leave them an instant to cool. Beat up two eggs with salt and pepper; pass the slices through that, then through bread-crumbs; plunge them into boiling fat; drain; arrange them in a pyramid on a plate, decorate with parsley, and serve them with Tartar sauce.

121. Eels with Mushrooms

(Matelotte d'anguille).

Take 2 lb. of eels; cut them in slices about 2 inches thick. Put into a stewpan a chopped onion, 3 oz. of butter, the same of flour; make a white thickening; moisten with a bottle of red wine; stir until it boils. If the sauce is too thick add a little broth or water. Season with salt, pepper, a bouquet of parsley, thyme, laurel-leaf, the smallest morsel of garlic, some button mushrooms. Put the fish into this, and cook slowly until tender. Arrange the pieces in a point upon a dish—care must be taken not to break them; keep them warm. See that the sauce is sufficiently seasoned—it should be rather highly so; reduce a little if too thin; pour over the fish. Place round six large *croûtons* of bread cut in the form of half a heart and fried in butter (No. 33).

Note.—Carp, pike, and perch can be cooked in the same manner.

122. Fish Quenelle-meat

(Pâte à quenelles de poisson).

Fish with firm flesh, such as pike, perch, carp, and sole, is best for this paste. Half a pound of flesh of fish; $\frac{1}{4}$ lb. *panada* (see No. 123); 3 oz. butter; salt, pepper, nutmeg. Cut the fish in small pieces; season it with salt, pepper, nutmeg; pound it in a mortar until it is quite smooth; pass through a fine sieve. Put the *panada* in the mortar; add by degrees, pounding all the time, the butter and the fish-paste. When all is well mixed add the eggs one by one, never ceasing to pound. Before taking the *farce* from the mortar it is safer to try its consistency and seasoning. Take a piece as big as a walnut; poach it for five minutes in boiling water salted. If it is not sufficiently firm add the yolk of an egg and a pinch of flour; mix well, and place the paste on a plate.

123. Panada for Fish-paste.

Take 2 oz. flour, the yolk of an egg, three-fourths of a teacupful of milk, a piece of butter the size of a walnut, a pinch of salt; butter the bottom of a small stewpan; add the flour, egg and salt; mix all well with the milk; stir all continually with a wooden spoon until it forms a thick paste without lumps, and detaches itself easily from the saucepan. Spread it upon a plate and let it quickly cool.

124. Fish Quenelles

(Quenelles de poisson).

With the fish-paste (No. 122) large *quenelles* are made for *entrées*, also small ones for garnishing for *ragoûts* and *vol-au-vent*. Flour the paste-board; take a good dessert-spoonful of the *farce*; roll it in the form of a cork between 2 and 3 inches long. Six are sufficient for six persons. Put 2 quarts of water into a deep stewpan with some salt; when it boils place the *quenelles* in

delicately; remove the pan to the side of the fire; let them cook gently for eight or ten minutes. Take out the *quenelles* one by one with a slice; arrange them on an *entrée*-dish. Cover them with any sauce preferred.

125. Boudins of Fish with Prawns

(*Boudins de poisson aux crevettes*).

Cut in small dice two dozen shelled prawns and twelve button mushrooms; mix them with half their quantity of *béchamel* sauce (No. 98), rather thick and well seasoned. Put this mixture upon a plate to cool, spreading it to about the thickness of $\frac{1}{2}$ inch. Flour the board; take a good table-spoonful of fish-paste (No. 122); roll it in the form of a *quenelle*; with the handle of a knife flatten it in the form of a square rather less than $\frac{1}{2}$ inch thick; wet the edges of it with a small paste-brush. Cut a small piece of the prawn paste rather more than an inch in length; place it in the middle of the fish *farce*; turn up the ends of this all round to keep the mixture in; roll the pudding into the form of a *quenelle*, then flatten it a little. Cook the puddings in salted water for eight minutes (see No. 124). Drain well and arrange them on a plate. Pour over them any good fish sauce made with lobster butter (No. 27).

126. Fish in a Mould

(*Pain de poisson à la crème*).

Make a good cream sauce (No. 103); let it cool, stirring frequently to prevent a skin forming on the top; then mix it by degrees to 1 lb. of fish-paste (No. 122), stirring all the time with a wooden spoon. See if sufficiently seasoned. Butter very well a mould with or without a cylinder; fill it to within an inch of the top with the mixture. Put the mould in a *bain-marie* or saucepan containing water reaching to half the height of the mould; bring it to the boil; remove to the side of the fire, covering tightly, then keep it just bubbling for three-quarters of an hour. It should

then be rather firm to the touch. Before arranging it let the mould remain an instant out of the water, then pass a small knife round it to loosen it from the mould. Make a rich white sauce; add a few capers. Pour a little sauce over the fish-mould; serve the rest in a sauce-boat. Of course the fish must be turned out of the mould before sending to table.

127. Turbot with Mushrooms

(*Turbot à la Mornay*).

Boil a piece of turbot in the ordinary manner; drain it; lift the fillets from the bones and take off the black skin. Take some fish stock and *béchamel* sauce—the stock is simply to reduce the sauce, as the latter must not be too thick—and a little mushroom essence. Thicken the sauce with two or three yolks of eggs, a teaspoonful of essence of anchovies, a pinch of cayenne. Place in a deep dish a layer of sauce; arrange the fillets of turbot on it, then another layer of sauce; sprinkle over the surface grated Parmesan cheese and baked bread-crumbs; pour over a little butter reduced to oil; let all take colour in the oven. If desired, a border of mashed potatoes can be placed round before baking.

128. Grilled Herrings, Mustard Sauce

(*Harengs frais, Sauce moutarde*).

Scrape and empty the herrings; score them lightly with a knife—merely cutting a trifle below the skin—the whole length slantwise. Steep them for ten minutes in a tablespoonful of oil; pepper and salt; arrange them on the gridiron. Cook them at a brisk fire for five minutes on one side; turn them on the other for the same length of time. Mix on a plate a piece of fresh butter with a teaspoonful of English (raw) mustard. Serve the herrings upon this sauce.

129. Soles with Butter

(*Soles au beurre*).

Arrange the soles on a buttered dish which will bear the heat of the oven; season with salt, pepper, and baked bread crumbs; pour over 3 oz. of clarified butter. Put the plate in the oven to cook about ten to fifteen minutes; squeeze over when done the juice of a lemon. Serve up on the same plate.

Note.—Plaice, sea-bream, grey mullet, are all excellent cooked in this simple manner. The quantity of butter and the time necessary for cooking must be varied according to the size of the fish.

130. Soles in White Wine

(*Soles au vin blanc*).

Butter a dish (for the oven); place at the bottom an onion cut in thin slices, a sprig of parsley, a leaf of laurel; place the soles on this dressing; cover them with white wine and a little water or stock, a pinch of salt, the same of pepper. Cover the dish either with another dish or with buttered paper; place on the stove or in a hot oven; cook ten to fifteen minutes. Make a little white thickening with 1 oz. of butter and the same quantity of flour; moisten it with the liquor from the soles; thicken with the yolk of an egg and a good piece of fresh butter. Arrange the soles on a dish; pour the sauce over.

131. Fillets of Sole fried in Batter

(*Fillets de sole marinés en beignets*).

Fillet three soles; cut these in halves across. Place them in a deep dish with three table-spoonfuls of vinegar, one of best olive-oil, chopped chives, parsley, salt and pepper; leave them for an hour, turning frequently. Ten minutes before serving drain the fillets; dip them into frying-batter (see No. 132), then into the hot fat or oil (No.

106); fry them a beautiful colour (five or six minutes); drain them; keep them warm until all are finished. Fry a handful of parsley. Arrange the fillets on a dish covered with a napkin or fish paper; pile them up in the form of a dome. Place the parsley on the top. Serve with tartar, *rémoulade*, or *piquante* sauce.

132. Batter for Frying

(*Pâte à frire*).

Place in a basin $\frac{1}{4}$ lb. of flour; moisten it with 1 gill of warm water; make a smooth paste; add a pinch of salt and a table-spoonful of olive-oil; mix well. Beat up three or four whites of eggs to a stiff froth; mix them with the batter as lightly as possible.

133. To beat up White of Eggs.

They should be beaten with a whisk until in holding up the whisk the egg will stand out from it in stiff points and not fall: it will be firm to the touch. When once this egg is added to any mixture all beating must cease, but be simply and gently stirred in until blended with the rest. The success of scores of dishes depends upon these instructions being carefully and intelligently followed.

134. Fillets of Soles stuffed

(*Filets de sole roulés, Paupiettes*).

Fillet three soles of equal size; moisten them with a little water; flatten them lightly with the blade of a knife; trim them all alike; season with salt and pepper. Spread over each fillet a thin layer of fish-paste (No. 122); roll each one in the form of a cork; tie with string at both ends to keep them in shape; arrange them in a buttered stewpan side by side. Have ready some stock made from the bones of the soles, 1 quart of white wine and water mixed, one carrot and one onion sliced, a bouquet of laurel,

parsley, and thyme, salt and some grains of peppercorns. Strain this stock over the soles—it should just cover them; cook slowly for fifteen minutes. When they are tender make a sauce with the liquor that remains, and thickened with two yolks of eggs and 1 oz. of butter; strain; beat up the sauce for an instant, and taste if sufficiently seasoned. The best sauce for the above is the butter sauce (No. 84). Take off the string; trim each fillet evenly at both ends; arrange them on a dish in the form of a pyramid, and pour over a little of the sauce. Place upon each fillet a small mushroom, and place *croûtons* of fried bread round the dish. The remainder of the sauce to be sent to table in a sauce-boat. (Fried *croûtons*, see No. 33.)

Note.—A little parsley to be added to the fish paste.

135. Soles Normandy Fashion

(*Soles à la normande*).

Take the heads off two large soles; split them the whole length on one side, slightly loosening the bones from the flesh. Butter thickly a fireproof dish; place at the bottom an onion cut in thin rings and a laurel-leaf, then the soles, the split side underneath. Cover with white wine and stock, and cook in the oven. Baste the fish occasionally, and take them out when ready. With the liquor prepare a sauce, using 1 oz. of butter and the same of flour; add also the liquor from two dozen oysters that have been poached in a little white wine or stock. Add to the sauce the oysters, some mussels, button mushrooms, prawns or shrimps, shelled, and some very small rissoles of fish-paste (*Quenelles*, No. 122). Arrange the soles on a dish, and pour the sauce over.

136. Fillets of Soles Rich

(*Filets de sole à la Joinville*).

Take twelve fillets of equal size; flatten them lightly;

season with salt and pepper. Spread upon each a thin layer of fish-paste (No. 122), to which two chopped truffles have been added. Fold each fillet in two, lengthwise, enclosing fish-paste. Arrange them side by side in a well-buttered dish; pour over the juice of a lemon and a little clarified butter. Cover them with a round of buttered paper, and cook slowly on the stove or in the oven, but do not allow them to take colour. Spread a thin layer (less than half an inch) of fish-paste on the dish which has to be sent to table, and brush over with melted butter. Place the dish in the oven for an instant to render the paste firm. Make a butter sauce (No. 84); add some lobster or shrimp butter (No. 27); garnish with chopped truffle and prawns. Arrange the fillets, well drained and trimmed, on the paste; raise them in the form of a crown; place on the top of each sole the tail of a prawn not shelled. Pour a little sauce into the well formed by the fillets, the remainder into a sauce-boat for table.

137. Grilled Mackerel

(*Maquereau grillé*).

Split the mackerel; salt and pepper it inside; moisten it with a table-spoonful of olive-oil or oiled butter; sprinkle with baked bread-crumbs; grill it for eight or ten minutes, or on a plate in a good oven. Arrange it in a plate with *maître d'hôtel* butter (No. 83) placed in the middle of the fish, or if preferred, black butter (No. 138).

138. Black Butter

(*Beurre noir*).

Melt in a small pan $\frac{1}{4}$ lb. of butter; let it brown—on no account allow it to blacken—then let it get half cold. Reduce a wine-glassful of vinegar to one-half, with a little pepper; add this to the browned butter; let it boil. Pour over the fish.

139. Salt Cod*(Morue salée).*

Wash the fish, then let it soak in cold water for twenty-four hours, changing the water four or five times. Place the cod in a saucepan with cold water to cover it. Bring it gently to the boil on a slow fire; then remove the saucepan to the side, and simmer fifteen to twenty minutes. Drain the fish; remove the skin and bones as much as possible; arrange it on a plate. Serve with any of the following sauces.

140. Melted Butter*(Au beurre fondu).*

Melt without boiling $\frac{1}{4}$ lb. of fresh butter, salt, pepper, the juice of half a lemon; pour over the cod. Serve at the same time plain boiled potatoes.

141. Fried Bread Sauce*(Au pain frit).*

Clarify $\frac{1}{4}$ lb. of fresh butter; when it is clear add a good pinch of baked bread-crumbs; fry for an instant, stirring all the time; add salt and pepper. Pour over the cod.

142. Onion Sauce for Cod*(Aux oignons frits).*

Put $\frac{1}{4}$ lb. of clarified butter in a small pan; add a chopped onion, salt, and pepper; fry a good colour. Pour over the fish.

143. Cream Sauce for Cod*(Sauce à la crème, No. 75).*

144. Lobster American Fashion

(*Homard à l'américaine*).

Fry two finely chopped shallots for two minutes in butter. Add the lobster cut in slices, salt and pepper; fry it likewise. Sprinkle over a table-spoonful of flour; add $\frac{1}{2}$ pint of stock, the same of white wine, two table-spoonfuls of *purée* of tomatoes, and a pinch of cayenne. Cover and cook briskly for twenty minutes. The sauce must reduce to one-half. Arrange the lobster upon a dish; taste the sauce if properly seasoned; add the juice of a lemon and 1 oz. of butter, mixing briskly for an instant. Pour over the lobster.

145. Lobster Salad

(*Salade de homard*).

Cut the flesh from the lobster into thin slices, place them on a plate, and season with pepper and salt. Pour over them one table-spoonful of oil and one of vinegar, and let them remain for a short time. Take the inside from the claws and cut it into dice; put this into a basin, and add a few cooked young green peas, French beans, carrots, and turnips (the two latter to be cut into dice and cooked separately). Add one teaspoonful each of chopped capers and gherkins. Season with pepper and salt. Melt one cupful of meat jelly, and when nearly cold add it gradually to $\frac{1}{2}$ pint of stiff *mayonnaise* sauce. (If the meat jelly is added too warm the *mayonnaise* will be spoiled.) Mix the *mayonnaise* and meat jelly, a little at a time, with the vegetable salad, then pour into a mould, and place on ice to set. When firm dip into warm water, and turn out on a round dish. Garnish round the base with small sections of hard-boiled egg. Arrange the thin slices of lobster on the top, and place in the centre the heart of a lettuce in the form of a fan. Serve with a sauce-boat of *mayonnaise* sauce (No. 80).

146. Lobster Curry

(*Cari de homard*).

Colour some chopped onion or shallot in butter; lay in the lobster cut in slices; add salt and a teaspoonful of curry; shake all briskly. Add a table-spoonful of flour and sufficient stock to cover them. Cook quickly for twenty minutes. The sauce must reduce to one-half. Mix up the yolks of two eggs with a wine-glassful of cream; thicken the curry with it, and add 1 oz. of fresh butter and the juice of half a lemon. Grill some slices of bread; place them at the bottom of the *entrée*-dish. Turn the curry over the slices of bread, and serve.

147. Lobster Cutlets

(*Côtelettes de homard à la Windsor*).

Cut the flesh of the lobster into small pieces, and some truffles and mushrooms the same size. Mix them with some thick *béchamel* sauce (No. 98), in the same manner as for croquettes of meat (No. 162). Let the mixture cool, and divide it into as many pieces as desired. Roll them in bread-crumbs, form into cutlets; pass them through beaten egg and again through bread-crumbs. Fry them a beautiful colour; drain. Place in each a small handle formed from the small fine bones or claws of the lobster, on which must be arranged a small cutlet-frill. Arrange the cutlets on a dish in the form of a crown (at the bottom of the dish can be first placed either grilled bread or curried rice). Pour the sauce into the centre of the dish.

148. Mussels boiled

(*Moules au naturel*).

Clean and wash the mussels in several waters; put them in a stewpan; cover them with water; cook them ten minutes. Arrange them on a dish. Serve with butter

dissolved to oil, a little salt, the juice of a lemon, and a little nutmeg; the seasoning to be added to the butter and served in a sauce-boat.

149. Stewed Mussels

(Moules à la marinière).

Put in a stewpan 2 oz. of butter and a chopped onion; colour for two minutes over the fire; add half a tumbler of white wine; put in the mussels; salt and pepper. When the mussels have been cooking for ten minutes, and they are quite open, arrange them in a deep dish. Reduce the liquor in the stewpan to one-half, then add a good piece of fresh butter, chopped parsley, and the juice of a lemon; stir until quite smooth. Pour over the mussels.

150.

(Bouillabaisse à la provençale.)

Take several kinds of fish—among them should be red mullet and crayfish—and cut them into medium slices. Place in a stewpan half a glass of oil, one chopped onion, one clove of garlic; let all take a pale colour on the fire. Add the fish; season with salt, laurel-leaf, one or two peeled tomatoes squeezed and chopped, a lemon cut up—free from skin and pips—a little saffron, a sprig of fennel, half a glass of white wine, and warm water to cover all. Boil as quickly as possible for fifteen minutes, when the fish should be cooked, and the liquor have become slightly thickened. Add a teaspoonful or more of chopped parsley and a little more garlic, also chopped. Boil up again; then pour the soup over some slices of bread cut rather thick and placed in a deep dish. Arrange the fish and dressings upon another plate, removing the laurel and lemon. Serve fish and bread together.

151. Mulletts in Wine

(Rougets au vin blanc).

Arrange the mulletts in a dish for the oven ; bake them in the following sauce. When cooked, mash the livers of the mulletts into the sauce. *Sauce.*—One table-spoonful of oil, half a teaspoonful of anchovy sauce, one teaspoonful of Harvey sauce. The fish will only take half an hour to bake. When half done, sprinkle with chopped parsley, shallot, mushroom, and add half a tumblerful of sherry. Baste frequently. The above quantities are only sufficient for two medium-sized mulletts.

152. Grilled Mulletts

(Rougets grillés).

Wrap the fish in buttered white paper, grill, and serve up with lemon-juice. Never remove the insides from red mullet.

B E E F.

Directions for boiling Meat.

WHEN boiled meat is intended to be eaten and not for soup, it should be plunged into fast-boiling water sufficient to well cover it, then at once moved on one side of the stove to simmer gently until tender. The water it has been boiled in will be of little if any good: all the strength will have remained in the joint. When the object is to make good soup, then the meat must be put into cold water. Many cooks take it out when tender and send it to table, in my opinion spoiling two good things: the soup will be poor, and half the goodness taken from the meat.

153. Boiled Beef

(*Bœuf bouilli*).

Boil the beef as for *pot-au-feu* (No. 12). It must not be too much cooked. Serve with the vegetables round it and with a sauce in a sauce-boat—for preference, horse-radish, *piquante*, tomato, or sauce Robert.

154. Miroton of Boiled Beef

(*Miroton de bœuf*).

Cut the remains of boiled beef in slices. Shred up two onions; colour them lightly in 1 oz. of butter; add a table-spoonful of flour; stir an instant; moisten with a

tumbler of white wine and broth. Make rather a thin sauce; add pepper, salt, and a laurel-leaf; colour with a few drops of caramel. Add the meat; let it simmer (not boil) fifteen to twenty minutes. The sauce should then be reduced one-third. Take out the laurel-leaf; arrange the *ragoût* on a dish; sprinkle over it chopped parsley. Serve with it potatoes baked in their skins.

155. Boiled Beef with Cheese

(*Bœuf bouilli au gratin*).

Prepare the *miroton* of beef (No. 154); arrange it on a plate that will stand the fire; sprinkle it with grated cheese and baked bread-crumbs, and put the dish in the oven until it takes a pretty colour. Parmesan cheese is the best.

Note.—For preparing bread-crumbs, see Directions at the commencement of the book.

156. Hashed Beef

(*Matelotte de bouilli*).

Cut boiled beef in slices. Peel two dozen button onions; put them in a stewpan with a piece of butter and a teaspoonful of sugar (white powdered); sprinkle with a table-spoonful of flour; moisten with red wine and broth; add a bouquet of parsley, laurel, and thyme; salt and pepper. Make all into a thin sauce, and cook ten minutes. Add the meat; let all cook (not boil) another half hour. The onions should then be tender, and the sauce reduced one-half.

157. Hashed Beef (another way)

(*Bœuf bouilli sauté*).

Cut the remains of beef into small squares; colour a sliced onion in butter or good dripping; add the meat, salt, and pepper; shake briskly in such a manner that

meat and onions are lightly grilled. Before serving, add a little good vinegar, chopped chives and parsley.

158. Boiled Beef fried

(Bœuf bouilli mariné et frit).

Cut the remains of beef into slices, as regular as possible; place them in a deep dish in which has been mixed a table-spoonful of oil, the same of vinegar, salt, pepper, fine herbs, and a little chopped shallot; leave them for half an hour, turning frequently. Make a frying batter (No. 132), adding to it the *marinade* or seasoning in which the meat has been soaked. Pass each piece of meat through the batter, then into hot frying fat. This should be done quickly, and the slices fried to a beautiful golden colour.

159. Hashed Beef with Chestnuts

(Hachis de bœuf aux marrons).

Chop finely any small remains of beef. Colour a chopped onion in $1\frac{1}{2}$ oz. of butter; add the same quantity of flour, and moisten with stock or water and half a tumbler of white wine. Season with salt, pepper, and nutmeg; stir all until boiling, making a sauce not too thick. Add the chopped meat; cook for twenty minutes. If the hash is too thin, add some baked bread-crumbs. Finish with chopped parsley and chives. Place on a dish, pour over some good gravy, and surround with glazed chestnuts (No. 160).

160. Glazed Chestnuts.

Take $\frac{1}{2}$ lb. of chestnuts; cut an incision all round; put them on the fire in cold water; boil for two or three minutes; take them out and strip them while hot of the outer and inner skins. Put them in a stewpan; merely cover them with water and a piece of butter the size of a

walnut; a few drops of caramel, a pinch of white powdered sugar. Let them cook until all the liquid is reduced.

161. Rissoles of Beef

(*Rissoles de bœuf*).

Make a hash with the meat, and sauce as in No. 159, with the addition of three gherkins cut in small dice, and the whole should be firm. Put it on a plate and let it get cold. Have ready $\frac{3}{4}$ lb. of short crust about the thickness of a 5s. piece (No. 579). Take small portions of the hash about the size of a walnut; place them on the pastry at a distance from the edge of it of about two inches, and the same distance between each little ball of hash; moisten the paste all round the meat, then turn the border of paste right over the meat—it must be quite covered; press with the fingers so that the paste is well and firmly joined; cut out the rissoles with a plain or fluted cutter—they should present the form of a small jam-puff. Continue in this manner until meat is used up, placing the rissoles as they are cut on a floured tin. If the rissoles are made with short crust they are best fried. The frying fat must not be too hot when they are first put in. If they are made with puff-paste (No. 585) they must be baked in the oven, having first brushed them over with beaten egg.

162. Croquettes of Beef

(*Croquettes de bœuf*).

Cut the remains of beef into small dice. Mix equal quantities of flour and butter (about 1 oz. of each) in a pan; moisten with a cupful of milk or stock; make of this a sauce so thick that it boils with difficulty. The sauce must be in the proportion of one-third of the quantity of meat, merely sufficient to make the meat smooth. Mix meat and sauce together; stir over the fire until it begins to simmer; add salt, pepper, nutmeg, chopped parsley, two or three gherkins chopped; add an egg and a small piece

of butter ; turn all on to a flat dish, spreading it to about the thickness of $1\frac{1}{4}$ inch. Lightly butter the surface to prevent it becoming dry ; let it cool. Take pieces of the preparation about the size of an egg ; place them on a paste-board which has been sprinkled with baked bread crumbs. When all the meat is divided roll each piece into the shape of a cork, taking care it is evenly rolled and without cracks ; pass each croquette into beaten egg, then through the bread-crumbs again. They must be completely covered with the crumbs, well rolled and regular in form. Plunge them into the hot frying fat ; fry them a golden colour ; take them out ; arrange them in a pyramid on a dish upon which a napkin or paper has been placed. Place on the top a bouquet of fried parsley. Good gravy, sauce Robert, or *sauce gratin* may be served with the croquettes.

Note.—In a small household, if more convenient, these croquettes can be fried in butter in a small frying-pan : in that case they must be flattened a little and turned once in the pan.

163. Meat Scallops

(Coquilles de viande au gratin).

Cut the remains of beef or veal into small squares ; mix them with half their bulk of sauce, white or brown, well and highly seasoned. Fill some buttered shells with the mixture, piling the mixture higher in the middle than at the sides ; smooth the top with a knife ; sprinkle over them some baked bread-crumbs and grated cheese, and above all place a piece of butter. Place them in a hot oven to take colour.

164. Boiled Beef in Vinegar Sauce

(Bœuf bouilli en vinaigrette).

Cut the remains of beef into small squares ; prepare in a salad-bowl a vinaigrette sauce (No. 97) ; place the meat in it half an hour before serving.

165. Braised Beef

(*Bœuf à la casserole*).

Place at the bottom of a stewpan a little good dripping or clarified suet, some trimmings of bacon, a little carrot, one onion stuck with two cloves, a clove of garlic (if flavour is not objected to). Place on the top a piece of beef about 3 to 4 lb. in weight, surrounded by some bones well broken, a pinch of salt and pepper. Keep the cover off, and let all colour gently over a slow fire for twenty-five minutes, turning frequently; moisten with half a glass of white wine and two or three ladlefuls of stock. Let all cook for four hours. To see if the meat is cooked pierce it with a larding-needle: if it goes easily through, it is done. Arrange the meat on a dish; if the gravy is very much reduced, add a little stock. Strain through a fine strainer into a small stewpan; let it remain a little; take off the grease from the top. The gravy should be rich and smooth. Pour a little over the meat; put the rest in a sauce-tureen. Serve with a *purée* of potatoes or a dish of macaroni (No. 18).

166. Ragoût of Beef

(*Ragoût de bœuf*).

Take 3 or 4 lb. of beef; divide it into three pieces and lard them. Prepare in a dish one and a half tumblerful of white wine, half a tumbler of vinegar, a clove of garlic, a bouquet of parsley, laurel, thyme, pepper, and salt. Let the meat soak in this twenty-four hours. Put the meat and the dressing into a stewpan with a little good dripping; cover the stewpan, and let it cook at a good fire until the liquid becomes reduced and the meat begins to frizzle in the fat; turn the meat about until it takes colour; at this point put it on a plate. Pour away some of the fat from the bottom of the pan; add a spoonful of flour; make a little thickening; moisten with a quart of stock; detach all gravy well from the bottom of the pan; stir well to mix

all into a thin sauce. Place the meat in the sauce; let it cook at a gentle regular heat until tender. The gravy should be reduced one-half; it should be smooth and rich. Put the meat on a dish; strain the gravy; let it remain an instant. Take off the fat; pour some over the meat; send the remainder to table in a sauce-boat. A calf's foot boned and scalded can be cooked with advantage with this dish.

167. Fillet of Beef

(Filet de bœuf piqué rôti).

Take a piece of fillet between 4 and 5 lb.; lard it and roast it either in front of the fire or in the oven, basting frequently with good dripping (the dripping to be put over it melted before putting it in the oven). Sprinkle with salt, and baste every ten minutes. If it takes colour too quickly, cover it with a greased paper; if the meat is preferred underdone, one hour is sufficient. Place the fillet on a dish; moisten the bottom of the baking-pan with a little water in order to detach all the gravy; boil up; strain the gravy through a strainer; take away the grease; pour a little over the meat, and serve the remainder in a sauce-boat.

168. Fillet of Beef with Vegetables

(Filet de bœuf garni jardinière).

Scrape two dozen small carrots; if large ones only can be procured, trim and scoop them into the form of the small with a vegetable-scoop. Cook them in salt-water until they are tender; pour cold water over them; put them back in the stewpan with a pinch of white powdered sugar, a small piece of butter, a little stock or water; let them cook until the liquid is reduced. Prepare in equal quantities, and in the same manner, turnips, small green haricots, and green peas; the haricots and peas to be well scalded, then tossed in butter, sugar, salt, and pepper—the haricots without sugar. Trim a cauliflower into small bouquets; boil them in salted water, keeping them rather

firm. Brussels sprouts can also be added. Cook a fillet of beef as in last recipe. All these vegetables are being prepared during the roasting of the fillet, and kept warm as they are ready. When done, place the fillet on a dish; surround it by the vegetables arranged in small groups, assorting the different colours. Pour a little gravy over the meat, the remainder in the boat.

169. Fillet of Beef Braised

(*Filet de bœuf braisé, Sauce mère*).

Lard the fillet. Grease the bottom of a stewing-pan with good dripping or fat; lay in pieces of fat bacon; onion and carrots cut into slices; a bouquet of laurel, thyme, parsley. Place in the fillet surrounded by the dressings, salt and pepper, and moisten with half a tumbler of stock. Place the pan on the fire lightly covered; leave it until the liquid is reduced and the meat and vegetables have taken a brown tint—must not be burnt. Add half a tumbler of madeira or marsala and 1 quart of stock. Let all simmer gently, well covered, for about an hour and a half, then remove the cover and place the stewpan in a hot oven. Baste frequently with the gravy in order to glaze the fillet. Arrange it on a dish; keep it hot. Strain the gravy; let it stand a little; take off the grease. Mix a teaspoonful of *fécule* (potato-flour) with a cupful of madeira or marsala wine, cold; throw it into the boiling gravy, stirring or shaking all the time; let it cook for an instant. Pour part over the meat, the remainder in the sauce-boat.

170. Fillet of Beef with Olives

(*Filet de bœuf aux olives*).

Prepare 1 pint of sauce with olives (No. 67); add to it at the last moment the gravy from the roast fillet. Arrange the fillet on a dish; surround it with the olives and a little sauce; pour the remainder in a sauce-boat. For six persons, 3 lb. of fillet, $\frac{1}{2}$ lb. olives, and 1 pint of sauce.

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171. Fillet with Mushrooms

(Filet de bœuf aux champignons).

Prepare for a fillet of 5 lb. 1 quart of sauce and 1 lb. of preserved mushrooms, or 1 ½ lb. of fresh. Strain the gravy from the roast or braised fillets; take off the grease, reduce it, and add it to the mushroom sauce.

172. Fillet with Stuffed Mushrooms

(Filet de bœuf aux champignons farcis).

Roast the fillet; garnish it with mushrooms (No. 436). Serve the gravy separately.

173. Fillet of Beef with Macaroni

(Filet de bœuf aux macaronis).

Roast or braise the fillet; arrange it on the dish to be sent to table; place round it ½ lb. macaroni (No. 18), and pour some of the gravy of the fillet over the macaroni.

174. Fillet of Beef with New Potatoes

(Filet aux pommes de terre nouvelles).

Surround the roast or braised fillet with small potatoes (No. 458).

175. Fillet of Beef with Lettuces

(Filet de bœuf aux laitues farcies).

See No. 421.

176. Fillet of Beef with Tomatoes

(Filet de bœuf aux tomates farcies).

See No. 436.

177. Fillet of Beef with Rice.

(*Filet de bœuf garni de risotto.*)

For 3 lb. of roast or braised fillet take $\frac{1}{2}$ lb. rice (see No. 387). Cut the filets in slices; add them to the rice.

178. Fillet of Beef, Sauce poivrade

(*Filet de bœuf mariné, Sauce poivrade.*)

Prepare the following *marinade*: one large onion sliced, one carrot do., one clove of garlic, some whole peppercorns, salt, a bouquet of thyme and laurel-leaves, 1 pint vinegar, 1 quart water. Cook for fifteen minutes, and allow it to cool. Trim and lard a fillet of beef, and let it soak in the above *marinade* overnight. The following day take it out of the pickle and put in the baking-pan with the trimmings of the fillet; pour over some good fat or beef-dripping melted; let it cook one hour, basting frequently and adding a little from time to time of the pickle. When the fillet is nicely coloured place it on a dish. Scrape the bottom of the baking-pan with a little of the *marinade*; strain the gravy into a small stewpan; take off the fat; reduce it to a cupful; with this glaze the fillet. Send *poivrade* sauce to table in a sauce-tureen for sauce (see No. 102), or a simple cream sauce (No. 75).

179. A Simple Way to cook the Above.

Prepare the fillet in the pickle the same as No. 177, only when it is nearly cooked add a cupful of cream; baste frequently in order to glaze the meat. Take out the fillet; keep it warm. Moisten the bottom of the baking-pan with the pickle, if there be any left; if not, with broth. Strain into a small saucepan; take off the grease. If the gravy is too thin, reduce it; thicken it with a teaspoonful of potato-flour mixed in a cup of cream; add a pinch of pepper; warm for an instant.

180. To employ the Trimmings of the Fillet

(*Navarin*).

In households where the fillet is frequently used the following is an economical manner of employing the trimmings from it. Prepare all the pieces carefully; take away all gristle; cut them in equal sizes; place them in a dish with salt, pepper, bouquet of laurel, parsley, thyme, an onion stuck with three cloves; moisten with a tumblerful of white wine, half a tumbler of marsala; let the meat remain in this six hours. Drain the pieces of fillet, reserving the pickle; dry the meat in a cloth. Melt 1 oz. of butter with $\frac{1}{4}$ lb. of bacon cut in dice; mix all with the meat; stir over the fire until it takes colour; sprinkle over it a table-spoonful of flour; cover all with the pickle and stock; cover the pan; cook at a moderate fire. Have ready some turnips, either cut in quarters or with a vegetable-cutter; colour them in 1 oz. of butter and a pinch of white sugar; add them to the *ragoût*. Continue the stewing. This *ragoût* will take quite two hours. Let it stand twenty-five minutes before serving in order to take off all grease very carefully.

181. Grilled Beefsteaks

(*Bifteck grillé naturel*).

Trim the steak and take away all gristle; cut it across in slices about two-thirds of an inch thick; flatten them lightly. Put them on a plate; season with salt and pepper, and moisten with a teaspoonful of olive-oil or oiled butter. Warm the gridiron, place the steaks on it, and grill over a clear fire for four or five minutes, then turn on the other side for the same length of time. Put on a hot plate to serve.

182. Beefsteak fried

(Bifteck à la poêle).

Warm 1 oz. butter in the small frying-pan ; place in the steak cut as in No. 181, but simply seasoned with salt and pepper ; cook four or five minutes on one side, turn, the same time for the other. Arrange on a dish ; add one or two teaspoonfuls of gravy or water to the gravy in the pan ; scrape, boil up, and throw over the steak.

183. A Beefsteak with Parsley Butter

(Bifteck à la maître d'hôtel).

Prepare the steak either grilled or in the pan ; place on a hot dish ; lay on the top of it a piece of butter (No. 85) ; place the dish on the stove or in the oven to allow the butter to half melt. Serve.

184. Beefsteaks with Anchovy Butter

(Biftecks au beurre d'anchois).

Cook the steak exactly as in No. 182, putting anchovy butter (No. 92) over.

185. Beefsteak with Egg

(Bifteck à l'œuf).

Cook the steak in the pan ; arrange it on a plate ; break an egg into the pan. It must be done with care in order to keep it whole. When the egg is set take it out with the slice and place it on the steak.

Note.—Recipes are given above for grilling and frying, as there are many kitchens in which the latter mode is always favoured, possibly because it is the easier ; but in the opinion of the writer the two methods do not admit of comparison, grilling being by far the superior.

186. Hungarian Beefsteaks

(Biftecks à la hongroise).

Cut the steaks thin; season them with salt and red pepper (*not* cayenne). Colour the steaks in 2 oz. of butter, but they must not be completely cooked. Chop up finely two onions; place half of it in a deep dish that can be sent to table; arrange the steaks upon it; sprinkle them with the remainder of the onions; throw the gravy from the pan, with gravy or stock added, to allow the steaks to be half soaked in it. Cover completely with a metal cover or with another dish, and paste the border between the two dishes with some paste made of flour-and-water. Cook in the oven for one hour. Before serving, baste the steaks with a cupful of sour cream and a little stock. Serve in the same dish.

187. Beefsteaks and Potatoes

(Biftecks à la bonne femme).

Butter well a dish that will stand the oven, or a small pipkin with a cover. Slice a large onion; place half of it at the bottom of the dish; upon them spread a layer of raw potatoes, sliced; arrange upon these the steaks well seasoned; sprinkle with another layer of the onions and one of potatoes; salt and pepper; half cover with stock; cover the plate or pipkin quite close. Cook on the stove or in the oven for one hour.

188. Russian Steaks

(Biftecks à la russe).

Take 1 lb of lean meat from a good part of the beef, that which contains the most gravy; chop it very finely, place it in a dish, and season with salt and pepper. Add by small pieces at a time $\frac{1}{4}$ lb. of butter; work with a wooden spoon, or, what is preferable, pound in a mortar

while the butter is being added by degrees. Flour the board; divide the meat into about six or eight pieces; roll them with flour into balls; flatten these balls with a knife into a round form, making them about one-third of an inch thick. Beat up an egg with a teaspoonful of olive-oil; dip the steaks into this, then roll them in bread-crumbs, taking care not to spoil their shape. Melt 1 oz. of butter (clarified) in a small frying-pan; place in the steaks, and give three minutes to each side of them. Arrange them in a crown upon the dish; pour into the middle madeira sauce (No. 66) or cream sauce (No. 75). If high seasoning is liked, add a little vinegar and a pinch of grated (not scraped) horse-radish.

189. Fillets with Bearnaise Sauce

(*Entrecôtes à la béarnaise*).

Grill them, or, if preferred, fry them in the pan. When ready to serve place some *béarnaise* sauce in the bottom of the dish (No. 72); arrange the meat on it; glaze them with a little good gravy reduced. Serve the remainder of sauce separately.

Note.—The *entrecôte* is cut from between the first ribs or from the ribs of the sirloin.

190. Fillets with Marrow

(*Entrecôtes à la moelle*).

Chop two shallots finely; colour them in a little butter, and add half a tumbler of red or white wine. Reduce the same to half; add a piece of glaze about the size of a walnut or a little good gravy, chopped parsley, salt and pepper. Add the last thing, 2 oz. of beef-marrow boiled for three minutes in salted water and cut in slices or in small squares; also the juice of a lemon. Cover the grilled steaks with this sauce.

191. Fillets with Truffles

(Tournedos sautés aux truffes—Entrée).

These are cut from the round or end of the fillet; they should be a little more than 1 inch thick and between 4 and 5 round. Trim them; they should be all of equal size. Warm 2 oz. of butter in a pan; add the *tournedos* which have been seasoned; colour them quickly on both sides. Take out the meat; add to the butter in the pan a small spoonful of flour, $\frac{1}{2}$ pint of good gravy, a cupful of red or white wine; stir until the sauce boils; add truffles cut in slices. Reduce the sauce by one-half. At this point put the *tournedos* back into it; warm up; add the juice of a lemon. Arrange them in a dish in the form of a crown; between each piece of meat place a fried *croûton* of bread trimmed in the shape of half a heart. Pour the sauce in the middle of the dish.

192. Fillets with Mushrooms

(Tournedos sautés aux champignons).

