

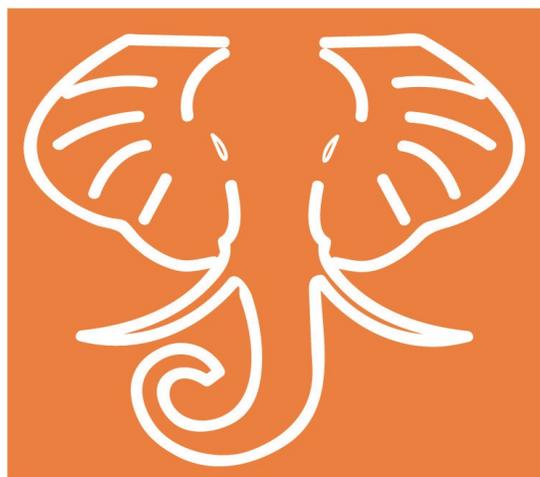
## The Anglo-Chinese cook book.

Calder-Marshall, R.

Shanghai, The Commercial Press, Ltd., 1916.

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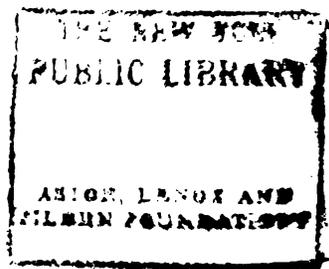


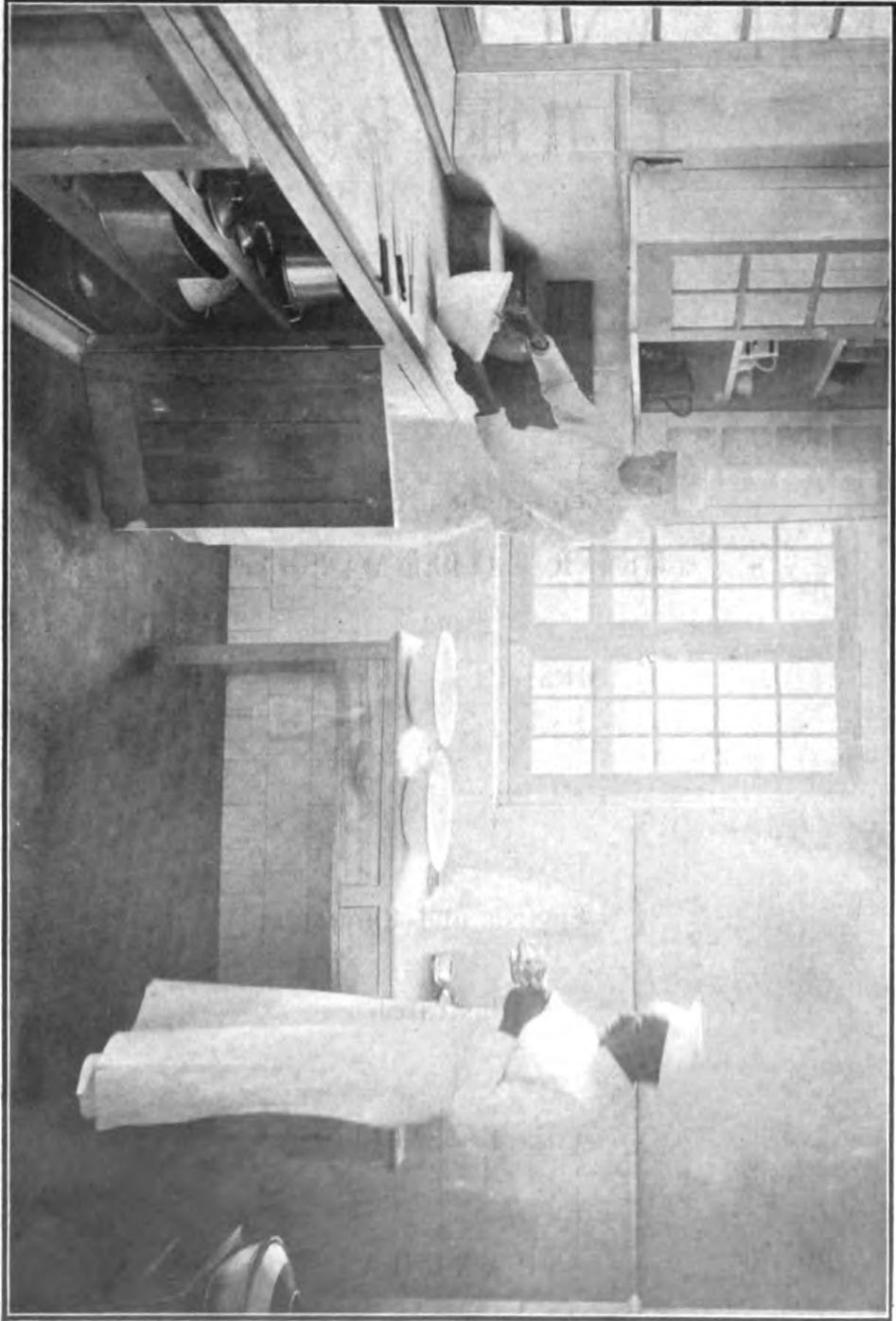






30 80





房 厨 A Kitchen.

# THE ANGLO-CHINESE COOK BOOK

Compiled and Edited by  
MRS. R. CALDER-MARSHALL  
and  
MRS. P. L. BRYANT

English and Chinese

Illustrated

VOL. 1.—ENGLISH

SHANGHAI

1916

Printed at THE COMMERCIAL PRESS, LTD.

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15 Nov. 1972



## PREFACE

While the question of food and its preparation is the most vital and important one in the home, it is perhaps the most difficult of all the material questions that present themselves to the housekeepers in China, owing principally to the inability of the majority to speak the language of the country, and to make their orders intelligible to the cook. To meet this difficulty, and at the same time with the hope of being able from its sale to aid the war fund, Mrs. Calder-Marshall originally planned to publish a smaller work, giving a limited number of recipes taken from authoritative sources, and to have it translated into Chinese. It soon became apparent to her, however, that for such a book to have a real value, a more comprehensive work, one that should cover as nearly as possible all the phases of cooking, would be necessary. The scope of the work, therefore, was enlarged until it now includes more than one thousand recipes. Many tried and approved recipes have been furnished by ladies in Shanghai and elsewhere, the largest contribution of this kind, and one that deserves special mention is that of Mrs. J. B. Fearn, M.D., who has prepared the entire chapter relating to sweets and candies, and has sent other valuable recipes as well. The editors and compilers have also made use of *The Century Cook Book*, *Mrs. Beeton's Cook Book* and *The Boston Cooking School Magazine*, all well known authorities on culinary matters.

The recipes embodied in this work are adapted to the limitations of the local market, efforts having been made to exclude every recipe the ingredients of which can not be readily procured in China, and on the other hand to include some of the food products of China that are not commonly found in other countries.

Tables of weights, and measures, cooking time-tables, valuable household hints, a chapter on household hygiene, etc., have been incorporated to supplement the work and make it as far as possible a reliable guide for the housekeeper. To new arrivals in China some of the directions given may seem absurd and unnecessary, yet it is only by the utmost care and attention to details of cleanliness and the continual enforcement of the rules of sanitation that one may escape those illnesses due to contamination of food, that especially beset the resident in the Orient.

That the proceeds might represent as nearly as possible the entire amount realized from the sale of the work, it was decided to incorporate advertisements that would appeal to the housekeeper, and it is due to the able assistance of the Harvey Advertising Agency that a part of the cost of printing and publishing has been distributed among many patriotic local firms. It is suggested that the housewife will find it worth while to make a study of the advertising in this book before purchasing supplies.

The main design of the Anglo-Chinese Cook Book being to provide a ready means of conveying definite instructions to the cook, it was deemed best to publish it in two volumes, one for the use of the mistress, the other to be kept in the kitchen. Each recipe in the Chinese volume is numbered in both English and Chinese, and has the English as well as the Chinese title, enabling the mistress to give instructions to the cook with the least possible trouble and without chance of misunderstanding. A careful translation has been made by Mr. Chang Nieh-yun into simple Chinese such as may be easily understood by the ordinary cook, and if the directions are followed the results will be satisfactory.

A complete alphabetical index has been prepared, and anything in the book can be found readily.

The proceeds from the sale of the Anglo-Chinese Cook Book will go to the British Woman's Work Fund, and other War Funds, and later will be devoted to some local charity.

**Margaret S. Bryant,**  
Collaborator.

“To be a good cook means the knowledge of all fruits, herbs, balms and spices, and of all that is healing and sweet in field and groves, and savory in meats; means carefulness, inventiveness, watchfulness, willingness and readiness of appliance. It means the economy of your great-grandmothers and the science of modern chemists. It means much tasting and no wasting. It means English thoroughness, French art and Arabian hospitality. It means, in fine, that you are to be perfectly and always ladies (loaf-givers) and are to see that every one has something nice to eat.”—Ruskin.

## HOME

We dwellers in the Far East so often speak of Home as a far-away land; and the music of the all-combining word comes wafted to us from over the seas—in a message—or perchance the melody is only a memory—"The Home Land."

But this is the "Home Land" to our children, and here we should be building, not only houses in which to pass the years of our sojourn in a foreign land, but as these years stretch into decades, why should there not glow, in the brightness of our hearth fires, all the warmth and sweetness and power of those four magic letters H-O-M-E?

The home begins with the kitchen, the laboratory in which are compounded the building materials for bone, muscle, brain and nerve tissue, and life giving blood. A sound mind can only dwell in a sound body. Many eminent physicians could be quoted as to the infinite importance of an intelligent director of this health-promoting, tissue-building laboratory.

The mother, the director of the nursery, the president of her University, the heart, and mind and soul of the Training School in the home, realizes always where her duty and responsibility begins, and fails not in the physical welfare of her household. Failing not in the beginning, she fails not in all.

Do we still believe "The hand that rocks the cradle rules the world"? That the "home-maker" is the builder of the nation? What we are to the home we are to society, *nothing more?* Have the home ideals become old fashioned and out of date, because life is so full and rushing, and outside duties so impelling? No. The Home remains to us as of old, and always. The influence which it radiates, boundless and limitless as time, is the spirit of its Presiding Queen.

Home; the Holy of Holies, where we retire from the outside world and rest.

Home; the foundation and pinnacle of all that is good in State or individual.

**Adelaide Calder-Marshall.**

## THE SOUL OF THE HOUSE

By Burges Johnson.

Locust timbers, brick and stones  
Are its bones;  
And I saw them wrought together  
In the keen autumnal weather,  
Joint by joint and bone by bone, to fit a plan,  
As sages build of fossil forms some unremembered man.

Lath and shingle for a skin  
Clad it in;  
And it took on form and feature,  
As of some familiar creature,  
Standing silently in dull, repellant guise,  
And soullessly it looked on me from staring window-eyes.

My own soul-seed, deep in earth  
At my birth,  
Lay as lifeless and as hidden,  
By the sun and rain unbidden,  
Until Love had fed it smiles and tears and toil—  
Then green and gracious buds of it came forcing through the soil.

So my house there reared its head,  
Cold and dead,  
With a chill to linger always—  
Till Love breathed along its hallways,  
Laughed and wept there, toiled and dreamt there in the gloam;  
Now those window-eyes are brimming with the wakened soul of Home.

## HOUSEHOLD HYGIENE

Half our diseases are in our minds, and the other half are in our houses.—Seton-Thompson.

It is so true, says Colonel Waring, that "the beginning of filth is the beginning of danger," that it behooves the housewife to study especially the means of preventing or removing this beginning. But "information precedes reformation," therefore information must be gained first.

Some rhymester has told us that

"If only one would see

To his own reformation,

How very easy

You might reform a nation."

It is the individual house standing as an example of cleanness and order which silently reproves, and preaches with effective emphasis.

How can housekeepers be awakened to the *dangers* of dust? It is usually objected to as a sign of poor housekeeping, merely. Failure to recognise in dust a source of infection is due mainly to ignorance, and speedy enlightenment on the subject should be the aim of all housekeepers. When the possibilities of dust are understood generally, as they are now by the few, surely the housekeeper will be first to guard against this source of danger.

Should any one desire to do so, simple experiments may be made which will clearly show the bacterial growths resulting from ordinary dust, and the following plates, giving the results of such experiments, will prove to the most casual observer, that dust is by no means harmless.

Bacteriology has been described as "the science of the infinitely small," but in its relation to humanity, the science is infinitely great, and the facts which it has established cannot be ignored by the careful housekeeper.

To have a clean house, great attention must be paid to the removal of dust not only from places seen but unseen. In houses where this is done with a feather duster, this is more a dust-spreading, than complete dust-removing process. Dusting should always be done by wiping up the dust into a cloth; wherever possible to do so without harm, the cloth should be slightly dampened or oiled. Dust-plants are held by dampened or oiled surfaces.

- 1st. Sweeping should be done in such a way as to raise as little dust as possible.
- 2nd. Dusting should never follow immediately after sweeping.
- 3rd. Dusting should be a process whereby the dust is taken out of the room, not stirred up and thrown again into the air.

Cleanness does not result unless the dust is removed from the house.

All collections of dirt from sweeping should be burned, and all dusters should be washed daily. "Burn the sweepings" and "wash the dusters" are two orders which the housewife will enforce.

That dish cloths and dish towels be kept clean is as necessary for health as for clean, bright tableware. The greasy dish cloth furnishes a most favorable field for the growth of germs. Dish cloths and towels must be washed with soap and hot water and dried each time. Long drying in the sunshine and open air thoroughly disinfects. The dish mop so much used by the Chinese dish washer should be abolished as unsanitary.

Dust readily finds access to the ice-box or the refrigerator, even if the ice is thoroughly cleaned before it is put in. The dust-plants will grow on any bits of food carelessly dropped and by their gaseous products may taint the meat, milk and other foods. The escape pipe of a refrigerator needs to be often and carefully cleaned throughout its entire length, else it will be covered with a slimy mass of bacterial growth. Many of the bacteria found here are the germs of putrefaction. A boiling hot solution of washing soda should be poured down the pipe at least once a week. The pan under the ice-box should be scrubbed carefully with hot soap suds or scalded with the washing soda so that no slime may appear.

All waste and overflow pipes, from that of the kitchen sink to that of the refrigerator, become foul with grease, lint, dust and many organic compounds that are the result of bacterial action. They are sources of contamination to the air of the entire house and to the food supply, thereby endangering health.

Milk being one of the best media for bacterial growth, not only should the milk be sterilized, but the vessels in which it is placed should be thoroughly scalded and cleaned.

The cooking utensils must be kept scrupulously clean; on this depends the flavor of the cooking. They should be kept in closed cupboards away from the dust.

The shelves of the cupboards in kitchen and storerooms must be cleansed frequently with soap and boiling water.

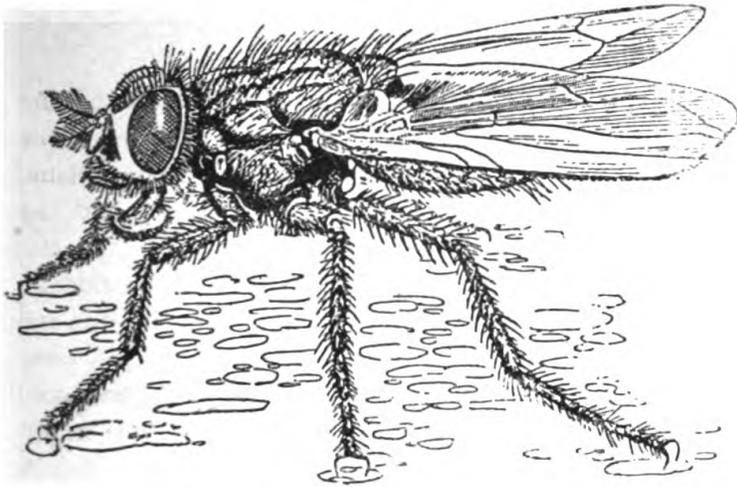
*Dirt breeds vermin, and vermin bring disease.*

In the light of modern scientific knowledge of germ life and growth every intelligent housekeeper realizes that the Chinese "houseboy," with absolutely no knowledge of even the rudiments of hygiene and sanitation,

is incapable of directing the cleaning of the house without careful instruction and constant oversight. When the right of cleanness is added to the right to be well-fed, the great gospel of prevention may make good its claim. It is the *duty* of the intelligent supervisor of a household to aid the bacteriologist by the individual application of scientific laws.