Trim and cook the *tournedos* as for No. 191; add to the sauce $\frac{1}{2}$ lb. of mushrooms. Finish with the juice of half a lemon and a pinch of cayenne.

193. Fillets with Vegetables

(Tournedos à la crème—Entrée).

Steep the *tournedos*, prepared as for No. 191, in a *marinade* or pickle (No. 178). Drain; dry them in a cloth; season them. Colour them quickly on both sides in 1 oz. of butter made very hot; put them on a plate. Put $\frac{1}{2}$ pint of the *marinade* (strained) into the pan; let it reduce to one-third, then add a cup of good cream. Put the meat back in the sauce; reduce the sauce quickly a little more. Arrange them in a

crown with *croûtons*, as in No. 191. Pour the sauce in the middle.

Note.—*Tournedos* can be served surrounded by various dressings, such as *purée de pommes de terre* (potatoes), tomatoes, spinach, green peas, asparagus points.

194. Chateaubriand.

This is a very thick steak cut from the rump or fillet over 2 inches thick. Grill it, allowing extra time on account of the thickness. Prepare upon the dish 1 oz. of butter worked with chopped parsley, juice of a lemon, and a teaspoonful of rich gravy from roast-beef, or melted glaze. Arrange the steak on this sauce; surround it with small potatoes baked in butter.

195. Ragoût of Beef.

(*Ragoût de bœuf à la portugaise*).

Chop very finely 1 lb. of very lean beef, free from all gristle and fat; season it with salt, pepper, chives and parsley, both chopped. Flour a board; divide the meat into pieces the size of an egg, and roll them into balls with some flour. Cut into small squares 2 oz. of lean bacon; colour them for two minutes in 1 oz. of butter. At this point add the meat-balls; colour them also an instant, sprinkling them with a table-spoonful of flour. Half cover with stock, half a glass of white wine, and a few drops of caramel. Boil, stirring all the time, then add a fresh tomato chopped up, twenty-four small onions, the same number of chestnuts peeled and skinned (both skins come off easily by slitting the nut across and boiling them for a few minutes), a bouquet of laurel, parsley, and thyme. Cook for two hours slowly. The sauce should be reduced one-half, and the *ragoût* well cooked without having lost its shape. Take out the bouquet and put all in a deep *entrée*-dish, or into the middle of a border of rice cooked in fat stock, and very firm.

196. Boiled Tongue, Caper Sauce.

(Langue de bœuf, Sauce aux câpres).

Take a fresh ox-tongue; trim it from all pieces sticking to it from the throat. Put it on the fire in sufficient water to cover it; boil it for two minutes; strain it; change the water and boil it up again, with its trimmings. Add two carrots, one onion stuck with two cloves, one bouquet of laurel, thyme, parsley, and salt. Let it cook for four hours, longer if not tender; take it out; take off the skin and keep it warm in its stock. Take 1 oz. of butter, the same of flour, some of the stock, and half a glass of white wine; make a good white sauce; thicken it at the last moment with two yolks of eggs, a piece of fresh butter, and a handful of capers pickled in vinegar. Dish the tongue; cut in two without dividing it. Cover it with part of the sauce; send the rest to table in a sauce-boat.

197. Braised Ox Tongue.

(Langue de bœuf braisée).

Boil a tongue for two hours, and take off the skin. Put it in a stewpan in which vegetables and pieces of bacon have been placed; surround it with the trimmings of the tongue; season, and cook for two hours longer the same way as for braised beef. Serve the tongue whole; glaze it with some of the gravy thickened with potato-flour, or cut it in slices and arranged in a crown.

Note.—Braised tongue may be served with various sauces, such as piquante, tomato, olive, and mushroom.

198. Salt Tongue and Currant Sauce

(Langue de bœuf, Sauce aux raisins de Corinthe).

Boil and skin a salt tongue; serve with the following sauce. Put in a stewpan half a glass of vinegar, a handful of currants well cleaned; reduce the vinegar one-half. Add

one and a half tumblerful of brown sauce (No. 65), three dessert-spoonfuls of gooseberry jelly, and a pinch of pepper; let it simmer. Serve with the tongue.

199. Tripe

(Tripes à la poulette).

Cut in fillets or small squares 2 lb. of tripe well boiled. Chop one onion finely; put it in a stewpan with $1\frac{1}{2}$ oz. of butter; colour lightly; mix in a good dessert-spoonful of flour; moisten with stock and half a glass of white wine to make a thin sauce; season with salt, pepper, and nutmeg. Add the tripe; cook for an hour; the sauce must be reduced one-half. At the moment of serving thicken the *ragoût* with two yolks of eggs mixed with the juice of a lemon, 1 oz. of fresh butter, and chopped parsley. Garnish the tripe on the dish with six *croûtons* of bread cut in shape of half a heart and fried in butter (No. 33).

200. Tripe Lyons Fashion

(Tripes à la lyonnaise).

Cut in fillets or small squares 2 lb. of tripe well cooked. Slice a large onion; put it in the frying-pan with 3 oz. of clarified butter, and cook a few minutes. It must not take colour. Add the tripe seasoned with salt and pepper; stir them about at a brisk fire without leaving them, until all is a little coloured, then add some chopped parsley and a little vinegar. Serve very hot.

201. Tripe Italian Fashion

(Tripes à l'italienne).

Two pounds of tripe well cooked; cut in thin strips; put them in a stewpan with 2 oz. of butter, 3 oz. of chopped mushrooms, salt, pepper, half a tumblerful of good gravy or stock; cover, and let all cook until the

liquid is entirely reduced. Spread upon a fireproof dish that has been well buttered, a layer of tripe, a layer of tomato sauce rather thick ; sprinkle each layer with grated cheese ; finish with the tomato. Sprinkle the top with grated cheese and baked bread-crumbs, then pour over a little butter melted to oil. Put the dish in the oven for fifteen minutes.

202. Stewed Bullock's Heart

(*Cœur de bœuf à l'étouffée*).

Cut the heart in several pieces ; lard each piece ; put them in a pipkin or jar that has a cover ; season with salt, pepper, three cloves, nutmeg ; half a glass of vinegar. Leave the meat in this pickle for several hours ; turn all out, and colour the pieces of heart in a little melted lard. Add some small onions, two cloves of garlic, two calf's feet scalded and cut into small pieces, a bouquet of parsley, laurel, thyme, and the pickle or *marinade*. Moisten with red wine sufficient to cover the meat ; cover the pipkin lightly. Cook in the oven six hours. When all is well cooked take off the grease and serve in a deep dish.

MUTTON.

203. Leg of Mutton braised

(Gigot de mouton braisé).

TRIM the leg and lard it inside with seven or eight lardoons. Place at the bottom of a deep stewpan some pieces of bacon, a little good fat, two carrots, two large onions, a clove of garlic, a bouquet of laurel, thyme, and parsley. Place in the leg well tied up; surround it with the dressings, two calf's feet boned and scalded, a pinch of salt and pepper; moisten with $\frac{1}{2}$ pint of stock or water; cover with a buttered paper, and cover the stewpan. When the liquid is reduced and the bottom of the stewpan commences to take colour, add stock or water to half cover the meat and two tomatoes. Continue to cook slowly for five hours with the stewpan covered; turn the meat twice. See that it is tender. Dish it carefully; strain the gravy and take off the grease. It should be rich and smooth; if too thin, reduce a little.

204. Leg of Mutton dressed as Venison

(Gigot de mouton façon chevreuil).

Take the bone from the thick part of the leg; lard it on one side. Make a *marinade* with a quart of red wine, a wine-glassful of vinegar, a clove of chopped garlic, one

onion and one carrot sliced, one bouquet of laurel, thyme, and parsley, a few grains of pepper and juniper. Place the leg in a stewpan tightly covered with all the *marinade* and a little stock; cook slowly one hour. Take out the leg; strain the gravy, and put it back in the stewpan with a table-spoonful of flour which has been previously mixed with a little cold water. When the sauce is cooked replace the leg and continue the stewing for another hour; at the end put the stewpan in the oven, the pan to be uncovered. This is to glaze the larded side of the leg. Dish the meat and take the grease from the gravy. This dish, if possible, should be cooked in a braising-pan.

205. Shoulder of Mutton stuffed

(*Epaule de mouton farcie*).

Bone the shoulder completely; spread it on the table; season the inside with salt and pepper, and fill it with stuffing composed of $\frac{1}{4}$ lb. of chopped pork or the same quantity of veal with 3 oz. of fat bacon, seasoned with spices and fine herbs. Roll up the shoulder and tie it lightly. Roast it for one and a quarter hour, or braise it for two hours in a stewpan the same as the leg (No. 204).

206. Mutton with Lettuces

(*Mouton à la laitue*).

Cut up the remains of mutton in small slices; have ready four or five hearts of lettuces well scalded in boiling salted water; chop them, but not in small pieces. Warm a piece of butter in a stewpan; add the lettuce, and at the same time a table-spoonful of flour; season with salt, pepper, and nutmeg; add sufficient stock to make a good sauce; let all cook fifteen minutes. Add the meat; let it warm through without boiling.

207. Cutlets grilled

(*Côtelettes de mouton grillées*).

To cook a loin chop it is simply necessary to trim away a little of the superfluous fat and ugly pieces, then proceed exactly as for beefsteak grilled (No. 181). Serve very hot, and without gravy or sauce of any kind (unless desired). For neck chops, or what are called cutlets, they are preferable trimmed, and good use can be made of all the trimmings taken from them. Take away the bone and gristle from the top of the cutlet; chop off the bone short; leave it about 1 inch long; let it be well scraped from all fat or gristle; take away also the large piece of gristle which surrounds the best part of the cutlet. Flatten them gently; leave them about $\frac{1}{2}$ inch thick; trim them into a round form—a little fat must be left round them; season with salt and pepper; moisten them with a table-spoonful of oil or dissolved butter; grill over a clear fire—three minutes on each side will be sufficient. Arrange them on a plate with some slices of lemon. Little frills should be arranged round the bones of the cutlets.

These cutlets can of course be served up with *purées* of potato, spinach, sorrel, with small green peas cooked in butter, small new carrots, &c.

208. Cutlets rolled in Bread-Crumbs

(*Côtelettes de mouton panées*).

Prepare and trim the cutlets as for grilling (No. 207); season; dip them in a little dissolved butter; roll them in bread-crumbs; grill or fry them (Nos. 181, 182). The fire should be a trifle less brisk than when no bread-crumbs are used, and a little more fat left round each cutlet than when it is simply grilled. These cutlets to be served the same as the others. A little cress, salt, and lemon-juice can be placed in the middle of the dish, or any vegetables prepared according to instructions which will be given farther on.

209. Mutton Cutlets, Soubise Sauce

(Côtelettes de mouton à la soubise).

Prepare the cutlets according to recipes Nos. 207, 208; arrange them on a dish in the form of a crown, and pour soubise sauce in the middle.

Soubise Sauce.—Peel five medium-sized onions; chop them and boil in salted water until quite tender. Then drain; pour cold water over them; squeeze out all the water and pass through a tammy-cloth. Take $1\frac{1}{2}$ oz. of butter and the same of flour; make a white thickening; add the *purée* of onions, then add by degrees a cup of warm milk or gravy. Season with salt, a little powdered sugar, a pinch of cayenne. Cook for ten minutes. The soubise sauce should not be too thick.

210. Haricot of Mutton

(Haricot de mouton).

The neck, breast, shoulder, are the most economical parts for this *ragoût*. A New Zealand neck of mutton, which can be procured for 1s. 6d., will make an excellent and inexpensive dish, the bones to be chopped and made the day previous into an excellent gravy for it (see No. 16); the fat melted down for use. In this manner a joint, which is usually considered a very extravagant one (which it is if bought for English meat and costs 5s.), is in reality one of the cheapest.

Cut into squares of about $1\frac{3}{4}$ inch 3 lb. mutton. Warm 3 oz. of good fat in a stewpan; add the pieces of meat (must be no fat on them), a good pinch of salt, one of pepper; turn them frequently until they become a good colour. Take away part of the fat which lies at the bottom of the pan, and add to the meat three dessert-spoonfuls of flour. Add the gravy which has been made from the bones, and which should be a jelly—there should be enough to cover the meat; stir over the fire until it

boils. Colour with a little caramel; season the sauce, which should be rather thin than thick. Twenty minutes later add a bouquet of parsley, thyme, marjoram, a tiny piece of chopped garlic (the latter of course only if not objected to), two carrots, two or three turnips—the small new ones are the best; if the large ones, they must be shaped with a vegetable-cutter—twelve button onions, one of them pierced with three cloves (all these vegetables must be coloured separately in a stewpan with butter and a pinch of powdered sugar). Cook gently for one and a half to two hours, taking great care that it does not stick to the bottom of the pan. Half an hour before it is done, or time according to the quality of the potatoes, place some new ones on the top of the *ragoût*—if placed lower down they will absorb too much of the sauce; failing new ones, shape some old potatoes with the cutter. A few new small green peas are an improvement. Remove all grease before serving, which can be easily done by allowing the saucepan to remain a little time away from the fire. The meat should be tender, the vegetables all whole, the sauce not too thick.

211. Ragoût of Mutton, Egyptian

(*Ragoût de mouton à l'Égyptienne*).

Prepare the meat the same as for No. 210. Put the pieces in a dish; season with salt, pepper, nutmeg, ginger, and a cupful of vinegar; let the meat remain in this for some hours. Chop up $\frac{1}{2}$ lb. of lard in a stewpan; let it melt. Put in the meat, well drained from the vinegar; colour it, moisten with the *marinade*; add two or three cloves of garlic, two laurel-leaves. The stewpan must be lightly closed, and it must all cook at a very slow fire as there will be so little liquid. When the meat is tender take off the grease and dish it up. Add some *purée* of tomatoes to the sauce; boil up and strain over the meat.

212. Pilaff of Mutton

(Pilau de mouton à l'orientale).

Take some fillets from a saddle of mutton, about 1 ½ lb. Remove the fat and gristle. Colour a chopped onion in butter; put in the meat; season; colour it at a moderate fire, stirring well. When all has taken a good tint add ¾ lb. of rice well washed and drained. Add stock to twice the height of the meat and rice; a bouquet of parsley and laurel, and two small capsicums. When the rice has absorbed all the moisture add ¼ lb. of butter coloured brown. Cover the pan and hold it a moment in the oven. Serve very hot.

213. Sheep's Tongues

(Langues de mouton).

Wash them well in cold water; boil them for ten minutes and take off the skin. For eight tongues melt 10 oz. of lard; add the tongues; season; let them take a good colour. Add a table-spoonful of flour, stock, a cupful of white wine, an onion stuck with cloves, a bouquet of parsley, thyme, and laurel. Cook at a moderate fire for half an hour, then add to the stew turnips, carrots, potatoes, cut with the cutter into small balls, a few young green peas. Continue to cook on the stove or in the oven. Tongues and vegetables should be tender at the same time. Arrange the tongues in the form of a crown, with the dressing in the middle.

214. Sheep's Brains

(Cervelles de mouton).

Can be cooked the same as the recipes given farther on for calves' brains.

215. Sheep's Kidneys

(Rognons de mouton à la brochette).

The kidneys must be very fresh. Take off the thin skin which covers them; split them down the middle without separating the two parts; hold them open while piercing them from one side to another with a skewer in wood or metal; season with salt and pepper. Cook them in the pan in butter, or on the gridiron; if on the latter, pass them first through a little oil or dissolved butter. Four or five minutes on each side, either in the pan or on the gridiron, will cook them. Arrange them on a hot dish, take out the skewers, and place in the middle of each kidney a piece of butter the size of a walnut, *maître d'hôtel* (see No. 85). Place the dish at the entrance of the oven to half melt the butter.

216. Sheep's Kidneys sautés

(Rognons de mouton sautés).

Proceed in the same manner as for veal kidneys (No. 254).

L A M B.

217. Breasts of Lamb grilled*(Poitrines d'agneau grillées).*

BOIL in the stock-pot two or three breasts of lamb; when they are quite tender take them out. Remove all the bones without putting them out of shape, and press between two plates. When cold trim them; season with salt and pepper; moisten with dissolved butter, and roll them in bread-crumbs. Grill them over a gentle fire, eight minutes on each side. Before serving cut them in equal-sized pieces; dress them piled up on a dish. Serve with Italian sauce (No. 101).

218. Stewed Lamb and Green Peas*(Ragoût d'agneau aux petits pois).*

Cut in small pieces the breast and neck of lamb; colour them in 2 oz. of butter; season with salt and pepper; shake over a good table-spoonful of flour; moisten with stock sufficient to cover the meat; stir until it boils. Add a bouquet of parsley, thyme, laurel, an onion pierced with two cloves, 1 quart of small young peas, a pinch of powdered sugar, a sprig of fresh mint. Cook for an hour and a quarter, or until the meat is tender and the sauce reduced one-half. Take out the bouquet of herbs and the onion; thicken the *ragoût* with two yolks of eggs and a small cup of cream.

219. Lamb Cutlets with Chestnuts

(Côtelettes d'agneau à la purée de marrons).

Trim twelve lamb cutlets (see No. 207); season with salt and pepper. Cook them according to any of the recipes given for cutlets (Nos. 207, 208). Arrange them in a crown upon a round dish with a *purée* of chestnuts in the centre; pour a good rich gravy (not too thick) over all.

Purée of Chestnuts.—Take 1 lb. of chestnuts; make an incision round each. Put them on the fire in cold water; cook for five minutes; peel both skins off. Put them back in the stewpan; cover them with water; a pinch of salt, a small piece of butter, a pinch of sugar; cook until they are tender and the liquid reduced to one-third. Pass them through a fine sieve. Return the *purée* to the stewpan; stir an instant to make it smooth, and make it a little thinner with stock or milk; warm it up, see if sufficiently seasoned; finish with 1 oz. of fresh butter.

220. Lamb Cutlets with sprew

(Côtelettes d'agneau à la Brunswick).

Trim and season twelve cutlets. Chop fine $\frac{1}{4}$ lb. of lean cooked ham; dip each cutlet into beaten egg, then roll them in the chopped ham. Place the cutlets in a frying-pan with $\frac{1}{4}$ lb. of clarified butter; cook them five minutes on each side, turning them once. Arrange them on a dish in the form of a crown, with some asparagus points which have been first boiled and then tossed in butter.

221. Shoulder of Lamb with glazed Onions

(Epaule d'agneau aux oignons glacés).

Bone a shoulder of lamb; season the inside; fill with a stuffing made with 2 oz. of bread-crumbs

steeped in milk, then well - pressed dry; season with salt, pepper, a teaspoonful of flour, yolk of an egg, chopped parsley, and cloves. Roll up the shoulder; sew it; roast it in the oven for an hour; make a good gravy. Dress it on a dish, throw a little gravy over, and garnish with two dozen small new carrots which have been cooked in butter, and the same number of small glazed onions.

222. To glaze Onions

(Oignons glacés).

Boil button onions in water until they are half cooked; strain; put them in the stewpan with a piece of butter, a pinch of powdered sugar, salt, a cupful of stock; let them finish cooking. The liquid will be reduced and the onions coloured.

223. Lamb's Fry

(Foie et fressure d'agneau).

Take the heart, the lung, and the liver. Cut the lung into small squares; the heart in thin slices; the liver in the same manner, but put it on one side. Melt 3 oz. of fresh butter in a pan; colour a small chopped onion in it; add the heart and the lung; stir briskly for seven or eight minutes, then add the liver; season with salt and pepper. Continue to cook until the liver is firm and nicely coloured; sprinkle with chopped parsley; add the juice of a lemon. Arrange on a very hot dish.

Note.—The sweetbread can be dressed in the same manner.

VEAL.

224. Fillet of Veal stewed

(*Rouelle de veau à la bourgeoise*).

TAKE a piece of veal about 3 lb.; lard it. Put into a stewpan 2 oz. of butter, the same quantity of lean bacon cut in small squares, and colour them together. Add the veal well seasoned; let it simmer at a gentle fire for thirty minutes, the stewpan covered, then add a cup of white wine and sufficient stock to half cover the meat, a bouquet of laurel, parsley, and thyme, one tomato skinned, twenty-four button onions, the same number of small new carrots; let all simmer an hour and a half. Dish the meat; take out the bouquet; skim off all grease. Thicken lightly with a little potato-flour mixed in cold water. Be careful not to break the vegetables. Pour sauce and vegetables round the meat.

Note.—It should be observed, where thickening is added when the *ragoût* is finished, potato-flour and not plain flour is used: on no account can arrowroot be admitted for the purpose.

225. Breast of Veal stuffed

(*Poitrine de veau farcie*).

Proceed in the same manner as for shoulder of lamb (No. 221); omit the onions.

226. Fricandeau of Veal

(Fricandeau à l'oseille).

Take a piece of the fillet, about 3 lb. or more if for a large family; take away all the skin; lard it. Put at the bottom of the stewpan some good fat or dripping, any odd pieces of bacon, one carrot, and one onion cut in slices, one laurel-leaf. Put the meat in the pan; surround it with the dressings; season; add a teacupful of water. Put it on the fire and leave it until the liquid is reduced and the bottom of the meat begins to take colour—it must not be turned; moisten with a teacupful of wine (white) and $\frac{3}{4}$ pint of stock; let it cook gently for an hour—less if a small piece. Take out the meat; strain the gravy; put back the meat and place it uncovered in the oven, and baste it frequently with the gravy to glaze it. Have ready a *purée* of sorrel or spinach (see Vegetables), and add to it the remainder of the gravy. Serve the meat, well glazed with the gravy, and the sorrel separately. This dish can be prepared with a *purée* of any vegetable.

227. Fricandeau of Veal with Cream

(Fricandeau à la crème).

Cook the same as No. 226; keep it hot; add to the gravy in the stewpan a glass of good cream; boil for five minutes, and throw over the meat.

228. To dress Remains of Veal

(Blanquette—emploi des restes).

Cut the remains of veal in slices; make a white sauce (No. 64) with equal parts of butter and flour (1 oz.), and 3 gills of white stock. Add the meat, salt, pepper, and nutmeg; let it warm for a short time. At the moment of serving thicken with the yolks of two eggs, chopped parsley, juice of a lemon.

229. Veal Patties

(Petits pâtés de veau).

Take $\frac{1}{2}$ lb. remains of roast veal; chop it, and prepare a rather thick paste with it (see No. 159); let it cool; then form it into twelve balls the size of a walnut. Have ready 1 lb. puff paste (No. 585); roll it to the thickness of $\frac{1}{4}$ inch; cut out with plain paste-cutter or small tumbler twenty-four rounds of equal size. Place twelve rounds on a baking-tin, and on each round a ball of the meat; moisten the edges with a paste-brush and water; cover them with the other twelve rounds, pressing the edges to join them well; colour them with the yolk of egg. Bake for twenty minutes.

230. Fricandelles.

Chop up fine $\frac{1}{2}$ lb. of the remains of any cooked veal—some part of it must be fat; add the same quantity of raw meat, veal, or pork, and mix all together. Add salt, pepper, nutmeg, parsley, chopped onions or chives, a dessert-spoonful of baked bread-crumbs, and one whole egg. Divide the preparation in quantities each to fill a table-spoon; place them on a floured board; flatten each one to the thickness of $\frac{1}{2}$ inch and into a round form. Pass them through beaten egg and baked bread-crumbs; colour them in a pan in $\frac{1}{4}$ lb. of butter—they must be a good colour both sides. Arrange them in an *entrée*-dish in the form of a crown. Serve with Italian sauce (No. 100).

231. Veal Cutlets glazed

(Côtelettes de veau glacées au jus).

Cut six cutlets; trim them (No. 207); flatten them lightly; season with salt and pepper and pass them through flour. Warm in a pan a piece of butter the size of an egg; place in the cutlets—they must not be too crowded; cook

them for about fifteen minutes at a gentle fire; turn them once. Moisten them when cooked with a glass of stock (a very small cupful) and a little caramel. Let the liquid reduce to half. Arrange the cutlets upon a plate and throw the gravy over them.

Note.—Veal cutlets are grilled the same as mutton cutlets.

232. Cutlets of Veal Panées

(Côtelettes de veau).

Trim and season the cutlets; flatten them rather thin; dip them into egg beaten up with a teaspoonful of butter (dissolved). Arrange the cutlets side by side in a pan with $\frac{1}{4}$ lb. of clarified butter (dissolved); place them over a gentle fire; cook for ten minutes on one side, then turn and give the same time to the other. Arrange them on a long dish; pour over a little of the butter from the pan. Serve with them or separately $\frac{1}{2}$ lb. of macaroni *à la milanaise*.

233. Veal Cutlets en Papillotes

(Côtelettes de veau en papillotes).

Chop fine two shallots, some mushrooms, a pinch of parsley. Cook for ten minutes in a little butter some small veal cutlets, seasoned, well trimmed, and with the bones chopped short. Put them on a plate; add to the pan the chopped shallot and parsley; a teaspoonful of flour, a cupful and a half of stock or gravy, a glass of white wine; boil up, replace the cutlets, and reduce the sauce. When the sauce has become thick take it from the fire; add a little lemon-juice; let it get half cold. Cut six sheets of white paper in the form of a heart; oil or butter them on both sides; put them at the entrance of the oven to dry for an instant; place upon each piece of paper a thin slice of cooked ham cut in the shape of the cutlet, upon this a spoonful of the thick sauce, then the cutlet with a little more sauce; cover with a second slice of ham.

Close up the sheet of paper to entirely hide the cutlet; pinch the extra paper all round into small pleats. Arrange them on a tin; put them in the oven—it must not be too hot, the cutlets are merely to warm through. Dress them on a dish, taking care the paper is not broken.

234. Scallops of Veal

(*Escalopes*).

Cook in the same manner as No. 226. Serve as an *entrée* upon rice (risotto), young peas, or Italian sauce.

235. Milanese Scallops

(*Escalopes Milanaises*).

Cut the scallops smaller and thinner than in the preceding recipes; pass them through egg and bread-crumbs. Cook in butter for five minutes; dish them; throw over the butter in which they have been cooked, and quarters of lemon; a sprinkle of cayenne, if not objected to. These can also be dressed as an *entrée* with tomato sauce (No. 88).

236. Haricot of Veal

(*Ragoût de veau*).

Take for this dish breast, shoulder, or the cutlets under the shoulder. Proceed exactly as for haricot mutton. If vegetables are added they must be put in the same time as the meat.

237. Ragoût of Veal à la Financière

(*Ragoût Financier*).

Prepare a good brown sauce (No. 65) with gravy about $1\frac{1}{2}$ pint; strain it; reduce it with half a tumblerful of fowl gravy, $\frac{1}{2}$ pint champagne, a little lean cooked ham. Strain the sauce a second time, after it has been on the fire,

to reduce with the wine and additional gravy; keep it hot. Have ready cooked some cockscombs (simply boiled tender), some *foie gras* cut in scallops, four or five lamb sweetbreads larded and glazed, truffles cut round and cooked quickly, button mushrooms cut the same as the truffles, four prawns or small crayfish shelled, and twenty-four small *quenelles* (see No. 265), four of them to be large and decorated with fillets of truffles. All these being ready and quite hot, arrange the sweetbreads in the middle of the dish and group the dressings all round. Put the four large *quenelles* and the four crayfish at the corners of the dish. Surround the borders of the dish with *croûtons* of bread cut in triangles and fried in butter, or triangles of puff paste brushed with yellow of egg and baked in the oven.

238. Ragoût of Fowl à la Diplomate

(*Ragoût Diplomate*).

With some fowl stock prepare a white sauce (No. 64); add to it a cupful of cream and one of wine (sauterne). The sauce should be smooth and of a medium consistency. Put in a pan some truffles cut in slices, mushrooms, cockscombs, *quenelles* of poultry finished with shrimp butter (No. 27), *foie gras* cut in scallops. Thicken all these with the prepared sauce. Prepare in advance twelve fillets (raw) cut from the white part of fowls; arrange them in a pan with butter and the fat from the poultry; cook until tender, and glaze them in the oven. Dress the *ragoût* in a silver mould or simply on a dish, and arrange the fillets in form on the top. Between each fillet place the tail of a crayfish.

239. Calves' Brains

(*Cervelles de veau à l'oseille*).

Well wash the brains; take all skin carefully off; put them in a casserole half covered with stock, one onion

stuck with cloves, a bouquet of laurel, parsley, and thyme, salt, peppercorns; skim; cook for half an hour. When ready to serve drain; butter them over the top. Serve them whole or cut up on sorrel or spinach.

240. Calves' Brains in Sauce

(*Cervelles de veau en sauce*).

Take two or three sets calves' brains—they must be very fresh; take off the skin and clots of blood; let them soak in cold water for an hour, changing it three times. Put them in a saucepan with white stock to cover them and boil for thirty minutes. Take equal quantities of butter and flour, some stock from the brains; make a white sauce; let it boil a short time. At the last thicken with two yolks of eggs, a piece of fresh butter, the juice of a lemon. Grill six small slices of bread; arrange them at the bottom of an *entrée*-dish; drain the brains; place them on the bread; pour the sauce over all.

Note.—Sheep's brains can be cooked according to all the recipes given for calves' brains.

241. Fried Brains

(*Cervelles frites*).

Clean, skin, and soak them; cut them up raw into small squares; take salt, pepper, nutmeg, ground ginger, grated Parmesan cheese; mix all together with a beaten egg; roll the brains in this. Melt two table-spoonfuls of clarified butter in a small pan; take small spoonfuls of the prepared brains; let them drop into the hot butter in a round form without touching one another. Cook them a pretty colour on one side; turn them over on the other. Arrange them on a dish surrounded by cut lemons and fried parsley.

242. Another way*(Cervelles panées).*

It is more profitable to boil the brains whole; cut them in thick slices; pass them through egg beaten up and seasoned, then in bread-crumbs. Fry in butter in a small pan and serve with cut lemons or cold Tartar sauce (No. 81).

243. Blanquette de Veau.

Take 3 lb. of veal—breast is the best part; cut it in squares (about 2 inches). As this dish is supposed to be very white, it is generally soaked half an hour in tepid water; personally I prefer to keep the good in the meat, and for that purpose sacrifice a little delicacy of tint. Put the pieces of veal into a saucepan; cover with cold water; add a large pinch of salt; let it boil; skim. Add one onion stuck with the cloves, one carrot cut in halves, a cupful of white wine, a bouquet of laurel, thyme, parsley; cook half an hour. Strain the meat and keep the stock. With 2 oz. of butter, the same of flour, make a white sauce; moisten it with the veal stock; stir over the fire. The sauce must be perfectly smooth and not thick. Add the meat without the vegetables or herbs; continue to cook gently until the meat is tender. The sauce should be reduced by one-half. Thicken at the last moment with three yolks of eggs, 1 oz. fresh butter, the juice of a lemon (see No. 74). Arrange the meat on a dish with the sauce; surround it with six large *croûtons* of bread cut in the form of triangles and fried in butter.

Note.—Mushrooms, truffles, green peas, asparagus tops, may be added if desired.

244. Stewed Calf's Head*(Tête de veau à diverses sauces).*

Prepare the head; carefully take away all the skin; steep it for several hours in cold water. Take out the

tongue and the brains ; put them in cold water. Boil the head and tongue for five minutes ; pour cold water over them. Cut up the head in several pieces ; put it back in the stewpan, just covered with water (cold), a good pinch of salt, some grains of pepper ; an onion stuck with cloves, one carrot, a bouquet of parsley, thyme, laurel, the juice of a lemon ; let it simmer until the flesh is perfectly tender—about three hours. In the interval prepare the brains ; boil them for fifteen minutes in salted water with a few drops of vinegar. Arrange the head on a large dish, the tongue split lengthwise without dividing the two parts ; place it on the middle of the head, then the brains whole and well drained. Garnish with fresh parsley. Thus prepared, the head can be served with a sauce made of oil and vinegar or madeira sauce, sauce with button onions, sauce *piquante*, olive sauce, tomato sauce, &c.

245. Calf's Head fried

(*Tête de veau frite*).

Cut up the remains of a head into equal pieces ; steep them for half an hour in a plate with salt, pepper, oil, vinegar, and chopped parsley. A few minutes before serving, drain the head ; dip each piece into frying batter, and plunge them into deep frying fat until they are crisp. Arrange the pieces in a pyramid upon a dish covered with a napkin ; surround with fried parsley.

Note.—Calves' head must always be eaten hot.

246. Calf's Feet with Black Butter

(*Pieds de veau au beurre noir*).

Split three feet in halves ; take out the big bone ; scald them and cook them the same as calves' heads—they must be quite tender. Strain ; take out as many as possible of the small bones, but without spoiling the shape of the feet. Arrange them on a plate ; sprinkle them with capers.

Pour over them $\frac{1}{4}$ lb. of black butter boiling hot (see No. 138). The feet will take at least three hours to boil.

247. Calf's Tongue

(*Langue de veau*).

The tongues can be either boiled or braised. They need two hours' cooking. They can be prepared in the same manner as ox tongues.

248. Calves' Ears with Mushrooms

(*Oreillons de veau garnis*).

Boil six ears for two and a half hours, in the same manner as calf's head. Prepare a pint of good sauce made with gravy, mixed with four table-spoonfuls of *purée* of tomatoes, and well seasoned. Add to the sauce twelve button mushrooms, the same number of olives stoned and stewed for twenty minutes in a little sherry, a calf's tongue cooked and cut in squares, a veal sweetbread cooked and scalloped. Arrange the ears on a dish, after having made an incision in them and turned back the skin; put a small piece of brain (that has been boiled for fifteen minutes in salted water and a few drops of vinegar) into each ear, pour some sauce over, sprinkle with some capers. A few *quenelles* can be added with advantage.

249. Grenadines of Veal

(*Grenadins de veau*).

Cut some slices of veal from the fillet, about $\frac{1}{3}$ of an inch in thickness. Trim them into an oval form, lard them. Butter a shallow stewpan thickly, put into it an onion, a small carrot, laurel leaf, a sprig of thyme, some of parsley, and the trimmings of the veal. Arrange the cutlets on the top of this, the larded side uppermost, season, moisten with a cupful of stock. Cover the pan, place on a brisk fire, and when the liquid is reduced

and the bottom of the pan commences to take colour, add gravy or stock to the level of the cutlets. Let all cook for twenty minutes or half an hour. Take out the meat, strain the gravy; return meat and gravy to the pan, put it uncovered into a hot oven, baste well with their sauce to glaze the cutlets. If the gravy is too thin, thicken with a little potato-flour. Arrange the cutlets in a dish in the form of a crown, and place in the middle a dressing of any kind of vegetable.

250. Calf's Liver

(Foie de veau sauté).

Take 1 lb. of liver (sufficient for six persons); take off, if possible, the thin skin that covers it. Cut the liver in strips a little more than an inch thick, then cut these again in small pieces. Melt 2 oz. of butter in a pan; colour in it for an instant a finely chopped onion; add the liver, a pinch of salt and pepper. Stir for about three minutes; then add 1 oz. of flour, stir all briskly, moisten with a tumbler of stock, and add a few drops of caramel. Stir constantly until it boils. Arrange the liver on a dish; reduce the sauce over a brisk fire if it is too thin, finish with chopped parsley and the juice of a lemon. Pour over the liver.

251. Calf's Liver and Mashed Potatoes

(Foie de veau à la ménagère).

Lard a small liver after having taken off the fine skin. Put it into a stewpan with $\frac{1}{4}$ lb. of butter; salt and pepper. Cover the pan, and stew at a gentle fire for a quarter of an hour. When it is nicely coloured pour in stock and a cup of white wine to half cover the liver; add a bouquet of herbs, two dozen button onions, the same number of carrots cut to the size and shape of the onions and half-cooked in water. Cover the pan and put it in the oven for one hour. A few moments before it is finished uncover the

pan, thicken the gravy with a small spoonful of potato-flour. Baste frequently. Arrange on a dish; surround with the vegetables and sauce; take away the bouquet entirely; serve at the same time a *purée* of potatoes made with milk.

252. Quenelles of Liver

(*Quenelles de foie à la moelle*).

Take $\frac{3}{4}$ lb. of liver, chop it finely, and put it in a basin. Add $\frac{1}{4}$ lb. of beef marrow, also chopped; a handful of freshly baked bread-crumbs, a table-spoonful of flour, salt, pepper, chopped parsley, two finely-chopped shallots, coloured in butter, and two whole eggs. Mix all well. Have ready boiling a saucepan of water with salt in it; take the liver in a soup-spoon and with another spoon drop it into the saucepan in the shape of a *quenelle*. The pan must be on the corner of the stove away from the fire. When all the liver has been dropped in, put them again on the fire, cook for ten minutes. Drain the *quenelles* on a strainer, place them one by one on a dish, keep them hot. Melt 3 oz. of clarified butter in a small frying-pan, with a good pinch of the baked bread-crumbs; let it take a golden colour, shaking it continually; throw over the *quenelles*, and serve very hot.

253. Timbale of Liver

(*Pain de foie de veau*).

Ten oz. of liver, $1\frac{1}{2}$ oz. of butter, $1\frac{1}{2}$ oz. of fat bacon cut in small squares, and 1 chopped onion. Melt the butter and bacon fat together, colour the onion in it, add the liver sliced as in No. 250. Season with salt, pepper, ginger, nutmeg; shake briskly, two or three minutes, allowing the liver to become firm without being too much cooked. Let it become half cold, pound it in a mortar, adding, a few drops at a time, a cupful of sauce or gravy cold and rather thick. When the whole is reduced to paste, rub through a tammy or sieve. Put the *purée* in

a basin, add to it a liqueur-glass of cognac or of marsala ; stir with a wooden spoon ; add, one at a time, while mixing, four eggs, and see if sufficiently seasoned. Butter a plain mould ; fill it with the mixture, and cover with greased paper. Place the mould in a pan with enough boiling water to cover two-thirds of the mould, and put on the lid. Keep it on the corner of the stove or in the oven for thirty-five minutes ; the water only simmering. When the liver is firm, take it out of the pan, let it remain five minutes, pass the knife between the liver and the side of the mould, turn it out on to a round dish. Serve with *piquante* or madeira sauce.

254. Stewed Kidneys

(*Rognons sautés*).

Take away the skin from three veal kidneys ; split them lengthwise in halves ; take out the white nerve from the centre, and cut each half into small slices. Melt 3 oz. of butter in a pan, colour in it a small chopped onion, add the sliced kidneys, salt, pepper. Stir with a spoon briskly over a good fire until all the pieces are equally coloured ; sprinkle with a table-spoonful of flour ; mix and stir well. Add a cupful of white wine and one of good gravy ; stir until boiling. Cook two minutes longer ; taste if well seasoned ; at the last add the juice of half a lemon and chopped parsley.

Note.—Marsala may be used instead of white wine. Mushrooms and truffles sliced thinly and stewed with the kidneys are an improvement.

255. Sweetbreads (to prepare)

(*Ris de veau*).

Steep them for an hour in cold water ; then put them to boil for five minutes (in cold water) ; take them out ; pour cold water over them. The sweetbreads are then ready to be dressed in various ways.

256. Sweetbreads braised

(Ris de veau rôtis et braisés).

Prepare the sweetbreads as in No. 255; they may then be larded or left as they are. Put 2 oz. of butter in a saucepan; when it is melted add the sweetbread; salt and pepper. Cover the pan, let them cook on a gentle fire for twenty minutes, turning them occasionally in order that they may take colour on both sides, then add a little good stock or gravy to detach all the gravy from the bottom of the pan. Arrange the sweetbreads on a dish, and pour the sauce over. When they are larded, place them, the larded side uppermost, in a pan with 2 oz. of butter, one carrot, and an onion cut in slices, thyme, laurel, parsley, salt, and a cupful of stock; cover the pan, or place a buttered paper over all. Leave over a good fire until the moisture is reduced and the sweetbreads coloured but not burnt; moisten with a cupful of white wine, the same of stock; cook for twenty minutes more. Place the sweetbreads on a dish, strain the gravy, take off the grease, thicken with a pinch of potato-flour mixed in cold water. Put the sweetbreads and sauce in the oven; baste to glaze them. Sweetbreads thus prepared can be served as *entrées* with spinach, sorrel, green peas, sliced truffles, mushrooms, tomato sauce, sauce à la financière, sauce à la Toulouse.

257. Sweetbreads à la Saint Cloud

(Ris de veau à la Saint Cloud).

Lard the sweetbreads with sliced pistachio nuts, truffles, and ham, alternating the colours; braise and glaze them in their gravy (No. 256). Serve with Italian sauce (No. 101).

258. Sweetbreads in White Sauce

(Ris de veau en sauce blanche).

Put the sweetbreads (blanched, No. 255) in a stewpan, just covered with stock and a little white wine, an onion

stuck with two cloves, a small bouquet of thyme, laurel, parsley; salt, pepper. Cook on a gentle fire for thirty minutes. Take butter and flour ($1\frac{1}{2}$ oz. of each), the stock of the sweetbreads, make a white sauce, thicken it with two yolks of eggs and a little cream.

259. Veal Olives glazed

(*Petits fricandeaux à la genevoise*).

Cut six good slices, $\frac{1}{2}$ inch thick, from a fillet of veal, flatten them lightly; cut six thin slices of lean bacon, about 1 inch broad. Spread on the veal chopped onion and fine herbs, a slice of the bacon above, roll, and tie each piece at both ends to keep them in shape. Melt in a pan $1\frac{1}{2}$ oz. of butter, place the olives in it, salt and pepper them lightly, cover the pan; let them cook at a gentle fire for twenty minutes, turning them once. Add a cup of white wine and the same quantity of gravy or stock; cook for another twenty minutes to glaze the olives well in their gravy. Take off the strings, and serve them with their sauce, from which the grease has been removed.

260. Veal Olives

(*Paupiettes de veau*).

Cut six slices from the fillet—they must be free from skin and nerves and about $\frac{1}{4}$ inch thick; beat them as flat as possible without destroying the shape; season them. Spread on each a layer of the following preparation: equal quantities of raw meat and bacon chopped very fine, with parsley, chives, salt, pepper, one egg; roll all up and tie at both ends; cook in the same way as for veal olives glazed (No. 259).

261. Veal Pie de Godiveau

(*Tourte de godiveau*).

Take rich short crust or puff paste (see Nos. 580, 585); put a layer of the paste on a tin, which has a border about

an inch high; place on the paste a thick layer of the godiveau (see No. 262); cover with another layer of the paste; press the two layers together by turning the edge of the first over the second. Brush the top with yolk of egg; mark and press the top with a round cutter smaller than the *pâté* itself; ornament it with some fancy cuttings from the paste; bake for thirty to forty minutes. With the point of the knife cut and lift off the top which has been marked; cut with the point of the knife the contents of the *pâté* and pour in a good sauce made with gravy and button mushrooms. Cover and serve very hot.

262. Paste for Pie

(*Godiveau*).

Proportions: $\frac{1}{2}$ lb. of fillet of veal; $\frac{1}{2}$ lb. of kidney, beef, or veal-suet; three whole eggs, half a cup of water, salt, pepper, nutmeg, a teaspoonful of chopped parsley and chives. Take all skin and nerves from the meat; chop and pound it in a mortar with an egg; add the suet finely chopped; continue to pound, adding from time to time a spoonful of cold water, the two eggs, and the seasoning. When all is a complete paste, add the parsley and chives. Of course it is better to put the *farce* through a hair-sieve, but it can be used without.

263. Small Veal Patties

(*Petits pâtés au jus*).

Small tartlets can be made in the same manner as for No. 261.

264. Quenelle Meat of Veal

(*Pâté ou farce à quenelles de veau*).

Ten oz. of flesh of any good part of veal, which is without skin and gristle, $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ lb. of panada (see No. 123), four yolks or two whole eggs, salt, pepper, nutmeg. Chop the meat fine; pound it with the yolk of an egg;

pass through a sieve. Put the panada cold in the mortar; add meat and butter by degrees, pounding all the time. When all is perfectly mixed, add seasoning and eggs one at a time, never ceasing to pound. Before taking it from the mortar, it is advisable to taste the seasoning. If the paste is not sufficiently firm, add a little flour or the yolk of an egg; mix well, and take the paste from the mortar.

265. Entrée of Quenelles

(*Quenelles pour entrées*).

Take *quenelles* paste—it must be rather firm (see No. 264); mix it for five or six minutes with two table-spoonfuls of cream. Butter lightly a stewpan—it must be rather large and deep. Take a table-spoonful of this paste; smooth the top with the blade of a knife moistened; with another spoon, which has been dipped in boiling water, turn the *quenelle* gently into the stewpan; it should then be the shape of a small egg; continue placing them side by side. Have ready boiling water lightly salted; pour it gently into the pan until the *quenelles* are covered. Place them on the fire; directly they boil up, remove the pan to the side of the stove, where the water must scarcely simmer; cover; five minutes will finish them. Take them out on a drainer, place them one by one on a dish in the form of a crown, and putting between each a *croûton* of bread cut in shape and fried in butter. Pour into the middle of the *ragoût* button mushrooms or truffles in madeira sauce (see No. 66).

266. Veal Balls

(*Boulettes simplifiées pour remplacer les quenelles*).

Take away all skin and gristle from $\frac{1}{2}$ lb. of veal. Chop this meat fine with $\frac{1}{4}$ lb. of beef-marrow—failing the latter, kidney-, beef-, or veal-suet; add some bread steeped in warm milk and squeezed (a piece about the size of two eggs), salt, pepper, nutmeg, chopped parsley, one

whole egg, two yolks; mix all well in a basin. With this *farce* make small balls rolled in flour, and cook in water the same as *quenelles* (see No. 264).

267. Quenelles for Vol-au-Vent.

Take some *quenelles* paste (No. 264); place it on a floured board; roll it into the form and thickness of a cork; divide this into equal pieces the size of a large nut; roll into a ball or the form of a cork. Cook in the same manner as for No. 265. When cooked, they can remain for some little time; simply leave them in a basin covered with the water in which they were boiled.

268. Vol-au-Vent.

Take puff paste about two-thirds of an inch thick (No. 585). Place on the paste a plate the size of the *vol-au-vent* required; cut round with the point of a knife. Place this round upon a baking-tin which has been slightly moistened; brush the paste over with yolk of egg; mark it with a saucer turned upside down, and round this mark bury the point of the knife to about the depth of $\frac{1}{8}$ inch—this is to form the cover; place in the oven, which must not be too hot, but the heat to be gradually increased during thirty to thirty-five minutes. When taken from the oven gently lift the cover from the *vol-au-vent*, and take out all the soft paste from the inside. It is then ready for the dressing.

269. Garniture for Vol-au-Vent.

A sweetbread cooked and cut in slices; a calf's tongue boiled or braised, split, and cut in slices; calf's or sheep's brains cooked and cut in pieces; 1 lb. of poached *quenelles* (Nos. 264, 265), and some button mushrooms cut in halves. Season highly, and mix all together with a quart of good sauce, white or brown, according to taste. Stoned olives, bottoms of artichokes (globe) cooked and cut, truffles, prawns or crayfish, may be added to the above.

270. Vol-au-Vent à la Marinière.

Fill the *vol-au-vent* with fish cooked and cut in pieces, mussels, oysters, fish *quenelles*, prawns, shrimps, or crayfish shelled, mushrooms, all mixed with a good white sauce. All dressings must be cooked previously.

271. Veal Patties

(*Bouchées*).

The directions for making small veal patties to be followed exactly from those for *vol-au-vent* (see No. 268); for the dressing to be placed in them see No. 272; of course small tartlet paste-cutters to be used for cutting them.

272. Dressing for Veal Patties

(*Garniture de bouchées*).

For twelve patties take $\frac{1}{2}$ lb. of cooked veal (any remains will serve); cut them in small slices the size of a green pea, a slice of ham cut in the same manner; mix all with half their quantity of white or brown sauce; add chopped parsley and chives to the sauce.

273. Superior Chicken Patties

(*Bouchées à la reine*).

Take the skin and bones from half a cooked fowl; cut it in small dice; cut in the same manner a truffle, two or three button mushrooms, a slice of pickled tongue; mix all with a white or brown sauce (madeira); make all hot; have the patties ready on a dish, fill them with the dressing.

Note.—Patties made with oysters, prawns, shrimps or crayfish, lobsters, and mixed with a cream sauce, are delicious. Remains of boiled fish can be utilised in the above manner.

274. Cold Veal Pie, with Jelly

(*Pâté froid de veau à la gelée*).

Prepare a raw mixture, well chopped or put through a mincing-machine, $\frac{1}{2}$ lb. of veal and pork (4 oz. of each), and $\frac{1}{2}$ lb. of bacon fat. Season with salt, pepper, ginger, nutmeg; a liqueur-glass of brandy; pound for some minutes in the mortar. Cut $\frac{1}{2}$ lb. of fillet of pork and 1 lb. of veal in strips longer than wide; season and put them in a basin with a glass of wine; let them soak for half an hour. Cut some thin slices of cooked ham. Butter a mould. Make a paste with 6 oz. of butter, 10 oz. flour, two yolks of eggs, a pinch of salt, and a teacupful of tepid water; make it rather stiff. Divide the paste in two parts, two-thirds to be for the bottom of the mould, the other for the cover. Cover the bottom and sides of the mould with the paste, pressing well against the sides, giving everywhere an equal thickness. On the bottom of the paste spread a layer of the chopped mixture, then a layer of the steeped fillets mixed with the slices of ham, then the remains of the chopped meat arranged a little in the shape of a dome; cover all with some thin slices of bacon fat. Moisten the paste round the edge of the mould; cover with the smaller piece of paste; fasten it well with the moistened edges of the under paste, pinching up into shape any paste coming above the mould; upon the top make a little round hole; ornament the *pâté* with leaves cut from the remains of the pastry, and place in the opening at the top a card rolled up; brush the whole over with beaten yolk of egg. Put the pie in a good oven; when the top is coloured, cover it with white paper. Let it cook two hours; an hour after it has been taken from the oven, remove the card from the top and pour in aspic jelly. When the pie is nearly cold, take it from the mould. It is advisable to make it the day before it is to be eaten. If it is to be served the same day, wrap it in a cloth and place it on the ice.

275. Veal Pie, en Cocotte

(*Pâté de veau en terrine*).

Take a small piece of the best part of the veal, trim it free from all gristle and skin, lard it inside with fillets of raw ham, bacon fat, and truffles. With the trimmings of the veal, some lean pork, and an equal quantity of bacon fat (raw), make a chopped or minced mixture. Pound the mixture with the trimmings of the truffles in a mortar, season with salt, pepper, ginger, and nutmeg; add two table-spoonfuls of brandy or marsala. Take an earthenware mould that will stand the fire, line it with thin layers of bacon fat, cover the bottom with a layer of the pounded meat, and lay the larded fillet on this, surround and cover it with the chopped meat, bringing it rather higher towards the middle. Place the mould in a dish which has a little water in it, put on the cover, put it in a moderate oven, and cook for two or three hours according to size. Take it out; then thirty minutes after, place a light weight upon the middle of the mould, and let it cool under pressure. This pie can be served up in the mould, or taken out, and surrounded with aspic jelly.

276. Timbale of Macaroni

(*Timbale à la Milanaise*).

Make a thin short crust (see No. 579), cut in small strips, roll them on the floured board in cords about the size of macaroni; with these line completely a well-buttered mould. Fill it with macaroni *à la milanaise*. The mixture can be made more or less rich by adding truffles, mushrooms, pieces of ham, *foie gras*, cockscombs, sweetbreads, braised and cut in slices; close the timbale with a layer of paste. Cook the timbale in a good oven until the paste is properly baked. Turn it over on to a dish, make a small opening on the top, and pour in a good madeira sauce.

POULTRY AND GAME

(*VOLAILLE ET GIBIER*).

277. Roast Fowl

(*Poulet rôti au four*).

PLACE the fowl in the baking-pan, with $1\frac{1}{2}$ oz. of butter (melted) and a pinch of salt. Cook, basting frequently; if the butter shows a tendency to become black, which will happen if the oven is too hot, add a few drops of water, and cover the fowl with buttered paper. A chicken will take twenty to twenty-five minutes. A medium-sized fowl forty to fifty minutes. A large fat fowl fully one hour. Let it be a beautiful golden colour; take away the fat; detach the gravy from the bottom of the pan; add half a cup of water; boil up and pour into a sauce-boat. Place the fowl on a dish, and place all round it some water-cress seasoned with salt and lemon juice.

Note.—The finest way of roasting poultry is unquestionably in front of the fire; but as that is seldom practised now, by paying attention to the above simple rules for roasting in the oven, I venture to affirm that a great improvement may be established in many households in which poultry is too often sent to table dry and tasteless. On the Continent poultry (roast) is served with a well-made salad, the hot vegetables being sent up as a separate course. When the oven is needed for other purposes, poultry can be roasted excellently in a stewpan.

278. Poultry Roasted in a Stewpan

(Poulet à la casserole).

Cut the legs from the fowl to the thigh, put it into a stewpan with 3 oz. of butter, salt, and half a cupful of water. Cover and cook at a brisk fire; when the moisture is reduced, continue to cook more slowly; and continue to turn the fowl in order to colour it equally; at this point moisten with a cupful of water, and let it finish. Dish the fowl, and make the gravy in the same manner as for roast (No. 277).

279. Fowl Stewed in twenty minutes

(Poulet sauté à la minute).

Melt 1 ½ oz. of butter in a stew- or frying-pan, add the fowl cut up in five pieces, colour them over a good fire, season with salt and pepper; at this point add a table-spoonful of flour, shake and mix well, moisten with a pint of gravy or stock, a glass of white wine if the flavour is liked; cook until liquid is reduced to one-third; add chopped parsley, chives, and the juice of a lemon. Arrange in an *entrée*-dish; this should take no more than forty minutes in all.

280. Fowl Marengo

(Volaille à la Marengo).

Warm two table-spoonfuls finest olive-oil and 1 oz. of butter in a stewpan; place in the fowl cut in pieces, season with salt and pepper, let them take colour on both sides; sprinkle over them a table-spoonful of flour. Moisten with 1 ½ pint of gravy or stock, a glass (small) of madeira, two table-spoonfuls of *purée* of tomatoes; make the sauce rather thin. Add a bouquet of parsley, thyme, marjoram, an onion pierced with two cloves, button mushrooms prepared (see sauces). Cover the pan, and cook gently for three-quarters of an hour. Arrange the fowl on a dish; take all grease from the sauce, reduce it to the desired

consistency, having first removed the bouquet of herbs and onion; taste the seasoning, and finish with a pinch of cayenne and juice of a lemon. Pour the sauce over the fowl; surround it with six fried *croûtons* of bread, and between each *croûton* a fried egg or the quarter of a hard boiled egg. When not objected to, a suspicion of garlic in this dish is an improvement.

281. Fowl stewed in Red Pepper

(*Poulet sauté au paprika*).

Cut up the fowl; colour it in butter; powder it with a teaspoonful of red pepper; then cook it in the same manner as for *poulet sauté* (see No. 279).

Note.—The red pepper, or *paprika*, must not be confounded with Cayenne. It is a totally different preparation, and doubtless will only be procurable at the best Italian warehouses.

282. Curried Fowl

(*Cary de poulet*).

Melt a piece of butter the size of an egg in a stew-pan, and colour in it an onion sliced or chopped. Add the fowl cut in pieces, a teaspoonful of curry powder, and a pinch of salt. Colour the fowl gently at a moderate fire, turning the pieces frequently; then add a pint of stock. Cook for forty to forty-five minutes until the liquid is reduced to one-third; add a cupful of good cream, simmer for two minutes; at the moment of serving add the juice of a lemon. Serve at the same time a dish of rice, cooked *à la Persane* (see No. 389).

283. Fowl with Rice

(*Poulet au riz*).

Take a tender fowl, put it in a stewpan surrounded by its giblets; and add water, or better still, stock, to the height of the fowl. Put it on a good fire; and skim

when necessary. When it has boiled up add a bouquet of parsley, thyme, laurel, an onion pierced with cloves, and one carrot; continue to let it simmer, the stewpan open. After one hour and a half the fowl should be tender, sometimes before. In the interval put 12 oz. of rice in a stewpan (it must be carefully picked and washed); add half water half the stock from the fowl, the proportion about three times the quantity of the rice; add a little salt, cover and let it cook very gently; when the rice has absorbed nearly all the liquid, the grains should be cooked, but whole; at this point add a little more stock, then 1 oz. of butter; stir gently with a fork to avoid turning the rice into a paste; twenty to twenty-five minutes should cook it. Drain the fowl, take off the string which has kept it in shape, put it on a dish, surround it with the rice. Mask the fowl with a little white sauce, serve the remainder in a sauce-boat. For the sauce make a good white one with the stock of the fowl. Thicken with two yolks of eggs, a little piece of butter, and the juice of a lemon (see No. 63).

284. Fricassée of Fowl

(Fricassée de poulet).

The colour of the fowl for this dish should be very white; to that end it is put on the fire in cold water, taken out before it boils, strained, and cold water poured over it; but the dish will not suffer in taste if the above operation is omitted. Warm 2 oz. of butter in a stewpan, add fowl cut in neat pieces, salt, pepper; colour for three minutes over a gentle fire, it must not take a deep tint. Add a table-spoonful of flour, a pint of hot stock, a tumbler of wine; stir until it boils, to prevent lumps; add a bouquet of herbs, twelve button onions, one of them pierced with cloves, and simmer gently for one hour at least. The sauce should have reduced one half. Make a thickening with two yolks of eggs, juice of a lemon, 1 oz. of butter (fresh), and a teaspoonful of chopped parsley (see No. 63).

285. Fricassée of Fowl with Rice

(*Fricassée de poulet en bordure*).

Butter a bordered mould, fill it with rice cooked as for fowl with rice (No. 283), it should be rather firm; press it well into the border, as it should take the shape of the mould. Keep the mould at the entrance of the oven for ten minutes; it must stand in a dish in which warm water has been placed. Loosen the rice in the mould with the point of a knife, turn it out on to a round dish, fill the centre with the *fricassée* (No. 284). The rice can be dressed without a mould by stacking it round in a kind of hillock, leaving a hole in the centre of the dish for the fowl.

286. Galantine of Fowl

(*Galantine de poulet*).

Bone the fowl. Prepare a stuffing with 6 oz. of fillet of pork, 6 oz. of fillet of veal, 8 oz. of very fresh bacon fat, pound all for a few minutes (after it has been chopped or minced in the machine); season with salt, pepper, nutmeg, ginger. Rub all through a wire sieve. Put the *farce* into a basin; add 4 oz. of fillet of veal cut in dice and tossed in a pan on the fire in butter, 2½ oz. of fat bacon scalded, 2 oz. of pickled tongue, 2 oz. of ham, three raw truffles, the whole cut in dice; 1 oz. of chopped pistachio nuts; mix all perfectly with a table-spoonful of cognac and two of madeira. Lay the boned fowl opened on the board, spread over it this *farce* pressed down thickly, sew up the fowl at the back with strong thread, keep it well in shape, wrap it in a cloth, tie at both ends and well in the middle also. Put it in a casserole; surround by the bones and giblets of the fowl, some trimmings of fresh meat, a calf's foot scalded and cut in pieces; cover the fowl with cold water, add salt. Let it boil up, skim, add one carrot cut up, one onion stuck with three cloves, a tumbler of white wine; let it simmer very gently for an hour and a

half. Take it out, untie, and tie it up again lightly, put it between two dishes with a weight on the top. Let it remain until the next day. Continue to boil the stock of the galantine for a couple of hours longer; take off the fat, pass it through a fine sieve, leave it until the following day. When cold take off every morsel of fat, see it is sufficiently thick, clear it. Finish as for meat jelly (see No. 59). An hour before serving take the fowl from the cloth, glaze it with a little of the jelly melted; cut it in thin slices, place them on a dish in the form of the fowl, place a layer of jelly on the dish first, and garnish all round with pieces of the jelly grouped regularly.

287. Fowl Piedmontese fashion

(*Poulet à la Piémontaise*).

Bone and open a fowl; lay it on the board; salt and pepper it. Make with 6 oz. of rice a *risotto à la Milanaise* (No. 50); add to it two truffles scalded, 2 oz. of ham cut all up into dice, and the chopped liver of a fowl. Let this *farce* get half cold, fill the fowl with it, sew it up and put round it thin layer of bacon fat. Put it in a stewpan with 2 oz. of butter, some bacon trimmings, one onion, and one carrot sliced, a bouquet of herbs and a cup of stock; cover the pan. Let it cook until the liquid is reduced and the bottom commences to take colour; add $\frac{1}{2}$ pint of stock and half that quantity of wine; continue to cook for forty minutes, turning it once. Take out the fowl, untie it carefully, and keep it warm. Strain the sauce, take off the grease, thicken with a little potato-flour, reduce it a trifle, and pour over the fowl; place it in the oven for a few minutes to glaze it.

288. An easier way to cook the above.

Truss the fowl; cook it in the same way as in recipe No. 287; make the sauce rather thick and smooth. With 6 oz. of rice make a good *risotto* (No. 50), finish it with

the fat taken from the gravy of the fowl. Place the rice upon a dish, the fowl on it, the sauce poured over all.

289. Grilled Fowl

(*Poulet grillé*).

Split a tender fowl open at the back, flatten it, and take out the bone. Season with salt and pepper, lemon juice; rub it over with oil or dissolved butter, sprinkle it with dried bread-crumbs. Grill it over a clear gentle fire for thirty minutes. It may also be cooked in the oven. Place it on a dish, surround it with water-cress and slices of lemon. It may be served with tomato, *rémoulade*, or Tartar sauce.

290. Fowl à la Stanley

(*Poulet à la Stanley*).

Take a fine fowl, joint it into five pieces. Place these for four minutes in boiling water, take off the skin. Arrange them in a stewpan with a bouquet of herbs, one onion stuck with two cloves; cover to the level of the fowl with thin cream, add salt and pepper; let it cook gently for at least thirty minutes. The cream should then be reduced to half the quantity. Add a table-spoonful of butter worked soft with a little flour, shake the pan well in order that all mixes well and becomes smooth. Taste if it is well-seasoned, add a pinch of cayenne and the juice of a lemon. Arrange the fowl on a dish; strain the sauce over it; place round it truffles previously cooked in a little madeira.

291. Fowl, Russian fashion

(*Poulet Demidoff*).

Cut into very small dice some parsley root, celery, carrots, and onions. All these vegetables must be young and fresh, put them in a pan with a bouquet of herbs, a clove of garlic (not peeled), a small piece of fresh butter,

and a wine-glassful of oil. Joint the fowl into five pieces; place it in the pan with the vegetables; season with salt, a pinch of cayenne; place over a brisk fire for a few minutes, cover and place them in the oven. Half an hour after, turn them and add two tomatoes peeled (seeds removed) and cut in quarters. Leave for another fifteen minutes, then arrange in the middle of a dish with a border of rice round, the latter to be cooked as for *risotto* (see No. 50), to which is added some little squares of ham and button mushrooms. Add two or three spoonfuls of good gravy to that already in the stewpan, take off all fat, and pour over the fowl.

292. Fowl with Tarragon

(*Poulet à l'estragon*).

Truss and cover with bacon fat a fine fowl or capon. Put it in a stewpan, with an onion stuck with two cloves, one laurel leaf, a bunch of fresh tarragon, a small piece of butter, and $\frac{1}{2}$ pint of stock. Stew for an hour at least over a gentle fire; strain the gravy, mix it with butter worked with flour to make it soft, add some tarragon leaves chopped (not fine), the juice of a lemon. Arrange the fowl on a dish, cover it with the sauce.

293. Fowl in Aspic

(*Chaud-froid de poulet*).

Roast a fowl, it must be rather underdone; take off the skin, cut it in eight pieces. Make white thickening with 1 oz. of butter, the same of flour. Moisten this thickening with aspic jelly (dissolved) and cream, equal parts of each, and a wine-glassful of madeira; make all into a thin sauce. Reduce it to two-thirds, and thicken with two yolks of eggs (see No. 63). Pass it through a fine sieve, and allow it to become half cold, stirring all the time in order to keep it quite smooth. With a long skewer steep each piece of fowl in this sauce, taking care it is covered with it on all sides; place them one by one on a large dish which

has been lightly oiled. Pour the remainder of the sauce in the bottom of a round dish which is to go to table. When the pieces of fowl are half cold cover them with aspic which is half set; arrange them upon the sauce in the dish for table. Ornament the space between each piece of fowl with a little chopped jelly, and, if desired, slices of truffles and mushrooms; decorate all round the bottom with *croûtons* cut out of the jelly.

294. Fowl Cutlets in Aspic

(*Cotelettes de poulet en chaud-froid*).

Take off all the flesh from a roast fowl, cut it into small squares; cut up also some truffles, and mix all with a little sauce *chaud-froid* (see No. 293). Place this preparation on a tin, spreading it to the thickness of a little less than an inch, and place it on ice. When cold, form it into little cutlets all equal size, and cover each cutlet with sauce. When the sauce is set round them, spread over them some meat jelly coloured pink—of course the latter must not be quite cold—let it set round them; and then trim the cutlets by passing the point of a knife all round them. Arrange them in the form of a crown; put a frill round each. Garnish the middle of the dish with water-cress or fresh parsley.

295. Fowl with Truffles

(*Volaille à la Périgord*).

Chop very finely the trimmings of $\frac{1}{4}$ lb. of truffles; colour them for a minute in a little bacon fat, and mix them with the chopped liver of the fowl. Put this mixture into a fine fowl; truss it; cover it with slices of bacon fat. Cook in a stewpan (No. 278) for at least one hour. Take it out, remove the string, and keep it hot. Strain the gravy, and take off the grease. Put it back in the pan with a glass of madeira, and the truffles cut in slices (thick). Let it cook an instant; add a little good brown gravy—if none at hand,

substitute a teaspoonful of potato-flour mixed with a little water. Ornament the fowl with the truffles and sauce.

296. Croquettes of Fowl

(*Croquettes de poulet*).

Take away all skin and bone from the remains of cold fowl; two slices of ham or pickled tongue, and two artichoke bottoms (see Vegetables); cut all in dice. Have ready half their weight of cream sauce (No. 75); add to it a little good gravy. The sauce should be rather thick; season with salt, pepper, and nutmeg; mix the meat, &c., with the sauce, warm up, and at the last thicken with the yolks of two eggs. Spread this out on a dish and let it cool. Take spoonfuls of this mixture, roll them out in the shape of a cork on a board sprinkled with baked bread-crumbs, and flatten them at one end to give the shape of a pear. Pass them through beaten egg, then again through the bread crumbs; plunge five or six at a time into boiling fat—and let them take a beautiful golden colour. Serve with any good sauce.

297. Mayonnaise of Fowl

(*Mayonnaise de poulet*).

Cut up a cooked fowl into neat joints, and take off the skin. Place the pieces in a dish with salt, pepper, a table-spoonful of oil, the same of vinegar, and some chopped parsley; leave them for an hour. Stone some olives, and cut two gherkins and a slice of ham into dice. Make a highly seasoned *mayonnaise*. Slice the heart of a lettuce; arrange it on a dish, the pieces of fowl upon it in the form of a pyramid. Cut in four, lengthwise, three hard-boiled eggs, then each quarter in halves across, making eight pieces; arrange them round the fowl, the yellow outside; cover the fowl with a part of the sauce, and ornament with the dice of gherkins and ham. Between the eggs and the fowl place a small border of salad cut up; upon this, at

equal distances, the stoned olives. The remainder of the sauce to be sent to table in the sauce-boat.

298. Fowl stuffed with Truffles

(*Volaille truffée*).

Prepare a fowl as for roasting. Carefully cleanse the liver from the gall, and pound it with the peel and trimmings of 6 oz. of truffles. Mix this *purée* with 5 oz. of fat bacon. It is advisable (not indispensable) to pass all through a sieve. Season with salt and pepper; add the truffles cut in quarters and lightly warmed in dissolved bacon fat. Put this stuffing in the fowl. Introduce some slices of truffles between the skin and flesh of the fowl; close up the opening, sewing it with thread; turn back the skin of the neck on to the back between the wings, truss, and tie up. Cook as for roast (see No. 277).

Pheasant, turkey, partridge, can all be dressed and cooked in the same manner.

299. Pâté of Fowl

(*Timbale de poulets aux nouilles*).

Butter and line a mould with half-puff paste (see No. 587) —it must reach over the top of the mould. Cook 6 oz. of vermicelli or macaroni; cut in quite small pieces; strain them; return them to the pan with butter, pepper, and salt, and one cupful of cream sauce (see No. 75). Cook for an instant, and add two table-spoonfuls of grated Parmesan cheese and 1½ oz. of ham cut in small dice. Fill the mould with this, and cover all with a round of the paste, moistened at the edges; press the upper and lower pastes together; cut round to make all even. Place on a baking-tin and into a good oven for forty minutes. Turn out on a round dish; make at the top a round opening about 1 inch; take off the little piece of paste which forms the cover; take out a few spoonfuls of the macaroni, and in their place pour in a little *ragoût* made with the

breast of fowl, sweetbread, and mushroom, all previously cooked, sliced, and warmed in madeira sauce; put back the cover, pour some sauce round the timbale.

300. Fillets of Fowl

(*Filets de poularde au suprême*).

Take the fillets from three small capons; take off the skin as carefully as possible; flatten lightly, trim, and form them. Butter a *sauté*-pan, pass the fillets through butter and arrange them in it; sprinkle with salt, and cover with a round of paper. Break up finely all the bones of the fowls, make a good gravy of them and strain; let it reduce almost to glaze—but do not take colour. Add to this three table-spoonfuls of white sauce made with stock, a small piece of fresh butter; pass through a tammy-cloth. This sauce should not be thick—see if well seasoned. Place the fillets on the fire; turn them several times in the butter to cook them, without giving them colour; add the juice of a lemon. Have ready *croûtons* of bread fried in butter; let them be the same form as the fillets. Arrange the fillets on the *entrée*-dish, a *croûton* between each; beat up the sauce and pour over all.

Note.—This *entrée* may also be served upon a border of *quenelle* meat made of poultry and mixed with cream sauce.

301. Fowls Thighs stuffed

(*Ballotines de cuisses de poularde*).

Bone six thighs of fowl, leaving half the bone from the joint of the leg; spread them on a cloth, fill them with small squares of truffles, pistachio nuts, smoked tongue, ham, and a little chopped fresh pork; season highly; sew the skin together, giving them the form of the thigh (very bulky). Put in a stewpan layers of bacon fat, carrot, and onion sliced. Lay the stuffed legs on the top. Moisten with a little good gravy. Cook for an hour; the liquid

should then resemble glaze; add a little Italian sauce (see No. 101). Place the legs on an *entrée*-dish, removing the thread, and pour the sauce over all.

302. Soufflé of Fowl

(*Soufflé de volaille en petites caisses*).

Take off the skin from several pieces of cooked fowl, about 6 oz.; if not sufficient add a little cooked veal. Mince and pound them, adding by degrees a cupful of cream sauce rather thick. Pass through a fine sieve; put the *purée* in a stewpan to heat; stir well, but do not boil. Remove from the fire at this point, season with salt, pepper, nutmeg, and add five yolks of eggs, one at a time. Beat the whites to a very stiff froth, mix them gently to the *purée*. Butter twelve small paper cases, fill them two-thirds with the mixture, arrange them on a very clean baking-tin, cook in a moderate oven for fifteen minutes. These *soufflés* should be sent direct from the oven to table. The *purée* may be cooked in a dish, but in that case needs to be left a longer time in the oven.

303. Pâté for Picnics

(*Pâté de poulet à l'emporter*).

Prepare a *fricassée* of fowl (No. 284), let it get nearly cold. Take a square tin loaf, cut a round piece from the top to form a cover; take all the crumb from the inside; butter the inside with a brush dipped in dissolved butter; put the bread for an instant in the oven to dry it. Pour the *fricassée* into the loaf, let it get quite cold; close it with the cover of bread.

304. Quenelles of Fowl in Moulds

(*Petites timbales à la Talleyrand*).

Cut some smoked tongue very fine and small—in the same manner as vegetables for Julienne soup—truffles, and some

small fillets of cooked fowl, all cut up in the same way. Butter twelve small moulds (*darioles*), powder them with the above mixture, place them a moment on ice, fill them with *quenelle farce* of fowl or veal; with the finger moistened make a hole in the centre, and fill it up with the cut tongue, truffles, and fowl, mixed with a very thick madeira sauce; cover the top of the hole with a little of the *quenelle farce*; put a piece of paper on the top of the mould. Place the moulds in a stewpan filled with boiling water to half the height of the moulds, and cook slowly for twenty minutes in this manner. Turn them out of the moulds to arrange them on the dish, pour round a brown sauce with truffles.

305. Roast Turkey

(*Dinde rôtie*).

Cover the turkey with the fat of bacon cut very thin, or wrap it up in buttered paper; baste constantly with butter while roasting; just before it is cooked take off the paper to let it take the proper colour. It can be cooked exactly the same as roast fowl—in front of the fire, in the oven, or in a stewpan; the gravy to be made the same as for fowl. The time for roasting must naturally be regulated according to the size of the bird: a very large one will take two and a half to three hours; a very small one, an hour and a quarter.

Note.—When there is any doubt concerning the age of the turkey it is advisable to cook it in a stewpan.

306. Stuffed Turkey

(*Dinde farcie*).

To stuff a turkey see *Volaille truffée* (No. 298). They can also be stuffed with sausage-meat: two-thirds of the meat, one-third of boiled chestnuts and the chopped liver of the turkey. When stuffed they take longer time to roast.

307. Hashed Turkey

(*Emincé de dinde*).

Slice the remains of a turkey and warm them in gravy, or brown or white sauce highly seasoned. Serve with fried *croûtons* of bread round.

308. Roast Goose

(*Oie rôtie*).

Stuff the goose either with sage and onions, or with the liver, chopped onion, salt and pepper, all tossed previously in the stewpan with a little fat of the goose. Truss it; place it in the baking-pan; sprinkle it with salt, and moisten with a little butter or lard; roast it in the oven for two and a half hours. Arrange on a dish; make the gravy by adding a little stock and caramel to the gravy in the dripping-pan. Keep the surplus fat very carefully—rice cooked with it is excellent.

309. Goose in Jelly

(*Oie en daube froide*).

Place in a stewpan some remains of bacon, two carrots, two onions, four cloves, one bouquet of herbs, a knuckle of veal cut in pieces, a wine-glass of brandy, one and a half tumblers of wine, and stock to half the height of the contents of the pan; pepper, salt. Place the goose in and let it simmer for two and a half hours, longer if the bird is old. When tender place the goose in a deep dish; take off the grease and strain the gravy—if this is too thin reduce it a little. Pour it over the goose, and let it cool until the jelly begins to set.

310. Goose stuffed with Apples*(Oie aux pommes).*

Fill the goose with apples (rennets) cut in quarters. Tie it up; roast it in the oven or stewpan for two and a half hours. Dish it up, and prepare the gravy as for poultry (No. 277). Take off the fat and serve it in a sauce-boat.

311. Stewed Giblets*(Ragoût d'abatis à la chipolata).*

Wash the giblets in boiling water, dry them in a cloth; cut the neck in three pieces, the gizzard in three, the heart to be kept whole. Colour $1\frac{1}{2}$ oz. bacon cut in dice in 1 oz. of butter, add the giblets, season with salt and pepper; let them take a light colour. At this point mix in $1\frac{1}{2}$ oz. of flour; moisten with a quart of stock, half a tumbler of white wine, stir until it boils; add a bouquet of herbs, twenty-four chestnuts (see No. 160), twelve button onions, one carrot, and one turnip cut in pieces and trimmed. Let all simmer gently for three hours; twenty minutes before the giblets are cooked add some small grilled sausages cut up small. Let the *ragoût* stand in order to be able to take off the fat; take out the bouquet; see if well seasoned, and dish carefully.

312. Foie Gras in Aspic Jelly*(Aspic de foie gras).*

Prepare some meat jelly (see No. 59) and finish it with half a tumblerful of marsala. Take a pot of *foie gras*, size according to the number of persons for whom it is intended. Take the fat off the top; turn it out of the pot; cut it in two or three equal portions, then with the blade of a knife, steeped in boiling or warm water, divide these portions into thin slices about $\frac{1}{4}$ inch thick. Pour some spoonfuls of jelly (it must be barely tepid) into the bottom

of a mould, stand it in ice. As soon as the jelly is firm, arrange upon it a crown of slices of *foie gras* resting lightly on one another. Cover this crown with jelly to the thickness of $\frac{1}{2}$ inch, then another crown of *foie gras*, then jelly; continue until the mould is full. When the jelly is firm steep the mould quickly in boiling water; water must not come up to the top; take it out, dry it and turn it out on a dish; surround the base of the aspic with jelly cut out in shapes. If a very rich aspic is desired, place between each slice of *foie gras* slices of cooked truffles, mushrooms, cockscombs, shelled prawns.

Note.—Aspic of fowl is prepared in the same manner, and garnished with truffles, pickled tongue, ham, hard eggs, &c.

313. Stuffed Pigeons

(*Pigeons farcis*).

Take three fine pigeons, chop the livers and hearts with equal quantities of bacon fat, and $\frac{1}{4}$ lb. bread soaked and well squeezed, salt, pepper, nutmeg, chopped shallot, and onions; add the yolk of an egg. Stuff the pigeons, sew them up, tie them, and wrap them in thin slices of bacon fat. Place them in a baking-pan with $1\frac{1}{2}$ oz. of butter dissolved, a little salt; put them in a good oven for twenty-five minutes; untie them, and keep them warm. Have ready six *croûtons* bread cut square, colour them in the butter in the baking-pan, place them at the bottom of the dish; cut the pigeons in two, place each half on a *croûton* of bread. Scrape the gravy from the bottom of the baking-pan with a little stock, pour over the pigeons, and serve.

314. Pâté of Pigeon

(*Terrine de Pigeons*).