Flies are a much greater menace in China than in occidental countries. This is due to the fact that sanitation and the proper disposal of ordure is not practised here as elsewhere. These materials are scattered broadcast over the fields, often in close proximity to dwelling houses, and the flies bred there are a terrible menace to health. Flies transport germs in countless numbers on their feet, and one fly, if allowed access to food, is capable of causing the death of an entire household. The housewife, therefore, must wage continual warfare against flies. The presence of one fly in the kitchen or anywhere in the vicinity of food supplies should be the occasion for a sharp reprimand to the cook. In order to avert this danger, windows of kitchens, etc., should be carefully screened, food kept covered, and flies vigorously excluded. While it is true that cooking, especially if prolonged, as in the case of boiling, will destroy these germs, yet the fly that can infect meat and vegetable products will just as readily infect bread or other supplies that are ready for the table. All breeding places for flies, such as heaps of stable and other refuse, are most dangerous. Such refuse should not be heaped up but should be spread out on the ground where the sun will speedily make an end of the fly maggot, which thrives only in dark, moist places. All receptacles for garbage must be kept covered, even after being emptied, since fragments of food clinging to their sides and corners will attract flies to the vicinity. In case it is desired to rid the house of flies, fly papers, either of the sticky or poisonous variety, will prove effective, if supplemented by flat wire paddles, having loose wire ends very close together, with which flies may be killed without damage to the fabric upon which they may have alighted. One of these simple and cheap implements in the hands of an energetic boy will go far towards freeing a house of flies, especially if a bonus is paid for the flies destroyed. Prevention is the best cure for flies, as they are unwelcome and unsafe guests, and it is easier to keep them out than to exterminate them after they are once in.

*Note.* The precautions to be taken with regard to the care and treatment of food have been so frequently emphasized by our Health Officer, Dr. Stanley, that it is unnecessary to do more than refer the reader to Dr. Stanley's explicit directions contained in the Municipal Gazette.

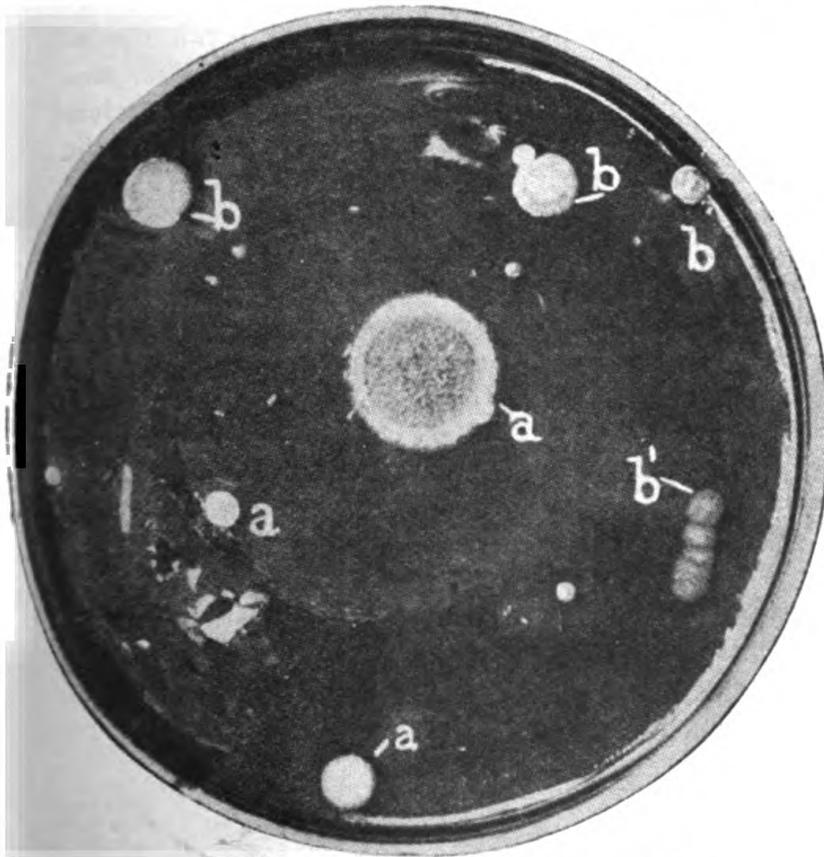


此物經過沾明蒼蠅之害  
 其病上染疾毫易之傷  
 寒疾腸胃名病之微生  
 無平西人胃名病之微生  
 之使乎者人胃名病之微生  
 怪乎西人胃名病之微生  
 怪乎西人胃名病之微生  
 之使乎者人胃名病之微生  
 最者西人胃名病之微生  
 食為者西人胃名病之微生  
 種物為者西人胃名病之微生  
 各物為者西人胃名病之微生

This picture illustrates how the fly can pick up all manner of diseases from the decaying substances over which it passes.

It shows the hairs on the body and legs, which carry germs of typhoid, dysentery and other intestinal diseases.

Small wonder the fly is now known as "The Messenger of Death."



微生物之試驗圖  
 a 霉微生物  
 b 微生物  
 b' 成絲之微生物  
 未濾沙漏之水及未濾之水亦有此微生物  
 此圖表明平時沙塵發生之微生物

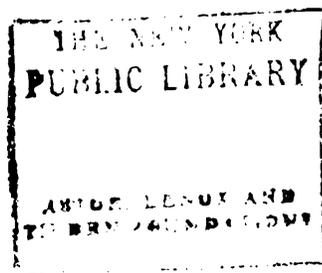
A DUST GARDEN.

(a) Colonies of Mould.

(b) Colonies of Bacteria.

(b') Colonies of Bacteria on a Thread.

Similar Bacteria are found in unfiltered water.



## HOUSEHOLD HINTS

### REMOVING STAINS

**Ink Stains:** Soak the spots first for half an hour in vinegar; rinse and put into a solution of chloride of lime until the spots disappear; then wash carefully to remove all the chloride and prevent injuring the article. The label on the chloride cans gives the proportions for making a bleaching solution. If the stains are very old ones, it will be necessary to increase the strength of the solution, but it may be made strong enough to remove the stains, if the fabric is taken out at once and thoroughly washed the minute the stains disappear.

**Indelible Ink:** Rub the spots with salt and then saturate them with ammonia and finally rinse them in cold water.

Ink on heavy materials like carpets and draperies may be treated with some absorbent to keep the ink from spreading. Bits of blotting paper, cotton batting, meal, flour, sawdust, etc., may be used and removed as long as any ink is absorbed, then go over the spot repeatedly with a lemon freshly cut, and finally rinse with cold or tepid water. If an ink stain has worked through varnish into the wood, turpentine will usually remove the spot.

Ink stains may be removed from the fingers with hydrogen peroxide.

Bluing spots may be removed by soaking in strong ammonia water.

Grass stains may be removed with alcohol or ammonia, and an old remedy is to smear the stains with molasses before the article goes into the wash. The acids in the molasses seem to have the desired effect on the grass stains.

Iodine stains may be removed with ammonia.

**Fresh Stains of Coffee, Tea or Fruit.** Stretch the stained part over an earthen dish and pour boiling water upon the stain until it disappears. It is sometimes better to sprinkle the stain with borax and soak in cold water before applying the hot water. Old, neglected stains of coffee, fruits, cocoa, etc., will have to be treated with some bleaching agent. In many cases, it is not possible to remove them without severely damaging the cloth.

**Paint.** Spots of paint must be treated with something that will take out the oil, leaving the insoluble coloring matter to be brushed off. Turpentine is most generally useful.

Varnish or pitch spots may be dissolved by the use of the same solvents as paint. Alcohol is also one of the best solvents here.

Spots made by food substances are greasy, sugary, or acid in their nature. Whatever takes out the grease will generally remove the substance

united with it, as the blood in meat juices. Sugar is dissolved by hot water, so sticky spots are best removed with this.

Fly specks may be removed from varnished wood work or furniture by applying equal parts of skimmed milk and water, warmed together.

To remove hot water stains from furniture, apply equal quantities of alcohol and sweet oil, thoroughly mixed. Cover the spot with the mixture, let it stand a moment, then rub gently with a soft cloth.

Absorbents. Spots of grease on carpet or heavy material may be treated with absorbents. Heat will assist by melting the grease. Fresh grease spots may often be removed by placing over the spot a clean piece of blotting paper and pressing the spot with a warm iron. French chalk or whiting may be moistened with naphtha and spread over the spot. When all is dry, brush off the absorbent. The absorption method may be used in many other cases, moistening with cleansing agent which will not harm the material treated.

To remove discolorations from enamel pans boil a little chloride of lime in the water with which they are filled.

To remove hot water marks from japanned trays use sweet oil. Rub it in well, till all marks disappear; then polish the tray with dry flour and a soft cloth.

Red iron-rust spots must be treated with acid. Fill an earthen dish two-thirds full of hot water and stretch the stained cloth over this. Have near two other dishes with clear water in one and ammonia water in the other. The steam from the hot water will furnish the heat and moisture favorable for chemical action. Drop a little hydrochloric (muriatic) acid on the stain with a medicine dropper. Let it act a moment, then lower the cloth into the hot water. Repeat till the stain disappears. Rinse carefully in clear water and, finally, immerse in the ammonia water, that any excess of acid may be neutralized and the fabric protected.

For a slight rust stain, apply salt and lemon juice, then place fabric in sun for 15 to 20 minutes. A second application may be necessary. If article is to be washed, rinse in cold water before using soap.

Iron rust on linen. Cover thickly with cream of tartar, put in cold water and boil. Repeat if necessary.

To Remove Mildew from Linen: Soak in a weak solution of chloride of lime, then rinse in cold water or soak in buttermilk and then spread on grass in sun.

To remove stains of blood soak them in cold salt water, then wash in warm soapy water and finish by boiling.

Stains on flannels may be removed by applying yolk of egg and glycerin in equal quantities. Leave on this mixture for half an hour and then wash out.

Mortar and paint may be removed with ease by the use of hot vinegar.

To remove stains from silver, which have been caused by eggs, apply dry salt with a cloth.

Muriatic acid will remove lime stains from cups, pitchers, water bottles, etc. Use with care. *Poison.*

A thin coating of paraffin on a glass stopper prevents its sticking in the neck of the bottle.

Iron and steel articles not in use may be covered with a thin layer of vaseline.

Rust if not too deep can be removed from iron or steel by kerosene.

A painter's brush may be used to dislodge dust from cracks and crevices about the house.

To make glassware clear and sparkling add a bit of bluing to the soapsuds when washing.

Knives which have been used for onions can be cleaned by drawing them two or three times through a piece of carrot.

Lace washed in skimmed milk should not be rinsed in water, but should be ironed while still damp with the milk.

#### **GOOD FURNITURE POLISH. No 1.**

Equal proportions of raw linseed oil, vinegar, and methylated spirit. Mix well together and always shake the mixture each time it is used.

#### **FURNITURE POLISH. No 2.**

Half a pint of sour stout; half pint of boiled linseed oil; 1 tablespoon of methylated spirit; 1 tablespoon of turpentine.

Kerosene in Cleaning. A few drops of kerosene or turpentine on a soft cloth may be used to clean all polished surfaces. The latter cleans them more perfectly and evaporates readily; the former is cheaper, safer, because its vapor is not so inflammable as that of turpentine, and it polishes a little while it cleans; but it evaporates so slowly that the surface must be rubbed dry each time, or the dust will be collected and retained. The harder the rubbing, the higher the polish.

Worms in wood. Insert paraffin.

To polish a piano. Wash with warm water and vinegar, wipe dry and polish with furniture cream.

Upholstered furniture may be most successfully beaten, indoors, without creating dust, by covering with a damp cloth while beating. Whiting dampened with aqua ammonia will clean brass beds beautifully.

#### **TO CLEAN CARPETS. No 1.**

1 oz. of salts of tartar;  $\frac{1}{2}$  lb. of white soap; 1 gallon of water. Let the mixture boil, then use to scrub the carpet, and dry off very quickly with a linen cloth.

**TO CLEAN RUGS AND CARPETS. No 2.**

1 lb. Ivory soap,  $\frac{1}{2}$  lb. washing soda,  $\frac{1}{4}$  lb. powdered borax, 6 gallons of water. Dissolve these ingredients, let liquid stand until cold, then add  $\frac{1}{2}$  oz. ether. Let it stand over night until it jellies. With a clean soft scrub brush rub this into the rug or carpet. Then wash with cloth wrung from clear, hot water, and wipe dry. With Oriental rugs always wipe the way they are woven, never against the nap.

To clean straw matting, never use soap. Put salt in water for white matting and vinegar for red.

Baking dishes that become burned in the oven and plates and platters that become blackened with the food scorched upon them, should not go through the tedious process of scraping. Simply put a little water and ashes in the dish and let it become warm, and the burned and discolored portions may be easily cleaned without injuring the dish.

Aluminum Ware: Let the article stand in a solution of oxalic acid, rather strong, for 24 hours. If this does not clean it thoroughly, repeat the process. This method has been found very satisfactory, especially for whitening the inside of a coffee pot. Cleaning preparations are apt to leave scratches.

Those who have had occasion to use glue extensively have found that frequently after the glue dries the article to which it has been applied breaks, tears or springs off. If glycerine, (in the proportion of one part of glycerine to four parts of glue) be mixed with the glue, this defect will entirely disappear.

**MOISTURE IN THE HOME**

It is an excellent idea to keep open vessels of water in our homes, to provide the desired moisture.

By noting how quickly the water evaporates, you realize the amount of good it does in a dry atmosphere.

On this account, growing plants, which need an abundance of water, are especially good for living rooms.

**AIRING A SICK ROOM**

Cover the patient warmly, even the head; throw open the windows as wide as weather will permit, and, with a large towel, strike the air about the ceiling, behind doors, and especially in corners, where air will become stagnant and refuse to move with the current, unless force is used.

**TO KEEP AWAY ANTS**

Black and red ants may be got rid of, in two or three days, by a very simple method.

Procure from the fish market oyster shells; do not be particular to wash them, for some of their virtue may be lost.

There is no apparent odor to them, but, evidently, to the little insect there is something very repulsive.

Put these around in the places infested by the ants. They will soon leave, but it may be found necessary to keep the shells or the ants will return.

### TO KEEP MOTHS FROM WARDROBES

Wet a cloth with spirits of turpentine, and rub all joints and layers of wood inside wardrobe and chest of drawers.

To remove vermin from plants, at night place a raw potato, cut in two and hollowed out to form a cup, upside down in your flower boxes or plant jars, near the affected plant; in the morning the vermin will be inside the potato and can be destroyed. Have tried this with great success.

### PEPPER CEMENT FOR MOUSE HOLES

A good cement to fill in mouse holes is made of one-half dirt, one-third ashes and enough cayenne pepper to taste spicy to Mr. Mouse when he nibbles at it, wet or dry. Mix in enough water to form a stiff dough. Fill in mouse hole immediately.

An ordinary piece of window screening neatly tacked over the bottom and back of the buffet or chest of drawers will keep out mice.

TO HARDEN THE BRISTLES OF HAIR-BRUSHES. Dip into a solution of alum.

Powdered borax, dampened and pressed under the finger nails, and allowed to remain for a short time, is an excellent bleach, and is a great deal better for the nails than most of the preparations sold for that purpose.

Hydrogen Peroxide is a wonderful thing for the teeth. It not only whitens them, but also purifies and disinfects the mouth.

CROUP REMEDY. (One which has never been known to fail.)

1 part methylated spirits of wine; 2 parts vinegar; 3 parts water.

Mix cold in small basin. Saturate a small piece of flannel and wrap around the throat, covering with a piece of oil silk, and if a bad attack of croup, lay another piece on the chest, renew when dry.

If oil silk is not available, a strip of brown paper will be found to be almost as good. The whole thing to be kept in place with a soft silk handkerchief.

In breaking an egg and separating the yolks from the white, sometimes the yolks will break and some specks of the yolk will get mingled with the white. Take a soft piece of linen, wet in water and squeeze dry,

then lightly touch the pieces of yolk. They will readily cling to the linen and may thus be easily removed.

Keep a knitting-needle in the kitchen for testing vegetables while cooking. It excels a fork by far, as the fork is apt to split the vegetables and the needle does not.

To remove grease quickly and thoroughly from soup or invalid's broth, use square sheets of clean tissue paper for the purpose, laying them on, one at a time, and gently lifting off and throwing each sheet away. Every tiniest particle of fat disappears and not a drop of soup is wasted.

#### A FEW EGG-HELPS

The uses to which one can put a separate white or yolk should be pasted in the cover of the cookbook, and, by referring to it when making out the weekly menu, it will be easy to use the left-over white or yolk which seems to fit in nowhere. The following suggestions may be of some assistance. A single yolk may be used for all these sauces: white, chocolate, Hollandaise, Bearnaise, hot maitre d'hotel, drawn butter, also for mayonnaise, boiled dressing, forcemeat balls and dumplings for soup. A surplus white or two may be used for meringues, snow puddings, cream whips, macaroons, sherbets, for clearing soups, coffee, jellies; added to cream it will increase the bulk and speed whipping; if well beaten and applied lightly with a piece of flannel it will cleanse and freshen all leather.

A teaspoonful of powdered sugar stirred into a bottle of cream will put off the souring process at least twelve hours, provided the cream so treated be kept on ice.

If powdered sugar is used instead of granulated, in making hard sauce, the sauce will be very much smoother.

A spoonful of vinegar in a kettle of hot lard will prevent doughnuts from absorbing fat.

To make tough meat tender lay it a few minutes in strong vinegar water.

**TINNED FOODS.** When the tin is opened, pour out immediately. If in any doubt about condition, plunge a bright steel knife into it and let remain a few minutes. If copper is present a deposit will be seen on the blade, and all should be thrown away.

**TO PREVENT MOULD IN JAM.** Cut rounds of tissue paper, soak each in vinegar and cover in usual way.

#### HOUSEHOLD SOAP

6 lbs. of washing soda; 3 lbs. of slaked lime; 4 gallons of water. Boil for half an hour. Then let it settle and strain clear, and add to the strained liquor 6 lbs. of clean fat, and boil till thick, pour into a tub, and cut into bars when cold. Great care must be taken when it first boils up or it will overflow, and then it will be useless, as the soda is lost.

A few drops of turpentine in a woollen cloth will clean tan shoes, and a drop or two of lemon juice will give them a brilliant polish. If tan shoes are washed with soap and water before wearing, then polished, they will never spot.

#### TO CLEAN PLUMES AND FEATHERS

Put into a paper sack, with one feather at a time, unless small, one cup of corn meal (yellow is best), half a cup of flour and one large tablespoonful of powdered borax. Shake gently until all dirt is removed from the feathers, then out of doors remove them and shake out all meal and flour remaining. Fine laces can be cleaned with the same success.

#### A MEMORY SHELF

Put up a memory shelf in the cloak-closet. It takes but a minute to place there the things that need attention when you are going out, such as borrowed books, list of things you want to purchase, etc.

#### FOR MENDING

An embroidery frame will be found a great help in many instances. Underwear if put over the frame will be easier to mend. The three-cornered tear in a skirt will be more easily repaired, if the frame is used. Be sure to press the mended place well on the wrong side of the goods.

By folding stockings that are beyond mending in a square, and sewing over and over around the edge they make excellent holders for use around the stove and kitchen.

“ If you take a look at Nature  
In a microscopic way,  
Or if you in your gazing  
Take the telescopic sway ;  
In whichever way you practice  
There will be revealed to you,  
The same exact precision  
Which attach to all things true.  
If you gaze into a pansy,  
Or you penetrate a star,  
You will find revealed perfection  
In the near and in the far.”

**PART I**  
**METHODS OF COOKING**

## A HOMILY ON COOKING

It is a trite saying that a thing worth doing at all is worth doing well. but, from the inefficiency of many cooks, and from the acceptance of careless work by so many families, it would seem that the truism is not regarded in reference to cooking. Since it is upon the kitchen that the health and comfort of the family so greatly depend, is it not a duty, and would it not be a pleasure, for the mistress of every house to understand the science of cooking as well as the arts which give other attractions to the house? A knowledge of its fundamental principles would give her a sense of independence and power, which knowledge is proverbially said to do. If she were familiar with the nature of the yeast plant, and the action of heat as applied in boiling, broiling, and frying, if she could make a sauce and clear a soup, her family would be relieved from the affliction of sour bread, burned meats, and muddy soup. An ordinary Chinese cook can do these simple things well, if once told how, and this basis would be a guide in other work, and a safeguard against many failures.

\* There is no such thing as luck in cooking. Laws govern the chemical changes which take place, and can always be relied upon. Water will boil at 212°, and cannot be made hotter by violent boiling in an open vessel. Frying can be properly done only when the fat is smoking hot. Broiling can be properly done only over, or under, hot and bright coal. For baking, the oven must be of the right temperature. The same thing cooked in the same way will always be the same, and failure comes simply from neglect of the rules. It is as easy to have good cooking as bad; the former requires only the elements of care and intelligence. With very little trouble, dishes may be made to please the sight as well as the taste.

The difference between the elegance and refinement of one table and the vulgarity of another often lies merely in the manner of dishing and serving. Again, the step from plain to fancy cooking is very short. A simple and tasteful arrangement, or combination, of materials prepared in the ordinary way will make an ornamental dish. Minced chicken pressed into a ring mold to give it shape, and the center filled with a mushroom sauce, will make a more appetizing dish than if placed carelessly together with no regard to symmetry. Potatoes pressed into a fancy mold, a part of the center removed, and the space filled with chopped seasoned meat, will give a charentreuse, and no thought of hash suggested. A jelly with a flower in the top, or of two colors, will make a decorative piece for the table. Uniformity in size and shape of potatoes, chops, pancakes, slices of bread or anything that is served on the same dish, gives a pleasing sense of order and care.

\* This paragraph included in Chinese edition

which is as marked as the proper arrangement of the table furniture. It is in little things only that fancy differs from plain cooking, but as soon as a cook comprehends the value of the appearance of dishes she is sure to think of their perfection in every other way.

There is a popular prejudice against fried foods, and a belief that abstaining from them will cure us of our dyspepsia, but if articles are properly fried they should contain no more grease than the boiled one does of water. Smoking fat has such a high degree of heat, that certain articles are better cooked by frying than by any other method. Minced meat, rolled into the form of croquettes and fried, assumes a different character both in taste and rank from the minced meat heated in other ways. If the croquettes are coated with egg and crumbs and immersed in smoking hot fat, as the rule directs, the egg is instantly hardened, and no fat can be absorbed through it. That which covers the outside is evaporated by draining and drying in a hot place. The napkin on which the croquettes are served will not be stained if they are rightly fried. Saratoga chips can be handled with a glove without soiling it.

## THINGS TO REMEMBER

- Eggs**            A dash of salt added to the whites of eggs makes them whip better. Not a speck of the yolk must get into the whites which are to be whipped.
- Fold the whipped whites into any mixture rather than stir them in, as the latter method breaks the air cells.
- Break eggs one at a time into a saucer, so any can be rejected if necessary and the mixture not be spoiled.
- Add a tablespoonful of water to an egg used for crumbing in order to remove the stringiness.
- Use a double boiler for milk.
- Milk**            Milk is scalded when the water in the lower pan boils.
- A pinch of bi-carbonate of soda mixed with tomato before milk or cream is added prevents the milk from curdling.
- With sour milk, or molasses, use soda instead of baking powder.
- Butter**           Milk and butter should be kept in closely covered vessels, as they readily absorb flavor and odor from other articles.
- Butter added slowly in small bits to creamy mixtures, or sauces, prevents a greasy line forming.
- Crumbs**           Crumbs grated directly from the loaf give a more delicate color than dried crumbs to fried articles.
- Dried crumbs absorb more moisture, and are better for watery dishes.
- Crumbs spread over the tops of dishes should be mixed evenly with melted butter over the fire; this is a better method than having lumps of butter dotted over the crumbs after they are spread.
- When the sauce bubbles through the crumbs on top of a scallop dish, the cooking is completed.
- Meats**           Drippings are better than water for basting meats.
- Meats should not be pierced while cooking.
- Soak salt fish with the skin side up over night. Change the water several times.
- To skim sauces, draw the saucepan to the side of the fire, throw in a teaspoonful of cold water, and the grease will rise so that it can be easily taken off.
- A few drops of onion juice improve made-over meat dishes; not enough need be used to give a pronounced onion flavor.
- Drippings**        The skimming from soups, drippings from any beef roasts, and trimmings from any beef, serve the same uses as lard, cottolene, or butter.
- To extract onion juice, press the raw surface of an onion against a
- Onion Juice**     grater, move it slightly, and the juice will run off the point of the grater.

Chop suet in a cool place, and sprinkle it with flour to prevent its oiling and sticking together. Remove the membrane before chopping it. **Chopping Suet**

Add a few drops of rose-water to almonds to prevent their oiling when chopped or pounded. **Chopping or Pounding Almonds**

To loosen grated peel, or other articles, from the grater, strike the grater sharply on the table.

When mixing a liquid with a solid material, add but little liquid at a time and stir constantly to prevent lumping. **Mixing**

When adding cornstarch, arrowroot, or any starchy material to hot liquid, first mix it with enough cold water, or milk, to make it fluid; pour it in slowly and stir constantly until it becomes clear.

Soak gelatine in a cool place for an hour in cold water or milk. It will then quickly dissolve in hot liquid and have no odor. If jellied dishes do not stiffen, add more gelatine; boiling down will not effect the purpose. **Gelatine**

Grease molds evenly with butter or oil, using a brush. Lumps of butter on the side of molds leave an uneven surface on the article cooked or molded in them. Molds for jellies are not greased. **Molds**

Invert a dish over a mold before turning it, so that the form will not break; also, place it in exactly the right spot before lifting off the mold.

It is desirable to pass all liquid mixtures through a strainer to make them perfectly smooth. **Strainers**

To keep dishes warm until time of serving, place the saucepan in a pan of hot water. **To keep Dishes Warm**

Any flavoring is added after the mixture is cooked, excepting for baked dishes. Wine increases the taste of salt, therefore, where wine is used for flavoring, very little salt should be put in until after the wine is used, when more can be added if necessary. **Flavoring**

Dishes which are to be frozen need an extra amount of sweetening.

Flour raisins before adding them to a mixture in order to prevent their settling to the bottom. **Raisins**

Never slam the oven door, or jar any rising material while it is baking. Anything being cooked for the second time needs a hot oven. **Baking**

## METHODS OF COOKING EXPLAINED

### BOILING

Where the juices and color are to be retained, the articles are put into already boiling salted water. Where the object is to extract the juices, as for soups, they must be cut into pieces, and put into cold water, and the heat of the water gradually raised to the simmering point only.

#### Simmering

To render tough pieces tender, the meat is first put into boiling water and the heat then reduced, and the cooking done at the simmering point.

#### Vegetables

Meat and vegetables should be cooked in a covered pot, with water kept at simmering point, to retain their flavor. An exception to this rule is made in the cases of cabbage and cauliflower. These strong-flavored vegetables will be much less objectionable when cooked in rapidly boiling water in open vessels. Green vegetables should be boiled in open vessels, as high heat destroys their color. All meats should be well tied and skewered, to keep them in good shape while boiling, and, when possible, be placed with the bone side up, so if any scum settles it will not spoil the appearance of the dish. For fish a little vinegar should be put into the water, as it hardens

#### Meat

the meat and helps to prevent its falling apart.

#### Fish

Salt water is used where the object is to keep the flavors in, fresh water where it is to draw them out as in soup, where the salt is not added until the cooking is completed. The rule of not piercing meat, thus letting out its juices, applies to boiling as well as to other methods of cooking. Fifteen minutes to the pound is the rule for mutton or tender meat, a much longer time for tough meat.

Ham is done when the skin peels off easily.

The scum should be taken off the pot when boiling meat.

Milk easily burns, therefore it is safer to use a double boiler for anything containing milk. When using a double boiler, the liquid in the inner pan is scalded when the water in the outside vessel boils.

### BAKING

The baking of many articles is a more important matter than the mixing. There are no definite tests for ovens, therefore one has to learn by careful watching the capabilities of the ovens used. A common trouble is from not having them thoroughly cleaned of the ashes which settle under the ovens and prevent the heat reaching the bottom part. It is usual to have them hotter on the fire side. In this case it is necessary to turn frequently the articles being baked, or, where this cannot be done, to interpose a screen to protect them from burning. Asbestos paper is a convenient thing to place against the side of the oven, or on the shelf of the oven if the excessive heat is on top. A tin, or a piece of brown paper, will ordinarily serve the purpose.

#### Asbestos paper

To lower the heat of an oven, if closing the damper is not sufficient, open the lid of the range over the oven a little way. Sometimes a pan of cold water put on the shelf of the oven will effect the purpose. When baking meats, the oven should be very hot at first, and after the meat is seared the heat should be lowered, so the cooking will be done slowly.

### ROASTING

Roasting is done before the fire, and should not be confused with baking, which is done in the oven. Roasted meats have a distinctly better flavor than baked ones. The latter are likely to taste of smoke unless the oven is frequently opened for basting.

### BROILING

Meat cooked by broiling requires constant watching to prevent burning. Meats for broiling are cut thin, and must be at once exposed to intense heat to sear the surface and retain the juices. Frequent turning not only prevents burning, but gives slower cooking and also prevents the grease dripping into the fire, making a smoke which destroys the flavor of the meat. The rule for broiling is to have bright coals without flame, drafts open to carry off smoke, and meat turned as often as one counts ten.

Chops wrapped tight in oiled paper before being broiled are especially good. The paper will not burn if turned as directed above.

Although broiling with a double wire-broiler over or under bright coals is the approved way, it can be accomplished in a hot pan when coals are not accessible. In this instance a frying-pan is heated very hot, then rubbed with suet to prevent the meat from sticking, and the meat is turned frequently as in the other method. This manner of broiling is recommended only as an expedient, as hot iron does not give the same result as hot coals.

### BRAISING

Meat cooked by braising is shut in a closely-covered pot with a few slices of salt pork (laid under the meat to prevent its sticking to the pot), a mixture of vegetables, cut into dice, a little soup stock or water, and a bouquet of herbs, and cooked slowly in the confined steam. This method of cooking tough or dry meats makes them tender and of good flavor. Braised dishes are much esteemed.

### FRICASSEEING

Meat cooked in this way is first sauted to keep in its juices, then stewed until tender and served in a white or brown gravy, made from the liquor in the pot in which the meat is stewed. Toasted bread and sometimes dumplings are served with it. In the latter case it is called a pot-pie.

**SAUTÉING**

A little fat is put in a shallow pan; when this is hot, the articles to be cooked are laid in and browned on both sides. This manner of cooking is by many miscalled frying, and is largely responsible for the disrepute of frying, as sautéed articles are likely to be greasy and indigestible.