Clean and finely peel six truffles, cut them in pieces; chop some pistachio nuts; cut 3 oz. of ham into dice. Bone two fine pigeons. Colour lightly in melted bacon

fat two chopped shalots; add to them the livers of the pigeons, three livers of fowls or $1\frac{1}{2}$ oz. of calf's liver, the peelings of the truffles; shake this briskly over the fire to render the livers firm, but they must not be entirely cooked. Chop fine 3 oz. of bacon, the same quantity of lean fillet of pork; pound this with the livers; season with salt, pepper, nutmeg, ginger; pass all through a sieve; then add the truffles, pistachios, and ham. Spread the pigeons on the table, season them lightly, fill them with the *farce* in a manner to give them their original form. Butter the bottom of an earthenware shape that will stand the fire, place in the pigeons with half a tumblerful of madeira wine, cover them with a thin layer of bacon fat, add a laurel leaf; cover with the lid, put a little paste made of flour and water between the shape and the lid where they join. Place it in a pan of boiling water to reach half way up the shape, put it in a hot oven, it should keep a gentle simmering all the time; leave it in one hour. An instant before serving uncover the shape, take off the covering of bacon, pour the gravy into a small stewpan; take off the fat, thicken with a table-spoonful of madeira sauce, let it reduce for an instant and throw over the pigeons. Serve in the shape, which has been well cleaned with a cloth.

Note.—This dish can be served cold: in that case, directly the pigeons are cold place a light weight on them, and leave them until the next day in their gravy—do not remove the fat. Serve in the same manner as the above.

Partridges can be dressed in the same way.

315. Grilled Pigeons

(*Pigeons à la crapaudine*).

Split the pigeons in two at the back, but they must not be separated; take out some of the bones from the inside. Flatten the pigeons lightly; season them with salt and pepper; pass them through beaten egg with a little butter dissolved in it, roll them in bread-crumbs, and arrange

them in a pan. Grill them in the oven for twenty minutes, basting constantly with butter. Serve with Tartar or Italian sauce.

316. Pigeons with Green Peas

(Pigeons aux petits pois).

Truss and tie up the pigeons; colour them lightly at a gentle fire for about twenty minutes in a covered stewpan, with 1 oz. of butter and $\frac{1}{4}$ lb. of bacon cut in dice, six button onions (peeled). At this point add a quart of stock, a bouquet of herbs in which is a little fresh mint, and a pint of young fresh peas. Let all cook very gently for twenty-five minutes more, watching carefully that nothing sticks to the saucepan. Take out the pigeons; untie them; take out the bouquet. Mix 1 oz. of butter with a teaspoonful of potato-flour; add it to the peas, shaking all briskly; let it reduce if necessary; pour over the pigeons.

Note.—Pigeons can be cooked simply in good gravy thickened, and served with peas, French beans, or small new carrots cooked separately (see Vegetables).

317. Pigeons stewed with Olives

(Timbale de pigeons aux Olives).

Cut in pieces three pigeons; colour them over the fire with $\frac{1}{4}$ lb. of bacon cut in squares and a little butter; sprinkle with a teaspoonful of flour, and moisten with gravy or broth, a wine-glassful of white wine and seasoning; add some button mushrooms; let all cook at a slow fire for half an hour—the gravy must be quite smooth and reduced. Take out the stones from five or six dozen olives—they must keep their shape when stoned; throw them as they are stoned into cold water; drain them. Then fill them with raw *quenelle* paste (No. 264); poach them in boiling water and drain them. Arrange them side by side at the bottom and round the side of a buttered timbale-mould (a mould with a funnel in the

centre); make them firm with a thin layer of *quenelle* meat. Pour the *ragoût* of pigeon into the empty centre of the mould; stop up the opening with a layer of *farce* and a round of buttered paper. Poach the mould in boiling water for half an hour. Turn out the timbale on to a dish and pour around it a thin brown sauce.

Note.—To prepare the above a proper timbale-mould is necessary, also a small cornet for filling the olives: both are indispensable for many other dishes.

318. Roast Duckling

(*Caneton rôti*).

Place the prepared duckling on a baking-dish; sprinkle with salt; pour over it some butter melted to oil; put it in the oven for about thirty minutes. Take away the string of the trussing; arrange it on a dish; remove part of the fat from the baking-dish; add a little broth or water, scraping well the gravy that has attached itself to the pan; boil it up, and add a little caramel to colour it (if liked). Strain the gravy into a sauce-boat and serve with the duckling.

319. Duck with Olives

(*Canard aux olives*).

Place a duck in a deep stewpan with a little good fat and some bacon trimmings, one onion, one carrot—both sliced—a bouquet of parsley, celery, thyme, salt and pepper. Let all take colour in the pan well covered. At this point add a glass of white wine and a pint of good gravy; continue to cook gently until the duck is quite tender, which should be in about an hour and a half. Take the string off; arrange the duck in a dish; take the grease from the sauce, which should be thick and rich. Have ready a good brown olive sauce (No. 67); add to it the sauce from the duck; reduce over the fire until the proper consistency is obtained; pour over the duck, and serve.

Notes.—An old duck will take three hours to cook.

320. Duck with Small Onions

(Canard aux petits oignons).

Prepare the duck as for roasting; place it in a stewpan with 1 oz. of butter and 2 oz. of bacon cut in dice; salt and pepper. Colour it on both sides on a gentle fire, and with the stewpan uncovered, for about fifteen minutes. At this point add about a quart of stock or gravy, a glass of white wine, and a bouquet of parsley, laurel, and thyme; let all simmer for twenty minutes. Have ready peeled three dozen button onions; colour them lightly in a frying-pan in a little butter and a pinch of powdered sugar; sprinkle over them, and let it mix in the butter, a teaspoonful of flour; pour the whole into the stewpan in which the duck is cooking; stir all quickly with a wooden spoon in order to mix the flour smoothly with the gravy; let it continue to cook, turning the duck occasionally, until the onions and bird are tender, and the sauce thick, smooth, and reduced to the desired consistency. Take the string and skewers from the duck; arrange it on a dish; take all grease from the sauce, and add to it a few drops of vinegar or lemon; pour over the duck.

321. Duck with Turnips

(Canard aux navets).

Arrange the duck as in the previous recipe; colour it in the stewpan in 2 oz. of butter, salt and pepper, until it has taken a golden tint. Take out the duck; have ready some young turnips trimmed into pretty shapes, and which have been allowed to remain a few minutes in boiling water, a pinch of castor sugar, colour them lightly in the stewpan from which the duck has been taken, and in which the butter remains; take them out, lay them on a plate, then with the butter that is left make a little thickening; moisten this with a quart of stock or gravy; add a small onion, a bouquet of herbs; when the sauce boils put in

the duck ; when it is half cooked add the turnips ; let all cook at a gentle fire. Turn the duck occasionally, taking care not to crush the turnips ; when all is done to a turn arrange the duck on a dish, take off the grease from the sauce, remove the bouquet of herbs, and pour all over the duck. Serve very hot.

322. Pintail

(*Pintade*).

Lard the thighs of the bird, cover the breast with a thin layer of bacon fat, tie all well with string. It can be roasted in the oven, in front of the fire, or in the stew-pan, like a fowl ; thirty-five to forty minutes are sufficient to cook a large pintail.

323. Roast Pheasant on Toast

(*Faisan sur canapé farci*).

Pluck a fine pheasant, leaving the neck and head whole and with the feathers on. Reserve the feathers from the tail and the wings. Empty the bird, truss it, cover the breast with the fat of bacon ; roast it in the oven or in front of the fire, moistening it with $1\frac{1}{2}$ oz. of butter melted to oil,—it will take from thirty-five to forty-five minutes ; baste frequently with the butter while cooking. In the meanwhile chop very fine the liver and heart with double their weight of bacon fat, salt, pepper ; cut a slice of bread $\frac{2}{3}$ inch in thickness and almost as wide and long as the pheasant ; hollow out this bread about a quarter of its depth, place the chopped preparation in the bottom of the bread, smooth it over to equalise it, sprinkle it with bread-crumbs, colour it on both sides in the dripping from the pheasant, place it a moment or two in the oven to allow the inside to take colour. Arrange this crust on a long dish, place the pheasant upon it. Take away some of the fat from the gravy in the pan, add a little stock to it, boil it up, and strain. Arrange the plumage round the pheasant,

place slices of lemon and bunches of water-cress at regular intervals, and serve the sauce in a tureen.

324. Roast Partridge

(*Perdreau rôti*).

Prepare the bird the same as the pheasant, cover the breast with bacon fat. Roast in front of the fire or in the oven, basting frequently with butter. Twenty to twenty-five minutes will suffice to cook it. Place it on a slice of bread which has been placed in the oven in the butter in which the partridge is cooking until it becomes crisp and coloured; prepare the gravy the same as for pheasant. Serve with slices of lemon round it, the gravy separately, and bread sauce in another tureen.

325. Salmi of Partridges

(*Salmis de perdreaux*).

Empty the partridges, reserve the livers to put back in the birds before trussing them. Roast them partially—that is to say, not longer than ten minutes. Take off the skin, separate the thighs from the birds, cut the wings, then the fillets in two lengthwise; put all in a stewpan. Cut up the remaining backbones of the birds, pound them with the livers in a mortar, moistening occasionally with a little stock. In the butter in which the birds have been roasted colour lightly one onion or shallot cut in slices, one laurel leaf, one of thyme, a few grains of peppercorns; add a dessert-spoonful of flour, moisten with $1\frac{1}{2}$ pint of stock or gravy, a glass of white or red wine; stir over the fire until it boils, add the pounded bones, let all stew gently for thirty minutes. The sauce should be reduced to half, thick and smooth; strain it through a hair-sieve over the pieces of partridge in the stewpan. Taste if properly seasoned, add a pinch of cayenne, a tumblerful of madeira wine, and the juice of a lemon; let it warm without boiling. Arrange the pieces of partridge on an

entrée-dish. Surround it with six or eight *croûtons* of bread cut in the shape of a triangle and fried in butter.

Note.—Two partridges will suffice for six persons. Button mushrooms or truffles may be added to the *salmis*.

326. Salmi of Snipe

(*Salmis de bécasses*).

Half roast two snipes, prepare the *salmis* in the same manner as in preceding recipe. With the intestines of the snipe, with half their weight of bacon fat, salt, pepper, a sprinkling of baked bread-crumbs, make all into a small seasoning well chopped, pass through a sieve, add to it a table-spoonful of brown sauce. Have ready fried in butter eight *croûtons* of bread cut in triangles or half-hearts, upon each *croûton* and upon one side only place a spoonful of this *farce*, smooth it over with a knife, allowing it to be high in the centre only; arrange them on a dish which will stand the fire, sprinkle them with baked bread-crumbs and moisten them well with butter melted to oil, warm them a few minutes in the oven. Place the *salmis* in an *entrée*-dish, surround it with the *croûtons*.

Note.—Mushrooms or truffles may also be added to this *salmi* if desired.

327. Partridge in Aspic

(*Chau-froid de perdreau*).

Half roast the partridge, leave it to become nearly cold, take off the skin, and joint it. Make a sauce with good gravy, season it highly, add all the bones well pounded; let it cook and become reduced to a thick consistency, pass it through a hair-sieve or tammy-cloth; add a pinch of cayenne, the juice of a lemon, half a tumblerful of meat jelly (*aspic*) flavoured with madeira wine; stir continually until it becomes almost cold,—to attain this, place the sauce in a small stewpan, and the stewpan in a large basin with a little pounded ice around. Dip each piece of partridge

in this sauce, using a larding-needle for the purpose; place them as they are done upon a dish which has been lightly oiled; sprinkle them with chopped truffles. Pour the sauce which remains into the bottom of the round dish in which you intend serving. When the whole is well set, place round the sauce the pieces which have been steeped in the jelly; place between each piece some chopped jelly, slices of truffle. Decorate round the whole with *croûtons*, cut of the jelly in shape.

328. Partridges stewed with Cabbage

(*Perdrix aux choux*).

Take a good partridge, cover it with larding bacon, tie it up well. Cut two small white cabbages in four pieces, wash them, throw them in boiling water for five or six minutes, drain, throw cold water on them. Lay some thin pieces of bacon at the bottom of a stewpan, one carrot, one onion, one bouquet of herbs; place the partridge in the centre, surround it with the cabbage, well drained; season with salt and pepper; add gravy or stock to half the height of the contents of the stewpan. Cover tightly and let all stew gently until the partridge is tender; at this point remove the bird from the pan, keep it warm; the cabbage should also be tender and the sauce reduced. Cut the partridge, arrange it in the middle of the dish, surround it with the cabbage; upon each quarter of the latter place a slice of bacon and of carrot. Pour over all a little brown sauce made from the gravy—it must be without thickening.

329. Timbale of Partridges

(*Timbale de perdreaux à la Regente*).

Prepare some *quenelle* meat with the raw flesh of two partridges (No. 265), cut some truffles in small squares, ornament with them a buttered timbale-mould, hold it for an instant upon ice, half fill it with the *quenelle farce*,

make a hollow in the centre of it allowing the *farce* to cover the sides of the mould to the top. Have ready a small *ragoût* or salmi of fillets of partridges, with slices of *foie gras* or truffles; the sauce of the salmi should be thick, pour it into the empty centre of the mould, cover the whole with the remainder of the *quenelle farce*, then with a buttered paper. Poach the timbale in a covered *bain-marie* for thirty minutes in boiling water—it must not boil too fiercely. Turn it upon a dish and pour madeira sauce round.

330. Terrine or Paté of Partridges

(*Terrine de perdreaux*).

Chop some fresh lean pork with the same quantity of the fat of raw bacon. Colour over a brisk fire with butter and chopped onions the liver of the partridges, also some livers of fowl or a few slices of calf's liver; season very highly; pound it and pass through a hair-sieve. Mix this *purée* with the chopped pork, quarters of truffles, and a small glass of brandy or madeira. The partridges to be boned, cut in quarters, and coloured over the fire in dissolved butter; take them out and let them get half cold. Fill the terrine alternately with pieces of the birds, then cover with the *farce*. Cover the surface either with ordinary paste or simply with slices of bacon fat, and the cover of the terrine. Place the terrine in a deep dish which will stand the fire, pour a little boiling water in it round the mould, and put it in the oven; will take one and a half to two hours to cook. The *paté* may be either served in the mould or turned out and surrounded with meat jelly (*aspic*).

331. Cold Paté of Partridges

(*Paté froid de perdreaux*).

Line a buttered mould with paste (No. 581), the paste must be higher than the mould; fill the interior with the *farce* and pieces of partridge, the same as in the above

recipe (No. 330); let the *farce* be raised high in the middle; cover with a thin slice of fat bacon. Cover the whole with a layer of paste, fasten it with the border of paste which has been left for that purpose (of the under layer), pinch both together with the fingers, turning this border properly inside the mould, cut away any surplus of paste should there be any. Colour the surface of the *paté* with yolk of egg. Make a small opening on the top, roll up a piece of cardboard and place it in the opening, cook the *paté* in the oven (see No. 330). Let it get cold, fill it with meat jelly made from the bones of the birds. This jelly must be poured in almost cold through the opening at the top of the *paté*.

332. Snipe to Roast

(*Bécasse*).

Leave the head and neck on the bird, cover the breast with larding bacon, pass the beak through the breast and thighs; twenty to twenty-five minutes will suffice to roast it either in the oven or in front of the fire, the same as for partridge. Serve on a slice of bread browned in the fat. All game is best roasted in front of the fire or in the stewpan.

333. Snipe on Toast

(*Bécasse sur croûte farcie*).

Empty the snipe before roasting it. Chop the liver with the intestines and a little bacon fat; season with salt, pepper, a very little chopped shallot, a pinch of baked bread-crumbs. Cut a slice of bread, the same as for pheasant (No. 323), colour it lightly in butter, fill the hollow with this *purée*; put the bread in the oven, baste it well with butter to cook the stuffing. Place the bread upon the *entrée*-dish, the snipe upon it. Serve lemon and gravy separately.

334. Roast Quails

(*Cailles*).

Prepare half-a-dozen fat quails, season them, and wrap each one in half a vine leaf and a piece of larding bacon the same size as the bird; tie all twice round with string. Place them in a baking-dish with 2 oz. of butter; bake them in a hot oven from twelve to fifteen minutes. Take off the string, arrange them in an *entrée*-dish, each one on a *crouûton* of bread which has been browned in the grease of the quails; make the gravy by putting a cupful of stock in the pan in which the birds have been cooked. To roast quails in the stewpan proceed in the same manner.

335. Quails with Green Peas

(*Cailles aux petits pois*).

Proceed as for pigeons with green peas, with this difference, they are to be moistened with one pint of stock only, and add the peas as soon as the quails. Cook twenty to twenty-five minutes. Arrange the quails in the middle of a round *entrée*-dish, pour over them a little good gravy and surround them with the peas. Quails can also be cooked with lettuces, with rice, or arranged upon truffles or mushrooms thinly sliced.

336. Grives.

Choose six grives with black feet, they are the best. Pluck and empty them; leave the liver in the inside. Do not remove the head and neck, but they must be most carefully cleaned, put the head through the opening at the side of the neck; cover them with larding bacon; tie them well. They can be cooked like quails, either in the oven, in the stewpan, or in front of the fire; but the following is an excellent way of preparing them. Warm 2 oz. of butter in a stewpan; put in the grives with salt and

pepper, cover and let them cook at a slow fire for twenty minutes, turning them on every side that they may take a good colour. If the butter in the stewpan has a tendency to burn, moisten with half a cupful of white wine or stock, taking care once the grives are cooked there should be no other liquid remaining at the bottom of the stewpan than the butter which has become again clear. Take out the grives and arrange them on an *entrée*-dish. Add a good pinch of baked bread-crumbs to the butter in the stewpan, stir continually until it becomes a good colour, add the juice of a lemon, throw over the grives, scrape the bottom of the stewpan with a cupful of gravy, make hot, and serve separately in a sauce-tureen.

337. *Pâté froid de Bécasses* (see 330).

338. **Roast Wild Duck**

(*Canard sauvage*).

Cover the breast with larding bacon, tie up firmly. Roast in front of the fire or in the oven; twenty to twenty-five minutes are sufficient to cook it. Wild duck should be eaten with the flesh quite red, otherwise they are spoiled. Serve surrounded with cress and slices of lemon; serve with sauce for game, poultry, or wild duck (see No. 77).

Note.—Seville oranges, carefully skinned of all the white pith, cut in pieces (not flaked) and made into salad with oil, vinegar or lemon, and red pepper (not cayenne), which can be bought at good Italian warehouses, make a most appetising salad to eat with wild duck.

339. **Larks stewed**

(*Alouettes*).

Take the feet, head, and neck from three dozen larks; empty them, leaving the liver inside; put them in a stewpan with 6 oz. of butter, salt, pepper; let them simmer

at a slow fire. When they have taken a good colour add three chopped shallots, and five minutes after a tumblerful of white wine, mushrooms, a little chopped parsley; let all cook for a few minutes longer. Arrange the larks upon slices of bread fried in butter.

340. Stewed Hare

(*Civet de lièvre*).

After having emptied the hare put aside the liver, carefully separated from the gall, and the blood, in a basin; add to it a few drops of vinegar to prevent it curdling. Cut the hare into pieces of medium size; warm 3 oz. of butter in a stewpan, add to it $\frac{1}{4}$ lb. of lean bacon cut in dice, colour them in the butter, add 3 oz. of flour, make it all into a brown thickening, put in the pieces of hare; moisten with a bottle of red wine and a quart of stock, salt and pepper. Stir without leaving it, with a wooden spoon, until it boils; the sauce should cover the meat and not be too thick; add a bouquet of herbs, an onion with four cloves in it. Cover the stewpan and leave it to stew until the hare is tender. A young hare will take from an hour and a quarter to an hour and a half, an old one may cook for three hours without becoming so. The sauce should by this time be reduced to half; take out the onion and herbs; taste if sufficiently seasoned; mix the blood with a teacupful of thick cream, throw over the hare; shake the stewpan briskly to allow all to mix well, but it must not boil; at the last moment add the liver, which has been sliced and *sautéd* (shaken) for two minutes in hot butter over the fire. Arrange in an *entrée*-dish, pour the sauce over and garnish round with *croûtons* of fried bread.

Note.—This dish may be rendered more highly flavoured, if desired, by steeping the pieces of hare for some hours in the following *marinade* or pickle: a bottle of red wine, a cupful of vinegar, salt, pepper, a bouquet of herbs and an onion stuck with cloves. Leave the hare in this preparation four or five hours, then when the thickening is made, put

in the hare with this *marinade*, then the stock, and finish as above. Small button onions or mushrooms may be added before the hare is tender; if onions are cooked with it they must be previously boiled for a few minutes.

341. Paté of Hare

(*Terrine de lièvre*).

Remove the fillets from the hare, take off the skin, cut them in squares of medium size, season and pour over them a little cognac and marsala, leave them to soak two hours. Then remove the flesh from the shoulders and thighs, trim them from all skin and nerves, cut them into small pieces, put them into a frying-pan with fat bacon melted; add the liver, a little chopped onion; toss all over a brisk fire for a few minutes, then let them cool; chop and put the whole into a mortar with almost an equal quantity of fat bacon and a quarter the amount of the latter of lean pork, the whole also chopped. Pound all together until well mixed and seasoned. Put this mixture into a basin, add to it the pieces of fillet, which must be well drained. With this preparation fill paté-moulds, cover with slices of larding bacon; all may be covered with ordinary paste or merely a sheet of paper. Place the moulds on a baking-tin; cook in the oven for an hour and a half—the time will greatly depend upon the size of the moulds. After taking them from the oven place a light weight upon them until they are cold. To be served cold in the moulds, which can be placed in ornamental ones, or serviettes pinned round them.

342. Fillet of Venison

(*Filet de venaison*).

Trim the fillet, take off the skin that covers it, lard it finely. Place it in a baking-pan with one sliced onion, the same of carrot, thyme, laurel, and some grains of

whole pepper; pour over all $\frac{1}{4}$ lb. of dissolved butter, sprinkle with salt, and cook in the oven for an hour and a half, basting very frequently. When the fillet has taken a golden colour arrange it on a dish; keep it hot. If it colours too quickly place a sheet of buttered paper over it. Make a little gravy by moistening the bottom of the baking-pan with a cupful of stock, place over the fire an instant, strain it into a stewpan, take off the fat; add a tumblerful of good brown sauce (No. 65), a cupful of red currant jelly, a little vinegar, a pinch of pepper, boil up for an instant. Pour a little of this sauce over the venison; serve the remainder in a sauce-tureen.

343. Rabbit stewed Brown

(Lapin en gibelotte).

Cut up the rabbit in small pieces, season with salt and pepper. Dissolve in a stewpan $1\frac{1}{2}$ oz. of butter with 3 oz. of bacon cut into dice; add the pieces of rabbit, let them take a good colour, sprinkle the meat with two large spoonfuls of flour; moisten all to the level of the meat with white wine and stock; stir briskly with a wooden spoon until it boils; ten minutes after add a bouquet of herbs, twenty-four button onions peeled and scalded in boiling water, twenty-four small potato balls cut out with a potato-scoop, four bottoms of artichokes (if they can be procured) cut in quarters. Let all simmer, until tender, from an hour and a half to two hours. Take out the bouquet of herbs, take off all grease, arrange the rabbit on a dish and pour sauce and dressing over all.

344. An excellent Recipe for Cooking last year's Birds.

Put two slices of fat bacon and 2 oz. of butter into a stewpan, when brown lay in bird with a piece of butter on the breast; let it brown on both sides; add a pint of good gravy; cook gently for half an hour; take a cupful

of cream, mix smoothly into it a teaspoonful of flour, half a teaspoonful of browning, baste the bird well with this and let it remain to become tender, which should be in twenty minutes more.

Note.—Duck or fillet of beef are excellent prepared in the same manner.



EGGS AND FARINACEOUS DISHES

(*Œufs et Farineux*).

345. Scrambled Eggs

(*Œufs brouillés au naturel*).

MELT in an enamelled stewpan a piece of fresh butter the size of an egg; break into it six whole eggs, add a dessert-spoonful of cream or milk, a pinch of salt, the same of pepper, a tiny pinch of grated nutmeg; beat up the eggs for an instant either with a fork or with an egg-whisk. Place the stewpan upon a gentle fire, stir the eggs without ceasing (with a wooden spoon) until they commence to thicken; when they form a thick mass place them on the corner of the stove, add a small piece of fresh butter; pour them into a dish. Serve them with *croûtons* of bread fried in clarified butter; place the *croûtons* round the eggs.

346. Scrambled Eggs with Cheese

(*Œufs brouillés au fromage*).

Proceed in the same manner as in recipe No. 345, merely adding $1\frac{1}{2}$ oz. of grated cheese (Parmesan or Gruyère) an instant before the eggs are taken from the fire.

347. Scrambled Eggs with Asparagus

(*Œufs brouillés aux pointes d'asperges*).

Boil in boiling salted water some tops of asparagus, drain them, toss them half a minute in butter (over the fire), add them to the scrambled eggs before turning the latter out of the stewpan.

348. Scrambled Eggs with Green Peas

(*Œufs brouillés aux petits pois*).

Throw into boiling salted water a quart of freshly shelled young green peas; strain them when done; toss them an instant in butter over the fire, with a pinch of powdered white sugar; mix them with the scrambled eggs before serving.

349. Scrambled Eggs with Truffles

(*Œufs brouillés aux truffes*).

Cut some peeled truffles in very thin slices, toss them over the fire in butter for a minute, add them to the scrambled eggs before serving.

350. Eggs with Sweet Herbs

(*Œufs en cocottes aux fines herbes*).

Colour in $1\frac{1}{2}$ oz. of butter some chopped onions, mushrooms, and parsley; sprinkle with this mixture six china egg-shapes (well buttered). Break a new-laid egg into each shape, season with salt and pepper. Place these shapes in any utensil in which a little hot water is placed at the bottom; put in the oven until the egg is lightly set. The egg may be cooked simply in the buttered shapes in exactly the same manner, merely omitting the chopped preparation, but when they are taken from the oven pour over each egg a teaspoonful of good raw cream.

351. Hard Eggs with Anchovies

(*Œufs durs aux anchois*).

Boil the eggs until they are quite hard ; have ready some anchovies, boned, cleaned, and chopped very fine ; mash the yolks of the eggs, mix all together into a smooth paste with butter. This makes excellent sandwiches spread on thin slices of bread. The proportions are about four yolks, two anchovies, to 2 oz. of butter ; a little pepper may be added. The bread for the sandwiches need not be previously buttered before spreading on the mixture ; they are therefore quickly prepared.

352. Eggs on a Plate

(*Œufs sur le plat*).

For three eggs take a piece of butter the size of a walnut. Melt the butter in a round enamel dish ; break the eggs into it one by one ; sprinkle upon each egg a little salt and pepper ; cook gently on the stove or in the oven until the eggs are set. Place the dish with the eggs upon another dish, and serve. When the oven is hot four or five minutes will suffice to set the eggs.

353. Fried Eggs

(*Œufs au miroir*).

Melt the butter in a small frying-pan ; break the eggs into it ; season them with salt and pepper ; cook gently until the white is set. Make sure the eggs have not stuck to the pan, then slide them on to a heated dish. If desired, a little cream may be poured over each egg.

354. Eggs in White Sauce

(*Œufs à la tripe*).

Boil six eggs hard, put them in cold water, shell them, cut them in slices lengthwise. Slice an onion, colour it

over the fire in 1 oz. of warm butter; add 1 oz. of flour; add sufficient milk or cream to make a thin sauce; season with salt, pepper, nutmeg; let it cook for ten minutes; mix in the eggs, warm up, and serve.

355. Eggs fried in Oil

(*Œufs frits à l'huile*).

Put four table-spoonfuls of oil (the very finest salad oil) in a small frying-pan on the fire. When the oil is quite hot break an egg in the pan, tilt the latter in a manner that the egg may bathe well in the oil. With a spoon pour the white over the yolk, try and keep the egg in a form as round as possible and well coloured on both sides. Take them out, place them on a serviette to well drain the oil from them. Continue until you have the number of eggs required.

356. Baked Eggs

(*Bonhomme*).

Put in a basin two dessert-spoonfuls of flour, a pinch of salt (or sugar if preferred); break into it six whole eggs; beat them up with a pint of milk. Pour this into a buttered dish, bake in a moderate oven. When the eggs have acquired a good colour serve directly. If this dish has been flavoured with salt send grated Parmesan or Gruyère cheese to table with it.

357. Eggs in Black Butter

(*Œufs au beurre noir*).

Prepare the eggs as in recipe No. 353. At the moment of serving pour over them a little vinegar. Brown 1 oz. of butter in a pan, pour it boiling hot over the eggs. Serve very hot.

358. Eggs in Sauce Robert

(*Œufs Robert*).

Boil the eggs hard, cut them in slices lengthwise, mix them in half their quantity of sauce Robert (No. 359).

359. Sauce Robert.

Chop up a large onion; colour it in 2 oz. of butter over a gentle fire; add the same quantity of flour; make the thickening; moisten with half a tumbler of white wine and 1 pint of gravy or broth. Let it boil, stirring all the time; add a pinch of pepper, some drops of caramel; let it reduce one-third; taste if sufficiently seasoned, and finish with 1 oz. of butter mixed with a teaspoonful of made mustard; divide this butter into small pieces, put a piece at a time into the sauce, whisking briskly and without allowing it to boil; add to the sauce two or three sliced gherkins.

360. Eggs with Italian Paste

(*Œufs aux nouilles*).

Boil eight eggs hard; cut them in quarters; mix them in tomato sauce (see No. 88). Have ready boiled $\frac{1}{2}$ lb. Italian paste (spaghetti is the best) for boiling (see No. 18); put the paste round the border of the dish; pour the eggs into the centre.

361. Omelet

(*Omelette à la bourgeoise*).

Break two eggs into a basin; add a pinch of salt and one of pepper, a dessert-spoonful of milk; beat up for an instant with a fork; pour into the small omelet-pan, into which a good piece of butter has been melted; tilt the pan towards yourself, keeping the omelet spread only half over it, and taking an oval form; when it has taken colour and

substance the one side, tilt the pan the opposite direction; put in a good piece of butter in the empty part of the pan; when melted turn the omelet over into it with a palette-knife; give it a nice colour the other side; turn on to a hot dish. If a very light spongy omelet is preferred, beat the yolks of the eggs first, then the whites to a stiff froth, and add them to the rest of the mixture very gently before pouring into the pan. A palette-knife is indispensable for omelets, and above all, to become an adept in turning out an omelet practice is needed; no amount of even practical teaching is of any use after a certain point. Eggs are not expensive articles, therefore the wise plan is to make a small one every day until the process becomes as easy and simple as is that of eating it.

362. Omelet with Ham

(Omelette au jambon).

Cut up some cooked ham in small dice—2 oz. of ham to six eggs; colour the ham first in the pan in the dissolved butter; pour in the prepared eggs; proceed exactly the same as for an ordinary omelet. Put in very little salt, on account of the ham.

363. Omelet with Sweet Herbs

(Omelette aux fines herbes).

Merely add to the ordinary omelet, before pouring into the pan, chopped chives, parsley, and chervil; if chervil and chives are not at hand, only put parsley and shallot.

364. Omelet with Cheese

(Omelette au fromage).

Add to the omelet mixture before cooking 1 oz. of grated Parmesan or any other cheese.

365. Omelet with Asparagus

(*Omelette aux pointes d'asperges*).

Cook some asparagus tops in salted water; put them an instant in the heated butter in the omelet-pan, pour in the eggs, and finish the omelet.

366. Omelet with Mushrooms

(*Omelette aux champignons*).

For an omelet of six eggs slice very finely six button mushrooms, fresh or preserved; put them in the pan in the hot butter; stir them about until they have lost all humidity, then pour in the omelet mixture, to which a few fine herbs have been added.

367. Omelet with Truffles

(*Omelette aux truffes*).

Peel and slice a truffle, fresh or preserved, then act in the same way as with mushrooms.

368. Omelet with Kidneys for six persons

(*Omelette aux rognons*).

Take the skin from two kidneys; split them in halves; take away the white nerves from the inside; cut the kidneys in small dice; toss them over the fire in thin madeira sauce (No. 66); keep them hot. Break ten eggs; season with salt, pepper, a table-spoonful of dissolved butter; beat up for an instant. Dissolve in the pan $\frac{1}{4}$ lb. butter; proceed as for a plain omelet (No. 361). Place the omelet on a long dish; make an incision lengthwise in the omelet; pour into this opening the *ragoût* of kidneys. Serve hot.

369. Omelet with Tomatoes for six persons

(Omelette aux tomates).

Peel two or three very ripe tomatoes (by plunging them into boiling water for an instant the peel will come off easily); cut them in halves; take out the pips; slice them. Put 1 oz. of butter in a stewpan; place in the tomatoes with a pinch of salt and pepper; let them cook gently until all moisture has disappeared; add a little chopped chives. Prepare ten eggs in exactly the same way as for omelet with kidneys, placing the tomatoes in the midst of the omelet the same as the kidneys.

370. Stuffed Eggs (with Cheese)

(Œufs farcis au fromage).

Boil six eggs quite hard; cut them lengthwise; take out the yolks; pass them through a hair-sieve. Put this into a basin; season with salt, pepper, and nutmeg; mix with a wooden spoon. Add 1 oz. of dissolved butter, the same quantity of grated cheese (the butter may, if preferred, be replaced by the same weight of cream). Fill the hollow in each half egg with this mixture; arrange it in a manner to make it look like an entire yolk; sprinkle it lightly with a little baked bread-crumbs. Lay at the bottom of a dish a layer of cream sauce (No. 75), rather thick; arrange the eggs upon it. Put the dish in the oven for five minutes before serving.

371. Croûtes au Fromage (*hors-d'œuvre*).

Cut from a tin loaf the requisite number of slices; cut them in squares as if for sandwiches, and about $\frac{1}{8}$ inch thick. Colour them both sides over the fire in butter; upon each crust of bread put a slice of Gruyère cheese exactly the same size and thickness; arrange the crusts in the pan or upon a tin; put them in the oven; directly the

cheese commences to melt take them out, arrange them on a dish, and sprinkle lightly with pepper.

372. Malakoffs (*hors-d'œuvre chaud*).

Cut some slices of cheese $\frac{1}{8}$ inch thick ; soak each slice in batter (see No. 132). Have two table-spoonfuls of butter hot in a pan on the stove ; lay in each slice of cheese as it is taken from the batter. When they have taken colour one side turn them on the other (five or six minutes). Arrange them on a dish and serve very hot.

373. Ramequins au Fromage (*hors d'œuvre chaud*).

Two-thirds of a tumblerful of water, $1\frac{1}{2}$ oz. of butter, $\frac{1}{4}$ lb. of flour, a pinch of salt, one of pepper, three whole eggs, $3\frac{1}{2}$ oz. of grated cheese—Parmesan or Gruyère for preference. Put the stewpan on the fire, with water, butter, salt, and pepper ; directly it boils up add the flour ; stir briskly with a wooden spoon to make a smooth paste ; keep on stirring on the stove four or five minutes. Take the stewpan from the fire ; add the grated cheese ; let it get half cold ; add the eggs one by one until all is well mixed. Fill a table-spoon with this paste ; place it on a baking-tin ; continue until all is used ; colour them with yolk of egg, and place on the top of each a slice of Gruyère cheese. Put the tin into a moderate oven, increasing the heat gradually. Cook fifteen to twenty minutes. The *ramequin* should increase to double the size and be a beautiful colour. Serve them very hot upon a folded napkin.

374. Ramequins en petits Pâtés.

A quarter pound of Gruyère cheese—half of it grated, the other half to be cut in small dice—a cupful of cream or milk, 1 oz. of dissolved butter, a teaspoonful of flour, a little salt and pepper, four whole eggs. Beat up the

eggs in a basin with flour, cream, butter, the grated cheese, the salt and pepper. With good short crust or some trimmings of puff-paste (see Nos. 579, 585) line twelve tartlet-moulds; put into each mould a dessert-spoonful of the mixture and a pinch of the cheese cut in dice—the mould should be three parts full; place them on a baking-tin. Cook in a moderate oven, increasing the heat fifteen to twenty minutes. Take them out; turn them out of the moulds; arrange them on a napkin on a dish. Serve hot.

375. A simpler way to prepare Ramequins

(Ramequin au plat).

Make the preparation in exactly the same manner as directed in No. 374; pour it into a buttered dish. Bake in a moderate oven for fifteen minutes; it is cooked when it is well risen and of a beautiful golden colour.

376. Cheese Fritters

(Beignets soufflés au fromage—hors d'œuvre chaud).

Half a pint of water, 1 oz. of butter, 3 oz. of flour, a pinch of salt, one of pepper. Prepare the mixture the same as in recipe No. 373. When the paste is half cold add three or four eggs, one after the other, beating well between each egg; then add 2 oz. of grated cheese and 1 oz. of chopped cooked ham. Drop a table-spoonful at a time of this paste into frying fat, which must only be hot, not boiling; then increase the temperature of the fat, turning the *soufflés* frequently until they become double the size. When they are a beautiful colour drain them and arrange them on a folded napkin.

377. Soufflé dans un plat (*hors d'œuvre*).

One cupful of milk, 1 oz. of flour, 2 oz. of butter, six yolks of eggs, six whites beaten to a stiff froth, salt and

pepper. In a small stewpan mix the flour and milk together quite smoothly; add three yolks, the butter dissolved, salt and pepper; stir all upon a gentle fire until it thickens, but do not boil (the same as a custard). Take the stewpan from the fire; add 7 oz. of grated cheese and the remaining three yolks. Beat up the six whites to a stiff froth; add them to the rest, stirring them in very lightly. Butter a dish or *soufflé*-mould; place round it a buttered piece of paper (to prevent the *soufflé* from falling out of the mould when it rises); pour in the mixture and bake in a gentle oven, the heat to be increased as it bakes; will take twenty minutes. This *soufflé* must be sent to table direct from the oven, and in the dish or mould in which it has been baked. The same mixture can be baked in small buttered paper cases three-fourths full.

378. *Allumettes aux Anchois* (*hors d'œuvre chaud*).

Soak twelve anchovies in cold water; leave them for thirty minutes; dry them in a cloth; divide them in halves; take out the bone; trim the fillets and put them on a dish for a little while with a table-spoonful of olive oil and chopped parsley. Roll out to about the thickness of a halfpenny some puff-paste or short crust; cut from this paste two broad strips about $4\frac{1}{2}$ inches in width; moisten one of these strips with a brush dipped in beaten egg; lay upon it the fillets of anchovies at the distance of $\frac{1}{8}$ inch from one another, leaving a little larger space at each end; place over this strip with the anchovies the other piece of paste; with the fingers press the paste between each anchovy, then cut them in strips with a knife or a cutter; arrange them as they are cut upon a baking-tin; brush them over with yolk of egg. Bake them in a good oven for about twenty minutes. Arrange them in a pile on a dish covered with a folded napkin. Serve hot.

379. Melted Cheese

(*Fondue au fromage*).

Melt in an enamelled saucepan a piece of fresh butter the size of a walnut; add to it $\frac{1}{2}$ lb. grated cheese. Place the saucepan in a larger vessel which has boiling water in it; place all on a gentle fire; stir with a spoon until the cheese is melted; add a cupful of cream, a pinch of pepper; continue to stir until it is nearly ready to boil. Serve directly in the stewpan and upon a spirit-lamp (lighted).

380. Melted Cheese another way

(*Autre manière*).

Break seven yolks of eggs into a stewpan; mix with them 6 oz. of grated cheese, pepper, nutmeg, a pinch of powdered white sugar, and 6 oz. of butter divided in small pieces. Place the stewpan over a gentle fire; stir the mixture without cessation until it commences to thicken, then add half a cupful of good cream; stir again for an instant. Serve it in a deep dish surrounded with *croûtons* of bread fried in butter.