**FRYING**

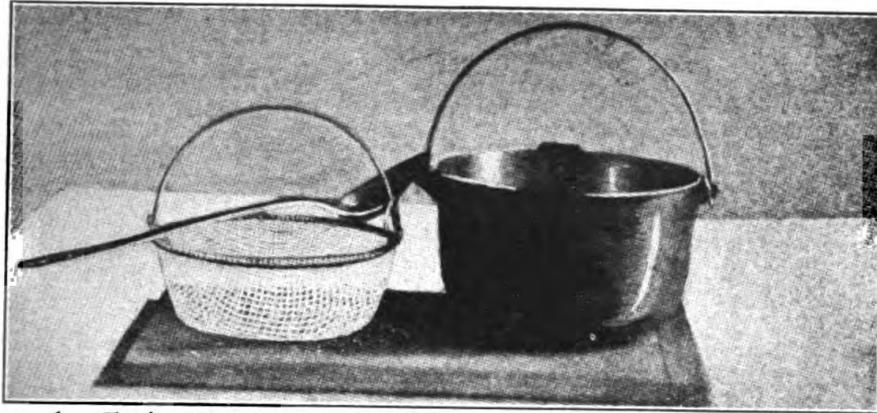
Frying is cooking by immersion in very hot fat. The success of frying depends upon the fat being sufficiently hot, and enough fat being used to completely cover the articles cooked in it. A kettle for frying should be kept for that purpose alone, and started with enough fat to fill it two-thirds full. Olive-oil, lard, crisco, drippings, or any mixture of them, serve the purpose. When properly used but little fat is consumed, and the pot can be easily replenished with the right quantity for its next use. Each time, after using the fat, a slice of raw potato should be dropped in to clarify it; it should then be strained through a cloth and returned to the pot, be covered when cold, and set away until again wanted. This fat can be used for potatoes, and anything which is coated with egg and crumbs. If fish without this coating are fried in it, it will then be unsuitable for other purposes. A pot of fat will with care last for months, but should be clarified as often as necessary (see below). When the fat is to be used, the frying-kettle should be placed on the range an hour before the time it is needed. It will then become gradually hot, and at the right moment can be quickly raised to the smoking heat needed for frying. It takes some time for fat to reach this temperature; and if this preparatory measure is not taken, a cook, when hurried, is likely to use it before the right heat is attained, or to place it on the open fire, which is attended with great danger. Many persons are seriously burned from this imprudence. When the articles to be fried are prepared, the wire basket should be dipped into the fat to grease it, the articles laid in, a few at a time, without touching one another, the basket hung on an iron or wooden spoon, and slowly lowered into the fat. Too many articles must not be put in at the same time, or the heat of the fat will be too much reduced. Spattering is caused by water contained in the articles being turned to steam and throwing out the fat; hence, one reason for making them very dry and of lowering them gradually into the fat. When fat is sufficiently hot it at once sears the outside of everything placed in it, and forms a crust through which the grease cannot penetrate and be absorbed by the food. Egg and crumbs are used for the purpose of thus encrusting the outside of made dishes, like croquettes. The mistake should not be made of leaving articles too long in the fat; a lemon color, which is the one desired, is quickly attained. When lifted from the fat, the basket should be held for a few minutes, or until through dripping, over the kettle, which is the hottest place to be found, the articles then

**Heating the fat**

**Spattering**

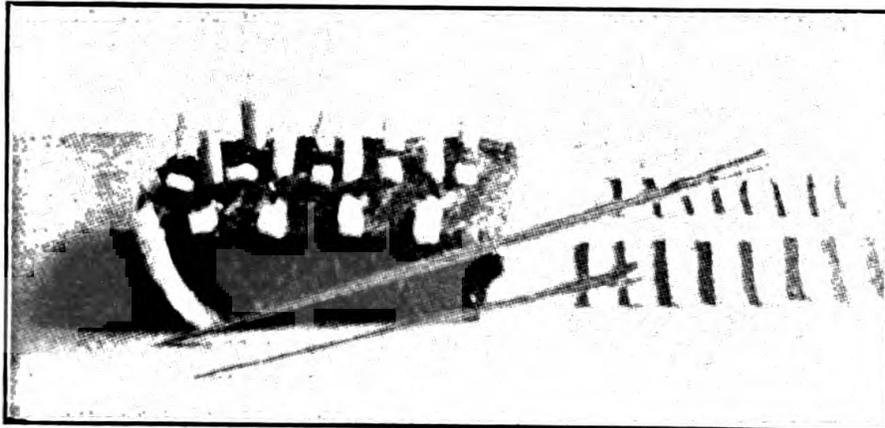
**Color of fried articles**

二 鐵絲籃及挑籃之鐵匙



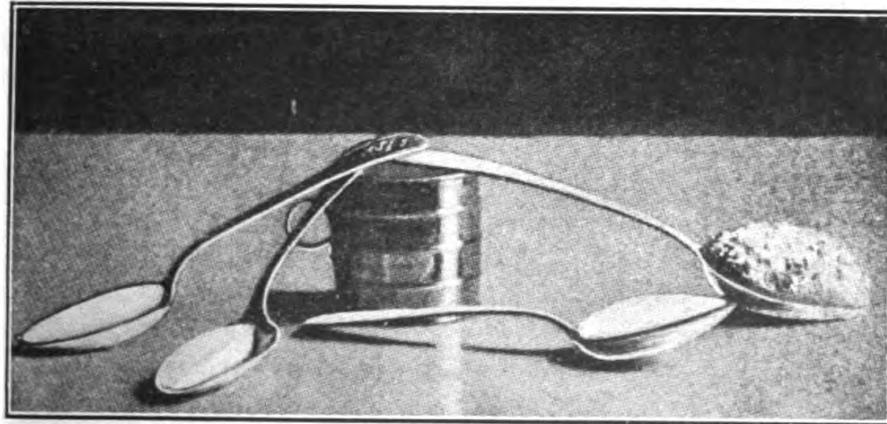
一 炸罐

1. Frying Kettle.
2. Wire Basket and Iron Spoon for lifting the Frying Basket.



一 穿標肉 二 穿標針 三 穿標肉條

1. Piece of meat Larded. 2. Larding Needles. 3. Lardoons.

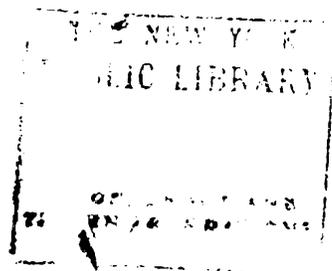


MEASURING CUPS AND SPOONS.

1. Tin measuring cup holding one half-pint.
2. Spoonful of salt, pepper or spices.
3. One-half spoonful.
4. Spoonful of flour, sugar, or butter.
5. Heaping spoonful.

圖 匙 杯 度 量

匙滿一五 匙一塔白或糖粉麵 四 匙半三 匙一料香或椒胡鹽 二 杯量鐵特配半一



placed on a brown paper without touching one another, and set in the open oven, until perfectly dry. If so treated the grease will evaporate, and the articles become so free from it as not to leave a mark on the napkin on which they are served. Articles properly prepared and fried in this manner can be no more unwholesome than meat which is basted with drippings. The fat should be given time to again rise to the smoking heat before a second basketful of articles is immersed. When frying articles which take a little time to cook, the pot should be drawn to a cooler part of the range, after the first few minutes. The coating will then be formed, and the cooking can proceed more slowly, and the articles will not brown too much before they are cooked. Croquettes, being made of cooked meat, need to remain in the fat only long enough to color and become heated.

#### TO CLARIFY FAT

When fat becomes discolored and unfit for use, stir into it when melted one half teaspoon of baking soda and a quart of water. Let it boil for a little time, take off the scum that rises, and set the pot aside until cold. Remove the cake of grease, scrape off all the impurities, put it again on the fire, where it will melt but will not be agitated, and let it remain undisturbed until all the water has evaporated and the remaining impurities have settled to the bottom; then pour off the clear grease. When fat bubbles it means there is water in it, not that it is hot. **Bubbling fat**

#### TO TRY OUT SUET AND OTHER FATS

Cut the fat into pieces, place it in a shallow pan over moderate heat until the fat is melted, then strain it through a cloth. There will be no odor from the fat if not placed where it becomes too hot. All kinds of fats are good for frying except mutton fat, turkey fat, and fat from smoked meats.

#### TO PREPARE ARTICLES FOR FRYING BY COVERING THEM

##### WITH EGG AND CRUMBS

All scraps of bread should be saved for crumbs, the crusts being separated from the white part, then dried, rolled, and sifted. The brown crumbs are good for the first coating, the white ones for the outside, as they give better color. Where a very delicate color is wanted, bread grated from a stale loaf or rubbed through a coarse sieve gives better results; the fresh crumbs need not be very fine. Cracker crumbs give a smooth surface and are better for oysters than bread crumbs, but for most things bread crumbs are preferable. For meats a little salt and pepper, and for sweet articles a little sugar, should be mixed with the crumbs. Crumbs left on the board should be dried, sifted, and kept to be used again. **The Crumbs**

The whole egg is generally used. The white alone will serve, but not the yolk alone. **The egg**

Molding

The albumen quickly coagulates when put into the hot fat, and forms a coating through which the grease will not penetrate. To one egg is added one tablespoon of water, so as to make it thin enough to run and remove the stringiness of the egg; these are beaten lightly together, but should not be foamy, as bubbles break and leave holes for the grease to enter. Where delicate color is wanted, it is better to use the white of the egg only and fresh crumbs. Turn the crumbs on to a board; roll the articles first in the crumbs to dry them well, then place them in the beaten egg one at a time, and with a spoon pour the egg over and moisten them thoroughly, return them to the board, and completely cover them with crumbs. Soft, creamy mixtures like croquettes require delicate handling, and are easier to manage if first made into a ball, molding them into shape being left until the second crumbing, at which time they can be rolled into cylindrical form and the ends flattened by dropping them lightly on the board. They will keep their shape better if, after being prepared, they are allowed to stand an hour or more before being fried.

### LARDING

Cutting lardoons

Larding is drawing small pieces of salt pork through the surface of meat. It is easily done, and so much improves lean, dry pieces of meat as to well repay the trouble. The pork for larding is best cut lengthwise with the rind, and that nearest the rind is the firmest. Cut it into slices, one quarter inch thick, and then into strips one quarter inch wide and two inches long. The lardoons can be made firmer by placing them on ice, but ordinarily this is not necessary. The larding needle holding a lardoon is pressed through the surface of the meat, taking a stitch about a quarter inch deep and an inch long, then drawn through, leaving the lardoon projecting on both sides. The stitches should be taken at regular intervals, so as to appear ornamental, and when all the lardoons are in they should be cut even. For birds or small pieces, the lardoons would of course be cut of a size to suit the needle used.

### DAUBING

Daubing is cutting through the entire thickness of the meat in several places and inserting lardoons of salt pork. The cut is made with a thin, sharp knife.

### BONING

Fowls

Meats

Cutting the meat free from the bones, leaving the meat whole, is called boning. This is easily done with a sharp-pointed knife. Chops with the bones removed, the tail ends wrapped around the meat and secured with wooden toothpicks or with small skewers until cooked, resemble in form filets mignons.

### HOW TO STONE OLIVES

With a sharp-pointed knife cut through the olive to the stone on the blossom end and pare off the meat, turning the olive around three times, keeping the knife at not too sharp an angle close to the stone. The meat will then be in one curled piece, which can be pressed into its original shape again.

### HOW TO EXTRACT ONION JUICE

Cut an onion across and press it against a coarse grater, moving it a very little; the juice will then run off the point of the grater.

### CARAMEL

Caramel is used to color soup, gravies, etc., and serves also as a flavoring for puddings. It must be used with care for coloring, as it also sweetens. The flavor of caramel depends upon the degree to which the sugar is cooked before the water is added. It grows stronger as it becomes browner.

Put one half cup of granulated sugar and two tablespoons of water into a granite-ware saucepan, stir until the sugar has melted, then let it cook without stirring until it has turned dark brown, but not black, then add one half cup of hot water, and let it simmer until the sugar is dissolved and cooked to a thin syrup.

### TO MAKE ROUX

Put one tablespoon of butter into a saucepan. When it bubbles add one tablespoon of flour and let them cook together for a few minutes, stirring all the time. If it is to be used as thickening for a white sauce or soup, do not let it color. If for brown soup or sauce, let it become brown. This amount is sufficient to thicken one cupful of milk or of stock, to make a sauce, or to thicken one pint or more of soup.

### TO MARINATE

Make a mixture in the proportion of three tablespoons of vinegar to two of oil, one teaspoon of salt, one quarter teaspoon of pepper, one bayleaf, one teaspoon onion juice, and a sprig of parsley. Put it on a flat dish and lay any cooked or raw meat in the marinade for an hour or more before using, turning the pieces often. Enough flavor is absorbed to much improve meats or fish to be used for salads, fish to be fried or boiled, and other cases given in recipes. The onion juice may be omitted.

### SALPICON

A salpicon is a mixture of cooked meats, which are cut into dice and combined with a sauce, mushrooms and truffles. Chicken, sweetbreads, and tongue mixed with mushrooms and truffles and moistened with a Bechamel

sauce, is a combination often used. Salpicon is used in timbales, patties, and vol-au-vent. A mixture of fruits seasoned with sugar and wine is also called a salpicon.

### SEASONING AND FLAVORING

**Condiments** The savoriness of a dish can often be much enhanced by adding a few drops of Worcestershire sauce, of mushroom or tomato catsup, of kitchen bouquet, by a few celery seeds, a bay-leaf, or a sprig of some dried herb. A little tarragon vinegar or a few capers will often much improve a salad.

**Almonds  
Orange peel**

A half dozen chopped almonds will greatly improve a bread pudding or any other simple dessert. A few shreds of candied orange peel will give a delicious flavor to puddings, sauces, and cake.

A flavor of almonds, orange or rose-water, sherry, or maraschino, will be an agreeable change from vanilla, and much more wholesome.

### CROUTONS AND CROUSTADES

Croutons or crusts are used in pea, bean, and all cream soups, for garnishing all kinds of stewed dishes, and for any dish with which toast would be acceptable. When cut large and filled they are called croustades.

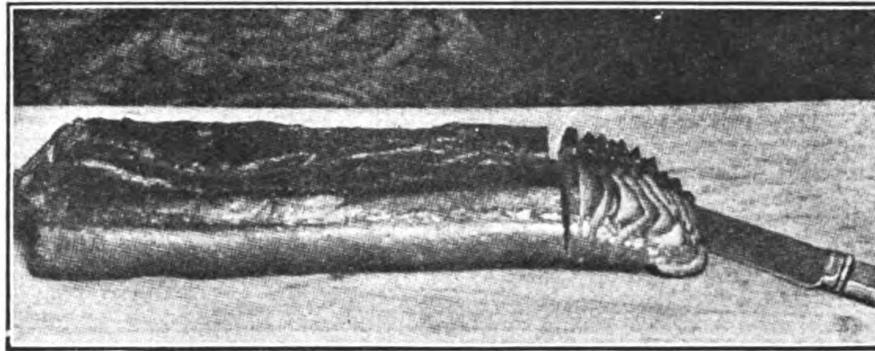
To make croutons or croustades, cut bread into the desired shape and saute the pieces in hot butter, or dip them in melted butter and toast them carefully in the oven, turning frequently, so they will be evenly colored; or they may be fried in smoking-hot fat. They should be crisp and dry and the color of amber.

They are made of various sizes and shapes. For soups the bread is cut into cubes one quarter inch square or into fancy shapes; for garnishing meat dishes they are cut into diamonds, squares, triangles, and circles; for sippets to eat with boiled eggs, into strips one half inch wide and four inches long; for poached eggs, into circles four inches in diameter.

**For Soups** To make croutons for soup, cut bread into slices one quarter of an inch thick, take off the crust, then cut it into strips one quarter of an inch wide and then across into even squares; or with vegetable cutters cut the sliced bread into fancy shapes.

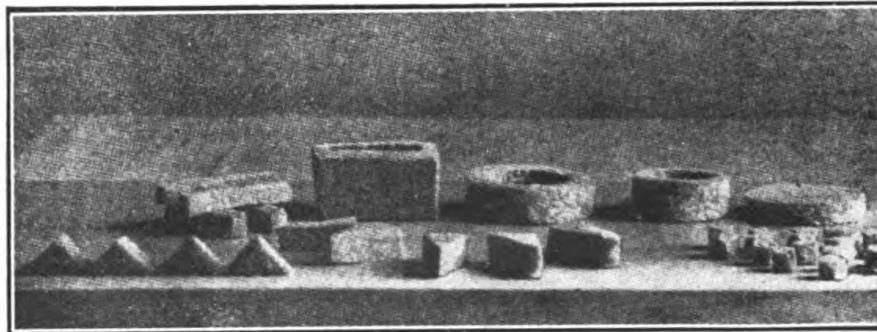
**Triangles** For triangles, cut a slice of bread one half inch thick, then into strips one and a quarter inches wide, then into pieces two or three inches long, then diagonally across.

**Pyramidal Pieces** For pyramidal pieces, cut the bread into one inch squares and cut diagonally across the cube. When used for garnishing they may be moistened a little on one side with white of egg, and will then stick to the dish sufficiently to hold in place. A circle of pyramidal pieces makes a good border to inclose minced meat, creamed fish, etc.



切鹹肉

Cutting Bacon.



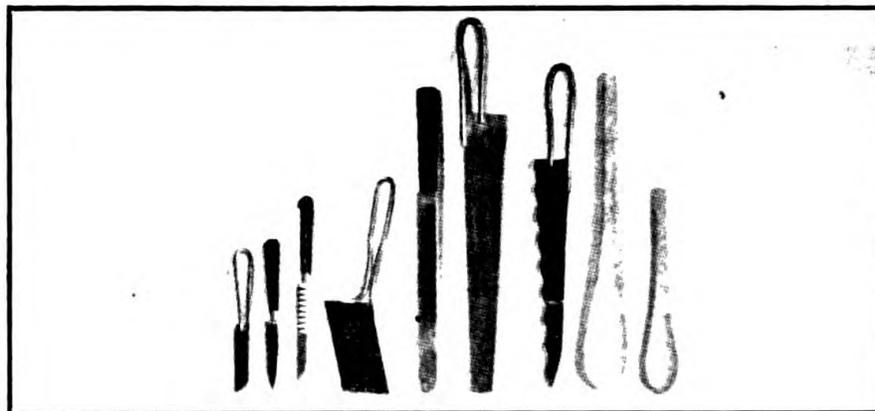
八七五  
作裝飾之三角塊  
配湯之克羅吞

克羅吞與克羅斯他  
配蛤蛋之浸軟饅頭  
作邊之尖形饅頭塊  
三二一  
四六饅頭盒

1 2 3 4 5 6 7 8

CROÛTONS AND CROUSTADES.