Note.—Truffles cut in thin slices may be added to this mixture.

381. Macaroni with Cheese

(*Macaronis au fromage*).

Into $2\frac{1}{2}$ quarts of boiling water well salted throw $\frac{1}{2}$ lb. of macaroni broken up into pieces; let it boil without ceasing twenty to twenty-five minutes. Drain it upon a large sieve; and then replace it in the stewpan with 3 oz. of fresh butter cut in small pieces, 2 oz. of grated cheese, a pinch of pepper; mix all with the aid of a fork. The macaroni must not be broken. See if properly seasoned. Arrange on a dish, and serve hot.

Note.—Macaroni in England is seldom boiled as it should be; it should be tender but not pasty—on the contrary, should possess a certain crispness under the teeth: to obtain this, when the macaroni is boiled and turned on to the sieve let some cold water pass quickly over it, return it at once to the saucepan, and mix briskly with the hot butter and cheese.

382. Macaroni with Tomatoes

(*Macaronis aux tomates*).

Prepare the macaroni as in preceding recipe (No. 381), adding to it a tumblerful of tomato sauce (No. 88). Warm up and serve.

383. Macaroni, Milanaise fashion

(*Macaronis à la Milanaise*).

Break up $\frac{1}{2}$ lb. macaroni into pieces about $\frac{1}{4}$ inch long; boil it in water (see No. 381); drain; put it back in the stewpan with a pinch of pepper, a tumblerful of good gravy or the same of tomato sauce (No. 88), 2 oz. of ham, and some mushrooms, the whole cut into dice (truffles may be used instead of mushrooms). Let all simmer an instant, then add at the last $2\frac{1}{2}$ oz. of fresh butter, and the same of grated cheese.

384. Macaroni au gratin

(*Macaronis au gratin*).

A good way to prepare this dish to avoid it being too dry, which frequently occurs, is to prepare the macaroni with cheese according to recipe No. 381, then at the very last add a tumblerful and a half of cream or *béchamel* sauce (see Nos. 75 and 98). The sauce must not be too thick. Butter a dish; put in the macaroni; sprinkle the top with grated cheese and baked bread-crumbs, then moisten with

a little dissolved butter. Put the dish in the oven to take a pale golden colour on the surface.

385. Timbale of Macaroni

(*Timbale de macaronis*).

Line a timbale-mould with short crust (No. 582); fill the mould with *macaronis au fromage* (No. 381). Bake the timbale in a good oven until it is sufficiently coloured.

386. Timbale of Macaroni with Bechamel Sauce

(*Timbale de macaronis à la béchamel*).

Prepare the mould with paste as in recipe No. 385; add to the *macaronis au fromage* half its quantity of *béchamel* sauce (No. 98); fill the mould. Bake in the oven until coloured.

Note.—Vermicelli, spaghetti, and all Italian pastes can be cooked in the same manner as macaroni.

387. Rice

(*Risotto*).

Colour for an instant in butter a chopped onion; add to it $\frac{1}{2}$ lb. of Patna rice picked but not washed; stir an instant over the fire until it begins to frizzle, but do not colour; add stock to three times the quantity of rice, a cupful of tomato sauce (No. 88), a pinch of saffron, one of pepper; boil up; cover the saucepan, and let it cook by the side of the fire for twenty minutes. If the rice becomes dry before it is sufficiently tender add a little more stock. Place the saucepan on the corner of the stove away from the fire; add then to the rice 2 oz. of grated Parmesan cheese, the same amount of butter. Taste if sufficiently seasoned. Arrange the rice on a dish; pour over it some good gravy. Serve very hot.

388. Timbale de Risotto.

Butter a timbale-mould, and sprinkle baked bread-crumbs over the butter. Beat up well two eggs in a cup; pour them into the mould, turn the latter well round to allow the eggs to adhere to the butter and bread-crumbs; then reverse the mould on a plate to drain it of the superfluous eggs; sprinkle once more inside with the baked bread-crumbs. Prepare a risotto (No. 387) with $\frac{1}{2}$ lb. of rice; add to it a stewed sweetbread, 2 oz. of cooked ham, and some mushrooms or truffles, the whole cut in small slices. Fill the mould with the *risotto*; cover the surface with a buttered paper, then again with any kind of lid or cover. Put the mould in a hot oven for fifteen minutes. Before dishing it pass the blade of the knife between the mould and the rice, taking care not to destroy the dressing of bread-crumbs. Turn out on a dish. Serve with a tureen of good gravy or brown sauce.

389. Pilau

(*Riz à la persane*).

Take $\frac{1}{2}$ lb. of Patna rice, pick it and wash it in cold water. Boil 2 quarts of water with a good pinch of salt, juice of half a lemon; add the rice; let it cook ten minutes; drain it. Put in a small stewpan 4 oz. of clarified butter; when it is hot add to it the scalded rice; stir it well. Cover the rice with white paper wetted, and close the stewpan as tightly as possible; put it in the oven, which must not be too hot. At the end of half an hour uncover the stewpan; lift off the top layer of rice if it is coloured; turn the remainder on to a dish, using a fork for the purpose.

390. Indian Corn

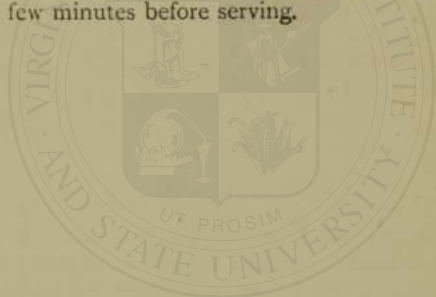
(*Polenta*).

Boil $1\frac{1}{2}$ pint of water with a little salt, then add to it $\frac{1}{2}$ lb. of polenta, letting it fall in the water gradually like rain and stirring all the time with a spoon. Let it cook until it thickens; add a piece of butter. Serve hot.

391. Polenta with Cheese

(*Polenta au Parmesan*).

Cook the polenta as above (No. 390), then with a table-spoon form it into small lumps; arrange them on a dish; sprinkle them with grated cheese; pour over them some butter cooked brown, but not burnt. Put the dish in the oven a few minutes before serving.



VEGETABLES

*(LEGUMES).***392. Asparagus***(Asperges en branches).*

WASH and trim the asparagus; arrange it in bundles, a handful in each, and tie round tightly; put it into boiling salted water; boil fifteen to twenty minutes. When the point of the asparagus is soft to the touch it is cooked. If ready too soon plunge it into a basin of cold water, then put it back directly into the boiling water. Drain well, and send it to table on toasted bread or a folded napkin. Asparagus can be served with many different sauces—Hollandaise (No. 70), cream sauce (No. 75), or a good butter sauce (No. 64). It is excellent eaten with a simple vinaigrette sauce (No. 97).

393. Asparagus Tops*(Pointes d'asperges).*

Choose the very small asparagus; cut all the tender parts into small peas; wash and cook them like the whole asparagus; drain and pour cold water over them. They are then ready to be used as a garnishing or as a vegetable.

394. Cauliflower

(*Chou-fleur*).

Choose the cauliflowers close and firm ; divide them into small bouquets ; take off the leaves and trim the stem a little ; throw them into cold water salted. Have some boiling salted water ready ; throw in the cauliflowers ; let them boil until they are tender to the touch. Arrange them well drained on a dish upon a folded napkin ; place the pieces so as to form the entire cauliflower. Serve with butter, cream, or hollandaise sauce (Nos. 64, 75, 70).

395. Cauliflower with Fried Crumbs

(*Chou-fleur au pain frit*).

Prepare the cauliflower in the same manner as above (No. 394) ; throw over it when cooked the following sauce : melt in a pan a piece of butter the size of an egg ; add some bread-crumbs ; stir over the fire until the bread turns a good colour ; sprinkle the cauliflower with chopped parsley, then throw the butter and bread-crumbs over all. Serve hot.

396. Cauliflower au Gratin

(*Chou-fleur au gratin*).

Boil the cauliflower as in the preceding recipe (it must be left whole) ; drain and leave it for five minutes upon a sieve. Make a thick sauce with 2 oz. of butter, two table-spoonfuls of flour, $\frac{3}{4}$ pint of milk ; season with salt, pepper, nutmeg, a table-spoonful of grated cheese, one egg beaten up. Put a little of this sauce at the bottom of a buttered dish ; place the cauliflower upon it ; smooth the surface with the remainder of the sauce ; sprinkle with grated cheese and bread-crumbs ; pour over all 2 oz. of dissolved butter. Put the dish in the oven for about fifteen minutes until the *gratin* takes a beautiful colour.

397. Boiled Artichokes

(*Artichauts bouillis*).

Cut off the stalks and the sharp points from the leaves; trim the bottom part of the outside of the artichoke; cut it in halves, which is easily done by turning it upside down; take out all the useless part from the inside; throw them into cold water to which a little vinegar or lemon-juice has been put. Boil a sufficient quantity of water with a handful of salt; plunge the artichokes into it; let them boil until tender (about two hours). Drain them; arrange them on a dish upon a folded napkin. Serve with any of the sauces suitable for asparagus; they are excellent served with simple vinaigrette sauce (No. 97).

398. Artichokes à la Lyonnaise

(*Artichauts à la lyonnaise*).

Trim four large artichokes; cut them in quarters; take off the outside leaves—each quarter should not possess more than three or four leaves; take out the useless part from the inside; put them in cold water with a few drops of vinegar or lemon; let them boil for five minutes in boiling water, then throw cold water over them. Lightly colour a chopped onion in $1\frac{1}{2}$ oz. of butter; add the same quantity of flour; make a thickening; moisten with 1 pint of stock or gravy to form a thin sauce; season with salt and pepper. Place the quarters of artichoke side by side at the bottom of a stewpan sufficiently large; it must be well buttered. Add the sauce in a manner that only the lower part of the artichokes are touched by it; the leaves should remain dry; cover them; let them cook gently for thirty minutes.

399. Artichoke Bottoms

(Fonds d'artichauts).

Take away the leaves and beards from the artichokes, leaving nothing but the flat pieces at the bottom; trim these all one size; put them in cold water with a little lemon juice in it. Mix a table-spoonful of flour in a stewpan with sufficient water to cover the pieces of artichoke; let them boil up; add the artichoke bottoms and the juice of half a lemon. Let them cook until they are quite tender. Arrange them in a dish with a little sauce in each one.

400. Green Peas with Lettuces

(Petits pois aux laitues).

Make a thickening with 2 oz. of butter; the same of flour; do not let it take colour. Put into the thickening 1 quart of fresh young green peas; add sufficient water to cover the peas. Stir over the fire until it boils; put in the hearts of two cos lettuces (sliced), two small button onions, one sprig of parsley. Let it cook until lettuces and peas are tender and the sauce reduced to half the quantity. Before serving take out the onion and parsley; thicken the sauce with two or three yolks beaten up with a little cream or milk and 1 oz. fresh butter. Taste if sufficiently salted.

401. Green Peas, French fashion

(Petits pois à la française).

Mix well in a stewpan 2 oz. of butter, 2 oz. of flour, a pinch of sugar, two pinches of salt, one of pepper. Put in a quart of fresh young peas and boiling water to cover the peas. Stir over the fire until it boils, then add a small onion, a sprig of parsley. Cook until the peas are tender and the sauce reduced one-half. Before serving take out the onion and parsley; thicken with two yolks of eggs

beaten up in two dessert-spoonfuls of milk, 1 oz. of fresh butter, a few grains of nutmeg.

402. Potted Peas

(*Petits pois conservés*).

Potted peas are heated in the water they are preserved in; then drain them and return them to the stewpan with a piece of butter, salt, pepper, nutmeg, a pinch of sugar, and if desired a little thickening with yolks of eggs and milk.

403. Spinach in brown Butter

(*Epinards à la noisette*).

Pick and well wash 2 lb. of spinach. Boil a sufficient quantity of water with a good piece of salt in it; put in the spinach; leave the saucepan uncovered; drain and pour cold water over it; press well to extract all the water; chop finely. Put $\frac{1}{4}$ lb. of butter in the stewpan; let it get hot and slightly brown but not burnt; add to it the chopped spinach. Stir all briskly; add salt, pepper, nutmeg. Let it heat for ten minutes, turning frequently.

404. Spinach with Gravy

(*Epinards au jus*).

Scald and chop the spinach; melt 2 oz. of butter in a stewpan with the same quantity of flour, make a thickening; mix the spinach with this; moisten with 1 pint of gravy or stock. Stir until it thickens; season with salt, pepper; let it simmer for ten minutes. Arrange it on a dish; and pour over a little good gravy.

Note.—Spinach may be prepared in the same manner with cream or milk to replace the gravy or stock.

405. Chicory and Endive

(*Chicorée et endives*).

Chicory is scalded the same as spinach, but needs a little longer time in the boiling water. It is prepared the same in brown butter, gravy, or cream.

406. The way to cook fresh Vegetables so that they keep their Colour.

Put them into water which is boiling to the highest point. Do not cover them, nor allow the water to cease boiling.

407. French Beans

(*Haricots verts à l'anglaise*).

The ordinary manner in which French beans are cooked in England renders them most certainly a very tasteless vegetable. They are far better cooked whole than sliced in the usual way. The tops and tails must be cut off and all strings removed, but otherwise left whole. Of course I am referring to quite young, freshly cut beans; when they are old and stale nothing will make them tender. Throw the beans into boiling water, into which a sufficient quantity of salt has been thrown; let them cook until tender. Drain, salt lightly; arrange them in a pyramid with a good piece of butter divided in small slices and placed among the beans.

408. Haricot French Beans sautéé

(*Haricots verts sautés*).

Boil the beans as in preceding recipe. Melt 3 oz. of butter; add the beans well drained to it; season with salt and pepper. Shake them about for some minutes until the beans have lost all their humidity and the butter has become clear again. Add a little chopped parsley; a little squeezed lemon is also an improvement.

409. Haricot Beans with Onions

(*Haricots verts sautés aux oignons*).

Proceed exactly the same as in preceding recipe. Simply colour a chopped onion in the butter before adding the haricots.

410. Haricot Beans Peasant Fashion

(*Haricots à la paysanne*).

Scarlet-runners may be used for this dish, and they must be sliced and cut. Put them in boiling water, which must only reach to half their height; add a piece of lean bacon or ham, a sliced onion, salt, and pepper. Cook until beans and bacon are tender and the liquid reduced to one-third of the original quantity.

411. French Beans à l'Hôtelière

(*Haricots verts à l'hôtelière*).

Take 1 oz. of butter, the same of flour, and $\frac{1}{2}$ pint of stock; make with these a thin sauce seasoned with salt, pepper, and a little nutmeg. Add the French beans boiled as in preceding recipes; let them cook for an instant until the sauce is reduced to one-third; at this point add a little grated shallot, some chopped parsley, a little lemon-juice or vinegar, and some fresh butter divided in small pieces. Stir all briskly together.

412. Dried White Beans boiled

(*Haricots blancs secs*).

They must be steeped in tepid water for at least twelve hours—useless to attempt cooking them if this precaution has been neglected. The largest beans are the best, except for garnishing, when the small ones do equally well. Place them on the fire in a sufficient quantity of cold water, a pinch of salt, a bouquet of herbs, one onion pierced with

two cloves. Let them cook until quite tender; take out the herbs and onion. They will take quite four to five hours to boil. They are most indigestible if insufficiently cooked.

413. White Beans in Sauce

(Haricots blancs en sauce).

Make a pint of white sauce (No. 104) with stock; add the beans well boiled and drained to it; season well and let them cook an instant. Before serving thicken them with two yolks of eggs beaten up in a little milk, 1 oz. of fresh butter, and some chopped parsley. The beans can be made richer by using cream instead of milk.

414. Purée of White Beans

(Purée de haricots blancs garniture).

Boil 1 lb. of haricot beans as above; pass them through a hair-sieve, but first crush and moisten them with their own stock. Put this *purée* back in the stewpan; heat it, stirring all the time. Should it be too thick add a little gravy or stock; season and finish by adding a little good meat gravy. This *purée* is excellent served with a roast leg of mutton; it can also be made with milk and a little piece of fresh butter.

415. Haricot Beans Breton fashion

(Haricots blancs à la bretonne).

Fry a chopped onion in butter, but it must not take colour; add a tumblerful of stock, half a tumblerful of white wine, seasoning, and chopped parsley. Put in the beans which have been boiled and strained; after straining do not let the beans cool, but throw them at once back into the stewpan. Let them simmer until beans and sauce are well mixed together.

416. Baked Beans (an economical family dish).

Take two New Zealand necks of mutton—they will cost 1s. 6d. each; trim all the best part for cutlets; cut away all the flesh from the remaining parts; chop up the bones and make a good brown gravy with them (No. 56). This must be done the day previous to the preparation of the stew, as the bones require several hours' cooking, and when cold the fat must be removed. Have some haricot beans soaked and parboiled; strain and throw them immediately into a brown earthenware pan into which the gravy, made hot, has been placed. Put in a large onion washed but not peeled, the pieces of mutton, a teaspoonful of salt, half of pepper, a fourth of ground ginger, and a very little nutmeg; a few grains of cayenne. The gravy should cover the beans; the latter should never be allowed to become dry. Cover the pan with some brown paper pierced with holes with a fork; bake in the oven until meat and beans are quite tender. The oven must be moderate, and as the gravy diminishes more added: it will doubtless require more seasoning. When done it should have a rich brown appearance, the beans be perfectly tender, to be eaten all together—a kind of hotch-potch. One pint and a half of beans will make a good-sized dish. They should be the very largest size procurable. The exact time for baking it is impossible to give, certainly not less than four to five hours.

417. Brussels Sprouts in Butter

(Choux de Bruxelles au beurre).

Boil 2 lb. of sprouts in boiling salted water; when they are tender put them in a sieve; pour cold water through them—this allows them to keep their original colour; press them lightly to extract all the water. Warm in the stewpan $\frac{1}{4}$ lb. of butter; add the sprouts to it. Season with salt and a little pepper; toss them over the fire for seven minutes.

418. Brussels Sprouts in Sauce

(*Choux de Bruxelles en sauce*).

Prepare the sprouts in butter (No. 417); thicken them with white or cream sauce (Nos. 104 and 75).

419. Stewed Cos Lettuces

(*Laitues romaines*).

Take off the outer leaves; wash them carefully, keeping them as whole as possible; boil for ten minutes in boiling salted water; pour cold water through them; drain. Extract the water from them by pressing each lettuce lightly with two hands; split them in halves lengthwise; take off the stalk; sprinkle with salt and pepper. Put them in a stewpan, placing each half lettuce partly over the other round the pan. The latter must be well buttered before putting in the lettuces, or in place of butter some very good gravy from which all grease has been taken. Add stock to half the height of the lettuces; cover and cook them gently for an hour. The lettuces should be tender and the liquid much reduced.

Note.—Lettuces may be cooked in the same manner with a little lean bacon, ham, or sausage; in the latter case water may be used instead of stock. The small lettuces can also be prepared exactly the same; they can be served as a vegetable or for garnishing.

420. Lettuces Stuffed

(*Laitues à l'ancienne*).

Chop finely a handful of spinach, a pinch of chervil, a few chives, a few leaves of fresh mint. Stir all over the fire in a little butter until all moisture is reduced; at this point add a teaspoonful of flour, a pinch of baked bread-crumbs, salt, pepper, a whole egg beaten up; stir briskly; let it thicken over the fire, continuing the stirring, then let

this *farce* get half cold. In the interval boil some whole lettuces for six minutes—exactly the same as for *laitues romaines* (No. 419). After having squeezed them to extract the water, open each lettuce, taking off the leaves one by one without spoiling them; take away part of the stem; fill up the cavity with a spoonful of the *farce*; re-form the lettuce by putting on each leaf again one by one. Then make a sauce in rather a large stewpan with 2 oz. of butter, the same of flour, and some stock. The sauce must be thin. Season with salt and pepper; arrange the lettuces side by side in the sauce; stew gently until they are tender and the sauce reduced. Place the lettuces on a dish; thicken the sauce with two yolks of eggs and a little cream; throw over the lettuces, and serve.

421. Lettuces for Garnishing

(*Laitues farcies*—garniture).

Boil the lettuces whole and stuff them as above (No. 420) with the paste for *quenelles de veau* (No. 264). Proceed the same as for *laitues romaines* (No. 419).

422. Stewed Celery Roots

(*Celeris à l'étuvée*).

Peel four celery roots, cut them in quarters, then slice them. Warm $\frac{1}{4}$ lb. of butter in a stewpan; add the slices of celery to it, a good pinch of salt, one of pepper. Cover the pan; look at them frequently, moving them well with the slice. When tender put them in a vegetable dish, sprinkle with chopped parsley, and serve.

423. Stick Celery

(*Celeris en branches*).

Strip the outer leaves from six heads of celery; cut away the ends from the leaves; trim the ends to a point; wash them carefully. Cook them fifteen minutes in boiling

salted water; drain and pass cold water through them. Line a stewpan with some trimmings of fat bacon; put in the celery; well season them; merely cover them with stock or water and a small piece of sweet beef dripping. Cover the stewpan; cook gently for one and a half hour. Drain them carefully in order not to break them; split them in two lengthwise; arrange them on a dish in the form of a pyramid. Serve them with white or brown sauce served separately in a sauce-boat.

424. Fried Salsify

(Salsifis frits).

Scrape the salsify, trim the ends in a point; cut each piece in two and throw them as they are done into a basin of cold water in which a little milk, lemon-juice, or vinegar has been put. Boil 2 quarts of water in a stewpan, with a pinch of salt and a little vinegar or lemon-juice; when the water boils throw in the salsifis; let it boil until tender; drain. Place the salsify in a dish with a table-spoonful of best olive oil, one of vinegar, pepper, salt, and a little chopped parsley; let it soak fifteen minutes. Have ready a batter (No. 132); steep each piece of salsify in the batter, then into hot fat (No. 106). When they have taken a beautiful colour, drain and arrange them in a stack on a dish. Serve hot.

425. Salsify in White Sauce

(Salsifis au velouté).

Proceed exactly the same as for recipe No. 424. When the pieces of salsify are boiled and drained put them in a vegetable dish; throw over them white, butter, or cream sauce.

426. Salsify in Vinaigrette Sauce

(Salsifis en vinaigrette).

Prepare and boil the salsify as for preceding recipes. Serve simply with vinaigrette sauce (No. 97) thrown over.

427. Stewed Leeks

(*Poireaux*).

Choose ten large white leeks; scald them in boiling salted water for two minutes; drain them. Return the leeks to the stewpan, in which 2 oz. of butter have been melted; a little pepper; shake them for two minutes in the butter; sprinkle over them a dessert-spoonful of flour, then add 1 pint of water or stock. Stir until they boil; at this moment add a liver sausage. Let all cook gently for forty minutes; take out the sausage and see if sufficiently seasoned. Arrange the leeks on a dish and garnish them with the sausage cut up.

Note.—These sausages may be found in any German *delicatessen* warehouse.

428. Turnips in White Sauce

(*Navets*).

They may be cooked whole if very young; if not, cut and trimmed in the shape of small pears. Boil them tender in boiling salted water; drain. Mix them with white or cream sauce.

429. Turnips stewed in Butter

(*Navets au caramel*).

Prepare the turnips as above; put them into boiling salted water; take them out when half cooked; drain them. Melt a piece of butter in a stewpan; add the turnips to it; sprinkle them with a pinch of powdered white sugar, the same of cinnamon, a little salt. Cover them; let them finish, cooking very gently and turning them from time to time, but they must not be moistened. When the turnips are tender and of a golden colour dish them.

430. Carrots in White Sauce

(*Carottes*).

If the carrots are large cut them in rounds or in small squares. Boil them in boiling salted water until they are almost tender; drain them; then they may be mixed with white or cream sauce. They are very good merely tossed in a stewpan with fresh butter, salt, pepper, and chopped parsley. Small new carrots can be prepared just the same, but they must be left whole.

431. Glazed Carrots

(*Carottes glacées*).

For this dish small new carrots are the best. Trim them all alike in a round form after having scraped them; boil them for ten minutes in boiling salted water; drain. Return them to the stewpan with a piece of butter, a pinch of white sugar, the same of salt; add to half their height water or stock; cover the stewpan, let them simmer. When the carrots are tender, the stock absorbed, and the butter commencing to become clear, the carrots are ready to serve.

432. Carrots and Green Peas

(*Carottes et petit pois*).

Take young carrots and young green peas; boil them separately, then toss them for ten minutes in a stewpan with butter, pepper, and salt. If preferred, mix them with a good white or cream sauce.

433. Cardons.

Choose the whitest part of the cardons; remove the sharp points; cut them in pieces about 3 inches long; take off the thin skin that covers them; throw them at once into a basin of cold water with a little vinegar or

lemon-juice in it. Boil them for ten minutes in a large saucepan of boiling salted water; drain and pour cold water over them. Boil some fresh water with salt; mix a dessert-spoonful of flour in a little water; mix it to the boiling water, the juice of half a lemon, a bouquet of herbs, one onion pierced with two cloves, a little sweet beef dripping. Cover the stewpan; let all cook gently an hour and a half to two hours. When cooked they may be served with a good brown gravy, brown sauce, white sauce, or *au gratin*.

434. Cardons stewed with Marrow

(*Cardons à la moëlle*).

Boil the cardons as in recipe No. 433. Cut $\frac{1}{4}$ lb. of beef marrow in slices; cook the slices of marrow five minutes in boiling salted water. Arrange the cardons in a pyramid on a dish; garnish them round with the slices of marrow, each slice placed upon a *croûton* of fried bread. Throw over the cardons the following sauce: reduce a cupful of very rich gravy or melt a little meat glaze; add a piece of butter, the juice of half a lemon, salt, pepper, chopped parsley; boil up for a second.

435. Stewed Tomatoes

(*Tomates sautées à la provençale*).

Plunge the tomatoes for half a minute in boiling water, take off the skin; cut them in halves; squeeze out the water and seeds. Put three dessert-spoonfuls of olive oil in a stewpan with two chopped shallots; fry them a light colour; add the tomatoes; sprinkle with salt and pepper; shake them occasionally; let them remain on the stove for twelve minutes; finish by adding a little chopped parsley.

436. Stuffed Tomatoes

(*Tomates farcies*).

Choose good firm tomatoes; take away the stalks; cut them in halves. Take out the water and pips. Arrange them side by side in a large well-buttered dish. In each half tomato place a spoonful of the *farce*; smooth the surface with a knife. Sprinkle baked bread-crumbs over them; pour dissolved butter over; put them in the oven for fifteen minutes. They are cooked when they have taken a good colour.

Farce for above.—Chop an onion, some mushrooms, a sprig of parsley, the same of chervil, half a tomato. Stir all over the fire with 2 oz. of butter and two dessert-spoonfuls of oil. When all the moisture is evaporated and the butter become clear add a cupful of gravy or stock, a pinch of baked bread-crumbs, salt, pepper; mix all together to make the mixture rather thick.

Note.—Tomatoes can also be stuffed with sausage-meat seasoned to taste. A *farce* can also be made from remains of cold meat.

437. Sorrel

(*Oseille*).

Wash the sorrel thoroughly; put it into 2 quarts of boiling salted water; let it cook until tender; drain; press it lightly to extract the water; pass through a sieve. Make a white thickening with 2 oz. of butter, the same of flour; add the sorrel to it; as it thickens, add gradually stock or gravy; season with salt and very little pepper; let it simmer for ten minutes. Serve with *croûtons* of fried bread round the dish or hard eggs cut in quarters.

Note.—Sorrel is the best vegetable to eat with roast veal.

438. Fried Aubergines

(*Aubergines frites*).

Take off the skin from the aubergines ; cut them in two lengthwise, then in two again across ; make some slight incisions in the pieces with a knife ; sprinkle them with salt and pepper ; leave them for an hour. Dry them in a white cloth ; pass them through flour, then into hot frying fat (No. 106). When they are a good colour drain them ; stack them on a dish.

439.

(*Aubergines au gratin*).

Prepare and fry the aubergines as above. Arrange them upon a dish in layers ; at the bottom of the dish put some cream or tomato sauce, and between each layer of the aubergines sprinkle grated cheese, and pour over all some dissolved butter. Put in the oven to take colour.

440. Red Cabbages

(*Choux rouges*).

Cut two red cabbages in quarters ; take away the stem ; wash them and shred them finely. Put 1 oz. of butter in a stewpan with 3 oz. of lean bacon cut into small dice. Colour the bacon and butter for an instant ; add the cabbages with salt and pepper ; cover the stewpan, let all stew gently for an hour and a half, shaking occasionally. When finished add three dessert-spoonfuls of vinegar.

441. Stuffed Cabbages

(*Farçons de choux et chou farci*).

Take a white summer cabbage ; scald it in boiling water for six or eight minutes ; pour cold water over it ; open delicately one leaf after another. In the middle put a

lump of the *farce*, cover over with the leaves, then some more *farce*, and so on until the cabbage is re-formed. Cover it with some slices of bacon; tie it up. Butter the bottom of a stewpan; lay in the cabbage, an onion pierced with two cloves, a bouquet of herbs. Cover to half the height of the cabbage with stock; cook gently for an hour. Arrange the cabbage on a dish; keep it hot. Reduce quickly the stock in the stewpan to a cupful; add a piece of butter and a little chopped parsley; pour over the cabbage.

Stuffing for the above.—Scald four handfuls of spinach; pour cold water through it; squeeze the water well out of it; chop finely; colour it for five minutes in butter; season with salt, pepper, and nutmeg, a dessert-spoonful of flour, and $\frac{1}{2}$ lb. of chestnuts boiled and mashed. Mix all well together with one or two eggs; let it get half cold before putting into the cabbage.

442. Cabbage with Bacon

(*Choux au lard*).

Cut three summer cabbages in quarters; wash them; boil them for ten minutes in boiling salted water; pour cold water over them; squeeze each piece to extract all the water; take out the stem; salt and pepper the inside. Re-form the cabbages; arrange them in a stewpan lined with some good fat, an onion pierced with cloves, a bouquet of herbs, a piece of lean bacon or a slice of raw ham. Just cover with water; cover the stewpan; and cook for an hour and a half. If the bacon is cooked first take it out. When the cabbages are done the stock should be nearly all absorbed. Arrange the cabbages on a dish and garnish with the bacon cut in slices.

443. Cabbages German fashion

(*Choux à l'Allemande*).

Trim the cabbages, cook them in boiling salted water. When they are tender pour cold water through them; press

them to extract the water. Chop them. Warm in a stewpan $\frac{1}{4}$ lb. of butter or good dripping; put in the cabbage; stew gently for twenty minutes. Add pepper and salt before it is finished.

444. Lentils

(*Lentilles*).

Can be prepared in every way the same as white dried haricot beans.

445. Mushrooms on Crusts

(*Crouâtes aux champignons*).

Prepare the mushrooms the same as for sauce (No. 68); cut them in pieces if they are too large. Put them in a stewpan with a piece of butter; sprinkle them with a dessert-spoonful of flour; just cover them with water or stock, and their essence if tinned; stir over the fire until they boil; season with salt and pepper; cook twenty minutes. The sauce should be then partly reduced; at this point thicken the *ragoût* with two yolks of eggs beaten up in a little lemon-juice or vinegar, chopped parsley, and fresh butter. Take six small rolls; cut them in halves; take out the crumb; butter the crusts inside; dry them a little at the entrance of the oven. Arrange the crusts on a dish; fill them with the *ragoûts* of mushrooms.

Note.—On the Continent this *ragoût* is flavoured with a suspicion of garlic, as well as many more of the dishes the recipes for which are in this work, but in deference to English palates shallots or chives have been substituted.

446. Stuffed Mushrooms

(*Champignons farcis*).

Trim and wash in several waters two dozen mushrooms (very large ones); take off the stalks, which are to be chopped and coloured over the fire in oil or butter, and an onion and

two shallots finely chopped. When all has taken colour add, if liked, a tiny piece of grated garlic, a dessert-spoonful of chopped parsley, salt, pepper; thicken this mixture with two or three yolks of eggs. Fill the mushrooms with it, smoothing them with a knife to a point in the middle. Place them on an oiled tin; sprinkle them with baked bread-crumbs; pour over them oil or dissolved butter, and cook them in a moderate oven for twenty-five minutes.

447. Truffles

(Truffes à la serviette).

Steep the truffles in cold water; brush them carefully, and wash them. Put them in a small stewpan; just cover them with white wine (or red); salt, two cloves, a laurel leaf. Cover the stewpan; cook at a slow fire. The wine should be nearly all absorbed. Serve the truffles between a folded napkin.

448. Potatoes in Butter

(Pommes de terre sautées crues).

Cut the potatoes in thin slices. Warm 3 oz. of butter or fat in a shallow pan; put in the potatoes; add salt. Cover the pan with a dish or plate according to its size; let the potatoes cook slowly, tossing them occasionally and turning them with a slice. When they are tender take off the cover; place the pan on a good fire to colour the potatoes sufficiently; add a pinch of chopped parsley.

449. Potatoes German fashion

(Pommes de terre à l'allemande).

Arrange upon a dish some potatoes, well boiled. They must be quite floury; they may be kept whole or cut in quarters. Sprinkle them with either some bread-crumbs fried in butter or some onion fried and chopped, or dissolved fresh butter mixed with a little freshly chopped parsley.

450.

(Totines de pommes de terre).

Peel and boil plainly the required number of potatoes; when they are quite dry and floury, mash them; add a pinch of nutmeg and a cupful of cream or milk; mix perfectly. With a spoon take small pieces of the mashed potatoes and put them on a plate in small round forms. Melt 3 oz. of butter in the frying-pan; add to it a little fresh bread-crum; fry a golden colour, stirring them all the time, then pour a little of this butter upon each lump of potato. Serve very hot.

451. Mashed Potatoes

(Purée de pommes de terre).

Boil the potatoes—they should be very dry and floury. Cut them in halves if they are very large. Reduce them to a paste either with a wooden spoon or pass them through a sieve; add a good piece of fresh butter, and by degrees some warm milk. Warm up; but the *purée* must not boil and the stirring must not cease. Add salt and pepper, a little nutmeg if the flavour is liked. The *purée* should be of a consistency to allow it to be arranged on the dish in a point.

452. Potato-mould

(Timbale de pommes de terre).

Boil the potatoes plainly; make them into a paste either with a wooden spoon or through a sieve; add 3 oz. of butter, three dessert-spoonfuls of milk or cream, a dessert-spoonful of grated cheese, two whole eggs, salt, pepper, a pinch of nutmeg; mix well with a wooden spoon until it is quite smooth. Beat up separately three whites of eggs—they must be quite stiff; add them very gently to the potatoes. Butter and bread-crum a timbale-mould; fill it three parts full with the mixture; put it in a moderate

oven for thirty minutes. Pass the blade of the knife between the mould and the potatoes; turn out the latter on to a round dish and pour all round it a thin cream sauce; finish with a pinch of chervil scalded and chopped.

453. Croquettes of Potatoes

(Croquettes de pommes de terre).

Boil the potatoes; drain them and let them dry for an instant at the entrance of the oven. Reduce them to a paste; add a piece of fresh butter, two yolks of eggs, a dessert-spoonful of cream or milk, salt, pepper, nutmeg; stir briskly to make a smooth paste. Take this paste in spoonfuls; place them on a floured board; roll them in the form of a cork or in round balls. When formed, pass through beaten egg, then roll them in bread-crumbs fresh or baked. Plunge the croquettes into boiling fat; let them take a beautiful golden colour; take them out; arrange on a dish. The croquettes should be sent to table the moment they are done.

454. Potato Boulettes

(Boulettes à la duchesse).

Prepare a mixture of potatoes as above (No. 453). Take this paste in spoonfuls; place them on a floured board; roll them into balls, then flatten them lightly with the blade of a knife. Dissolve $\frac{1}{4}$ lb. of clarified butter in the frying-pan; place in it the potato balls side by side; colour them lightly; turn them to finish the other side.

455. Potatoes Maître d'hotel

(Pommes de terre à la maître d'hotel).

Cut the potatoes in slices after they are boiled. Butter the bottom of a stewpan; put in the potatoes; merely cover them with milk and water in equal quantities; add a pinch of salt, pepper, grated nutmeg. Cook them at

a good fire; when the liquid is half reduced add a piece of butter the size of an egg; work it in with a teaspoonful of flour and a pinch of chopped parsley; divide the butter into small pieces; shake the stewpan briskly to mix all well together; let it simmer. Arrange the potatoes in a vegetable dish.

456. Fried Potatoes

(*Pommes de terre frites*).

Dry the potatoes well after they are peeled and washed; cut them in lengths and all of an equal thickness. Let the frying fat get hot, but it must not boil; plunge the potatoes in; cook them at a moderate fire until they are tender and slightly coloured. Take them out with a slice; place them on a sieve. Leave the fat on the fire until it steams; at this point plunge the potatoes in again, stirring them about with a slice; then as soon as they are crisp take them out and drain them again, sprinkle them with table salt, and serve immediately. These potatoes should be served with grilled steak and chops.

457. Fried Potato soufflés

(*Pommes de terre soufflées*).

Choose the long potatoes and of an equal size; peel and trim them at each end; then cut them in slices lengthwise and the thickness of a five-shilling piece. Fry them as in preceding recipe (No. 456), but the fat must be a very moderate heat to commence with. When the potatoes are tender drain them on a sieve; let them get partly cold. Replace the fat on the fire; when it steams plunge the potatoes in a second time; shake them about until they have swollen out and become crisp. Drain them quickly, sprinkle salt over, and serve. In order to ensure success with these potatoes use a frying-basket, and do not put in too many at one time,

458. Potatoes roasted in the Stewpan

(Pommes de terre rôties).

The potatoes may be cut in different forms—round, or if very large cut in halves or quarters. Naturally the small, new, round potatoes are the easiest to prepare in this manner. With a vegetable cutter or scoop they can be formed from the largest potatoes. Let them boil up once in cold water; the water must only cover them, and at the first moment of boiling they must be strained. They may be either finished in the stewpan or in the baking-pan, in three table-spoonfuls of clarified butter or dripping sprinkled with fine salt. In the oven they will take half an hour to give them a good colour; if in the stewpan care must be used to shake them frequently and to add more butter if necessary to finish, giving them a golden tint.

Note.—For small new potatoes butter is indispensable.

459. Stewed Potatoes

(Pommes de terre à la genevoise).

Cut the peeled potatoes in small squares. Colour over the fire a dessert-spoonful of flour in 2 oz. of butter; make a thin sauce of it by adding a quart of stock or water; put in salt, pepper, an onion pierced with cloves, a bouquet of herbs, a cupful of white wine, then the potatoes. Let them cook gently for thirty to thirty-five minutes, looking at them frequently to see they do not stick to the pan. When the potatoes are tender and the sauce reduced, finish with a piece of fresh butter and chopped parsley.

460. Potatoes Westphalian fashion

(Pommes de terre à la westphalienne).

Peel and grate six raw potatoes; season with salt and pepper, one egg; mix all well together. Melt in a shallow stewpan three table-spoonfuls of butter; drop into it

table-spoonfuls of the mixture, leaving sufficient space between each spoonful to be able to flatten them with the slice. Let them cook on a good fire for two minutes; turn and leave them the same time. They should be a golden tint. Arrange in a crown upon a dish with a piece of parsley in the centre.

461. Stuffed Potatoes

(Pommes de terre farcies).