1. Sippets to use with boiled eggs.
2. Pyramidal Pieces for Borders.
- 3,4,6. Bread Boxes.
5. Triangles for Garnishing.
7. Croustade for Poached Egg, Creamed Meats, etc.
8. Croûtons for Soups.



八七五  
九 饅頭式餅刀  
小 木匙

三二一  
小尖刀為切蔬菜出骨之用  
起槽刀如切番薯條式切蔬菜  
成花之用  
特勒刀可作麵食用

1 2 3 4 5 6 7 8 9

SOME USEFUL UTENSILS.

- 1,2. Small Pointed Knives for Vegetables, Boning, etc.
3. Fluted Knife for cutting potato straws, or cutting vegetables into fancy shapes.
4. Tuller Knife. Useful for pastry and all work done on a board.
5. Broad-bladed Knife or Spatula.
6. Saw.
7. Bread or Cake Knife.
- 8,9. Small Wooden Spoons.



Circles for poached eggs are cut with a biscuit cutter three inches in diameter, and may be toasted in the ordinary way if preferred. **Circles**

For boxes cut bread from which the crust has been removed into pieces two and a half inches thick, two and a half inches wide and three and a half inches long, then with a pointed knife cut a line around the inside one half of an inch from the edge and carefully remove the crumbs, leaving a box with sides and bottom one half inch in thickness. The boxes may be cut round if preferred, using two sizes of biscuit cutters. They are browned the same as other croutons, and are used for creamed spinach, creamed chicken, creamed fish, etc. **Boxes**



**“The Hills, Whence Cometh My Help”**

**What bring you to the hills?**

**All my ills!**

**All my disappointments keen;**

**All the shadows in my skies;**

**All the bitterness that lies**

**My heart and the world between:**

**All that wounds and kills.**

**What bring the hills to you?**

**Healing dew!**

**Restful spaces for my eye;**

**Soothing sense of airy height;**

**Stars, and the tranquil dawn of light;**

**Peace in the wide protecting sky,**

**And heaven's voice speaking through.**

**—HELEN COALE CREW.**

**PART II**  
**RECIPES**

# CHAPTER I

## SOUPS

### 1. GENERAL DIRECTIONS

Soups are most nutritious and have a very wide range, extending from the clear, transparent soups, to the heavy varieties which contain enough nourishment for a meal in themselves.

The stock-pot should be on every range, and its contents ever ready to be drawn upon, not only for soup, but sauces, and for flavoring the numerous dishes which can be enriched and improved by stock.

When the nutriment is extracted from one collection of materials the stock should be strained off, the pot thoroughly cleaned, and a new stock started as soon as enough materials have again accumulated. In China it is not desirable to use a stock-pot unless the mistress is willing to oversee its proper care.

The many kinds of soups are variations of the few kinds of stock.

The brown stock is made from beef, or from beef, veal, and fowl combined, and mixed vegetables.

**Brown  
Stock**

White stock is made of veal and chicken together, or from veal alone, seasoned with onion, celery, white pepper, and salt, nothing being used which will give color.

**White  
Stock**

Chicken stock is made from the fowl alone, and seasoned with celery, white pepper, and salt.

**Chicken  
Consomme or  
Broth**

Cream soups are made without stock, the basis being vegetables boiled and mashed to a purée by being pressed through a colander or sieve, then mixed with cream or milk and seasoned.

**Cream Soups**

The meats used for soups are: The lower or tough part of the round, the shin, and the neck pieces of beef, the knuckle of veal, and fowls. Mutton is not used except for mutton broth. A very little ham is sometimes used; game also gives good flavor.

**Soup Meats**

Bones contain gelatine and cause the stock to jelly when cold.

The soup vegetables are onions, carrots, turnips, and celery. They are cut into small pieces and are sometimes fried before being added to the soup pot.

**Soup  
Vegetables**

Parsley wrapped around peppercorns, cloves, bayleaves and other herbs, excepting sage, and tied, makes what is called a bouquet. In this shape the herbs are more easily removed.

**The Bouquet**

**Proportions**

The proportions are one quart of cold water to a pound of meat, and to four quarts of water one each of the vegetables of medium size, named above, two sticks of celery and a bouquet containing one root of parsley with leaves, one bay-leaf, twelve peppercorns, six cloves, one sprig of thyme, and sweet marjoram if desired.

**The order of preparing Soup**

*In making good soup the first essential is a perfectly clean pot.* We would emphasize the word clean. First have the pot thoroughly washed with soda and water to remove any grease, then scoured with sapolio to take off any bits of burned or hardened matter.

The meat should be wiped clean with a wet cloth and carefully examined to see if there are any tainted spots, then cut into pieces about one and a half inches square (except in the case where a round of beef is used, which is to be removed when tender and served as bouilli). The meat and bones must be put into cold water in order to extract the juices, and never be allowed to boil. Slow cooking best effects the object desired. After the meat has stood fifteen minutes in cold water, put it on the fire, cover, and let it come slowly to the simmering-point, then place on the back of range to simmer for six hours or more. An hour before the cooking is completed, add the vegetables, cut into small pieces. When the soup is to be served clear, it is well to remove the scum as it rises, but this is not essential, for much of it comes off when the soup is strained, and perfectly clear soup requires clarifying in any case.

**Removing the Grease**

When the soup has simmered five or six hours, it should be strained into an earthen bowl and left to cool uncovered. Under no circumstances let it stand in the pot after it is cooked. The grease will rise to the top and form a cake which can be easily removed when cold. Any little particles which may stick to the jelly may be wiped off with a cloth wet in hot water. Where a quantity of stock is made at one time, it is well to strain it into two or even three bowls; the grease forms an air-tight cover and will help to keep it from souring. Stock should be made the day before it is to be used in order to let the grease rise and the floating particles settle, but where it is needed at once, the grease that cannot be skimmed off with a spoon can be absorbed by passing tissue paper over it carefully.

**Clarifying**

Soup can be made perfectly clear by taking the jellied stock from which every particle of grease and sediment has been removed, and stirring into it, while cold, the slightly-beaten white and crushed shell of one egg to each quart of stock. It must be stirred constantly until the soup is hot enough to coagulate the albumen, by which time it has thoroughly mixed with and imprisoned the fine particles which cloud the liquid. Let it boil violently for five minutes, then let it stand five minutes longer on the side of the range to settle. Strain through a fine cloth laid on a sieve. Let it drain through without pressing. In some cases a small

bit of lemon rind used with the egg in clearing gives a pleasant flavor to the soup. After clearing it will ordinarily need to be heated again before serving. In high-class cooking, soups are cleared with chopped raw meat or chicken which adds to, instead of detracting from, the richness of the soup.

It will be difficult if not impossible to make a perfectly clear and brilliant soup from stock where bones have been used, if the stock has been subjected to boiling heat. Boiling dissolves the lime in the bones, and this gives a cloudiness which clarifying will not entirely remove.

If a deeper color is wanted, it may be obtained by adding a very little caramel. Artificial coloring is not so good as that obtained by browning the vegetables and part of the meat before adding them to the soup pot. **Coloring**

The meat soups are called broths, bouillon, or consommé, according to their richness. **Names**

The purees are thick soups made with or without stock, the basis being mashed vegetables or meat pounded to a paste.

Stock made of meat alone will keep better than where vegetables are used. In warm weather it is well to have it so prepared. **Meat Stock**

## 2. FOR MACARONI, NOODLE, VERMICELLI, VEGETABLE OR PRINTANIERE, JULIENNE, TAPIOCA, AND CROUTE-AU-POT SOUPS,

Take as much of the beef stock as will be needed, allowing one half pint for each person, remove all the grease, heat it, and season. Just before serving add any of the above articles, which must have been boiled separately. The soup will then have the name of the ingredient used.

Julienne does not differ from the vegetable soup except in the form given the vegetables. For julienne, the outside or deep yellow of the carrot, turnip, and celery are cut into thin, thread-like pieces about two inches long. The shredded vegetables must be boiled before being added to the soup, and care used to prevent their breaking or becoming too soft to hold their form, or they may be fried in butter until tender. Green peas, asparagus tips, and flowerets of cauliflower may also be added. **Julienne**

Any vegetables may be used for vegetable soup, but judgment should be shown in the combination. They may be made ornamental by being cut into fancy shapes or into balls or they may be cut into dice. **Printaniers**

Pearl tapioca boiled to clearness makes a very pretty thickening to clear soup. **Tapioca**

**Croute-au-Pot** Small pieces of toast or thin shavings of stale bread are added just before serving to make the croute-au-pot. The soup should be served before the bread dissolves or gets very soft.

For julienne, tapioca, and croute-au-pot, the soup should be perfectly clear and a deep amber color.

### 3. THICKENING FOR SOUPS

Roux\* makes the best thickening for soups which are not clear, using brown or white roux according to the color of the soup. Thin the roux with a little soup, so it will be smooth before adding it to the soup kettle. Roux added to pea, bean, and potato soups prevents their separating.

A thickening of eggs is made as follows: Beat two or three yolks and dilute them with  $\frac{1}{2}$  cup of cream or cold soup. Stir in a few spoonfuls of the hot soup to warm it. Remove the soup from the fire and stir in slowly the egg mixture, return it to the fire to cook the egg, but do not let it boil, or it may curdle.

Clear soups are sometimes thickened by using one teaspoon of arrowroot to a quart of soup. Mix the arrowroot with a little of the cold soup, turn it into the hot soup, and cook until it becomes clear. A clear soup so thickened may be flavored with sherry.

### 4. BEEF OR BROWN STOCK

8 lbs. Shin of Beef	1 Onion
8 quarts Cold Water	1 Stick Celery
1 Medium sized Carrot	12 Peppercorns
1 " " Turnip	6 Cloves
1 Parsley-root and Leaves	1 Tablespoon Salt

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## GARNISHES FOR SOUPS

### 1. ROYALE—A CUSTARD TO SERVE WITH CONSOMME

2 yolks,  $\frac{1}{2}$  teaspoon salt, 1 entire egg, Dash of cayenne,  $\frac{1}{2}$  cup beef stock.

Beat the eggs well, but not to a froth. Add  $\frac{1}{3}$  teaspoon salt and one half cup of clear beef stock. Pour the mixture into a small pan or flat dish, so it will be about  $\frac{1}{2}$  inch deep. Set the pan into another one containing hot water and place them in a very moderate oven, so that the custard will set without bubbles and without browning on top. Let the custard become perfectly cold. Without removing it from the pan, cut it into cubes  $\frac{1}{2}$  inch square, or into fancy forms, with vegetable cutters. Allow three or four pieces to each portion of soup.

\* See White Soup, page 8, et. seq.

## 2. FORCE-MEAT BALLS

Chop any cooked meat very fine, season highly with salt, pepper, thyme, onion juice, lemon juice, and herbs if desired; add enough yolk of egg to moisten and bind the meat. Mold into balls  $\frac{1}{2}$  inch in diameter, roll in flour, and poach in boiling water, or they may be fried in butter. Force-meat balls may also be made of raw meat prepared as for timbale paste.

## 3. EGG BALLS

Rub to a paste, with a wooden spoon, the yolks of hard-boiled eggs; season with salt, pepper, butter; add enough raw yolk to bind the paste; form it into balls half the size of a natural yolk; roll them in white of egg and then in flour, and poach the balls in boiling water for a few minutes. Three yolks will make five balls. One ball is enough to allow to each portion of soup.

## 4. NOODLES

Several dishes may be made from noodles.

To 3 eggs (slightly beaten) mixed with 2 tablespoons of water and a little salt, add enough flour to make a stiff dough; work it well for 15 or 20 minutes, adding flour when necessary. When it is smooth and elastic, cut off a small piece at a time and roll it as thin as a wafer. It can be rolled very thin by placing a cloth under it. Sprinkle the thin sheet with flour, and roll it into a rather tight roll. With a sharp knife cut it, from the end, into threads, if for soup; if to use as vegetable, into ribbons one quarter inch wide. Let them dry an hour or more. They will keep the same as macaroni.

## 5. NOODLES SERVED AS A VEGETABLE

Throw a few noodles at a time into boiling, salted water; boil them until they are done, separating them carefully with a fork to prevent their matting together. Skim them out when done, and keep on a warm dish on the hot shelf until enough are cooked. Season with butter. Put them in the dish in which they are to be served, and sprinkle with bread crumbs browned in hot butter to a golden color. This dish may be served with fish, meat, or as a course by itself. Noodles may also be cooked like macaroni, with cheese.

## 6. NOODLE BALLS

Take some of the noodle paste made as directed above. Roll it as thin as possible, then place it on a floured napkin and roll until it is as thin as paper; fold it double, and cut into circles  $\frac{1}{4}$  inch in diameter, using a small vegetable cutter or pastry bag tube. Fry them in smoking hot fat, tossing them in the frying basket so that they will color evenly. They will puff into

balls and color in one minute. Drain and place them on paper on the hot shelf. Sprinkle them on the soup after it is in the tureen, or better pass them, as they soften very quickly.

### 7. MARROW BALLS

Melt a tablespoon of marrow and strain it through a cloth, or fine sieve, into a bowl; beat it till creamy, then add an egg and beat again thoroughly. Season with pepper, salt and a little nutmeg. Add to this mixture as much soft bread as it will moisten. Roll it into small balls and poach in boiling water. Place them in the soup just before serving.

### 8. SWEET POTATO BALLS

Mash some cooked sweet potatoes, season with butter, salt, pepper, and nutmeg, and a little grated cheese. Moisten with beaten egg; roll into small balls and poach in boiling water. Put the balls into the soup the last thing before serving.

### 9. GREEN PEA TIMBALE FOR SOUP

Mix  $\frac{1}{2}$  cup mashed green peas with one tablespoon soup stock and 3 whites of eggs; season with salt, pepper, and a little nutmeg. Beat well together and place in a small mold or flat tin. Set the mold into hot water and place in slow oven until the mixture is set. When it is firm, unmold, cut into small cubes, and put them in the soup just before serving.

### 10. HARLEQUIN SLICES

Cut into small squares some cooked carrots, turnips, and string beans. Arrange them in timbale cups, mixing the vegetables together; fill the cups up with royale mixture. Set them into hot water and cook in slow oven until the custard is firm. Unmold when cold, and cut with a sharp knife into slices one eighth of an inch thick. Place these in the soup just before serving.

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## BROTHS

### 1. CHICKEN BROTH

1 fowl,  $\frac{1}{2}$  cup rice, 4 quarts cold water, salt and pepper.

Clean the fowl carefully; wash it with a wet cloth; cut it into pieces and remove the fat. Place the joints in a saucepan with a quart of water to each

pound of fowl. Let it simmer until the meat is tender; then remove the breast; after four hours take it off and strain it through a sieve. Let the soup stand until the grease rises; then carefully remove it, and put the soup again in the saucepan, add the breast of the chicken cut into dice, and the half cup of rice; season with salt and pepper and cook until the rice is tender.

## 2. CLAM BROTH

12 large hard-shelled clams for 1 pint of broth.

Boil the clams and juice for twenty minutes; strain and let it stand to settle; strain it again carefully into a saucepan, and let it boil up once; season with butter and pepper—no salt—and serve in cups with whipped cream on top.

To open the clams and obtain the juice, place the clams, after they have been carefully washed with a brush and clean water, in a saucepan; add two tablespoons of hot water; cover and let them steam until the shells open; then strain off the liquor.

## 3. MUTTON BROTH

The neck or shoulder-pieces may be used for broth. The meat should be cut into pieces and the fat removed. To each pound of meat add one quart of cold water; simmer for four or five hours; strain it into an earthen bowl; when ready to serve, remove the grease, and add to each quart of stock one stick of celery, two tablespoons of rice, season with salt and pepper and boil until the rice is soft.

The water in which a leg of mutton has been boiled will make a good mutton soup, but is not rich enough for a broth to be served to an invalid.

## 4. BROTH MADE QUICKLY FOR INVALIDS

Broth may be made quickly by chopping lean meat to a fine mince. To a pound of meat add one pint of cold water; let soak for 15 minutes; then let slowly boil for half an hour; season and strain.

## 5. SCOTCH BROTH

3 quarts cold water, 1 leek, 3 pounds scrag end mutton, 1 carrot, 1 onion, 1 turnip, 1 strip celery, 1 dessertspoon finely chopped parsley, 2 tablespoons Scotch barley, salt, pepper.

Cut the meat into small pieces, put into stewpan with water and a teaspoon salt, and cook gently for two hours. Wash the barley, cut the vegetables into dice, add them to the broth and cook for another hour, making three hours in all. Strain and return the broth to the stewpan. Cut the meat into small pieces, carefully remove any fragments of bone from the vegetables and the barley, and add them to the broth. When quite hot season and serve.

## CLEAR SOUPS

### 1. BOUILLON

(3 Pints, Time 5 Hours)

3 lbs. of beef cut from under side of round and chopped to a mince, 2 sticks of celery, 1 bay-leaf, 2 cloves, 3 quarts cold water, 6 peppercorns, 1 onion,  $\frac{1}{2}$  carrot, 1 sprig parsley, 1 teaspoon salt added just before taking the soup off the fire.

Take the beef cut from the lower part of round, remove all the fat, and chop the meat to a fine mince. Place the chopped meat in a saucepan with three quarts of cold water, and let it stand one hour; then put it on the fire, cover, and let it come slowly to the boiling point, taking off any scum that rises. Then place it where it will only simmer. After it has simmered for four hours add the vegetables cut into dice, and the spices, and let it simmer for one hour longer. Strain it into an open earthen bowl and let it cool without covering.

When ready to use remove grease, season if necessary, with pepper and salt, and put into saucepan with  $\frac{3}{4}$  pound of lean meat chopped fine, and the white of one egg. Stir until it boils; let it boil for 15 minutes. Lay a fine cloth on a sieve and strain the bouillon without pressing. It should be perfectly clear and of the color of amber. It can be served in cups. A little sherry may be added if liked.

### 2. CONSOMME

4 lbs. lower part of round beef, 4 lbs. knuckle of veal, 2 sprigs of parsley, 15 peppercorns, 2 tablespoons butter, 3 cloves, 6 quarts cold water, 1 inch square of cinnamon, 1 large onion, a little thyme,  $\frac{1}{2}$  carrot, a little marjoram, 3 stalks of celery, a little summer savory, 1 tablespoon of salt, 2 bay-leaves.

Cut the beef into pieces one inch square. Remove the veal from the bone, and cut it also into small pieces. Put one tablespoon of butter into a clean soup pot with the pieces of meat, and stir over a hot fire until the meat is browned, care being taken that it does not burn; then add one quart of water, and let it cook about one hour. Then add 5 quarts of cold water and let it come slowly to the boiling-point. Set the soup pot back on the fire and let the soup simmer for 6 hours. Remove the scum from time to time as it rises. One hour before the time for removing the soup add vegetables, which have been cut fine and browned in one tablespoon of butter. Add also the herbs and spices, and one tablespoon of salt. After removing the soup, strain through a fine cloth, laid on a sieve, into an earthen bowl, and let it cool without covering. A fowl added to this recipe will give the soup a more delicate flavor. If used it should be put in the pot at the time the 5 quarts

of water are added. If a chicken is used it may be removed from the stock when tender and used for other purposes.

This recipe gives a perfectly clear, brilliant soup after it is clarified.

### 3. OX-TAIL SOUP

2 ox-tails, 1 onion, 1 tablespoon of drippings, or bit of salt pork, 1 stick of celery, 4 quarts cold water, 1 root of parsley, 3 cloves, 6 peppercorns, 1 tablespoon of salt.

Cut the ox-tails into pieces, separating them at the joints. Sauté the onion and the ox-tails in the drippings to a delicate brown. Put the meat in the soup pot with 4 quarts of cold water. Let it come to the boiling point; add the vegetables and spices, and simmer for 4 hours, then add the salt. Strain, take off the grease. Select some of the pieces of ox-tail, one piece for each portion, and place them in the tureen with the soup. Ox-tails are gelatinous and make a smooth soup.

### 4. WHITE STOCK

1 knuckle of veal, 1 onion, 1 fowl, 2 stalks of celery, bouquet of herbs, 1 small turnip and 1 small carrot cut into dice.

Cut the meat from the bone. Wash the skin of the fowl. Allow one quart of cold water to each pound of meat and bone. Place all in the kettle. Cover and let simmer for 4 or 5 hours. Strain into an earthen bowl, and let cool uncovered.

White stock may be made of veal alone. If a fowl is used, the breast and second joints may be removed when tender, and used for other dishes (croquettes, soufflé, imperiale, &c). A part of the veal may also be removed and used for veal loaf.

### 5. WHITE SOUP

1 pint white stock, salt and pepper to taste, 1 pint milk or cream, chicken, veal, or celery (cut into small dice) or rice, 1 tablespoon butter, 1 tablespoon flour.

Put one pint of milk or cream into a double boiler; add to it one pint of white stock, and a white roux made of one tablespoon of butter and one tablespoon of flour cooked together but not browned. Dilute the roux to smoothness with a little of the cold milk before adding it to the soup. Let it come to the boiling point. Season to taste, and strain into the tureen; then add one tablespoon or more of chicken breast, veal or celery (cut into small dice) or rice. If desired two or more of these may be used, and the yolk of a hard boiled egg, pressed through a sieve, sprinkled over the top. This quantity gives but one quart of soup; enough to serve four.

### 6. CHICKEN CONSOMME OR STOCK

Place a fowl cut into pieces in 4 quarts of cold water; let come slowly to the boiling point; then draw it to the side of range and simmer for 3 hours. At the end of this time add one slice of onion, 2 sticks of celery, one tablespoon of salt, one saltspoon of pepper, and simmer one or two hours longer; strain into an earthen bowl, and let cool without covering.

This stock may be cleared the same as beef stock, and served in cups for luncheon. It may also be mixed with gelatine, cleared, and used for aspic, in Russian salads, jellied chicken, etc.

The meat from the breast and second joints may be removed from the stock-pot, when tender, and reserved for timbales, croquettes, patties, etc.

If this soup is not rich enough, it can be reduced by opening the lid of the pot, after it has simmered the required time, and allowed to boil uncovered until as rich as desired.

### 7. CLEAR SOUP (For 8 persons)

Fry 1 pound round steak. Put into 2 quarts cold water with 2 sticks celery, 1 onion,  $\frac{1}{2}$  carrot, 1 bay leaf, 2 cloves, 6 peppercorns, parsley, and 1 teaspoon salt. Put the salt in just before removing from fire. Simmer slowly for 5 or 6 hours. Strain and clear with white of egg.

### 8. BOUILLON (Simple)

Cover a good beef bone with cold water, add about a tablespoon salt, and let simmer slowly all day. It should be reduced nearly one-half or until it forms a rich stock. Remove meat and bones and keep in a cool place over night. In the morning skim off every particle of fat from the stock. Heat again and strain through a fine cloth until perfectly clear, then season with salt and a little cayenne pepper; a small quantity of beef extract improves the colour and adds more strength if desired. Have a slice of lemon in each bouillon cup and serve very hot. This is an economical way of making bouillon, and if directions are strictly followed, will be found quite as satisfactory as when made from beefsteak.

### 9. TOMATO BOUILLON

Put one can of tomatoes with  $1\frac{1}{2}$  quarts of stock over the fire. Add one tablespoon of chopped onions, 2 bay leaves, 4 whole cloves, one level teaspoon celery seed, and  $\frac{1}{2}$  teaspoon pepper. Cover and cook 20 minutes. Strain through a sieve. Beat the whites of 3 eggs until partly light. Add them to the tomatoes, bring to a boil and boil rapidly five minutes. Strain through two thicknesses of cheese cloth, re-heat, season with 2 teaspoons salt and serve with croutons.

**10. CREAM OF ASPARAGUS; CREAM OF GREEN PEAS; CREAM OF STRING BEANS; CREAM OF SPINACH; CREAM OF CORN; CREAM OF CELERY**

These soups are very delicate, and are all made in the same way. The vegetable is boiled until soft, and is then pressed through a sieve. A pint of the vegetable pulp is diluted with a quart of stock (the stock may be veal, beef, or chicken broth). It is thickened with a roux made of one tablespoon butter and 2 tablespoons flour, seasoned with pepper and salt, and is then strained again. It is replaced on the fire, a cup or half cup of cream added and the whole beaten with an egg-whip to make it light, and is served at once very hot.

The French thicken cream soups with egg-yolks. In this case two yolks would be used for the above quantity. The beaten yolks are diluted with the cream, and cooked just long enough to set the egg. It would curdle if allowed to boil. Butter is needed for seasoning, and where eggs are used it should be added in small bits before the cream and eggs. Where roux is used for thickening, there is enough butter in the roux.

**11. CLAM SOUP**

Remove the clams from the shells as soon as they have opened (see Clam Broth, Page 7). Put them in a warm place, until the juice is prepared. Add a cup hot milk to a quart of juice, and thicken with a roux made of one tablespoon butter and one tablespoon flour; then add the clams, chopped fine, season, and bring the soup again to the boiling point and serve. Two teaspoons of whipped cream served on each plate of soup is an improvement.

**12. MULLIGATAWNEY SOUP**

Chicken or turkey left from a former dinner, bones and scraps from roast veal, lamb or mutton, altogether about 3 lbs., 4 quarts water, 4 stalks celery, 4 tablespoons butter, 4 of flour, 1 of curry, 2 onions, 2 slices carrot,  $\frac{1}{2}$  small cup barley, salt and pepper. Put on the bones of the poultry and meat with the water. Have the vegetables cut very fine, and cook gently 20 minutes in the butter; then skim them into the soup pot, being careful to press out all the butter. Into the butter remaining in the pan put the flour, and when that is brown, add the curry powder and stir all into the soup. Cook gently 4 hours; then season with salt and pepper, and strain. Return to the pot and add bits of chicken or turkey, as the case may be, and the barley, which has been simmering  $2\frac{1}{2}$  hours in clear water to cover. Simmer 30 minutes and serve.

**13. ONION SOUP****(A very simple soup quickly made)**

Slice 2 or 3 large onions; fry in a tablespoon of butter or drippings until soft and red, then add three tablespoons flour, and stir until it is a little cooked. Add slowly a pint of boiling water, stirring constantly, so it will be smooth.

Boil and mash 3 good-sized potatoes. Add to them slowly a quart of scalded milk, stirring well until smooth.

Add the potato and milk mixture to the onion mixture. Season with salt and pepper. Make very hot, and pass it through a strainer. Sprinkle over the top a little parsley chopped very fine, and a few croutons. The soup will be better if stock is used instead of water to dilute the onion mixture.

**14. OYSTER SOUP**

Scald a quart of oysters in their own liquor. As soon as they are plump, or the gills curl, remove them (oysters harden if boiled). Add to the liquor a cupful of water. Make a roux of one tablespoon each butter and flour, dilute it with the liquor, and when smooth add a cup of scalded milk or cream. Season with pepper, salt and a dash of cayenne or paprika; then add the oysters, and as soon as heated serve at once. Oysters should be carefully examined, and the liquor passed through a fine sieve before being cooked, in order to remove any pieces of shell.

**15. CREAM OF CHICKEN SOUP**

Boil a fowl (2 to 3 pounds) slowly in 3 quarts of water until quite tender. Skim off the fat, add a teacup rice. Cook slowly for 15 minutes in 2 large tablespoons of butter, 1 slice carrot, 1 slice turnip, a small piece celery and 1 onion. Skim the vegetables carefully from the butter and add to the soup. Then mix 1 tablespoon of flour into the hot butter, and cook until smooth, but not brown. Add this, as well as a small piece of cinnamon and of mace, and 4 whole cloves. Cook all together slowly for 2 hours. Chop and pound the breast of the fowl very fine. Rub the soup through a sieve; add the pounded breast and again rub it and the soup through the sieve. Put back on the fire and add  $1\frac{1}{2}$  tablespoons salt,  $\frac{1}{4}$  of a tea-spoon pepper and 1 pint cream, which has come just to a boil. Boil up once and serve.

**16. POTATO SOUP**

Boil and mash 3 or 4 potatoes.

Make a roux of one tablespoon butter,  $\frac{1}{2}$  tablespoon flour, and one teaspoon chopped onion, letting the onion cook in the butter a few minutes before adding the flour.

When the roux is cooked add a pint of milk, making a thin, white sauce. Add this to the mashed potato and pass through a strainer. Return it to the fire for a few minutes. Season with salt and pepper. Sprinkle on the soup a teaspoon of chopped parsley and a few croutons.

If the soup is too thick, add a little more milk or a little hot water.

The soup can be made richer by using more milk and stirring into it just before serving, the beaten yolks of 2 eggs.

This soup may also be made of sweet potatoes.

### 17. BISQUE OF LOBSTER

Put into a mortar equal parts of boiled lobster meat and boiled rice; pound them to a pulp; then add enough broth to dilute it; season with salt and paprika. Pass it through a sieve. Heat it without boiling, and then add enough Bechamel sauce to make it the consistency of cream soup; lastly, add to each quart of soup  $\frac{1}{4}$  pound of lobster adding a little at a time, and stirring until the butter is melted. Instead of the lobster butter, plain butter may be used, and the coral of the lobster, dried and pounded to a powder, stirred in at the same time. Serve croutons with the bisque.

### 18. TOMATO SOUP

In a saucepan have ready, a pint of milk scalded, and thickened with 1 dessertspoon flour rubbed into butter the size of an egg. Scald and strain a can of tomatoes, and while hot add a teaspoon soda. Pour into this the thickened milk and add pepper and 1 teaspoon salt. Let come to a boil.

### 19. CHEESE SOUP

1 tablespoon flour, 1 tablespoon butter, 1 quart milk, 1 cup grated cheese.

Brown the flour in the butter, add a little cold milk, and stir well. Add as much hot milk as you require for the soup. At the last minute add the grated cheese, boil up and remove at once from the fire. Serve at once.

## CHAPTER II

### FISH

#### 1. GENERAL DIRECTIONS

**Cooking** It is essential that fish should be perfectly fresh, thoroughly cleaned, and carefully cooked. If underdone it is not eatable; if cooked too long it loses flavor and becomes dry. The sooner it is cooked after being taken from the water, the better. When fresh, the eyes are bright, the gills red, the flesh firm and odorless. Remove the scales and draw the fish at once. It should then be thoroughly washed, but not allowed to soak in water, then wiped dry and put into the refrigerator, on the ice, the skin side down, but not in the same compartment with butter, milk, or other foods which absorb flavors.

**Freshness**

**Dressing**

**Frozen Fish** Fish that are frozen should be laid in cold water until thawed, but not allowed to remain in the water after they become flexible.

**Trimming** The head and tail should be left on, and the fins trimmed, of any fish which is to be served whole.

**To Skin, Bone, and Remove the Fillets** To separate a fish, cut through the skin all around, then, beginning at the head, loosen the skin and strip it down. By putting salt on the hand a firmer grasp may be obtained, and with the aid of a knife the skin can be removed without tearing the flesh. After the skin is taken off from both sides, slip the knife under the flesh, and keeping it close to the bone, remove the fillets. The fillets may then be cut into two or more pieces according to the size of the fish, care being used to have them of uniform size and shape.

Fillets taken from small fish and from flounders or other flat fish are sometimes rolled and held until cooked with small skewers. Wooden toothpicks serve this purpose very well.

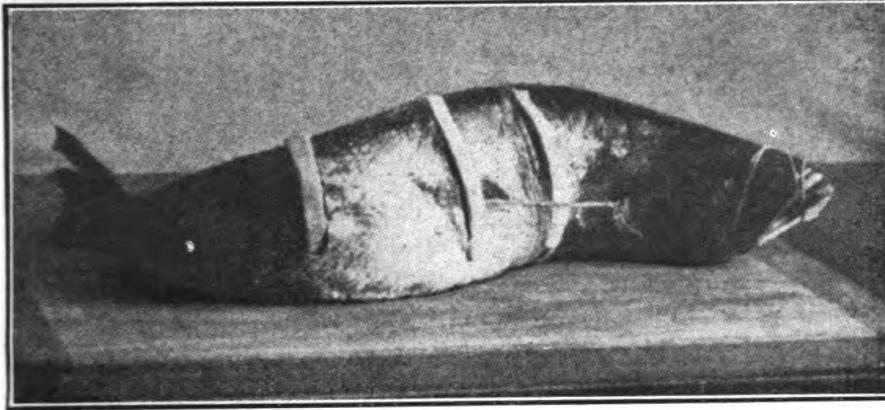
Fish containing many bones are not suitable for fillets.

#### 2. TO CARVE FISH

Run a knife down the back, cutting through the skin. Remove the fins. Then cut into even pieces on one side. When these pieces are served, remove the bone, and cut the under side in the same way.