Choose the potatoes of equal size; peel and trim them evenly round—that is to say, no points sticking out; also cut them at the bottom that they may stand upright; empty the insides with a potato-scoop; scald them (see No. 458). Put inside each potato a spoonful of chopped meat. Lay them side by side in a buttered dish; sprinkle with salt and baked bread-crumbs; moisten well with dissolved butter. Start cooking them over the fire, then put them in the oven until they are the requisite colour; baste frequently with butter.

462. Chopped Meat for the Potatoes.

Any remains of meat will do for this purpose. Chop them finely; colour a chopped onion in 1 oz. of butter; add to it the same of flour; make the thickening, moisten with stock; salt, pepper, nutmeg. The sauce must not be too thick. Put in the chopped meat; let it simmer ten minutes. If the hash is too thin add a little baked bread-crumbs. Finish with chopped parsley and chives.

463. Potatoes à l'Ancienne

(Pommes de terre à l'ancienne).

Peel six potatoes; cut them in slices. Melt 3 oz. of butter in a pan or stewpan; put in the potatoes with a little salt. Cover the stewpan; if they are in a frying-pan put a plate over. Cook them at a gentle fire, tossing or

turning them frequently with the slice. When they are almost tender throw over them a cupful of cream beaten up an instant with an egg and a little grated cheese. Continue to let them cook over a brisker fire until they have taken a good colour; move them about constantly with the slice.

464. Potato Ramequins

(Ramequin de pommes de terre).

Cut six or eight raw (peeled) potatoes in slices as finely as possible; salt and pepper them lightly; grate $\frac{1}{4}$ lb. of Gruyère or Parmesan cheese. Butter the frying-pan well; put in a layer of potatoes, then a layer of cheese. When potatoes and cheese are finished pour over 3 oz. of dissolved butter; cover closely with a round plate; cook all over a slow fire. They must be well watched to prevent them sticking to the bottom of the pan; if they should do so, move them by sliding the slice under them. When they are tender turn them upside down on to a dish, the coloured side to be above.

465. Japanese Cronos

(Cronos du japon).

This is a vegetable I have never seen in England; notwithstanding, it must have got there; if so, it is well worth eating. Trim the ends of the cronos; wash them in several waters; boil them in boiling salted water. When they are tender drain them, afterwards toss them in butter. Season with salt, pepper, and chopped chives.

Note.—For the guidance of those who have never seen cronos, I may say they have a resemblance to periwinkles when they are out of the shell—a trifling one, but the nearest I can think of. They may also be served with cream sauce or *gratinés* with cheese.

SALADS.

466. Lettuce Salad

(*Salade de romaine*).

WASH and drain the lettuce well, then dry it in a soft cloth: this is most important, as no salad can be eatable if the water be allowed to mix with the dressing. Take three table-spoonfuls of the finest oil, one of vinegar, two salt-spoonfuls of salt, half of pepper, a little mustard; stir well for two minutes. Put in the lettuces, and move them thoroughly about in the dressing. A sliced spring onion is a great improvement to the salad when the flavour is not objected to.

467. Endive Salad

(*Salade de chicorée amère*).

In winter when lettuces are scarce the Batavian endive makes a capital salad, and is far superior to the ordinary endive. To vary the dressing, press to paste the yolk of a hard-boiled egg; dress in the same way as for recipe No. 466. Tarragon vinegar or lemon may be substituted for ordinary vinegar if preferred.

468. Salad in Cream Sauce

(*Salade à la crème*).

Prepare the lettuces as above. Mix the following sauce in the salad-bowl: four table-spoonfuls of thick cream, one

of vinegar, salt, pepper, a little chopped fresh mint. Mix well; add the lettuces.

469. Salad of White Cabbage

(*Salade au chou blanc*).

Boil the cabbage; drain it well; let it get cold; prepare a dressing with hard egg (see No. 467).

470. Italian Salad

(*Salade italienne*).

This salad is composed of all kinds of vegetables—cauliflowers, carrots, green peas, French beans, celery root, and potatoes. All these vegetables must be very fresh and young, and all boiled separately, then cut into small dice or slices, except the peas, which are left whole, and the cauliflowers, which are to be divided into tiny bouquets. Keep on one side a little of each of these vegetables to garnish the top of the salad. Take the hearts of two cos lettuces; cut them up very fine; put them in the salad-bowl with the boiled vegetables; season with salt, pepper, and a teaspoonful of vinegar; add to it 1 gill of mayonnaise sauce (No. 80) flavoured with a pinch of cayenne and a little raw mustard. Arrange all into a dome or point, and make smooth with the point of a knife. With the potatoes, carrots, and cauliflowers make lines of these vegetables, one resting on the other, commencing from the bottom of the bowl to the top of the point, the lines to be about $\frac{1}{4}$ inch apart—be careful to vary the shades; then between each of these lines garnish with the peas and French beans.

471. French Bean Salad

(*Salade de haricots verts*).

Boil the beans in boiling salted water; they must be very young and fresh, and are best left whole. Mix in the

salad-bowl a chopped onion, half a teaspoonful of raw mustard, a little salt, pepper, chopped parsley, a table-spoonful and a half of vinegar, three of oil. Work the sauce well and put in the beans. The onion may be omitted at pleasure.

472. Potato Salad

(Salade de pomme de terre).

After the potatoes are boiled cut them in slices (thin). Prepare in the salad-bowl an onion chopped fine, a pinch of salt, pepper, chopped parsley, two table-spoonfuls of vinegar and four of olive oil. Mix the potatoes well into the sauce.

473. Salad of Beetroot

(Betteraves rouges pour salade).

Boil them in salted water for two hours; peel them and cut them in fine slices; arrange them in a dish with salt and pepper. Cover them with cold vinegar; add a laurel leaf and a few cloves. This salad will keep if placed in a covered vessel.

Note.—Cauliflowers and lettuces make excellent salads. They must be boiled, left to get cold, and then dressed according to any of the above recipes. These salads have the advantage of being more wholesome than the raw ones, being easier of digestion, and certainly should cold meat be in the bill of fare, they are much more appetising to accompany it than a cabbage boiled in water and served hot. Leeks, if not too strong for the palate, are very good as a salad; they must be well washed and boiled very tender, a little raw mustard to be added to the dressing.

PUDDINGS.

474. Semolina Pudding

(Pouding à la semoule).

BOIL 1 quart of milk, a grain of salt, $3\frac{1}{2}$ oz. of sugar. Pour into it slowly $3\frac{1}{2}$ oz. of semolina; stir all the time; let it cook gently for seven or eight minutes. Remove the saucepan to the side of the stove; add to it a piece of fresh butter the size of half an egg, the grated rind of half a lemon, then one whole egg and four yolks, stirring all the time. To finish, beat up the four whites of egg to a stiff froth and work them in very gently. Butter a plain timbale-mould, then on the butter sprinkle baked bread-crumbs mixed with powdered sugar; pour in the semolina. Place the mould in a stewpan with boiling water reaching to the middle of the mould, let it boil gently for forty to forty-five minutes. This pudding can be cooked in the oven by placing it in a deep dish with boiling water round it. Serve with the following sauce. Pass the knife between the pudding and mould to turn it out. Boil for an instant a tumberful of sherry or madeira, half a cupful of water, $3\frac{1}{2}$ oz. of sugar, a small piece of stick cinnamon, a couple of cloves, and a little grated lemon-rind; strain it through a fine sieve.

475. Cold Semolina Pudding

(Pouding à la semoule froid).

Boil 1 quart of milk with a piece of thin lemon-rind (the rind must be cut so thin that not a morsel of the white

underskin attaches to it), $3\frac{1}{2}$ oz. of sugar, a grain of salt, 2 oz. of fresh butter. Directly it boils sprinkle into it $3\frac{1}{2}$ oz. of semolina, stirring all the time with a wooden spoon. When it has boiled two minutes, draw it on one side of the stove and let it simmer for seven or eight minutes. In the interval moisten the inside of a mould with cold water (a salad-bowl will do as well as a mould); pour in the semolina after having taken out the lemon-rind. This pudding is eaten cold, and is best with gooseberry sauce, but any fruit syrup can be served with it.

Gooseberry sauce for the above.—Put in a stewpan 1 lb. of ripe red gooseberries; crush them. Directly they boil up pass them through a hair-sieve. Boil the liquid two or three minutes with $3\frac{1}{2}$ oz. of white crushed sugar and a wine-glassful of water. Let it get cold.

476. Chocolate Pudding

(Pouding au chocolat).

Grate $\frac{1}{4}$ lb. of chocolate. In a separate basin soften $\frac{1}{2}$ lb. of butter at the entrance of the oven; work it well with a spoon for five minutes; add little by little to it one whole egg, five yolks, and the grated chocolate, $\frac{1}{4}$ lb. of white powdered sugar, and a dessert-spoonful of dried bread pounded. Beat up to a froth the five whites of eggs, add them delicately and gently to the mixture with two dessert-spoonfuls of dried and sifted flour. Pour it into a mould that has been buttered and sprinkled with baked bread-crumbs. Boil in a stewpan, the water to reach half way up the mould; leave the stewpan open, and boil from thirty-five to forty-five minutes. This pudding may also be baked, following the same instructions as for No. 474. Serve with cream and chocolate sauce.

Sauce crème au chocolat.—Dissolve a tablet of chocolate in two dessert-spoonfuls of hot water; add 2 oz. of powdered sugar and three yolks of eggs, working the mixture for an instant with the spoon, then add very gradually $\frac{1}{4}$ pint of hot milk. Stir over the fire until

it commences to thicken and stick to the spoon ; it must not boil. Pass it through a hair-sieve.

477. Orange Pudding

(*Pouding soufflé à l'orange*).

Put into an enamel saucepan $\frac{1}{4}$ lb. of butter, the same of white sugar, a dessert-spoonful of flour, seven yolks of eggs, the juice of an orange, the same of lemon, and the grated rind of an orange. Stir all over a slow fire as you would an ordinary custard, not allowing it to boil, nor must there be any lumps. Pour this custard into a basin of earthenware—it must not be put into any tin vessel ; mix with the seven whites of eggs beaten to a firm froth, pour into a plain earthenware mould, and cook in the oven for thirty to thirty-five minutes. The mould must be placed in a *bain-marie*—that is to say, in a deep dish or vessel half full of boiling water. This pudding must be served quickly, and with a custard flavoured with orange.

478. Viennese Pudding

(*Pouding viennois*).

Beat to a cream (in a basin) $\frac{1}{4}$ lb. of butter ; add to it $1\frac{1}{2}$ oz. of bread-crumbs previously soaked in rum (a wine-glassful), 1 oz. of almonds or nuts chopped, 1 oz. of chocolate in powder, $\frac{1}{4}$ lb. of castor sugar, a dessert-spoonful of flour, 1 oz. of Malaga raisins stoned, the grated rind of a lemon, five yolks of eggs. Mix all well ; and lastly add gently the five whites beaten to a froth. Pour all into a well-buttered mould and bake in a *bain-marie* (a vessel with boiling water) in the oven for thirty minutes. Serve with a *Sabayon au rhum* (No. 575).

479. Nut Pudding

(Pouding aux noisettes).

Colour lightly in the oven $1\frac{1}{2}$ oz. Barcelona nuts; pound them finely with a little white of egg; pass them through a tammy-cloth or hair-sieve; add them to the preparation for pudding *à la vanille* (No. 481). Boil in a *bain-marie* for forty minutes—that is, to put the mould in a saucepan of boiling water; the water must only reach half-way up the mould.

480. Lemon Pudding

(Pouding au citron).

Put 3 oz. of flour into a stewpan, with $1\frac{1}{2}$ oz. of fresh butter, a grain of salt, $1\frac{1}{2}$ oz. of powdered sugar, and the chopped rind of half a lemon; pour into it gradually a cupful of warm milk; mix all well with a wooden spoon to make a smooth paste. Stir all over the fire until it thickens and commences to detach itself from the stewpan; at this point pour the mixture into a basin, add $1\frac{1}{2}$ oz. more of sugar, the same of dissolved butter, then six yolks of eggs and the juice of half a lemon. The stirring must never cease while the ingredients are being added. When all is perfectly mixed beat up the whites of the eggs to a stiff froth and add it—half at one time—to the mixture. The whites must never be beaten in once they are whisked to a snow, but simply and delicately blended to the preparation. Pour all into a mould that has been buttered and dusted with flour. Boil in a *bain-marie* (the mould placed in a saucepan with boiling water reaching to the middle of the mould—half way up); leave the saucepan uncovered; boil from thirty-five to forty-five minutes. This pudding may also be baked by putting the mould in a vessel of boiling water. To find if the pudding is properly cooked, pierce it with a clean skewer: if it comes out without anything

sticking to it, it is done. Always pass the knife between the pudding and the mould before turning it out.

481. Vanilla Pudding

(*Pouding à la vanille*).

Prepare the mixture as above (No. 480), simply substituting vanilla for lemon. Boil for forty minutes, and serve with vanilla custard round it. For boiling, observe the same directions as are given for the preceding puddings.

482. Tapioca Pudding

(*Pouding au tapioca*).

Boil $1\frac{1}{2}$ pint of milk with 3 oz. of sugar and a piece of butter the size of an egg. Directly it boils drop in gradually 3 oz. of tapioca; stir continually for five minutes to avoid it forming into lumps; place the stewpan on one side; let it simmer for fifteen minutes. Pour the mixture into a basin; add to it a handful of stoned raisins, grated rind of a lemon, $1\frac{1}{2}$ oz. of candied orange and lemon peel, one whole egg, three yolks; mix all perfectly. Beat the three whites to a stiff froth; add them gently to the other mixture. Pour all into a mould buttered and sprinkled with powdered sugar; cook in a *bain-marie* for forty to forty-five minutes in the same manner as directed for preceding puddings. Serve with any fruit syrups or sweet sauce.

483. Baked Almond Pudding

(*Pouding aux amandes grillées*).

Peel $\frac{1}{4}$ lb. of almonds; place them on a baking-tin; put them in the oven until they have taken a brownish tint. Boil $\frac{1}{4}$ lb. of sugar with half a cupful of water; when the sugar commences to turn to caramel pour it over the almonds; leave them to cool; then reduce the whole to a fine paste in a mortar. Keep a quarter of this paste upon a separate plate for the sauce of the pudding. Work into a

froth for ten minutes $\frac{1}{4}$ lb. of butter, then add to it, one after the other, six yolks, then the pounded almonds, two dessert-spoonfuls of powdered sugar, the same of baked bread-crumbs moistened with a dessert-spoonful of brandy. Beat up the six whites of egg to a firm froth; add them gently to the rest. Pour all into a buttered mould which has been sprinkled with sugar. Boil or bake the pudding in the same manner as for semolina pudding. Turn the pudding on to a plate; pour round it a little almond cream, and serve the remainder in a sauce-boat.

Almond cream for the above.—Prepare a good custard; add to it the reserved almond paste.

434. Cherry Pudding

(Pouding aux cerises dans un plat).

Stone 1 lb. of black cherries; put them in a deep dish; mix them with three crushed rusks and a pinch of powdered cinnamon. Boil a tumberful and a half of milk with 3 oz. of sugar; mix with it four well-beaten eggs. Pour this custard over the cherries. Put the dish in the oven for thirty minutes; an instant before taking it from the oven sprinkle the top with fine powdered sugar so that it becomes glazed.

SOUFFLÉS.

THE success of a *soufflé* depends upon the baking. The oven should be prepared to the required heat before putting it in, and the heat gradually increased as the *soufflé* rises. If it commences to take colour too quickly, a piece of white paper should be placed over the top. A *soufflé* must be sent direct from the oven to the table.

485. Semolina Soufflé

(*Soufflé à la semoule*).

Boil 1 pint of milk with $\frac{1}{4}$ lb. of vanilla sugar, a grain of salt; directly it boils drop in gradually $1\frac{1}{2}$ oz. of fine semolina, stirring continually with a wooden spoon; let it cook for eight or ten minutes; add $1\frac{1}{2}$ oz. of fresh butter. Pour the mixture into a basin; mix it with five yolks of eggs. Beat up the five whites to a firm froth; add them gently to the semolina. Pour all into a mould which has been buttered; bake for twenty-five minutes in the oven. Serve sprinkled with powdered sugar.

486. Apple Soufflé

(*Soufflé aux pomme à la russe*).

Peel three rennet apples; cut them in pieces; take away the pips; put them into a stewpan with a pinch of cinnamon and $1\frac{1}{2}$ oz. of sugar, a wine-glassful of water, and a piece of butter the size of a nut. Let them cook until

they commence to break, then crush them with a wooden spoon until they are reduced to a thick mass. Beat six whites of eggs to a stiff froth, and mix them in lightly to the warm apples. Pour all into a deep buttered dish; smooth over the top, making it take the form of a dome in the centre; sprinkle over with sugar, and put in a moderate oven for twenty-five minutes.

The above can be made with any kind of fruit which admits of being stewed to a consistent substance.

487. Ground-rice Soufflé

(Soufflé à la fleur de riz).

Boil 1 pint of milk with 3 oz. of sugar—a part of the sugar should be flavoured with vanilla—a grain of salt. Directly it boils pour in two dessert-spoonfuls of ground rice mixed smoothly with a wine-glassful of cold milk. Stir briskly with a spoon; the paste must be without a lump. Cook for ten minutes, then add $1\frac{1}{2}$ oz. of butter and two yolks of eggs. Let the mixture get half cold; add to it three yolks of eggs, one by one, then beat six whites to a firm snow; mix them with the other very gently, half of the snow at a time. Put all into a deep buttered dish, smooth the top, and bake in a moderate oven for twenty minutes. Serve up directly, sprinkled with powdered sugar.

488. Chocolate Soufflé

(Soufflé au chocolat).

Dissolve in a stewpan 6 oz. (four tablets) of grated chocolate with three dessert-spoonfuls of warm water; work it about with a wooden spoon until it is quite smooth, then remove the stewpan from the fire. Mix with the chocolate $\frac{1}{4}$ lb. of powdered sugar—part of it to be flavoured with vanilla—six yolks of eggs (one at a time). Beat up the six whites to a stiff snow; add half of it very gently and delicately to the chocolate; when it is all mixed in, add the other half. Pour all into a deep

buttered dish, smooth the top over with a knife, and bake in a moderate oven for twenty minutes. Sprinkle with powdered sugar before sending to table. If the *soufflé* takes colour before it is baked, cover with a buttered paper.

489. Soufflé Mousseline

(*Soufflé mousseline*).

Beat up in a stewpan with a wooden spoon six yolks of eggs, 2 oz. of powdered sugar, 2 oz. of butter partly dissolved, the juice and grated rind of a lemon. Place the stewpan in a dish or vessel with boiling water; stir all over the fire as if you were making a hollandaise sauce, and until it commences to thicken; at this point remove the stewpan from the fire, but continue to stir the mixture for three minutes longer. Beat up the six whites of eggs to a firm snow; mix them delicately to the yolks; pour the whole into a deep dish or mould; smooth it over into a point in the middle. Place this dish in a stewpan which can be tightly closed; put in boiling water to reach to the middle of the dish or mould; place the stewpan over a good fire; directly it boils up remove it to the side to allow the water to merely simmer. The stewpan should be covered in a manner that the steam cannot escape. Twenty to twenty-five minutes will cook the *soufflé*. It must be served up immediately after having sprinkled over it some powdered macarons. This *soufflé* may also be baked.

490. Vanilla Soufflé

(*Soufflé à la vanille*).

Put in a stewpan 3 oz. of flour which has been dried and passed through a sieve, a teaspoonful of potato flour, two yolks of eggs, 2 oz. of sugar, 1 oz. of warmed butter, a small piece of vanilla (about 2 inches), a grain of salt. Mix all with a cupful of milk; stir over a gentle fire until it thickens without lumps, and until it is the consistency

of a thick smooth sauce. Take it off the fire and add to it 1 oz. of butter and five yolks of eggs, then add as directed in previous recipes the five whites of eggs beaten to a stiff froth. Butter a mould, either in metal or earthenware; fill it three parts full; place it on a baking-tin; bake in a moderate oven for fifteen to twenty minutes, increasing the heat after the first ten minutes.

491. Almond Soufflé

(*Soufflé praliné*).

Take $\frac{1}{4}$ lb. of almonds, three of them to be bitter; grill them lightly in the oven. Boil 1 oz. of sugar to caramel; mix it with the almonds; spread all upon a plate which has been lightly oiled; let them cool, then pound them very fine. Work 3 oz. of sugar which is slightly flavoured with vanilla with five yolks of eggs, the same as you would for sponge-cake. When the mixture is quite white and frothy add delicately to it the pounded almonds and the five whites beaten to a stiff snow. Pour all into a deep buttered dish or *soufflé*-mould; bake for fifteen to twenty minutes in a moderate oven at first, the heat to be gradually increased. The almonds must not be peeled; Barcelona nuts may be substituted for the almonds.

492. Chocolate Soufflé

(*Soufflé au chocolat*).

Make a preparation the same as for vanilla *soufflé* (No. 490), but before adding the eggs add to the mixture two tablets of chocolate dissolved in a little water. This *soufflé* can be cooked the same as any of the above or in a case of buttered paper.

493. Omelet Soufflé

(*Omelette soufflée*).

Put in a basin four yolks of eggs, $4\frac{1}{2}$ oz. of sugar, the grated rind of a small lemon, a grain of salt; stir for ten

minutes with a wooden spoon, 1 oz. of butter to be added to the mixture. Beat six whites of eggs very firm; add first the half to the other mixture, when gently mixed in add the other half. Butter a deep dish; pour in the omelet, bringing it to a point in the centre; sprinkle it with sugar, and bake in a gentle oven from twelve to fifteen minutes. This omelet must be sent to table direct from the oven.

494. Omelette Soufflé au Rhum

(Omelette soufflée au rhum).

Put in a small stewpan three table-spoonfuls of vanilla sugar and six yolks of eggs; work them an instant, then add two table-spoonfuls of rum and 3 oz. of butter divided into small pieces. Put the stewpan into a large vessel in which hot water has been poured; place it on a gentle fire. Stir well with a wooden spoon until it commences to thicken without lumps. Remove the stewpan to the side of the stove; beat up the six whites to a snow; add them, half at a time, to the rest of the mixture. Butter a deep dish; pour in the omelet; smooth it over with the point of the knife; place the dish in another vessel containing boiling water, then into a gentle oven from twenty-five to thirty minutes. Before serving sprinkle with sifted sugar.

495. Jam Omelet

(Omelette aux confitures)

For an omelet of six eggs melt 1½ oz. of clarified butter in an omelet-pan. Break the eggs; add a grain of salt, a pinch of sugar, a dessert-spoonful of milk; beat up an instant with a fork; pour them into the warm butter; move them about quickly with a wooden spoon or fork, then pile them up to one side of the pan; let them set. Place in the middle of the omelet two dessert-spoonfuls of jam; fold the two edges over to the centre; turn it out upside down on to a round dish; sprinkle with sugar.

496. Another way to make an Omelet.

Break the eggs as above; warm the butter in the pan; pour in the eggs in a manner to entirely cover the bottom of the pan; let it take colour at a slow fire. Turn the omelet the other side; let it colour the same manner; spread a layer of jam over it, roll it up, and sprinkle with sugar.

497. Chocolate Omelet

(Omelette au chocolat).

Dissolve in a stewpan one tablet of chocolate in a little water; leave it to cool; add to it four yolks of eggs and a dessert-spoonful of thick cream. Beat up the four whites of eggs to a stiff froth and mix it with the chocolate. Melt in rather a large frying-pan $1\frac{1}{2}$ oz. of butter; when it is hot pour in the omelet, stirring it with a spoon; let it set over a slow fire and take colour on one side only. When ready to serve roll it up, and send to table with a chocolate sauce round it.

498. Eggs in Snow

(Œufs à la neige).

Boil $1\frac{1}{2}$ pint of milk in rather a large stewpan; sweeten with 3 oz. of sugar. Take it from the fire; put in either a small piece of lemon-rind or a piece of stick vanilla. Beat up in a basin the whites of five eggs; when they are perfectly stiff and firm take a table-spoonful at a time and with a knife smooth it into a form raised in the middle, and with the use of another spoon let it fall into the boiling milk. Place in as many as the pan will hold; draw it to the side of the fire, as at this point the milk must only simmer. With a small slice turn the eggs over, and when they are sufficiently firm place them on a cloth. Beat up the yolks of the five eggs with half a teaspoonful of potato flour; add the hot milk to it; stir it over a gentle fire until it commences to thicken, but it must not boil. Dish

the white eggs, raised one on the other; cover them with the custard.

Note.—This sweet can be eaten hot or cold, and may be varied by putting a little coffee essence in the custard, a little dissolved chocolate, or a small quantity of liqueur.

499. Snow Eggs en Surprise

(*Œufs à la neige en surprise*).

Beat up to a fine snow the whites of five eggs; mix to them very gently 3 oz. of finest white sugar,—it must be put through a fine sieve and part of it flavoured with vanilla. Arrange the eggs on a round dish in the form of a rock; grate very finely a tablet of chocolate; mix it with a table-spoonful of fine sugar; sprinkle this over the eggs until the white is completely covered. Place the dish for ten minutes in a very gentle oven, so that the surface of the eggs may become firm. Serve with a custard flavoured with vanilla or chocolate.

500. Coffee Custard

(*Crème renversée au café*).

Put four teaspoonfuls of freshly roasted and ground coffee in a stewpan with a wine-glass of water; boil up for half a minute; strain it. Boil $1\frac{1}{2}$ pint of milk with 4 oz. of sugar; break into a basin four whole eggs and five yolks (or seven whole eggs); beat them an instant with the whisk; add to them both the boiling milk and the essence of coffee; pour all into a well-buttered mould. Keep back a glassful of the custard. Place the mould in a stewpan with boiling water to reach half the height of the mould; cover the stewpan, and let it cook gently (the water must only simmer) from forty to forty-five minutes and until it sets. In the meanwhile stir the custard that has been kept back over a gentle fire; beat it with a whisk until it thickens, but it must not boil. Turn the cream out of the mould on to a dish (upside down); cover it with the custard.

Note.—This cream may be baked by placing the mould in a dish of boiling water and putting it in the oven. To ensure success to this sweet the milk must be pure and fresh and the eggs of the best.

501. Custard in Caramel

(*Crème renversée au caramel*).

Put into a stewpan 6 oz. of loaf-sugar with a cupful of water (a tea-cup); boil quickly until the sugar commences to take colour—that is to say, caramel (see No. 536); pour a little of this sugar into a mould in a manner to form a thin layer at the bottom. Pour directly into the stewpan which has the remainder of the caramel $1\frac{1}{2}$ pint of milk; boil it until the caramel is melted. Break four whole eggs and four yolks into a basin (or six whole); beat them an instant; mix them well with the milk which has been removed from the fire; pour this custard into the prepared mould, keeping back a glassful of it. Cook the custard according to the directions given for No. 490. Stir the reserved custard over the fire until it commences to thicken; take it off and let it cool; serve it round the pudding.

502. Tea Custards

(*Crème au thé en petits pots*).

Make $\frac{1}{2}$ pint of tea, not too strong; strain it after leaving it three minutes, then mix with it a tumblerful of thick raw cream. Beat up for two minutes in a basin five yolks of eggs with 3 oz. of powdered sugar; pour the liquid of tea and cream to it, and pass all through a hair-sieve. Fill with this mixture some little china pots or small black coffee-cups; place them in a stewpan sufficiently large to hold them; put in boiling water, which must only reach half way up the cups; cover the stewpan, and let them simmer gently until the cream is set. They may be baked in the oven in the stewpan or any vessel with water merely. Cover the pots with white paper.

This same cream may be made with coffee, chocolate, or vanilla.

503. Strawberry Custards

(*Crème aux fraises en petits pots*).

Pass some strawberries through a hair-sieve, sufficient to make a teacupful of *purée*. Place this *purée* in a bowl with five yolks of eggs; work all well with a wooden spoon for five minutes; add to it three teacupfuls of raw cream or milk. Fill some small pots or cups with this mixture, and cook the same as for No. 501.

504. Baked Custard

(*Flan glacé au sucre dans un plat*).

Beat up in a basin five whole eggs with 4 oz. of powdered sugar, a grain or two of salt, three teaspoonfuls of orange-flower water. Have ready boiled $1\frac{1}{2}$ pint of milk; pour it over the eggs; mix well. Pour this custard into a deep dish well buttered; place the dish in another utensil which has a little boiling water in it. Bake for twenty or twenty-five minutes. Before serving sprinkle it with sugar, and hold over it a shovel or salamander made red hot.

Note.—By placing the moulds or dishes in a second vessel containing boiling water, either for baking or boiling, all risk of the custards curdling is avoided.

FRITTERS

(BEIGNETS).

505. Cream Fritters

(Beignets de crème).

PUT into a stewpan three table-spoonfuls of flour with five yolks of eggs; mix these by degrees with 1 pint of cream or boiling milk; add 6 oz. of vanilla sugar, a grain of salt, two teaspoonfuls of orange-flower water. Stir this mixture over a gentle fire with a wooden spoon until it commences to thicken; at this point add to it the white of an egg beaten to a snow. Spread this paste on a greased baking-tin to about $\frac{1}{2}$ inch in thickness. Bake in the oven until it becomes fairly firm and slightly coloured; take it out and let it cool on the tin, then divide it in pieces all one size, either in the form of lozenges, squares, or with a round small cake-cutter. Have some frying fat ready (see No. 106); when it commences to steam dip the fritters into frying batter (see below) and fry them a beautiful golden colour; drain them on a sieve as they are done, and roll them in fine vanilla sugar. Serve very hot.

506. Frying Batter for the above.

Put in a bowl 5 oz. of flour; mix it smoothly with a tumblerful of cold water; make a smooth paste free from

lumps; add a pinch of salt and a table-spoonful of olive oil. Beat up three or four whites of eggs to a firm froth; mix them, half at a time, to the batter very gently. A little rum or liqueur may be added if desired, and the oil may be replaced by dissolved butter if preferred.

Note.—Batter loses nothing by being made some hours before it is needed for use, only the whites of the eggs must be added at the last moment.

507. Orange Fritters

(Beignets d'oranges).

Take off the peel and under white skin from five good oranges; divide them in quarters, but in a natural way so that each quarter retains its juice. Put them in a dish with a little fine sugar sprinkled over them; leave them for fifteen minutes; drain. Steep each piece of orange into the frying batter (No. 506), then into the boiling fat; leave them until they have taken a beautiful colour; drain them on a sieve, then on a cloth; roll them in fine sugar flavoured with orange. Serve very hot.

Orange sugar.—Rub the thin rinds of the oranges against a large piece of loaf-sugar, pound the latter very fine, and pass it through a sieve.

508. Apple Fritters

(Beignets de pommes).

Choose good rennet apples; peel them; cut them in slices the thickness of $\frac{1}{4}$ inch; take the middle out with a cutter, taking care not to spoil the slice or round. Steep them for twenty minutes in a bowl with a cupful of rum or liqueur and a little powdered sugar; drain. Steep each slice in the frying batter (No. 506), then into the hot fat; fry them both sides a golden tint. Drain, and roll them in powdered sugar mixed with a pinch of powdered cinnamon. Serve very hot.

509. Pear Fritters*(Beignets de poires).*

Peel and cut in quarters some good pears—the pieces should be about $\frac{1}{4}$ inch thick; take out the pips; soak them for twenty minutes in a little liqueur or rum and some powdered sugar. Finish the same as for apple fritters (No. 508).

510. Peach Fritters*(Beignets de pêches).*

Take off the skin; cut them in halves; take out the stone; soak and fry them exactly the same as for the above (No. 508).

511. Cherry Fritters*(Beignets de cerises).*

Take out the stones from a hundred cherries; put five at a time on small wooden skewers; steep them in frying batter (No. 506) flavoured with a little kirsch. Fry them a good colour; drain on a cloth, and roll them in finely powdered sugar. Take out the skewers before sending them to table.

512. Fritters Soufflés*(Beignets soufflés).*

Proportions: three teacupfuls of water, 3 oz. of butter, $1\frac{1}{4}$ oz. of sifted sugar, a pinch of salt, the rind of a lemon grated, $\frac{1}{2}$ lb. flour, four whole eggs. Boil together in a stewpan the water, butter, sugar, and salt. When the liquid is boiling remove the stewpan to the side of the fire; add the flour which has been previously passed through a sieve; mix all briskly with a wooden spoon until it becomes a perfectly smooth paste. Stir this paste for an instant over a gentle fire, then remove the stewpan to one side of the stove to allow the mixture to cool slightly; then add the lemon-peel and one whole egg. Work the paste well

until the egg is completely mixed in, then one by one the remaining three eggs, stirring all the time; if then the paste is too stiff, add one more egg. Take a table-spoonful of this paste and let it drop into the hot frying fat, which must not be *too* hot. Put in six at a time, or more if the pan is sufficiently large. Place it over a gentle fire; fry the fritters, turning them continually with the slice. The fritter will gradually swell and increase three times in size, then the fire should be made a little more active in order to give them a beautiful colour. Drain, and either sprinkle or roll them in fine sugar. Arrange in a pyramid on a dish.

513. Semolina Fritters

(Beignets à la semoule).

Boil in a stewpan 1 pint of milk with 3 oz. of sugar; directly it boils add 6 oz. of semolina; stir until it thickens; let it cook seven or eight minutes. Remove the stewpan from the fire; put in a piece of butter the size of an egg, three yolks of eggs, one whole egg, the chopped rind of a lemon or orange, a handful of currants, and a liqueur-glass of kirsch. Pour this paste on to a cake-tin which has been moistened with water; spread the paste to the thickness of $\frac{1}{2}$ inch. When it is cold divide it into squares or in rounds with a paste-cutter; pass these through two beaten eggs, then in bread-crumbs, and plunge them into boiling fat until they take a good colour.

514. Almond Croquettes

(Croquettes aux amandes).

Mix 2 oz. of flour in 1 pint of milk; add to it 3 oz. of sugar, four yolks of eggs, 4 oz. of ground almonds, a grain of salt, and 2 oz. of butter divided in small pieces. Stir over the fire until it becomes a smooth paste which commences to cook. Spread it upon a dish to let it cool. Take a table-spoonful of this paste, roll it upon a floured

board into the shape of a large cork or of a small pear; pass them through egg and bread-crumbs and fry them a beautiful colour, then roll them in powdered sugar.

515. Rice Croquettes

(Croquettes au riz).

Boil for ten minutes 3 oz. of rice; drain it; put it back in the stewpan with 1 pint of milk, a pinch of salt; cook gently for thirty minutes. Place the stewpan upon the corner of the stove; add to the rice 3 oz. of sugar, a piece of fresh butter, three yolks of eggs, the grated rind of a lemon; work all for an instant. Spread the rice upon a dish; let it cool; take a table-spoonful of it; place it on a board sprinkled with baked bread-crumbs; roll them in the form of a cork or a pear; pass them through egg and bread-crumbs. Fry them a beautiful colour; roll them in sugar. If the croquettes are in the form of a pear, pierce them at one end with a small piece of wood or of macaroni to form the stalk.

516. Pancakes

(Crêpes).

Put 1½ oz. of flour in a bowl, a pinch of salt; break into it two whole eggs; work all together to make a smooth paste. At this point add a cupful of thick raw cream; pass all through a sieve. Put a teaspoonful of clarified butter into a small warmed frying-pan; pour into it sufficient of this paste to cover the bottom with a thin layer; let it set over a gentle fire; if it forms into bubbles merely prick them with a fork; shake the pan to prevent it sticking to it; turn the pancake with the slice; let it take a golden tint both sides, then slide it on to a dish; sprinkle it directly with powdered sugar. Continue in the same manner until all the batter is finished. Place, when cooked, the pancakes one on the top of the other. If desired, a change can be made by spreading a thin layer of apricot jam on each pancake.

517. Bread Fritters

(*Croûtes dorées*).

Cut off a tin loaf sixteen slices $\frac{1}{2}$ inch thick ; place them in a dish and soak them in a little milk or cream. Have three whole eggs beaten up in a plate ; warm three dessert-spoonfuls of clarified butter in a frying-pan ; soak each slice of bread in the egg ; put them into the pan ; fry them a golden colour both sides, then pass them through finely sifted sugar mixed with a little powdered cinnamon. Keep them hot until all are fried.

518. Bread Fritters with Cherries

(*Croûtes aux cerises*).

Take out the stones from 2 lb. of black cherries ; stew them for a few minutes with 3 oz. of sugar, a little cinnamon, and a wine-glassful of water. Have ready some slices of bread prepared according to recipe No. 517 ; powder them with fine sugar, arrange them in the form of a crown on a round dish, and pour the cherries in the centre.

519. Bread Fritters with Strawberries

(*Croûte aux fraises*).

Cut some slices about $\frac{1}{2}$ inch thick from a long rusk loaf ; fry them a delicate golden colour in butter. Take 1 lb. of strawberries—the small wood ones are the best for the purpose ; put them in a basin with 3 oz. of white powdered sugar flavoured with vanilla. Be careful in mixing in the sugar not to crush the fruit. Upon each piece of bread arrange some of the strawberries ; place on a round dish.

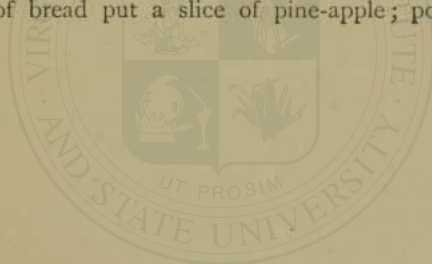
Note.—The rusk loaves can be obtained from any good baker by ordering them a day in advance, and they are better for the above purpose if they are a day old. On the Continent small sweet rolls are used instead of rusk bread :

they are merely cut in halves, fried, and the strawberries placed on in the form of a dome. Plain stale buns would probably do as well. These sweets are most simple, easily prepared, and would make a welcome variety to the limited *menu* of the ordinary English schoolroom dinner.

520. Bread Fritters with Pine-apple

(*Croûtes à l'ananas*).

Take some preserved pine-apple; cut into as many slices as there are pieces of bread or roll; put the pieces of the pine-apple into a stewpan with 3 oz. of sugar, a table-spoonful of apricot jam, and a wine-glassful of sherry or marsala; boil it up. Warm the slices of pine-apple in this syrup. Prepare some slices of bread according to the directions given above (Nos. 518, 519). Arrange the bread in the form of a crown in a round dish; between each slice of bread put a slice of pine-apple; pour the syrup over.



SWEET DISHES.

ON the Continent fruit-tarts are always made open: they are perhaps no better than the English tarts, but the recipes may be acceptable if only as a matter of novelty. Round tins with fluted edges can easily be procured for the baking, but they must be removed on to china, round, flat dishes before sending to table. The tins must be well buttered before using.

521. Apple Tart

(*Gateau aux pommes*).

Prepare a short crust (see No. 579); line the bottom of the baking-tin with it, pressing it carefully into the fluted edges. Cut some rennet apples into moderate pieces, all of equal size; arrange them on the paste, one piece resting half over the other; sprinkle well with powdered sugar and a little powdered cinnamon; bake in hot oven from thirty to forty minutes. Before sending to table sprinkle again with sugar.

522. Cherry Tart

(*Gateau aux cerises*).

Proceed exactly the same as for No. 521. The cherries must be stoned.

523. Apricot Tart

(Gâteau aux abricots).

Prepare the paste the same as above (No. 521); cut the apricots in halves; stone them; place them on the paste; arrange them as much as possible to form a kind of crown in the middle; sprinkle well with fine white sugar and a little cinnamon. Bake for thirty or forty minutes. Powder with sugar before sending to table.

Note.—These tarts can be made with plums (all stoned), peaches, gooseberries, pears, &c.

524. Strawberry Tart Meringue

(Gâteau aux fraises meringuée).

For this tart, the paste must be baked without the fruit. Line the tin with a short crust (No. 579); place a buttered paper over the paste; put it in a warm oven. If the paste rises in bubbles merely press it down with the hand. When the crust is baked take off the paper and cover it with strawberries powdered with sugar and a little cinnamon. Beat to a firm snow the whites of three eggs; mix them delicately with 4 oz. of vanilla sugar; spread this over the tart, completely hiding the strawberries by smoothing it with a knife; sprinkle on the top of all 1 oz. of very fine sugar. Put it back in a gentle oven until the meringue is slightly coloured. When it is pretty cold slide it upon a round dish.

Note.—I venture to suggest that cream would be an improvement upon the eggs.

525. Buttered Apples

(Pommes au beurre).

Peel eight rennet apples; cut them in halves; take out the cores; arrange them in a well-buttered tin or dish; sprinkle them with 3 oz. of sugar, a little powdered cinna-

mon ; put a small piece of butter on each apple. Bake in a good oven until the apples are soft and lightly coloured.

526. Apple Charlotte

(Charlotte de pommes à la bourgeoise).

Cut some slices of bread from a tin loaf; trim them about 4 inches in length and 2 in breadth; fry them a beautiful golden colour in clarified butter. Have ready some apples (No. 525); arrange them one over the other in the middle of a dish, and round them the slices of bread in the form of a crown. Powder the whole with white sugar, and serve, if preferred, with any fruit sauce, or simply as they are.

527. Apples à la Comtesse

(Pommes à la comtesse).

Choose eight rennet apples of equal size; peel them; scoop them rather deeply but not through to the opposite side. Pound finely in a mortar 2 oz. of sweet almonds (peeled), the juice of a lemon; add 3 oz. of powdered sugar, one whole egg, one dessert-spoonful of cream. Fill the hollow of the apples with this mixture, covering the opening where the apple has been scooped out; arrange them in a dish that has been thickly buttered; sprinkle with sugar, a table-spoonful of water. Bake from twenty-five to thirty minutes. Send to table in the dish in which they have been baked.

528. Apple Meringue

(Pommes meringuées).

Prepare some buttered apples (No. 525); arrange them in a pyramid in the middle of a dish. Beat to a snow the whites of four eggs; add to them very delicately $4\frac{1}{2}$ oz. of powdered sugar; cover the apples completely with this snow, sprinkle the surface first with chopped almonds, then

with sugar. Put in the oven (a gentle one); leave it until the meringue is lightly coloured.

529. Apples and Macaroons

(Pommes madame).

Take six good cooking-apples; peel and cut them in thin slices; remove the cores; place them in layers in a well-buttered dish; sprinkle between each layer crushed macaroons and powdered sugar; pour over all some dissolved butter; put them in a hot oven. Beat up two whole eggs in a cupful of cream, add a pinch of sugar; when the apples are tender pour the cream over them, and leave them in the oven until they have become a golden colour.

530. Marmalade of Apples

(Marmelade de pommes).

Cut in small blocks (*not* sliced) twelve peeled rennets; remove the cores. Put them in an enamelled stewpan with a wine-glassful of claret or water, $\frac{1}{4}$ lb. of powdered sugar, and seasoned with lemon or cinnamon. Let them stew gently until reduced to a pulp; at this point beat them briskly with a wooden spoon. Pour them into a compôte-dish, powder them with sugar, and glaze them with a salamander made red hot.

531. Apples with Cream

(Pommes à la Chantilly).

Prepare a marmalade of apples according to the above recipe, but it must be rather thick and stiff. Put a tumblerful and a half of cream in a salad-bowl; whip it to a stiff froth, adding to it two dessert-spoonfuls of vanilla sugar. Cover the apples completely with half of the cream; with the other half decorate the preparation by pressing the cream through a bag in ornamental devices.

Note.—The bag with arrangement necessary for orna-

menting pastry and fruit with cream or icing sugar can be procured at a good ironmonger's, or at Mrs Marshall's School of Cookery in Mortimer Street, London, W. : it is absolutely indispensable in a good kitchen.

532. An excellent way to stew Apples.

Peel and cut them in small pieces (No. 530); put them in a deep basin in layers, and between each layer sprinkle best brown sugar, a clove, ground cinnamon, a squeeze of lemon-juice; press them very tightly, and place an old saucer on the top; put no water, merely moisten with a little claret. Bake in a gentle oven—they will take some time; stir them up occasionally, but they must not be reduced to a *purée*. If properly baked they should turn out as if they were preserved, and be a beautiful red colour.

533. Apple Charlotte

(*Charlotte de pommes*).

An excellent apple charlotte can be made by preparing the apples according to the above recipe, and between each layer add in addition to the ingredients above mentioned bread-crumbs finely grated. If a very rich charlotte is desired, substitute macaroons (crushed). When the basin (which should be well buttered) is full, place three or four small pieces of butter on the top, a saucer over all, and bake in a very gentle oven: it should take quite three hours.

Note.—The basin used for the stewed apples or charlotte should be a fair size, as the apples become much reduced, therefore a good number must be cut up. The manner in which the apples are cut is most important, and this applies not alone to the above recipes but for puddings and tarts. If they are cut in quarters, then again lengthwise into smaller pieces or slices, they will never become properly tender, but will develop into something resembling leather rather than apples. They may be cut in quarters, but

afterwards crosswise in small nobbly pieces. The stewed apples may be done in an enamelled stewpan in exactly the same manner as the recipe No. 532. They must stew very gently, and only lightly mixed or stirred occasionally, but not reduced to a *purée*. Whipped cream will naturally improve any of the above dishes if served with them.

534. Apples with Rice

(*Pommes à la Créole*).

Peel six or seven medium-sized rennets; remove the core with a tube—the apples must remain whole; stew them in a thin syrup of sugar flavoured with lemon. Drain them when tender—they must remain whole and firm; arrange them side by side on a dish, leaving the centre free. Fill the hollow of the apple with red fruit jelly. Glaze the apple with apricot jam; place a preserved cherry upon each apple, and round the cherry pierce the apple with small lozenges of angelica. Have ready some rice boiled in milk, sweetened and flavoured with vanilla—the rice must be quite firm. With a spoon arrange the rice in the empty space in the dish in the form of a pyramid. Pour over the rice a little apricot syrup, and serve the remainder in a sauce-boat.

535. Apples in a Cage

(*Pommes en cage*).

Take eight rennets of a medium size; remove the core with a cutter. Cook them (three parts done) in butter (No. 525). Roll out some puff paste or short crust (Nos. 579, 585) about $\frac{1}{4}$ inch thick. Cut the paste in strips about 7 inches in length and $1\frac{1}{2}$ inch in breadth. Enclose each apple in two lengths of paste in the form of a cross, joining them on the top of the apple; arrange them on a baking tin; brush them with yolk of egg; bake them for twelve or fifteen minutes. Sprinkle over them finely powdered sugar.

536. To prepare Sugar for Syrups

(*Cuisson du sucre*).

A small sugar thermometer will be found very useful to prepare the syrups, and can be procured in England. When it is desired to test the degree to which the boiling of the sugar has reached, it will suffice to place the sugar-tester on the surface of the liquid; it will sink more or less; if the degree it marks is less than the one desired, let the syrup continue to boil until further reduced; if it marks a higher degree than is necessary, add water to the syrup. A warm syrup marking 32° is the consistency necessary for *compôtes*, and it is called *sucre à la nappe*. Continuing the boiling to attain 4° higher, the sugar is *au parlé*; then to 39° it becomes *au soufflé*. It can be recognised by blowing through the holes of a strainer which has been steeped in the sugar; it will form little globules on the opposite side of the strainer or slice. When 41° are reached it is *à la glu*; on dipping a moistened finger into the syrup it will stick like glue. At 44° the sugar is *au boule*; by dipping the wet finger again into the sugar one can form it into a small ball. A very little further boiling will bring it to *au cassé*; at this point the sugar can be detached from the wet finger and broken like glass. Immediately after this stage comes the moment when the sugar commences to turn yellow,—it is then caramel; and the last stage, a further one, will render it unfit for use.

COMPÔTES DE FRUITS.

537. Compôte of wild Strawberries

(*Compôtes de petites fraises*).

Put into a stewpan $\frac{1}{2}$ lb. of white crushed sugar with a cupful of water (a teacup), let it boil briskly until much reduced (see No. 536, *cuisson du sucré*); at this point remove the stewpan from the fire, throw into the sugar $1\frac{1}{2}$ lb. of wild strawberries, taking great care not to crush the fruit. Arrange them in a compôte-dish.

538. Compôte of large Strawberries

(*Compôte de grosses fraises*).

Boil $\frac{1}{2}$ lb. of sugar with $\frac{1}{2}$ pint of water. When the syrup attains 32° (No. 536) take it from the fire to let it cool. Take the stalks from 2 lb. of fine strawberries. Arrange them in a pyramid on a compôte-dish and pour the cold syrup over them.

539. Compôte of Apricots

(*Compôte d'abricots*).

Choose 2 lb. of sound apricots. Boil 9 oz. of sugar with 1 pint of water, and throw in the apricots; let them boil in the sugar a short time,—the apricots should be tender but not broken. Take them out carefully on a

strainer, and place them in a compôte-dish. Reduce the syrup to 32° , then pour it over the fruit; let all get cold. None of these fruits should be cooked in iron vessels; strawberries and raspberries become black on coming in contact with tin or iron.

540. Compôte of Cherries

(*Compôte de Cerises*).

Boil in a preserving pan $\frac{1}{2}$ lb. of sugar in $\frac{3}{2}$ pint of water, add 2 lb. of cherries; when the latter are tender take them out with a slice or strainer, and lay them in a compôte-dish. Continue to boil the syrup to 32° ; throw over the cherries. Let them get cold.

541. Compôte of Peaches

(*Compôte de pêches*).

If the peaches are small, leave them whole; if large, split them in the centre. Place them in a basin, pour over them boiling water; two minutes after strain and peel them. Cook them the same as apricots (No. 539).

542. Compôte of Raspberries

(*Compôtes de framboises*).

The same as for large strawberries (No. 538).

543. Stewed Pears

(*Compôte de poires*).

Take the large hard stewing pears; peel them, and take out the cores but do not throw them away. Cut the pears in halves, place them in a pan, put in $\frac{1}{4}$ lb. of white sugar to each pear, a teacupful of water; wash the peels and cover the pears with it; take the cores and pips and tie them up in a muslin bag with a piece of stick cinnamon (if the flavour is liked) and a few whole cloves; put all in

the pan; cover closely, placing weights on the lid, and leave them to stew gently. They will take many hours before they are tender, and the less the pan is opened the better will be the colour of the pears. If these directions are carefully followed they should turn a beautiful rich red, but if desired there is no harm in using a little cochineal.

544. Stewed Quinces

(*Compôte de coings*).

Proceed the same as for pears (No. 543).



CREAMS AND JELLIES

(CRÊMES FROIDES ET GELÉES).

545. Whipped Cream

(*Crème fouettée*).

PUT in a basin 1 pint of cream that has been kept for a short time in ice, whip it gently to commence, then when it has nearly doubled its quantity whip very briskly until it becomes stiff. At this point add $1\frac{1}{2}$ oz. of sifted sugar, either plain or flavoured with vanilla. (See No. 546, *note*).

Note.—This cream can be flavoured in many different ways: with coffee, by adding a few drops of coffee essence (it is best to make the coffee, but it must be very strong,—a few drops suffice if of sufficient strength), which must be added directly the whipping is completed; with chocolate, grated or dissolved; with strawberries or raspberries,—these fruits are added to the whipped cream either whole or in a *purée* (mashed). The cream may also be flavoured with all kinds of liqueurs.

546. Chocolate Custard

(*Crème tournée au chocolat*).

Dissolve in a stewpan three tablets of chocolate with a teacupful of hot water; when dissolved pour in 1 pint of milk; boil up. Beat up in a basin five yolks of eggs with $4\frac{1}{2}$ oz. of fine white sugar; add the chocolate little

by little to the eggs; put back on the fire, and stir until it thickens. At this point remove the stewpan from the fire, and add to the custard four whites of eggs whipped to a stiff firm froth; stir for an instant longer over the fire, but it must not boil.

Note.—Be careful in whipping cream not to add the sugar until it is quite firm; it will never become so if the sugar is added at the commencement.

547. Almond Custard

(*Crème anglaise aux amandes*).

Toast lightly in the oven $1\frac{1}{2}$ oz. of blanched almonds; pound them in a mortar, moistening them with a little milk if they are too dry during the pounding; add them to a good custard while it is thickening over the fire.

548. Macaroon Custard

(*Crème anglaise aux macaroons*).

Make a good custard flavoured with vanilla; pour it into a compôte-dish. At the moment of serving cover it completely with crushed macaroons.

549. Italian Cream

(*Crème à l'italienne*).

Put in a basin eight yolks of eggs, $\frac{1}{4}$ lb. of sugar, half bottle of sherry, madeira, or marsala, cinnamon, or any other flavour preferred; beat an instant with the whisk, put it in a pan over a very gentle fire, whisking briskly all the time; it should become frothy when thickening, but it must not boil. To be served in small glasses or china cups; it can also be served as a sauce for sweet dishes.

Note.—Keep in mind the instructions given for making sauces with eggs; to avoid curdling it is always safer to use a *bain-marie* or by simply putting the custard in a jug, then the jug in a saucepan of boiling water, boil over

the fire, stirring all the time until it thickens: it will take a longer time, but failure is impossible.

550. Vanilla Custard

(Crème bavaroise à la vanille).

Soak five or six leaves of the finest French gelatine in cold water. Prepare a pint of custard flavoured with vanilla; put one quarter of the custard on one side to get cold. Drain the gelatine, press every drop of water from it, and add it leaf by leaf to the larger quantity of the custard while it is still hot, stirring continually until the gelatine is all melted; let it get completely cold, stirring occasionally. Whip up a pint of good cream, sweeten it slightly, add it by degrees to the cold custard, pour it into a mould, and set it in a cool place to become firm. Before serving plunge the mould quickly in boiling water and turn the cream on to a dish. Pour round it the custard that was put on one side.

Note.—The translator has not thought it necessary to give a recipe for the making of an ordinary custard, the most elementary knowledge of cooking being sufficient to make one.

551. Orange Cream

(Crème bavaroise à l'orange).

It is prepared in the same manner as the vanilla cream (No. 550), substituting the thin rind and the juice of the orange for the vanilla: they are to be infused in the custard.

552. Chocolate Cream

(Crème bavaroise au chocolat).

Grate two tablets of chocolate; make a Vanilla bavaroise (No. 550); before putting it in the mould mix in the grated chocolate.

553. Apricot Cream

(*Crème bavaroise aux abricots*).

Take twenty ripe soft apricots, split them, take out the stones, pass them through a hair-sieve. Put this *purée* in a basin. Boil 6 oz. of sugar with a teacupful and a half of water; mix the syrup with the *purée* of apricots, keeping back one-third of the *purée* for the sauce. Steep seven leaves of gelatine in cold water for ten minutes, drain and squeeze them well, then melt them in a small stewpan over a gentle fire; pour in the *purée* of apricots, stirring continually. When the *purée* is cold, and before it is allowed to stiffen, mix it with a pint of whipped cream slightly sweetened; pour all into a mould, and leave it in a cool place to set. Before serving plunge the mould quickly into boiling water; turn out the *bavaroise* on to a round dish. Pour round it the syrup of apricots kept in reserve.

554. Strawberry Cream

(*Crème bavaroise aux fraises*).

Strain through a fine sieve 1 lb. of ripe strawberries, and prepare the *bavaroise* in the same manner as for No. 553. Raspberry cream can be made exactly the same.

555. Chestnuts in Cream

(*Nid de marrons à la crème*).

To peel the chestnuts cut them round lightly with a knife; put them in a stewpan on the fire, just covered with cold water; boil for five minutes; take them out at this point, when they will be easily peeled both of the shell and inner skin. Prepare in this way 1 lb. of chestnuts, put them into a clean stewpan, just cover them with milk, add a small piece of vanilla; let them boil with the stewpan covered. When the chestnuts are tender and the milk reduced, crush them in the stewpan with a wooden spoon,

add $\frac{1}{4}$ lb. of powdered sugar, and pass all through a fine sieve. Put the *purée* in a basin, and stir it an instant to render it smooth: if it is too thick add a little milk to it; but it is necessary for it to be a good consistency. The proper way is to form a border round a dish with this chestnut *purée* forced through a syringe made expressly for the purpose, when it takes the form of vermicelli; the whipped cream is heaped up in the middle in the form of a pyramid. One pint of cream lightly sweetened and flavoured with vanilla is sufficient for the quantity of chestnuts. If there is no syringe at hand, simply place a fine sieve upon a round dish and pass the chestnut *purée* through it, forming a border round the dish; the whipped cream in the centre.

556. Nesselrode Pudding

(*Nesselrode*).

Prepare a *purée* of chestnuts as above (No. 555), with this difference that the chestnuts are to be cooked in water instead of milk and the *purée* to be thinner; add to this *purée* $1\frac{1}{2}$ oz. of stoned raisins, the same weight of mixed candied peel which has been previously softened in a small glass of warm kirsch or maraschino. Prepare twelve savoy biscuits cut in halves on a plate; soak them in maraschino or kirsch. Steep six leaves of gelatine in cold water for ten minutes, squeeze them dry, melt them over a gentle fire, stirring all the time, mix them with the *purée* of chestnuts. Whip 1 pint of cream very stiff; mix it in gently to the *purée*. Fill a mould by placing a layer of the *purée* with one of soaked biscuits. Keep the Nesselrode in a cool place until it is quite set. At the moment of serving steep the mould in warm water, turn the pudding out into a round dish, soak it with a vanilla or kirsch syrup.

Syrup for Nesselrode.—Boil $\frac{1}{4}$ lb. of sugar for five minutes with a cupful of water and a small piece of vanilla; let it get cold, then add two liqueur-glasses of kirsch.

Note.—By leaving out the gelatine this pudding can be iced like a *bombe* (see No. 565).

557. Charlotte russe.

Ornament the bottom of a mould with savoy biscuits split in halves, taking care to place them in a manner that they may take the form of a fan; fill up the spaces with broken pieces of the cakes. Place the cakes whole round the sides of the mould, cut straight at one end to keep them upright. Prepare a bavaroise (No. 550) flavoured to taste; when it commences to set, fill the mould with it; let it get cold. Turn out the charlotte russe and surround it with custard.

558. Charlotte russe very rich.

(Charlotte russe exquisite).

Whip up a pint of thick cream, add to it $1\frac{1}{2}$ oz. of fine sugar, place it on a sieve. Prepare a pint of vanilla custard. Take $\frac{1}{4}$ lb. of whole finger biscuits and 6 oz. of powdered macaroons. Arrange part of the biscuits at the bottom of a deep dish; steep them with a tumbler of malaga and two or three liqueur-glasses of cognac; then throw over them part of the custard, cover this with a layer of apricot jam or raspberry jelly, repeat with the remainder of biscuits, custard, and jelly. Mask the whole with the whipped cream, smooth to a point with the blade of a knife; then sprinkle with the powdered macaroons.

559. Orange Jelly

(Gelée a l'orange).

For 1 quart of jelly take sixteen leaves of the fine French gelatine,—it should be perfectly transparent and without smell; soften in cold water, drain and put it into a stewpan with a pint of water, the juice of two lemons, the thinly-peeled rind and juice of five oranges, two or three whites of eggs lightly beaten. Stir over a gentle fire, constantly beating it with a whisk, until it boils; move the stewpan to the

side of the stove, and simmer very gently for the next ten minutes. During the interval, boil 10 $\frac{1}{2}$ oz. of white sugar in $\frac{1}{2}$ pint of water; when the syrup has boiled for five or six minutes, let it cool. Pour the jelly by degrees through the jelly-bag. The quantity which comes out first should be passed twice through the bag, as it is always a little cloudy. When all is through, the jelly can, if desired, be coloured with a little carmine, then add to it the sugar syrup. Fill the mould with this jelly, put it to cool, or if it is in the summer, surround it with broken ice until it is set. Steep the mould briskly in hot water to turn it out. This jelly can be ornamented inside with quarters of orange: if this is done, a layer of jelly is put in the mould first; when it is set, arrange upon it a crown of quarters of the oranges; cover them with jelly, and continue as above until the mould is full.

Note.—When there is no jelly-bag at hand simply turn a chair or stool upside down on the table, tie a napkin at each end to the legs of it, place a basin underneath, and pass the jelly through. This arrangement has the advantage that one can be always sure the napkin is clean: with a jelly-bag there is occasionally some doubt on the subject.

560. Lemon Jelly

(*Gelée au citron*).

Prepare it exactly the same as for orange jelly, simply substituting for the oranges the rind of three and the juice of five or six lemons.

561. Wine Jelly

(*Gelée au vin vieux*).

Put into a stewpan a bottle of good wine with 10 $\frac{1}{2}$ oz. of loaf-sugar, the rind of a lemon, a stick of cinnamon, two cloves; heat this without allowing it to boil. Strain the warm wine through a napkin into a basin. Soften sixteen leaves of gelatine in cold water for ten minutes; drain them;

put them into a stewpan with a teacupful of water (cold) and two whites of eggs beaten up an instant with the juice of a lemon; beat this up for an instant over the fire with a whisk, until it commences to boil. Take the stewpan off the fire, cover it, let it simmer for ten or fifteen minutes on one side; strain the same as for orange jelly. Mix this liquid with the wine in the basin, pour into a mould and let it set.

562. Liqueur Jelly

(*Gelée aux liqueurs*).

Prepare a clear jelly with $10\frac{1}{2}$ oz. of sugar; the thin rind of a lemon, the juice of two; sixteen leaves of gelatine dissolved in water, $1\frac{1}{2}$ pint of water; two or three whites of eggs beaten up; proceed exactly the same as for orange jelly. When the jelly is strained and nearly cold, add to it six or seven liqueur-glasses of liqueur—either rum, brandy, kirsch, curaçoa, or anisette, according to taste. Pour all into a jelly-mould, and let it set. Plunge the mould into hot water and turn it out.

563. Raspberry Jelly

(*Gelée aux framboises*).

Clarify $10\frac{1}{2}$ oz. of sugar, sixteen leaves of gelatine dissolved, $1\frac{1}{2}$ pint of water, and a piece of vanilla with three whites of eggs beaten up with the juice of a lemon. Crush 1 lb. of raspberries in a basin, add to them the juice of a lemon and a pinch of powdered sugar; pour the raspberries into a hair-sieve with a plate underneath. Mix this strained juice with the jelly, fill the mould and let it set. Jellies of red gooseberries, cherries, strawberries, can be made in the same manner if desired. The interior of the jellies can be ornamented with layers of the fruit of which they are composed in the same manner as the jelly with quarters of the oranges (No 559).

564. Jelly of mixed fruits

(*Gelée à la macedoine de fruits*).

Apples and pears to be cut in small pieces, they must be stewed and drained on a napkin; strawberries, raspberries, grapes, gooseberries are to be used as they are. If dried fruits are used, such as apricots, pine-apple, cherries, green-gages, &c., they must be well washed and dried, cut in halves or quarters according to size. These fruits are mixed in a lemon or liqueur jelly; the moment it commences to set, pour all into a mould and place it on ice. It may also be poured into a salad-bowl which is to be kept surrounded by ice mixed with a little freezing salt; leave it for an hour and serve it in the bowl.

565. Ices, Iced puddings

(*Glaces, Bombes, Mousses*).

To ice several of the following recipes it is in no way necessary to be provided with an ice machine,—the desired result can be equally well attained in the simplest manner. Pour the mixture into any ordinary pudding mould which has a perfectly fitting cover,—it must be high and narrow. Take an ordinary pail, a zinc one is best—not too large, as it would need an unnecessary amount of ice—place at the bottom a good layer or piece of ice, then a layer of icing salt, place the mould on it; then ice broken up small all round it, then two handfuls of salt, again ice and salt, and continue until it reaches to the level of the lid. The writer has made these puddings and has buried them completely with the ice and salt,—in that case it is safer to tie the mould up in a cloth, to avoid any risk of the salt penetrating. They will take five to six hours to freeze to the proper consistency, and as the ice melts more must be added. The proportion of salt to be used is 1 lb. to 6 lb. of ice.

566. Vanilla Cream Ice

(Glaces à la crème vanillée).

Heat in a stewpan 1 quart of cream or good milk, add half a stick of vanilla split lengthwise; let it infuse in the cream, which must not boil. Prepare in a basin eight or nine yolks of eggs, stir them an instant with $\frac{3}{4}$ lb. of powdered sugar, using a wooden spoon; add the warm milk or cream by degrees. Pour all back into the stewpan, and stir continually over a gentle fire until the cream commences lightly to thicken. At this point it will cover the wooden spoon with a thin coating. Take it from the fire and pass it through a fine sieve into a basin; stir it briskly for a few minutes, then let it get cold, stirring it from time to time. Leave the vanilla in it until it is ready for icing. Put the mixture into a freezing-pot; for this cream the mould or pot must be quite plain, and should be deep, long, and narrow; cover tightly and proceed according to directions (No. 565); move the mould round briskly in the ice until a little of the mixture attaches itself to the sides, detach it from them with a spoon, cover again, continue to turn and scrape it from the sides until all is set. In the interval be careful to remove the water as the ice melts, and to put more ice and salt until the cream is sufficiently iced. Then work it briskly with a spoon to render it smooth; press it down as much as possible against the sides of the mould; cover it with the lid, then again with a coarse cloth, and leave it for half an hour. It can be served either in ice plates or heaped up in a point upon a dish.

Note.—For this kind of ice a proper mould is indispensable; they are to be bought at any good ironmonger's, and are long and narrow: the ordinary pudding mould would not answer the purpose.

The above can be also made by adding a good glass of cream raw to the mixture when it is cold; in that case, if economy is an object, the custard can be made with milk.

When a very rich cream is desired, make it according to the above directions (No. 566); after it has been some time in the pail and is nearly frozen add a tumbler of whipped cream, stirring it well in with the spoon to mix it equally. Finish as above (No. 565).

567. Coffee Cream

(Glaces à la crème au café).

Prepare a composition of cream as for above (No. 566), but without vanilla. Add to it while it is hot an infusion of very strong black coffee. Let it get cold, then ice it as directed above.

Note.—Iced creams can be made with grilled almonds, with small Barcelona nuts, with walnuts, with caramel, with tea or chocolate. The cream is always prepared in the same manner; if nuts are used for flavouring colour them lightly in the oven, then pound in a mortar, moistening them with a little milk during the process if they become too dry; add them to the cream just when it begins to thicken on the fire. To flavour with caramel, tea, or chocolate, proceed exactly the same as for coffee cream, by using a strong decoction of the flavour desired. The French terms would be *aux amandes grillées* (grilled almonds), *aux noisettes* (nuts), *au caramel*, *au thé*, *au chocolat*.

568. Orange Ice

(Glace à l'orange).

Prepare a syrup with 1 lb. of sugar and 1 pint of water; let it boil three minutes. Pour it into a basin, add to it the thin rind of two oranges; when the syrup is cold add to it 1 pint of juice (orange). Pass all through a fine sieve. It should mark 20° to 22° (see No. 536). Ice it according to directions (No. 565).

569. Vanilla Cream Pudding

(*Bombe à la vanille*).

Whip up very firmly one pint of cream ; put it on a sieve and keep it cool. Boil for three minutes 6 oz. of sugar with a tea-cupful of water and half a stick of vanilla—split lengthwise. The syrup should mark 30° (No. 536). Stir an instant with the whisk four yolks of eggs ; add to them by degrees the boiling syrup ; turn it back into the stewpan, heat it over a gentle fire until it thickens (must not boil), remove it from the fire and whip it occasionally until it is cold. Mix delicately together the cold syrup and the whipped cream, fill the mould with the mixture, cover tightly with the lid ; a sheet of white paper may with advantage be placed over the mould before fastening with the lid ; cut the paper which comes below the cover, and close all the joints of the mould with a paste of flour and water. Ice it according to directions previously given (No. 565).

Note.—This pudding can be made delicious by adding to it before putting it in the mould six macaroons and twelve ratafias very finely crumbled, and one liqueur-glass of finest maraschino.

570. Strawberry Mousse

(*Mousse simple aux fraises et autres fruits*).

Pass 1 lb. of strawberries through a hair-sieve ; keep this *purée* in a basin (not in any iron vessel) ; add 6 oz. of powdered sugar ; surround the bowl with ice broken into small pieces ; stir the *purée* for fifteen minutes with a wooden spoon. Beat up a pint of cream very firmly, let it drain on a hair-sieve for twenty minutes ; add it lightly to the *purée* of fruit in the basin ; leave it on the ice for twenty minutes longer. At the moment of serving it can be arranged in a bowl, or in small glasses or cups which have previously been cooled on ice.

Note.—This dish can be made with raspberries, peaches, apricots, &c. It can also, if desired, be iced in the same manner as for preceding recipes (No. 565).

571. Vanilla Ice with Almonds

(Bombe mousse nougat).

Prepare a vanilla cream (No. 566); before pouring it into the mould add to it $4\frac{1}{2}$ oz. of pounded almonds or nuts (barcelona or walnuts): any of the latter are improved by colouring them (after peeling) lightly in the oven. See as above (No. 565).

572. Chocolate Ice

(Mousse simple au chocolat).

Whip up very stiffly 1 pint of cream, place it on a sieve and keep it cool. Melt over the fire $4\frac{1}{2}$ oz. of chocolate (3 tablets) in two dessert-spoonfuls of warm water; make it very smooth by stirring it with a wooden spoon; then add $3\frac{1}{2}$ oz. of vanilla sugar and a cupful of water; boil for some minutes until it becomes a smooth thick syrup. Pour this syrup into a basin, surround it with pounded ice; stir all until it becomes cold; then add lightly to it the whipped cream; leave it to cool from fifteen to twenty minutes longer. This can be iced according to the above recipe (No. 565), or served in cups or glasses previously cooled on ice.

573. Iced Custard

(Mousse aux œufs).

If from economy or other reasons cream is not always obtainable, the following will be found a good substitute: Boil in a stewpan 6 oz. of sugar, with not quite $\frac{1}{2}$ pint of water and half stick of vanilla; continue to boil until the

syrup is reduced one-third, and it must be thick, 30° (see No. 536); take it from the fire. Beat up five whites of eggs to a stiff froth; mix them with the warm syrup, pouring it in very slowly and gently, while with the other hand you gently move about the whites of the eggs; continue to stir frequently until all is cold. Prepare a tumblerful of fruit (any kind) made into a *purée*, with two dessert-spoonfuls of powdered sugar; put this into a basin; stir continually until it is quite smooth,—it is best done if possible over some pounded ice; at this point add it to the eggs; let it cool for twenty minutes, then ice (No. 565).

Note.—All the above recipes can be made without cream, by simply preparing the mixture as a custard, then adding the different flavourings or *purées* of fruits.

574. Iced Punch

(*Punch glacé à la romaine*).

Prepare a syrup to mark 22° (see No. 536) with 11 oz. of sugar and 1 pint of water; let it boil for three minutes; pour it into a basin; infuse in it the rind of three lemons and three oranges; pass it through a hair-sieve, then ice it until it is congealed—for this purpose use the long ice-pot (see note at the foot of recipe No. 566)—stir round for an instant to render it smooth. Beat up to a firm snow the whites of two eggs. Boil for one minute 2 oz. of white sugar in a cup and a half of water; add the warm syrup to the beaten eggs; let all cool a little, then put it little by little into the mould in which is already the syrup; stir all well, and add to it by small quantities at a time a wine-glassful of rum. Let it remain undisturbed for half an hour before serving, taking precaution to keep the mould well surrounded by ice. It should be frothy and a little liquid; to be served in glasses previously cooled on ice. At a dinner of ceremony this is generally served between the first and second courses. The rum may be replaced by any other liqueur.

575. Iced Italian Cream

(Sabayon en moule glacé).

Make an Italian cream (see No. 578),—the correct name of this cream is Sabayon. Place it when made upon pounded ice; stir until it is half cold, then add six leaves of dissolved gelatine. Pour it into a mould which has been previously standing on ice, and well surrounded by the same. When the cream has set, plunge the mould quickly in hot water and turn it out.

576. Iced Coffee Cream

(Café à la crème glacé).

Take $3\frac{1}{2}$ oz. of freshly washed and ground Mocha coffee, make an infusion with 1 pint of boiling water, let it get cold, then add to it 1 pint of good raw cream. Put it in the ice-mould, let it adhere to the sides of the mould, but do not turn the latter in the ice pail (see No. 566); every ten minutes move the cream well into a compact lump; at this stage stir briskly with a wooden spoon to render it smooth. The iced coffee is served in glasses or cups previously cooled on ice.

577. Champagne Sorbet.

(Sorbet au champagne).

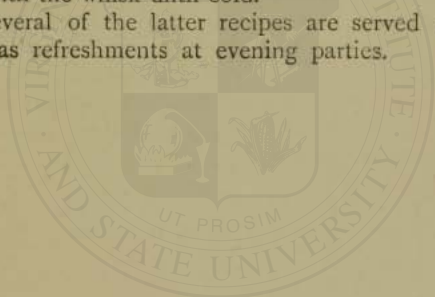
Prepare a syrup with $\frac{3}{4}$ lb. of sugar and 1 pint of water, boil for three minutes; pour it into a basin; steep in it the rinds of one orange and one lemon. When cold add the juice of one lemon and two oranges; strain it and add half a bottle (large) of champagne; the entire mixture should mark 19° (see No. 536). Put the mixture in the ice-freezing mould, and proceed as for all the other ices; stir it for an instant to render it smooth, then just before serving it add the remainder of the bottle of champagne, stirring all the time. To be served in glasses.

578. Italian Cream

(*Sabayon au vin*).

Beat up for five minutes in a stewpan seven yolks of eggs with $\frac{1}{2}$ lb. of powdered sugar, a small piece of the rind of a lemon or stick vanilla; moisten this with two tumblerfuls of good white wine. Place it over a gentle fire, beating all the time with a whisk until it commences to thicken, and just sufficiently hot to allow the finger to be passed through it without burning oneself. It must not boil. At this point remove it from the fire, continuing to whisk it an instant longer. Take out the lemon or vanilla, and pour the cream into glasses to be served immediately. This proportion will fill about twelve claret glasses. When the sabayon is preferred cold, place it upon pounded ice, and stir gently with the whisk until cold.

Note.—Several of the latter recipes are served at ball suppers or as refreshments at evening parties.



PASTRY.

579. Short Crust

(*Pâte brisée*).

Proportions: 1 lb. of flour, $\frac{1}{2}$ lb. of butter, two-thirds of a teacupful of water, a pinch of salt. Place the flour upon the board, stack it up into a round hillock with a hole in the centre, into this hole put the butter, water, and salt; soften the butter an instant with the tips of the fingers, then little by little mix in the flour; make all into a ball; crush it down twice with the palm of the hand, make it quite round. Let it rest fifteen minutes before using it.

580. Rich Short Crust

(*Pâte brisée fine*).

Proportions: 1 lb. of flour, $\frac{3}{4}$ lb. of butter, yolk of one egg, two-thirds of a teacupful of cold water, a pinch of salt. Work the same as short crust.

581. Paste for Cold Patties

(*Pâte à paté froid*).

Proportions: 1 lb. of flour, 6 oz. of butter, two yolks of eggs, pinch of salt, cup of tepid water. Work the same as short crust.

582. Short Crust for Open Tarts

(Pâte brisée au sucre).

Proportions: 1 lb. of flour, $4\frac{1}{2}$ oz. of fine sugar, 6 oz. of butter, pinch of salt, one whole egg, two-thirds of a teacupful of water. Work the same as the others.

583. Suet or Lard Paste

(Pâte brisée à la graisse).

Proportions: 1 lb. of flour, $\frac{1}{2}$ lb. of lard, a pinch of salt, two-thirds of a cup of water. This paste is made the same as all those above. Good beef-suet may also be used, but it must be melted, strained, then beaten with a fork until it becomes thick and white, when it can be used like butter. Pastry made with lard or suet should be eaten hot on the day it is made.

Note.—Beef dripping clarified and strained makes excellent pastry to be eaten hot.

584.

Note.—Before giving the recipe for puff paste I will venture to give a little advice concerning it. By all means, if possible, take a practical lesson on it,—it will be worth a dozen written instructions. To any one who has a fair knowledge of pastry-making the recipe below, which I will endeavour to make as clear as possible, will offer no formidable difficulties: to novices it might do so, although I have seen novices make it and the pastry turn out perfect. To make what is called the “well” in the middle of the flour requires a little dexterity: if the flour is taken too briskly from the sides the water will rush through over the board; the latter should be kept clean and dry, scraped after each roll of the paste, nothing wasted, as it is all done by weight, and the exact quantity being prepared; if there be any nervousness about making a “well” mix

it in a basin. A marble paste board is a great improvement on a wooden one, but if the latter is used let it be large and a good thickness, otherwise it wobbles about and can render itself very unpleasant. The baking is a far greater difficulty than the making of the pastry; however, a little experience soon overcomes that, and where there is a gas oven then the process is an easy one, as the same heat can always be obtainable and is quickly regulated. Never attempt to make this paste in a hot kitchen, the results would be fatal, and if possible keep it on ice between each rolling.

585. Puff Pastry

(*Pâte feuilletée*).

Proportions: $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of butter, pinch of salt, half a tumblerful of cold water. Put the flour on the board, make the "well," place in the centre a piece of butter the size of a walnut (the butter must be fresh, not salt), the water, and salt; with the right hand soften the butter, then little by little draw the flour into the butter and water, but be careful not to allow the water to escape. When it is all absorbed knead the paste quickly with the palm of the hand to make it smooth and soft, and in the form of a ball; make on the top a slight incision in the form of a cross, cover it with a cloth, and leave it in the cool for fifteen minutes. In the meantime put the butter (the small piece already used must be taken from the $\frac{1}{2}$ lb.) in a cloth, and knead it about with the hand to soften it and make it smooth; form it into a square. Then take the paste, roll it out into a band about eight inches in length and six in breadth; place the butter in the centre, and turn the four sides of the paste over it that they may meet and join in the middle of the butter, which must be completely hidden. It may be rolled out at once, but if any nervousness be felt place it for ten minutes in the cool to avoid any chance of the butter coming through. When it is ready dust the board lightly with flour, then roll it out—it

must be three times longer than wide ; the butter must not come through ; keep it all even—not broader in one place than another ; then turn up one end of the pastry to the centre, the other end right over these two, so forming three layers of paste one over the other. Turn the paste on the board over to its other side and roll out again exactly in the same manner as the first time, fold it in three exactly the same manner as before, let it rest for fifteen minutes, then repeat, giving two more turns ; always remember to turn the paste over between the first and second rolling out, leave it again for fifteen minutes, then give it two more turns which will be the last, six in all. Let it rest before using it.

586. Puff Paste made with Suet

(Pâte feuilletée à la graisse de bœuf).