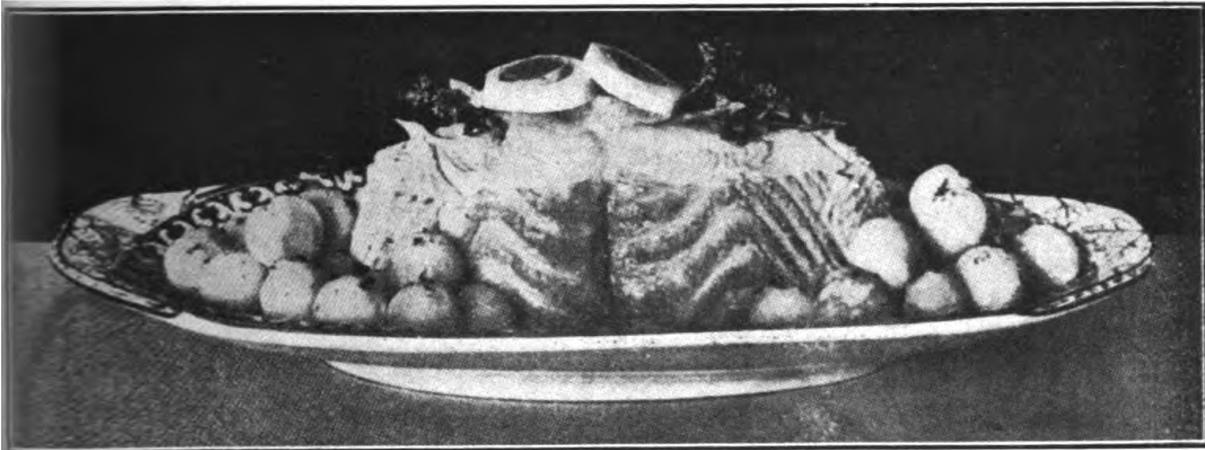
#### 3. TO BOIL FISH

Add one teaspoon of salt and one tablespoon of vinegar to every two quarts of water, and use sufficient water to entirely cover the fish. The salt and vinegar serve to whiten and harden, as well as to season the meat. A bay-leaf and soup vegetables in the water improve the flavor of cod and some

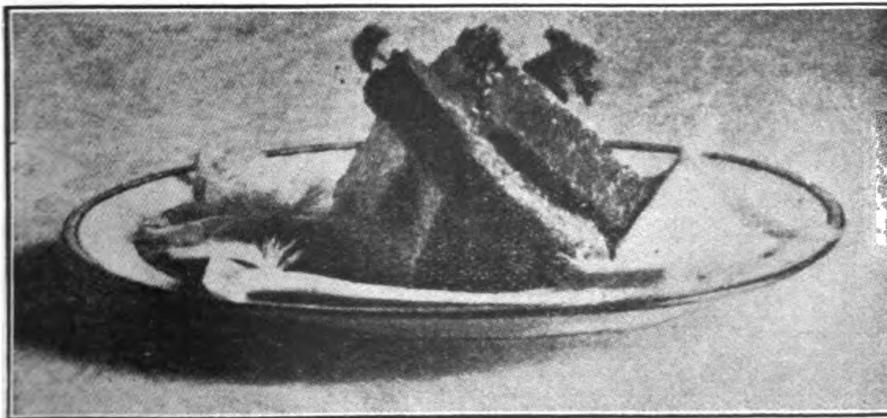


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Fish Prepared to Bake.

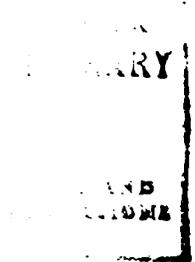


Boiled Salmon with Potato Balls. 球薯番洋配魚鮭始



魚  
排  
骨

Fish Chops.



other fish. The fish must not be put into cold water, as that extracts the flavor; nor into boiling water, as that breaks the skin and gives it a ragged appearance. Lower the fish gradually into warm water, let it come quickly to the boiling point, then draw to the side of the range, where it will simmer only, until done.

Allow ten minutes to the pound after the water has begun to simmer.

**Time**  
**The Kettle**

A fish kettle, with strainer, is requisite for boiling a fish whole. A plate held in a piece of cheese cloth may be used for smaller pieces. When the fish is done the strainer should be lifted out carefully and placed across the kettle until the fish is well drained.

A boiled as well as a baked fish is more attractive served up-right as if swimming. To hold it in this position, place a carrot inside the fish to give it roundness and stability, and prop it on both sides with pieces of carrot or turnip. The head must be wrapped with cord or a strip of cheese cloth to keep it from losing shape, and the whole held in position by strings going around the strainer. If a fish is too large for the kettle, it may be cut into halves or thirds, and when cooked laid carefully together on the dish and garnishing placed over the cuts.

**To Boil a Fish**  
**Whole**

Boiled fish is served on a napkin, and garnished with parsley. This may be so arranged as to conceal any defects.

**Serving**

Slices of lemon, slices of hard-boiled eggs, chopped pickle, or capers may also be used for garnishing. Boiled potato balls may be served on the same dish.

**Garnishes**

Boiled fish needs a rich white sauce. Drawn butter, egg, Hollandaise or Bechamel sauces are generally used.

**Sauces**

#### 4. COURT BOUILLON

This preparation gives boiled fish a better flavor than cooking in clear water. Many cooks use wine in it, but there is no necessity for it. 4 quarts of water, 1 onion, 1 slice carrot, 2 cloves, 2 tablespoons salt, 1 teaspoon pepper, 1 tablespoon vinegar, the juice of  $\frac{1}{2}$  of a lemon and a bouquet of sweet herbs. Tie the onion, carrot, cloves and herbs in a piece of muslin, and put into the water with the other ingredients. Cover and boil slowly for 1 hour. Then put in the fish and cook as directed for plain boiling.

#### 5. BAKED FISH

A simple stuffing for many kinds of baked fish: For one weighing about 5 lbs.: 3 large or 5 small cream crackers,  $\frac{1}{4}$  lb. salt pork, 2 tablespoons salt,  $\frac{1}{4}$  teaspoon of pepper,  $\frac{1}{2}$  teaspoon chopped parsley, 2 tablespoons flour.

Scrape the fish free of scales and wash clean; then rub into it 1 tablespoon of the salt. Roll the crackers very fine, and add to them the parsley, 1 tablespoon of chopped pork,  $\frac{1}{2}$  of the pepper,  $\frac{1}{2}$  tablespoon salt and cold water to moisten well. Put this into the body of the fish and fasten together with a skewer. Cut gashes across the fish, about  $\frac{1}{2}$  an inch deep and 2

inches long. Cut the remainder of the pork into strips and put these into the gashes. Now put the fish into the baking pan, dredge well with salt, pepper and flour. Cover the bottom of the pan with hot water and put into a rather hot oven. Bake 1 hour, basting often with the gravy in the pan, and dredging each time with salt, pepper and flour. The water in the pan must often be renewed, as the bottom of the pan is simply to be covered with it. The fish should be basted every 15 minutes. When it is cooked, lift from the pan on to the buttered tin sheet, and slide it carefully into the center of the dish on which it is to be served. Pour around it Hollandaise or tomato sauce. Garnish with parsley.

#### 6. STUFFINGS FOR BAKED FISH

Put a large tablespoon of butter into a saucepan. When melted stir into it, 1 cup of cracker or dry bread crumbs, 1 teaspoon of chopped capers,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon of chopped onion,  $\frac{1}{4}$  teaspoon pepper, 1 teaspoon of chopped parsley.

If a moist stuffing is preferred, add one quarter cup of milk, stock or water.

#### 7. BREAD STUFFING

Fry a tablespoon of chopped onion in a tablespoon of butter. Add a cup or more of stale bread, which has been soaked in hot water, then pressed dry. A tablespoon each of chopped parsley, suet and celery, one-quarter teaspoon each of salt and pepper, and a dash of powdered thyme (if liked).

When it is well mixed, remove from the fire and add an egg.

#### 8. BROILED FISH

Mackerel, salmon, cod, and all other young fish when they weigh between one-half pound and two pounds are nice for broiling. When smaller or larger they are not so good. Always use a double broiler, which rub with either butter or a piece of salt pork before putting the fish into it. As for the time needed the thickness of the fish will have to be the guide in broiling. A fish weighing two pounds will take between twenty and thirty minutes to cook. Many cooks brown the fish thoroughly over the coals and then put it into the oven to finish broiling. Where the fish is very thick this is a good plan. If the fish is taken from the broiler to be put into the oven, it should be slipped on to a tin sheet that it may slide easily on to the platter at serving time, for nothing so mars a dish of fish as to have it come to the table broken. In broiling the inside should be exposed to the fire first and then the skin.

Great care must be taken that the skin does not burn.

All kinds of broiled fish can be served with a seasoning of pepper, salt and butter or any of the following sauces: *beurre noir*, *maitre d'hotel*, *tartare*, *piquante*, tomato and curry. Always when possible garnish with something green.

### 9. TO SAUTÉ OR FRY FISH

The fish to be fried or sautéed should be cleaned, washed and drained, then dredged with salt and rolled in flour. Take  $\frac{1}{2}$  lb. of salt pork cut in slices and fried to a crisp brown for every 4 lb. of fish. After the pork is done remove and place the fish in a pan, turning when one side is brown. Serve on a hot dish using the salt pork as garnish if desired.

If the fish are large they can be cut in slices and after seasoning with salt and pepper, dipped in beaten egg, rolled in bread crumbs and fried in boiling fat.

- Beurre Noir poured over the fish just before serving improves the dish.

### 10. SMELTS, TARTARE SAUCE

After cleaning, wash and drain the smelts, then dip in beaten egg and roll in bread crumbs.

Fry for about 2 or 3 minutes in deep boiling fat, when brown, drain on a paper for a few moments. Serve on a hot dish with tartare sauce. Mayonnaise sauce may be used if desired.

### 11. SMELTS WITH OTHER FISH

Smelts are often served as garnishes for other fish and for this purpose they may either be fried as above or rolled in flour and then fried.

They may be baked for about 10 minutes after dipping in butter and flour, and served either as a garnish or on toast. They may be made into rings by putting the tails through the gills and cooked in this form in boiling fat as above.

### 12. FRIED FILLETS OF FISH

Remove fillets as directed on page 14. Dip them in salted milk, roll in flour, then in egg and fresh bread crumbs.

Fry as soon as prepared in hot fat. Fillets may also be cooked by sauteing. Arrange the fillets on a napkin or hot dish, overlapping each other. Serve with Bearnaise, Mayonnaise or Tartare sauce.

### 13. WHITEBAIT

Wash the whitebait with great care, and dry well by rubbing them in a napkin. Roll them in flour, using enough to entirely cover them. Toss them on a sieve to shake off the loose flour. Place them in a fine wire basket, and immerse in smoking hot fat for one minute, or just long enough to give them a light amber color. The fish are so small, it takes but a moment to cook them, and there is danger of burning them by leaving them in the fat too long. They should be crisp and dry. Only enough to make one layer on the

bottom of the basket should be fried at once. Too many will cool the fat, and also will stick together. The fat must be brought to the right degree of heat before putting in the second basketful. They should be floured only just before going into the fat. The flour becomes damp if it remains on the fish for any time, and they will then neither take color nor become crisp. Turn them on to a paper, sprinkle with salt, and keep them in a warm oven until all are cooked. Have a hot dish with a folded napkin on it standing on the warming shelf. Place the whitebait between the folds of the napkin, and serve immediately. They cool rapidly, and should not be cooked until just in time to serve. They are easily prepared, and very nice when crisp and hot, but will not be right unless care is given to the small details. Serve with quarters of lemon.

#### 14. SCALLOPED FISH

Boil 4 to 5 lbs. of white fish for about 20 minutes in salted water. Boil at the same time 1 pint each milk and cream. Mix 4 tablespoons flour with  $\frac{1}{2}$  cup cold milk and stir into the boiling milk and cream: cook until thickened and season with salt and pepper.

Break the fish into flakes, removing the skin and bones; put in a ramequin alternate layers of fish and cream sauce, dredging with salt and pepper, using 1 tablespoon salt and  $\frac{1}{4}$  teaspoon pepper in all. Cover the top with bread crumbs and bits of butter and bake 30 minutes.

#### 15. FISH AU GRATIN

Any kind of light fish filleted and cut into small pieces. Arrange in two layers each well moistened with the following sauce: Put 3 tablespoons of butter in a frying pan and add 2 tablespoons flour; cook until brown, add, gradually, 1 pint stock stirring constantly. When it begins to boil add a teaspoon of salt and a saltspoon of pepper, the juice of  $\frac{1}{2}$  lemon, 1 teaspoon chopped onion, 1 tablespoon vinegar. Cover the top with bread crumbs and bake half an hour.

This may be served with Tartare, Mayonnaise, Tomato or Hollandaise sauce.

The fish may be baked in larger pieces on a loose tin baking sheet and served on a hot platter with the above sauces.

#### 16. FISH CHOPS

1 pound or 1 pint of fish, 1 cupful of milk or cream, 1 teaspoon of salt, 1 tablespoon of butter,  $\frac{1}{2}$  teaspoon of pepper, 2 rounded tablespoons flour,  $\frac{1}{2}$  teaspoon of onion juice, yolks of two eggs, 1 tablespoon of chopped parsley.

Put in a double boiler one cup of cream or milk; when scalded, stir into it the butter and flour rubbed together, and cook for five minutes. Remove from the fire and mix in, stirring all the time, the beaten yolks of two eggs, put again on the fire, and stir until thickened.

Take one pound or pint of shredded boiled fish, sprinkle over it one teaspoon of salt, one half teaspoon of pepper, one tablespoon of chopped parsley, ten drops of lemon juice. Mix the seasoned fish with the white sauce, then spread it on a dish and set aside for several hours to cool and stiffen. It will not be difficult to mold if it stands long enough. Take a tablespoon of the mixture in the hands, and mold into the form of chops, round at one end and pointed at the other; roll the chops in crumbs, then in beaten egg, then in coarse bread crumbs grated from the loaf (see croquettes). After the chops are molded let them stand for a time to stiffen before frying. Place them in a basket four at a time, and immerse in hot fat until an amber color. Place on a paper to dry. When all are done pierce a small hole in the pointed end with a fork, and insert a sprig of parsley. Dress on a napkin, and serve with tomato, Bearnaise, or Hollandaise sauce. Any kind of fish may be used for the chops.

#### 17. FILLETS BAKED WITH CUSTARD OR TOMATOES

Remove the fillets from any white fish, dredge with salt and pepper, and lay them in baking pan, one on top of the other. Beat two eggs, and add to them, 2 cups milk, 1 saltspoon nutmeg, 1 saltspoon salt, 1 saltspoon pepper, 3 soda crackers rolled to powder.

Put two tablespoons butter into the pan with the fish, and set it in the oven. When the butter is melted, add one half the milk mixture, and baste the fish with it frequently.

When the custard becomes set add a little more milk, and continue the operation until the fish is cooked. Lift the fish carefully from the pan with a pancake turner and a broad knife. Place it on a hot dish, and pile on the top the flakes of custard. Instead of the milk mixture tomato may be used if preferred.

To one half can of tomato add 1 teaspoon salt, 1 slice onion,  $\frac{1}{2}$  teaspoon thyme, 1 bay-leaf,  $\frac{1}{4}$  teaspoon pepper, 3 cloves.

The whole of the tomato mixture may be put in the pan as soon as the butter is melted.

#### 18. PLANKED WHITE FISH

Take a hardwood plank of well seasoned maple or oak about  $1\frac{1}{2}$  feet long, 10 or 12 inches wide and 2 inches thick. Pour boiling water over before using, until heated through. Split the fish open, and season well, lay upon the plank and bake. If the fish seems too dry slices of bacon may be placed upon the fish while baking. The fish should be served on the plank which may be garnished with rock salt or sprigs of parsley. The plank gives a peculiar delicious flavor which distinguishes it from fish baked in the ordinary way. Before serving cover fish with sauce made from following recipe:

Butter Sauce: 4 tablespoons creamed butter, 2 tablespoons lemon juice, 1 teaspoon chopped parsley.

### 19. REMNANTS COLD WHITE FISH

Put alternate layers fish, rolled crackers and cream sauce to moisten, season well with salt and cayenne pepper, cover with crumbs well buttered, then pour over 1 cup cream, 1 small onion can be added. Brown in oven about 20 minutes.

### 20. FISH MACARONI

2 lbs. fish,  $\frac{1}{2}$  lb. macaroni, 3 oz. finely grated cheese, 1 oz. butter, and pepper and salt.

Flake the fish, carefully removing all skin and bones. Boil the macaroni in salted water until tender. Mix the fish, macaroni and grated cheese together, put in a well buttered dish, grate a little cheese over the top with bits of butter and bake  $\frac{1}{2}$  hour.