Proportions : $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of kidney-suet, tumblerful of cold water, a pinch of salt. Skin and chop the suet, then pound it until it is quite smooth and soft ; then work it about in a damp cloth to render it soft, give it a square form, then follow exactly the instructions given above (No. 585). Pastry made with suet should be eaten hot on the day it is made.

Note.—The quantities given for puff pastry are very small, but they can be augmented when experience is gained.

587. A commoner Puff Paste

(Pâte demi-feuilletée).

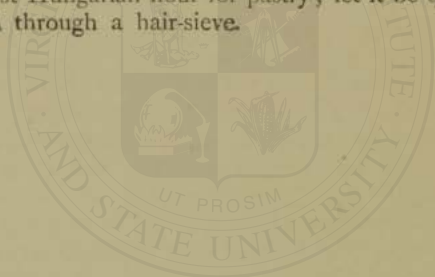
Proportions : 1 lb. of flour, $\frac{3}{4}$ lb. of butter, pinch of salt, tumblerful of water. Prepare the same as for puff paste, leaving ten minutes for each rest, giving only four rolls instead of six.

588. Choux Pastry.

(*Pâte à choux*).

Proportions: the weight of $\frac{1}{2}$ lb. of water, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of flour, a grain of salt, rind of a lemon, 3 oz. of sugar, eight whole eggs. Put the water, salt, sugar, and butter on the fire in a stewpan; when the butter is melted and the liquid boils remove it to the side of the stove, add the flour to it, working all round briskly to form a thick ball without lumps. Dry the paste for four minutes over the fire, take the stewpan from the stove; five minutes after, grate in the rind of a lemon and add the eggs one by one, stirring the paste well between each egg.

Note.—Recipes made with the various pastes described above will be given further on in this work. Always use the best Hungarian flour for pastry; let it be quite dry and passed through a hair-sieve.



PASTE MADE WITH DOUGH (*PÂTE LEVÉES*).

589. German Dough Cake

(*Gouglat à l'allemande*).

Proportions: $\frac{1}{2}$ lb. of flour, $3\frac{1}{2}$ oz. of butter, five whole eggs, $3\frac{1}{2}$ oz. of sugar, a pinch of salt, a cupful of cream, $\frac{1}{2}$ oz. of yeast, grated lemon, $1\frac{1}{2}$ oz. of almonds peeled and cut in shreds. To make this paste, the eggs and the flour must be warmed. Soften the butter, and place it in a tepid basin; work it with a wooden spoon until it is quite creamy; add one egg and a table-spoonful of flour, continuing to stir until both are well blended with the butter; continue in the same way until all the eggs and flour are well mixed in, then add the yeast, which has been thinned with the cream, salt, and sugar. Work all well. Butter a mould (it should be one with a chimney) with clarified butter; then dust the sides with the pieces of almonds—they will adhere to the butter; fill the mould two-thirds, putting in the paste small pieces at a time. Place the mould in a warm spot on the stove or fender until the paste rises to the top; at this point put it in a good oven to cook from forty to fifty minutes. To test it, pierce it with a clean skewer; if it comes out clean it is done.

590. Brioche.

Proportions : 1 lb. of flour, $\frac{3}{4}$ lb. of butter, a pinch of salt, a dessert-spoonful of sugar, the same of cream, $\frac{3}{4}$ oz. of yeast, eight whole eggs. Pass the flour through a sieve on to the paste board ; put the quarter of this flour into a small basin with the yeast, which has been already mixed with a cupful of warm water ; with this make rather a stiff paste ; put it into a stewpan with two dessert-spoonfuls of warm water at the bottom ; cover and place it to simmer on the stove, until it has swelled to twice the size. In the meantime, place in the centre of the flour which is spread on the board, the salt, sugar, and four eggs, and half of the butter which has been worked and softened ; first mix the butter with the eggs, then add the flour by degrees, so that a smooth paste is obtained ; knead it all thoroughly, then add piece by piece the remainder of the butter and the eggs. When the paste is smooth and shining, flatten it with the palm of the hand, and spread the yeast over it ; cut the paste into small pieces (pull them with the hand), piling them up as they are broken off ; place them in a large basin, leaving them in a gentle temperature for four or five hours. When the paste has risen to twice the size take it from the basin, knead it to put it again together ; place it in a cooler spot ; directly it again rises take it from the basin ; put it on the floured board, flatten it with the hands (floured), then turn the edges over to the centre ; place it on a baking-tin, and put in a cool place for thirty minutes. Butter a large or several small moulds with large flutes in them ; put two-thirds of the paste on the board ; mould it into a round form, and put it in the mould (must not be higher than two-thirds of the mould) ; form the remainder of the paste in the shape of a long pear ; with a wet finger make a hole in the centre of the paste which is in the mould ; into this hole put in the paste in the shape of a pear ; this forms the head of the *brioche*. Lightly brush the top with yolk of egg ; place the mould in the oven on a

tin : it will take from one to one and a half hour, according to size. The heat should be kept at the same point, and the cake covered with buttered paper directly it begins to take colour. Take it out of the mould as soon as it is baked.

591. Baba.

Proportions: $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of butter, four whole eggs, $\frac{3}{4}$ oz. of sugar, half a cupful of warm milk, $\frac{1}{2}$ oz. of yeast, grain of salt, $\frac{3}{4}$ oz. of mixed peel cut in small dice, and $1\frac{1}{2}$ oz. of raisins or currants. Warm the eggs and butter. Put a quarter of the flour in a cup, mix it with the yeast which has been dissolved in warm milk, make a soft paste of the yeast and flour, place it on the stove until it has risen to double its size ; at this point put it in a basin with the remainder of the flour round it ; break into it two eggs, put in the salt, the sugar, and butter ; knead it with the hand, adding the flour to it by degrees ; make a smooth paste of it ; knead this for some minutes, then add another egg ; continue in this way until all the eggs are used. When the paste quite shines add the peel and raisins. Butter a mould with clarified butter, fill it two-thirds with the paste, putting it in in small quantities at a time ; place the mould on the stove until the paste rises to the edge—then in the oven, which must be a good one ; it will take about forty minutes to bake ; insert a clean skewer to see when it is done,—the skewer must come out quite clean. Turn it out on to a dish, and pour over it while it is hot the following syrup.

Syrup for Baba.—Boil 3 oz. of sugar in half a teacupful of water, a little of the rind of a lemon ; add to it one liqueur-glass of madeira wine and two of rum.

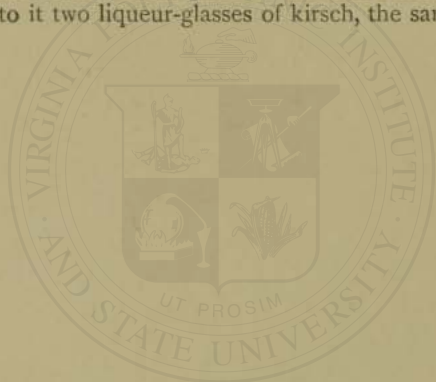
592. Savarin.

Proportions: $\frac{1}{2}$ lb. of flour, 3 oz. of butter, 1 oz. of sugar, six eggs, $\frac{3}{4}$ oz. of yeast, half teacupful of milk, grain of salt, the rind of a lemon chopped or minced fine. Warm

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the eggs and the butter. With the warm milk and one-fourth of the flour make a little paste, then proceed exactly the same as for Baba (No. 591); but the paste must be worked longer. When it is very soft and shining it should be easily lifted with the hand in one piece from the basin; that is a good sign that the paste is well made. Fill the mould two-thirds; let it stand in a warm temperature; when the paste reaches the top of the mould place it in a good oven for about forty minutes. Turn it out and pour over while hot the following syrup. The mould should be a plain one.

Syrup for Savarin.—Boil 3 oz. of sugar in half a cupful of water, and a small piece of the thin rind of an orange; add to it two liqueur-glasses of kirsch, the same of curaçoa.



SPONGE CAKES

(BISCUITS).

593. Almond Sponge Cake

(Tourte biscuit aux amandes).

Proportions: $\frac{1}{4}$ lb. of sugar, $2\frac{1}{2}$ oz. of almonds—sweet with a few bitter mixed with them—2 oz. of flour, one lemon rind grated, one whole egg, six yolks, and six whites beaten to a froth. Peel and pound the almonds with the whole egg; when they are reduced to a fine paste put them in a basin with the yolks, sugar, and lemon rind; beat with a wooden spoon until the whole is quite creamy. Beat up the whites of the eggs to a very stiff snow, mix them delicately to the preparation the same time as the flour; they must only be gently blended in, not beaten. Butter a mould with clarified butter, then powder it with potato-flour mixed with a little powdered sugar; pour in the mixture—the mould must not be too full; bake in a moderate oven from forty to fifty minutes. If the cake commences to take colour quickly, place buttered paper over it. When baked, turn it out upside down on to a round dish covered with paper. If the cake is to be glazed, spread on the top of it a thin layer of jelly or apricot jam, then the following icing.

Icing for above.—Put in a small basin a teaspoonful of water and a small glass of any liqueur, add to this liquid

sufficient icing sugar to make of it a thin paste neither too thick nor too liquid. Beat for five minutes with a wooden spoon to make it very smooth. At this point pour it on the cake on the top of the jam, and spread it over equally with a knife. Put the cake for an instant at the mouth of the oven to feel the heat, then let it cool.

594. Sponge Cake with Nuts

(*Tourte biscuit aux noisettes*).

Proportions: $\frac{1}{4}$ lb. sugar, $2\frac{1}{2}$ oz. of barcelona nuts, 2 oz. of flour, rind grated of half an orange, one whole egg, six yolks and six whites beaten to a stiff snow. Skin and pound the nuts with the whole egg, then proceed exactly as for almond sponge cake (No. 593).

595. Sponge Cake with Meringue

(*Tourte meringuée*).

Proportions: $\frac{1}{4}$ lb. of sugar, $2\frac{3}{4}$ oz. of flour, four yolks of eggs, four whites, a small lemon grated, one grain of salt. Beat up in a basin the sugar, lemon rind, and yolks of eggs, work until all is creamy; beat up the whites to a firm snow, add them to the mixture the same time as the flour and salt. Butter the mould with clarified butter, turn it upside down for an instant, then flour it over the butter, pour in the mixture and bake for thirty to thirty-five minutes in a moderate oven. Always cover with buttered paper when it commences to take colour. Take it out of the mould, place it on a baking-tin. Beat up three whites of eggs to a froth, add to them $\frac{1}{4}$ lb. of powdered sugar; spread over the cake a thin layer of jam, then cover it completely with the meringue paste, spread it over smoothly and equally with the blade of a knife; powder the surface and sides with powdered sugar. Put it in a very gentle oven to colour slightly.

596. Sandwich Cake, Iced

(*Tourte biscuit au punch*).

Proportions: $\frac{1}{4}$ lb. of sugar, 3 oz. of flour and potato-flour mixed, $3\frac{1}{2}$ oz. melted butter (dissolved), grated rind of a lemon, five yolks of eggs, five whites beaten to a firm froth, small glass of rum. Stir in a basin the sugar, lemon rind, and yolks of eggs; when the mixture is creamy, beat up the whites, mix them delicately to the rest, adding the sifted flour little by little, then last the tepid butter and the rum. Butter the cake-mould, which should be plain and shallow, flour it after it has been buttered; bake in a moderate oven from forty to fifty minutes. Turn the cake out on to a board; when it is cold cut it in two so as to make two rounds, put on one round a layer of jelly or jam, cover it again with the other half; spread a thin layer of the same jam over the surface, and glaze it with the following icing.

Glaze au punch.—Put into a bowl a dessert-spoonful of orange or lemon juice, a small glass of rum; add icing sugar to this liquid (see No. 593), put in as much sugar as it will absorb, to make a liquid paste; stir for ten minutes to render it smooth. At this point pour it over the cake, smooth it into an equal thin layer; place it for an instant at the entrance of the oven. Take it out and let it get cold.

597. Macaroon Tart

(*Tourte à l'eau*).

Proportions: $\frac{1}{4}$ lb. of sugar, $\frac{1}{4}$ lb. of ground almonds, a trifle less than 1 oz. of flour, three whites of eggs, one table-spoonful of orange-flower water. If ground almonds are not obtainable, pound some finely, moistening them little by little with orange-flower water; then add the sugar, flour, and whites of eggs beaten to a froth. Line the cake-mould with puff paste or rich short crust (see Nos. 580, 585);

pour in the mixture, smooth it with a knife; bake in a moderate oven from forty to fifty minutes. When the tart is almost cold spread over it a thin layer of jelly or jam, then cover with the following icing.

Glace à l'eau.—Boil for five minutes $1\frac{3}{4}$ oz. of sugar with a cupful of water, pour this in a bowl, add to it icing sugar flavoured with vanilla, make a liquid paste; pour this over the tart, smooth it evenly and quickly with the blade of a knife. Put it for an instant at the entrance of the oven. Turn it out and let it cool. This mixture may be baked in small patty-pans lined with the paste.

598.

(*Tourte au pain noir*).

Proportions: $\frac{1}{4}$ lb. of sugar, $1\frac{1}{2}$ oz. of bread-crumbs (baked), $3\frac{1}{2}$ oz. of ground almonds, six yolks of eggs, five whites beaten to a froth, $1\frac{1}{4}$ oz. of candied peel cut in small dice, rind of a lemon grated. Pound the almonds, moistening them during the process with white of egg; put them in a basin with the six yolks of egg, the sugar, the lemon rind; stir all well until it becomes creamy; add to it very gently the whites beaten up to a stiff froth, the bread-crumbs, and the candied peel. Pour all into a buttered and floured mould, bake in a moderate oven from forty to fifty minutes. Turn it out of the mould, and when it is nearly cold spread over the top a layer of jelly or jam, then ice it with chocolate.

Chocolate icing.—Grate $1\frac{1}{2}$ oz. of chocolate flavoured with vanilla; dissolve it over the fire with quarter of a cup of water, stirring all the time with a spoon, but it must not boil; at this point add $1\frac{1}{2}$ oz. of glazing sugar, then give all one boil up over the fire. Pour over the tart and smooth it with a knife; let it get cold.

599.

(Tourte biscuit au beurre).

Proportions: $\frac{1}{4}$ lb. of sugar, $3\frac{1}{2}$ oz. of flour, $1\frac{1}{2}$ oz. of dissolved butter, one whole egg, four yolks, four whites beaten up, one grated rind of a lemon. Stir in a basin the sugar, the yolks, the whole egg, and the lemon peel. Beat well, and when all is creamy add the beaten whites and the flour very gently, then the warm butter. Mix all in lightly; never beat after the beaten-up whites of eggs have been added. Pour all into a buttered and floured mould, bake in a moderate oven from forty to fifty minutes. Ice it with an icing flavoured with rum, proceeding as for above. This mixture can be baked on a baking-tin, spreading it to the thickness of about two-thirds of an inch. When baked put jam and icing over it according to any of the above recipes, then cut it in small squares or lozenge-shaped pieces; pile them on a dessert-dish.

600. Geneva Sponge Cake*(Tourte de Genève).*

Proportions: 2 oz. of almonds, 6 oz. of castor sugar, grated rind of a lemon, 1 oz. of chopped candied peel, five whites of eggs, $\frac{3}{4}$ oz. of flour. Pound the almonds moistened with the white of an egg, put them into a basin with the sugar, lemon rind, and candied peel. Beat for an instant, then add lightly the flour and beaten whites of eggs; pour this into a cake-mould, lined with rich short crust (No. 580); smooth the top with a knife. Bake in a gentle oven for about forty minutes. Ice over with punch icing (No. 596).

601. Sand Cake

(Tourte de sable).

Proportions: 6 oz. of butter, 6 oz. of sugar, $5\frac{1}{2}$ oz. of potato-flour, six yolks of eggs, one grain of salt. Half melt the butter in a basin; beat it until it becomes creamy, adding to it one after the other the six yolks of eggs, then the sugar, lemon rind grated, the salt and flour. Pour into a mould buttered, and dusted with potato-flour. Bake in a gentle oven from forty to forty-five minutes. Ice it over with icing flavoured with liqueur (No. 596).

602.

(Tourte biscuit mousseline).

Proportions: $\frac{1}{2}$ lb. of vanilla sugar, $\frac{1}{4}$ lb. of flour and potato-flour mixed, six yolks of eggs, six whites beaten up, one grain of salt. Put into a basin the sugar and the yolks of eggs; beat with a wooden spoon until the mixture becomes creamy; then add gently the flour, beaten-up whites of egg, and the salt. Pour into a mould which has been buttered and dusted with potato-flour. Bake in a moderate oven. Turn out on to a board; spread over the surface a thin layer of raspberry jam or jelly, then cover all with a raspberry icing.

Glace royale aux framboises.—Work for ten minutes in a basin 3 oz. of icing sugar with the half of a white of egg, a dessert-spoonful of raspberry juice. The icing must be liquid, neither too thick nor too thin. Pour this over the tart; spread it evenly with the blade of a knife. Put it an instant at the entrance of the oven or on the stove to allow the icing to become firm.

603.

(Tourte manquée).

Proportions: $\frac{1}{2}$ lb. of sugar—part of it to be vanilla sugar—grated rinds of an orange and lemon, $\frac{1}{4}$ lb. of flour,

1 ½ oz. of potato-flour, six yolks of eggs, six whites beaten to a snow, 2 oz. of butter. Beat the sugar and yolks of eggs together for five minutes with also one whole egg, then add the butter dissolved, half of the flour, and part of the beaten whites. When all is well mixed, add the remainder of the flour, the potato-flour, and beaten whites of eggs. Butter the mould, powder it with potato-flour and sugar, pour in the mixture. Bake in a moderate oven. When it is almost finished take it from the oven, brush it over with yolk of egg, powder it with fine sugar, and spread over it a *glace royale* (No. 602), adding to it some almonds dried in the oven and cut in small pieces. Put back in the oven to let it take a beautiful colour.

604.

(*Vacherin aux amandes à la crème*).

Proportions: ½ lb. of ground almonds, ½ lb. of sugar, one lemon rind grated, two or three whites of eggs. Pound the almonds very finely (if ground ones cannot be obtained) with the whites of one or two eggs, add the sifted sugar and grated lemon rind. Put this paste into a basin, thin it with the remaining white of egg, add more if necessary: it must be a liquid paste, so that it can be spread on a baking-tin buttered and floured previously; it must be put on with a spoon in a band 14 inches long and 3 inches broad. Bake it in the oven until it takes a light brown colour; take it out, trim the edges of the band, roll it up while it is hot round a mould, fasten the two ends firmly together, and let it get cold. In the meantime whip up a pint of cream, sweeten it and flavour it with vanilla. Place the almond form upon the centre of a round dish; put part of the cream in the middle of the cake; upon this break up some meringues, then cover them with cream, smooth with a knife. Decorate the surface of the *vacherin* with a little cream kept back for that object, put through the forcing-bag used for those purposes (see Nos. 531, 555, note at bottom).

Note.—*Vacherins aux marrons* can be made by garnishing the inside with chestnut *purée* (see No. 555) passed through a sieve, and alternated with whipped cream. It can also be made with meringue, instead of the almond paste, which simplifies the process, by merely crushing up the meringues and covering them with cream. The more they are ornamented on the top and sides with cream pressed through the forcing-bag the better. When made only with meringue it can be formed into a pyramid.

605. Meringues à la crème.

For twelve meringues, put six whites of eggs into a basin, a little salt, but not more than the size of a pin's head; beat them up into a stiff snow; add gently and lightly to them $\frac{1}{2}$ lb. of sifted sugar. Place a sheet of white paper all over a baking-sheet of iron, arrange the meringues on it, formed either with a table-spoon or with the forcing-bag used for ornamenting (Nos. 531, 555); leave a space of $\frac{1}{2}$ inch between each meringue, and sprinkle with fine sugar. Place in a very gentle oven, bake until they are crisp and delicately tinted golden. Turn the paper upon which the meringues have been baked upside down upon the table; moisten the paper on the back with a brush dipped in cold water; five minutes after the meringues will come off easily. Make each meringue hollow by pressing with the finger on the centre of it; put them back on the tin, and place it on the stove to dry them. Beat up firmly a pint of cream, add lightly to it 2 oz. of vanilla sugar, and fill the meringues.

606. Sandwich Rolls

(*Biscuit roulé*).

$\frac{1}{2}$ lb. of sugar, 6 oz. of flour, ten yolks of eggs, and nine whites beaten to a froth, one grain of salt, one lemon rind grated. Beat up the sugar, yolks of eggs, and the lemon. Whip up the whites, add them lightly to the

mixture, the flour (passed through a sieve) at the same time. Line a baking-sheet of iron with white paper, butter the paper, and spread over it the mixture to the thickness of about $\frac{3}{4}$ inch. Bake in a moderate oven for about thirty minutes. Turn the baking-tin over on to a board powdered with fine sugar; gently take off the paper from the cake, and quickly cover it with any jam; roll up the sponge holding it with both hands (it must take the form of a sausage), then roll it in white paper and leave it to get cold. Take off the paper, cut it in slices, and arrange on a dish.

607. Ladies' Fingers

(*Biscuits pèlerines*).

Proportions: $\frac{1}{2}$ lb. of sugar, 5 oz. of flour, eight yolks of eggs, eight whites, grated rind of a lemon, one grain of salt. Beat up the sugar, yolks of eggs, and the lemon rind; continue to beat until they become white and creamy; then add gently the flour (sieved) and beaten whites of eggs. Prepare a baking-sheet with white paper, covering it entirely; put the mixture in a forcing-bag with a plain pipe at the end (Nos. 531, 555), and press it through on to the tin in long pieces about 4 inches in length and $1\frac{1}{2}$ inch apart one from the other; sprinkle them plentifully with fine sugar. After a few minutes put them in a moderate oven, bake them about thirty minutes until they are a beautiful colour; leave them to get cold on the paper; take them off by passing the blade of the knife between the cakes and the paper. It is safer to butter the latter before placing the mixture on it.

608.

(*Biscuit aux amandes*).

Proportions: $\frac{1}{4}$ lb. of almonds, $\frac{1}{4}$ lb. of sugar, eleven yolks of eggs, five whites beaten to snow, one dessert-spoonful of water; $1\frac{1}{4}$ oz. of potato-flour. Pound the almonds, mix with five yolks of eggs; in another basin

beat up the sugar with the six yolks until all is creamy, then add the almonds and eggs, then the flour and whites of eggs beaten to a firm snow. This mixture may either be baked as a tart or in small buttered moulds, dusted with icing sugar mixed with potato-flour.

609.

(Biscuits aux pistaches).

Proportions: $\frac{1}{2}$ lb. of sugar, $4\frac{1}{2}$ oz. of flour, $\frac{1}{4}$ lb. of pistachio-nuts peeled and pounded with the white of six eggs, one teaspoonful of orange-flower water, a grain of salt. Beat up the yolks and the sugar; when it is light and creamy add the pistachio-nuts, the beaten whites of eggs, and the flour, gently and by degrees. Bake in small moulds buttered and dusted with potato-flour mixed with fine sugar. It can also be baked upon a baking-sheet covered with paper, buttered the same as the moulds. When baked on a tin, it may be iced if desired. Then cut in squares or lozenges.

CAKES

(GÂTEAUX).

610.

(Gâteau Bertha).

Proportions: $\frac{1}{4}$ lb. of nuts (barcelona), 5 oz. of sugar, 1 oz. of butter, $1\frac{1}{2}$ oz. of flour, six yolks of eggs, four whites beaten to a stiff snow, one lemon rind grated or juice of lemon, a teaspoonful of orange-flower water. Pound the nuts with half a teacupful of water; add the sugar, the yolks of eggs, and the lemon rind; mix all well for a moment, then mix in lightly the whipped whites, at the same time the flour (sieved), both to be added by degrees and never beaten, then the butter tepid and half-melted, the lemon juice, and the orange-flower water. Line a baking-sheet with puff paste (No. 585), place over it a thin layer of jam, then pour in the mixture, smooth it over, bake in the oven for about forty-five minutes. This cake can also be served iced (see No. 597).

611.

(Gâteau Mascotte).

Proportions: $\frac{1}{4}$ lb. of almonds, $\frac{1}{4}$ lb. of powdered sugar, 1 oz. of dissolved butter, 3 oz. of grated chocolate (two tablets), six yolks of eggs, four whites beaten to a stiff

froth. Pound the peeled almonds in half a teacupful of water; put this paste into a basin; add to it the sugar which must be flavoured with vanilla, the yolks of eggs; work all well for ten minutes, then add the whites and chocolate gently and by degrees, then the dissolved butter. Line a baking-tin with puff paste or rich short crust (see Nos. 567, 571). Lay over it a thin layer of jam, pour in the mixture, smooth it over, bake for about forty-five to fifty minutes. When cold it may be iced with chocolate (see No. 598).

612.

(Gâteau de Milan).

Proportions: $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ lb. of sugar, one whole egg, one yolk, a grain of salt, a grated rind of lemon, a teaspoonful of rum. Place the flour on a board; form it into a hillock with a hole in the centre; put into this the butter, sugar, lemon rind, egg, and rum. Mix with the hand first the butter, sugar, and eggs, then the flour; make all into a ball. Roll it out to the thickness of a little more than $\frac{1}{4}$ inch; form into small cakes with a cake cutter; arrange them on a baking-sheet lightly buttered; brush the cakes over with yolk of egg; cook in a good oven for about fifteen minutes. These cakes will keep well for days if kept in a tin.

613. Gâteau de Milan very rich.

Proportions: $\frac{1}{2}$ lb. of flour, $5\frac{1}{2}$ oz. of butter, $\frac{1}{4}$ lb. of sifted sugar, four or five yolks of eggs, a grain of salt, rind of grated lemon, a teaspoonful of cognac. Make the paste as above (No. 612); leave it for twenty-five minutes in a cool place before forming into cakes.

614.

(Gâteau Souvaroff)

Prepare the same paste as for *gâteau de Milan* (Nos. 612, 613); divide it into two parts; flatten with the roller, keeping them in a round form. Place them on a buttered baking-tin, but they must not touch one another. From one of these pieces cut out the centre with a small cake cutter; bake them in the oven until they have taken a beautiful colour; let them get cold. Upon the piece which is not cut in the centre spread a layer of jam, place the other piece over it, trim the edges round to make all even; on this border spread some jam, then sprinkle with powdered sugar, not finely powdered but in grains. Arrange on a dish, and fill the hole in the centre with a little fruit jelly.

615.

(Gâteau polonais).

Proportions: $\frac{1}{4}$ lb. of almonds, $\frac{1}{4}$ lb. of sifted sugar, two teaspoonfuls of orange-flower water; two dessert-spoonfuls of water. Pound the almonds, moistening them with the water and orange-flower water; mix in the sugar. Take $\frac{1}{2}$ lb. of puff paste (No. 585), divide it into two parts, one a little larger than the other. Roll the smaller piece to the thickness of $\frac{1}{8}$ inch, lay it at the bottom of a round baking-sheet, spread on it the almond paste to within $\frac{1}{2}$ inch of the border; moisten the border; roll the other piece of pastry to twice the thickness of the lower piece, place it over the almonds. Join by pressing lightly on the edges of the two pieces of pastry; brush over the top with yolk of egg. Bake in a good oven from twenty-five to thirty minutes; an instant before taking out powder some sugar over the top to glaze it.

616. Savoy Cake

(Gâteau biscuit de Savoie).

Proportions: $\frac{1}{4}$ lb. of powdered sugar, $2\frac{1}{2}$ oz. of flour, $1\frac{1}{2}$ oz. of potato-flour, seven yolks of eggs, seven whites beaten stiffly, rind of one orange grated, the same of lemon, one grain of salt. Put in a basin the sugar, the yolks, the orange and lemon rinds, salt; work well for twelve to fifteen minutes. When all is creamy, mix in lightly the beaten whites and the sifted flour. Butter a mould with warm clarified butter; turn it over an instant to drain it well; dust it with finely powdered sugar mixed with potato-flour. Fill the mould three-quarters full, taking care to put the mixture in by spoonfuls and in a manner that it may rise more at the sides than in the middle. Place the mould on a baking-sheet; put in a good oven for about one hour. An instant after taking it out of the oven separate it from the mould and place it on paper. Powder with sugar.

Note.—All these cakes should be covered with buttered paper directly they commence to take colour, otherwise they will become too deeply browned before the interior is baked; also if there be any fear of the cake rising above the border, and so falling over before it is set, pin a piece of paper (buttered) round the mould so that it reaches a couple of inches above it.

617.

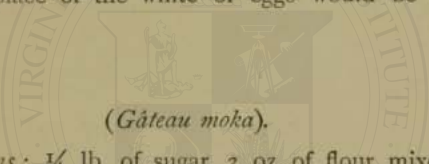
(Gâteau St Honoré).

Prepare *une pâte à choux* (No. 588). Spread upon a baking-tin a round layer of paste *de pâte à gâteau de Milan* (No. 612). Put the *pâte à choux* in a bag with a plain pipe at the end of it (Nos. 531, 555); push out all round the layer of paste a kind of border of the *pâte*; bake in a moderate oven, taking care to prick the centre of the cake with a fork to prevent it forming into bubbles;

with the remainder of the *pâte à choux*, which is in the bag, form upon another baking-tin some little *choux* or lumps about the size of a small nut; bake them in a moderate oven. When all is ready boil two dessert-spoonfuls of powdered sugar with the same of water, until the sugar commences to get slightly yellow; at this point steep briskly each little *chou* in the syrup; put them in on their flat surface, and stick them at once upon the border of the cake after it is baked; place them all round. In the interval prepare a good custard, add to it two leaves of dissolved gelatine; whip this up frequently until it is nearly cold, then two whites of egg into a stiff snow. Ornament the middle of the cake by arranging the custard in spoonfuls in the centre.

Note.—I should think whipped cream added to the custard in place of the white of eggs would be an improvement.

618.



(*Gâteau moka*).

Proportions: $\frac{1}{4}$ lb. of sugar, 3 oz. of flour mixed with potato-flour, five yolks of eggs, five whites beaten to a stiff snow, rind of one lemon grated. Prepare and bake as ordinary sponge cake without the almonds (No. 592); bake it in an ordinary cake-mould; when it is cold cut it through the middle breadthways; spread the coffee cream upon the lower half; cover it again with the upper piece and spread over the top of the cake a thin layer of jelly or jam, then pour over it the following icing which must be smoothed with the blade of a knife.

Icing for the top of the cake.—With half a small coffee cupful of very strong black coffee and 2 oz. of sugar make a little syrup; pour this into a bowl, and add to it sufficient icing sugar to make a liquid paste.

Coffee cream to put in the middle of the cake.—Put into a basin three yolks of eggs, half a teaspoonful of potato-flour, three table-spoonfuls of powdered sugar; beat up for an

instant; thin it with half a cupful of rather strong black coffee. Stir over a slow fire until the cream thickens,—it must not boil, and must be free from lumps; take from the fire; add to it in small pieces at a time $\frac{1}{4}$ lb. of best fresh butter half dissolved; beat all up briskly with the whisk until it commences to thicken; at this point it can be spread on the cake.

619.

(*Crème pour mettre dans le milieu du gâteau*).

This is another way of preparing the custard for spreading in the middle of the above (No. 618). Soften at the entrance of the oven $\frac{1}{4}$ lb. of fresh butter, beat it to a cream, adding by degrees two dessert-spoonfuls of thick cream, $\frac{1}{4}$ lb. of powdered sugar, and a little essence of coffee.

620.

(*Gâteau amandine*).

Proportions: $\frac{1}{4}$ lb. of almonds (a few of them may be bitter), $\frac{1}{4}$ lb. of sugar, $\frac{1}{4}$ lb. of dissolved butter, two dessert-spoonfuls of orange-flower water, grain of salt, two whole eggs. Pound the almonds with the orange-flower water; add to them the sugar, the eggs, and the dissolved butter. Spread this between two rounds of puff paste, exactly the same as for *gâteau polonais* (No. 615). Bake in a good oven from twenty-five to thirty minutes; an instant before taking it out sprinkle over it some finely powdered sugar.

621.

(*Gâteau frangipane meringué*).

Put into a stewpan $1\frac{1}{2}$ oz. of flour, three yolks and one whole egg, 3 oz. of powdered sugar, grated rind of an orange, grain of salt, $1\frac{1}{2}$ oz. of dissolved butter. Mix all with $1\frac{1}{2}$ pint of milk,—it must be perfectly smooth and

free from lumps. Stir over the fire until it commences to bubble; let it get partly cold. Cover the baking-tin with rich short crust (No. 580); spread the above mixture over it; bake in a warm oven. In the interval beat to a firm snow three whites of eggs, add to them gently 3 oz. of powdered sugar. When the cake is baked cover the surface of it with this meringue paste, then sprinkle the top with chopped almonds or pistachio-nuts mixed with the same quantity of powdered sugar; put the cake back in the oven until the meringue takes a golden tint.

622.

(*Gâteau mille-feuilles*).

Take $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of butter, a pinch of salt, and a cupful of water; make with this a puff paste (No. 585). Roll out thinly; cut out of it four rounds of equal size; place them on a baking-tin and bake them in a good oven. When they are done, place them on the board, one by the side of the other, and lightly put something on to press them. Spread upon each a mixture of vanilla cream (No. 550), prepared in advance, and half set; place the rounds one on the other, then cover the entire cake with the remainder of the cream; sprinkle all with chopped pistachio-nuts.

This cake can be varied by flavouring cream in different ways.

623. Tea Cakes

(*Gâteaux de plomb*).

Proportions: $\frac{1}{2}$ lb. of flour, 6 oz. of butter, two yolks of eggs, one whole egg, $1\frac{1}{2}$ oz. of sugar, $\frac{1}{4}$ pint of cream, grain of salt. Make the paste the same as for *gâteau de Milan* (No. 612); let it rest for an instant. Roll out the paste to 1 inch in thickness; cut it into small round cakes about 2 inches round in size; brush them with yolk of egg; mark them lightly on the surface with the point of a knife; bake in a warm oven.

624. Small Tea Rolls

(Petits pain pour thé).

Proportions: $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of flour, 3 oz. of butter, $\frac{1}{4}$ lb. of almonds, one whole egg, grain of salt. Pound the almonds with the sugar; add the egg, butter, and flour. When all is well mixed, form with the paste small rolls pointed at each end; put on a tin and bake.

625. Small Scotch Tea Cakes

(Petit biscuits écossais).

Beat up 1 pint of cream, add $1\frac{1}{2}$ oz. of vanilla sugar, $1\frac{1}{2}$ oz. of flour, four whites of eggs beaten. Warm a baking-tin, wax it, then rub it with a clean cloth. Put the mixture on through the forcing-bag (Nos. 531, 555) in the form of ladies' fingers; shake the tin to flatten the cakes a little. Bake in a gentle oven. These biscuits become flat and crisp.

626.

(Petites flûtes aux amandes).

Proportions: 6 oz. of flour, 6 oz. of almonds, $\frac{1}{2}$ lb. of sugar, four or five whites of eggs. Mix in a basin the sugar with the whites of eggs, then add the flour and the almonds dried and chopped. With this paste form small flutes or sticks, place them on a baking-sheet buttered or waxed. Bake in a gentle oven.

627. Waffles

(Gaufres).

Proportions: $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of sugar (part of it to be vanilla sugar), a grain of salt, $\frac{1}{4}$ lb. of butter, two whole eggs, one yolk, one liqueur-glass of brandy, a little warm water, $\frac{1}{2}$ pint of cream. Mix all in a basin to a

liquid paste; beat well until quite creamy. Warm the irons; butter them lightly; pour into the middle a teaspoonful of the mixture; close the irons and cook over a clear fire on both sides.

Note.—This is a delicious sweet, and well repays the little trouble at first; the necessary irons are indispensable; they can be procured at a good ironmonger's. The cakes should, when cooked, be quite flat and thin, like an ice wafer.

628.

(Cornets à la crème).

Make them the same as above (No. 627). The moment they are taken from the irons roll them round a small wooden mould in the form of a cone, leave them an instant, take out the mould, and continue to form the rest. Before serving fill the cornets with whipped cream sweetened with vanilla sugar.

629.

(Fanchonnettes).

With rich short crust or puff paste line some small buttered tart moulds; fill them three parts full with the mixture (No. 621); bake twenty-five minutes in a good oven. In the interval, with three whites of eggs and 3 oz. of sugar prepare a meringue paste; place some on each tart; smooth it to a point; powder with sugar. Put them back in the oven for twelve minutes to colour the meringue.

630.

(Tartelettes de Crémone).

Proportions: 6 oz. of vanilla sugar, six yolks of eggs, three whites beaten, $\frac{1}{4}$ lb. of skinned almonds, one tablet of grated chocolate. Pound the almonds with a little water; put them into a basin with the yolks and vanilla sugar;

beat with a spoon for ten minutes; mix in delicately the beaten whites; divide into two parts; put the grated chocolate into one of them. Line twenty-four patty pans with paste—*gâteau de Milan* (No. 612); half fill them with the white mixture, then finish them by adding the brown. Bake in a gentle oven, increasing the heat, from twenty-five to thirty minutes.

631. Macaroons

(*Macarons*).

Proportions: $\frac{1}{2}$ lb. of almonds peeled and dried in the oven, $\frac{1}{2}$ lb. of powdered sugar, three or four whites of eggs, one grated lemon. Pound the almonds, moistening them during the process with the whites of eggs. When they are reduced to a fine paste add the lemon and sugar; work all perfectly. Form the macaroons by dropping pieces the size of a walnut upon a buttered baking-tin. Cook in a moderate oven until they have taken a beautiful tint. Let them cool before taking off the tin.

632. Nougat.

Proportions: $\frac{1}{2}$ lb. of almonds, $\frac{1}{4}$ lb. of sugar, juice of a lemon. Peel the almonds, chop them but not too fine; dry them at the entrance of the oven upon a baking-sheet covered with white paper, leave them until they commence to take colour. Put the powdered sugar and lemon juice in a stewpan over a slow fire; directly the sugar begins to turn yellow add to it the almonds; stir all with a wooden spoon. Pour the mixture upon a baking-sheet or marble slab slightly oiled, then with a whole lemon flatten the nougat to the thickness of $\frac{1}{3}$ inch. Before it is completely cold cut in pieces in any form that may be desired.

633. Russian Cake

(*Galette Russe*).

Proportions: 6 oz. of sugar, 6 oz. of flour, 4 oz. of butter, 3 oz. of almonds not peeled but chopped, 2 ½ oz. of candied peel chopped, six whites of eggs. Beat up the butter until it is creamy; add by degrees the sugar and whites of eggs; then the chopped peel, the almonds, and the flour at the last. Take a small round piece of cardboard with a hole in the middle of 3 inches, place the cardboard upon a buttered baking-sheet, fill the empty space in the middle of it with a little of the paste, smooth it with a knife until it covers the entire space of the 3 inches; move the cardboard to another side of the baking sheet, repeat the operation, and continue until the tin is full. Bake in a moderate oven.

634. Algériens.

Roll out some puff paste to the thickness of ⅛ inch; cut out eighteen rounds with a cutter. Put on the board a handful of powdered sugar; place a round of paste upon it; with the rolling-pin roll this into a long shape; place this on a baking-tin, the sugared side of the pastry uppermost. When they are all made, bake in a good oven until they are well coloured and glazed.

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