### 21. FISH TIMBALE

Cut one pound of very fresh white uncooked fish into small pieces, put it in a mortar, and pound until the fiber is well separated, then press it through a purée sieve. To every cup of fish pulp add one tablespoon of bread crumbs soaked in milk or cream until soft and then pressed through a sieve; add also the beaten yolk of one egg, ten drops of onion juice, one teaspoon salt, one quarter teaspoon pepper, and a dash of nutmeg. Beat all well together and for some time, to make it light; then for every cupful of pulp beat in lightly the whites of two eggs whipped very stiff. Put the mixture into a well buttered mold, filling it only three quarters full, set it into a pan of warm water, covering three-quarters of the mold, cover the mold with a greased paper, and place in a moderate oven for twenty minutes. Do not let the water boil. Turn the timbale on to a hot dish, and pour around, but not over it, a Béchamel or a tomato sauce. This is a very delicate fish dish, and is particularly good when made of shad.

### 22. ROLLED FILLETS OF SOLE

Select sole of uniform size, and large enough to make two strips about two and a half inches wide on each side, each fish giving four fillets. Marinate them, or else dredge with salt and pepper, and dip into butter. Roll them, beginning at the broad end, and fasten with a wooden tooth pick. Egg and bread-crumbs them, and fry in hot fat for seven minutes. Fry only four at a time, that the fat may not be too much cooled when they go in. Remove the skewer carefully, and serve with remoulade, Tartare, or tomato sauce.

### 23. SALT MACKEREL

Soak the mackerel for twelve hours or more, with the skin side up, and change the water several times. Simmer it for fifteen or twenty minutes; and,

if convenient, have in the water one teaspoonful of vinegar, one bay-leaf, one slice of onion, and a sprig of parsley. When tender, place carefully on a hot dish, and pour over it a cream sauce; or the soaked fish may be broiled, and spread with butter, pepper, lemon juice, and chopped parsley.

#### 24. CREAMED MACKEREL

Soak the mackerel for twenty-four hours, then lay it in a shallow stew-pan, and cover with milk or cream. Simmer for fifteen minutes. Remove the fish carefully, and place it on a hot dish. Add to the milk or cream in the stew-pan one tablespoon each of butter and flour rubbed together. Stir until a little thickened, and the flour cooked; add a little pepper and chopped parsley and pour the sauce over the fish.

#### 25. BAKED SALT MACKEREL IN CREAM

Freshen a good sized mackerel for 24 hours, put it in a baking pan flat, with the skin side down, put over it a large cup sweet cream, bake in a moderately hot oven about  $\frac{1}{2}$  hour or until a nice brown. Five minutes before serving add more cream, serve as soon as the cream is thoroughly heated, pouring the cream over the mackerel after it is on the platter.

#### 26. SALT CODFISH

Wash the fish thoroughly and soak it over night, changing the water in the morning before putting on to cook. After boiling a few minutes, set it back where it will keep hot but not *boil*. If the fish is dry and hard it will require about five hours to cook, while a tender fish will cook in about a half hour.

#### 27. CREAMED SALT CODFISH

Soak the codfish several hours, changing the water three times. Simmer it for 20 minutes or until it is tender. Take out carefully all the bones. Make a white sauce of one tablespoon each of butter and flour, and one cup of milk; add to it, off the fire, two beaten yolks. Return to the fire, and stir in one cup of shredded codfish. Taste to see if it needs seasoning with salt and pepper. Serve it on slices of toast, or place it in center of dish, and surround it with triangular croutons.

#### 28. MATELOTE OF CODFISH

Remove the bones and head from a 5 lb. fish, then fill with stuffing made as follows: 1 pint breadcrumbs, 1 tablespoon chopped parsley,  $\frac{1}{2}$  pint oysters, 2 teaspoons salt and  $\frac{1}{4}$  teaspoon pepper. Sliced pork should be put on top and under the fish, and a bouquet of herbs placed in one side of pan. Boil the bones and head in water, and pour over the fish. Bake for about one hour and baste frequently. Pour a gravy around the fish when serving, and garnish with fried smelts.

**29. CLUB HOUSE FISH BALLS**

Boil the quantity of codfish that will be needed, changing the water once, that it may not be too salt. While the fish is hot, pick it very fine, so that it is feathery; it cannot be done fine enough with a fork, and should be picked by hand. At the same time have hot boiled potatoes ready. Mash them thoroughly, and make them creamy with milk and a good-sized lump of butter. To three cupfuls of the mashed potatoes take one and one half cupfuls of fish. The fish should not be packed down. Beat one egg lightly, and stir into the other ingredients; season to taste. Beat the mixture well together and until light, then mold it into small balls, handling lightly, and before frying, roll the balls in flour. Fry them in smoking hot fat until a golden color.

This mixture can be spread on a pan, then marked into squares, and baked in the oven. This method makes it a more wholesome dish for those who are unable to eat fried preparations.

**30. FRESH FISH BALLS**

To one cupful of flaked boiled fish add a cream sauce made of one tablespoon butter, one tablespoon flour, and one half cup milk.

Let the sauce be very stiff, so that it leaves the sides of the pan; mix it well with the fish, and when hot add two beaten eggs, pepper, and salt. Drop the mixture, which should be like thick batter, from a spoon into very hot fat.

It will puff, and be very light.

**31. BROILED SARDINES ON TOAST**

Drain sardines from the can. Lay them on a broiler over hot coals for two minutes on each side. Have ready hot toast cut the right size to hold three of the fish. Arrange them neatly on the toast, and moisten with a little heated oil from the can.

**32. SALMON**

Put salmon into hot water to preserve its color, and simmer in acidulated water or in court bouillon, as is the rule for all fish. The middle cuts are preferable where a small quantity only is needed. The head piece makes a pretty cut, but is not profitable to buy, as the head adds materially to the weight. Where a large fish is to be used for a supper or cold dish, it may be cut in halves or sections if too large for the fish kettle. Cold salmon can be elaborately garnished with aspic, colored mayonnaise, shrimps, gherkins, capers, etc.

### 33. CANNED SALMON

Canned salmon is very good, and makes a palatable emergency dish. It can be prepared quickly, as the fish is already cooked. It may be broiled, and spread with maitre d'hotel butter, or it can be served on toast with cream dressing; or a white sauce can be made, and the fish put in it to heat; or the fish may be heated in water, and served as cutlets with Bearnaise sauce.

### 34. BROILED SLICES OF SALMON

Marinate the slices for one hour. Broil on both sides; baste with butter, so that they will not brown. Place them on a hot dish, and sprinkle with salt, pepper, lemon juice, and chopped parsley. Serve with them a Bearnaise sauce or quarters of lemon.

### 35. SALMON TURBOT

1 cup milk, 2 teaspoons flour, pinch of salt and small piece butter cooked together. After taking from stove beat in one egg. Mix this with a can of salmon and bake about  $\frac{1}{2}$  hour.

### 36. SLICES OF SALMON WITH MAYONNAISE

Simmer two slices of salmon in court bouillon until done; remove carefully so as not to break them. When perfectly cold cover one side of them with a smooth layer of mayonnaise made with jelly, and colored a delicate green. Arrange a row of sliced gherkins or of capers around the edge. Place a wedge-shaped socle of bread in the middle of a dish, and fasten it to the dish with white of egg, so that it will be firm; rest the slices against it; conceal the side of socle with garnish of fresh lettuce leaves. Place bunch of parsley or watercress or if convenient a bouquet of nasturtium blossoms, in the hollow center of the fish. Use hard-boiled eggs cut in halves for further garnishing.

This makes a handsome supper dish for card or theater party. It should be kept in a cool place until ready to serve.

### 37. SALMON LOAF

1 lb. salmon,  $\frac{3}{4}$  cup rolled crackers or bread crumbs, 1 tablespoon butter,  $\frac{1}{2}$  tablespoon milk, 2 well beaten eggs, salt and pepper.

Make into a loaf and steam or bake one hour. Serve with a cream sauce with hard boiled eggs chopped fine or mushrooms.

### 38. TURBOT, À LA CREME

Boil 5 lbs. or 6 lbs. of turbot. Take out all bones and shred the fish very fine. Let 1 quart of milk, and a small piece each of onion and parsley come to boil; then stir in 1 cup flour, which has been mixed with 1 cup milk, and the

yolks of 2 eggs. Season with  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{2}$  teaspoonful thyme,  $\frac{1}{2}$  cupful butter and some salt. Butter a pan and put in first a layer of sauce, then one of fish. Finish with sauce, and over it sprinkle bread crumbs and a light grating of cheese. Bake for 1 hour in a moderate oven.

### 39. SALT FISH SOUFFLE

1 pint of finely-chopped cooked salt fish, 8 good-sized potatoes,  $\frac{3}{4}$  of a cup milk or cream, 4 eggs, salt, pepper, 2 tablespoons butter. Pare the potatoes and boil 30 minutes. Drain the water from them, and mash very fine; then mix thoroughly with the fish. Add butter, seasoning and hot milk. Have 2 of the eggs well beaten, which stir into the mixture and heap this in the dish in which it is to be served, Place in the oven 10 minutes. Beat the whites of the 2 remaining eggs to a stiff froth and add  $\frac{1}{4}$  of a teaspoon of salt; then add the yolks. Spread this over the dish of fish; return to the oven to brown, and serve.

### 40. REDGEREE OF FISH

To  $\frac{1}{2}$  pint of picked up, cooked fish, broken into flakes and all bones and skin removed, allow 1 gill of cold boiled rice, 4 hard boiled eggs, 2 oz. butter, salt and a little cayenne. Have rice and eggs ready over night, melt butter in a saucepan, put in fish, rice, the whites of eggs cut in small dice, pepper and salt. Stir all over the fire until very hot, then pour it on a hot dish. Put yolks through a ricer over the surface. Serve hot.

### 41. TURBOT

Take a whitefish, steam till tender, take out bones and sprinkle with pepper and salt.

For dressing, heat a pint of milk and thicken with  $\frac{1}{4}$  pound of flour. When cool, add 2 eggs,  $\frac{1}{4}$  lb. butter and season with onion and parsley (very little of each).

Put in baking dish a layer of fish, then a layer of sauce, till full; cover the top with bread crumbs and bake half an hour.

Canned salmon may be used with good results.

### 42. SALMON DRESSING

Yolks of 4 eggs,  $\frac{2}{3}$  cup oil, red pepper, salt and mustard to taste, juice of 3 lemons, and last of all 1 cup of thick cream.

Be sure to put the cream in last. Just before sending to the table add 1 or 2 cucumbers chopped fine.

## SHELL-FISH, LOBSTERS, CRABS OYSTERS

### 1. GENERAL DIRECTIONS

Oysters are out of season during the months of May, June, July, and August.

When served raw, the small varieties are the best. They are left on the deep half of the shell. They should be arranged regularly on the plate around a little ice broken fine, the valve side toward the center of plate, and in the center of the circle a quarter of a lemon. A few sprigs of parsley or cress under the lemon makes a pretty garnish. Black and red pepper are served with raw oysters, and also very thin slices of buttered brown bread. Oysters served raw should be very fresh.

**How to  
serve on  
half-shell**

To prevent the chance of any bits of shell getting into oyster dishes, they should be washed; each oyster being taken on a fork and dipped into water. As they are largely composed of water, this will not injure their flavor. The juice should be strained through a coarse sieve.

**Precaution**

Cracker crumbs are better than bread crumbs for mixing with oysters.

Oysters require very little cooking. In stewing, they are put over the fire in their own liquor, and removed the moment they are plump or the gills are curled. More cooking than this makes them tough.

**Cooking**

### 2. FRIED OYSTERS

Drain the oysters. Roll each one first in cracker crumbs, then in egg mixed with a little milk, and seasoned with pepper and salt, then again in the cracker crumbs. Use first the crumbs, as the egg will not otherwise adhere well to the oyster. Place them in a wire basket, and immerse in smoking hot fat. As soon as they assume a light-amber color, drain and serve immediately.

Oysters should not be fried until the moment of serving, for they are quickly cooked and it is essential to have them hot.

Pickles, chow-chow, horse-radish, cold-slaw, or celery salad are served with fried oysters, and may be used as a garnish or be served separately.

### 3. PANNED OYSTERS

Heat a baking-pan very hot. Put into it a tablespoon of butter; then the oysters, which have been well drained. Let them cook in hot oven until browned. Have ready some toast cut into even pieces; soften with some liquor from the pan; place three or four oysters on each piece, and pour over them the liquor from the pan, which should be reduced if too watery. Sprinkle with a little parsley chopped very fine.

#### 4. BROILED OYSTERS

Dry the oysters. Heat the broiler well, and grease it by rubbing it with a slice of salt pork or with suet. Dip the oysters into melted butter, or into oil, and lay them on the broiler. Broil them on both sides for a few minutes over bright coals. Have ready some toast cut into uniform shapes and moistened with oyster juice. On each croûton place three or four oysters, and pour over them a little melted maitre d'hotel sauce.

#### 5. SCALLOPED OYSTERS

One quart oysters, 1 pint cracker crumbs, 1 cup milk,  $\frac{3}{4}$  cup butter, salt and pepper. Grease both sides and bottom of the dish. First put in a layer of crumbs with bits of butter, salt and pepper, then a layer of oysters; alternate, having the crumbs on top with small lumps of butter all about and pour over the milk the last thing. Cover the dish and bake  $\frac{1}{2}$  hour in a moderate oven, then remove cover for a few minutes to brown.

#### 6. SAUTÉD OYSTERS

Drain the oysters, season with salt and pepper and roll in fine bread-crumbs. Put 2 tablespoons butter in a frying pan and when very hot put in sufficient oysters to cover the bottom of the pan. Fry until crisp and serve on hot toast.

#### 7. OYSTER FRICCASSEE

Put 2 tablespoons butter in a saucepan and when brown add 1 teaspoon chopped parsley and 2 quarts well drained oysters; season with salt and pepper. Mix together 2 tablespoons butter and 1 tablespoon flour and stir into the oysters when they begin to curl. Add the yolks of 3 eggs well beaten and remove from the fire. Serve with garnish of fried bread and parsley.

#### 8. OYSTER CHARTREUSE

To 6 potatoes mashed fine and light add 1 pint milk, 1 tablespoon butter and whites of 4 eggs beaten stiff, season with salt and pepper. Butter a 2 quart mould and sprinkle the bottom and sides with breadcrumbs, and line it with a thick coating of the mashed potato. Let it cool for a few minutes.

Let the oysters come to a boil in their own liquor, skim and drain off the juice. Make a white cream sauce seasoned with onion, sufficient to cover the oysters and then put gently into the mold. Cover with remainder of the potato, being careful not to put on too much at one time. Bake 30 minutes in hot oven. Take from the oven and let stand 10 minutes before serving. Remove the mold gently and garnish with parsley.

## 9. OYSTER FILLING FOR PATTIES

### For one dozen Oysters

1 tablespoon butter, 1 tablespoon flour, 1 cup milk or cream, yolks of 2 eggs, dash of cayenne, dash of mace.

Scald the oysters in their liquor; drain and cut each one into four pieces with a silver knife. Put the butter into a saucepan, and when melted add the flour; cook, but not brown; then add the milk or cream, and stir until smooth; add the seasoning, and remove from the fire. When a little cooled add the beaten yolks, stirring vigorously; place again on the fire, and stir until thickened; then add the pieces of oysters. The filling should be soft and creamy, and the patty cases should be heated before the filling is put in.

This mixture is improved by using an equal quantity of oysters and mushrooms, either fresh or canned, and should be highly seasoned. It may be served in bread-boxes or in crusts prepared by removing the crumb from rolls, then browning them in the oven. Minced oysters and clams in equal parts, with some of their juice used in making the sauce, also make a good filling.

The same mixture may be made into croquettes, in which case 2 tablespoons of flour instead of one are used, also a few more oysters, and the sauce is allowed to become thicker (see croquettes).

## 10. OYSTER FRITTERS

To  $\frac{1}{2}$  pint finely chopped oysters add the liquor and 1 well beaten egg, salt and pepper; and enough flour to make a thin batter. Fry in hot lard.

## 11. OYSTERS IN ESCALLOPED SHELLS

Drain all the liquor from 1 quart oysters into a stew pan, let it come to a boil and skim. Add  $\frac{1}{2}$  pint cream with which 2 tablespoons of flour has been mixed. Let boil 2 minutes and add 1 tablespoon butter, salt, pepper and nutmeg and the oysters. Remove from fire.

Fill the shells which have been previously buttered and sprinkled with breadcrumbs, and cover the top with crumbs. Place the shells in pan, in oven, and bake 15 minutes. Serve very hot and garnish with parsley.

Milk may be substituted for cream, but if so 3 tablespoons of butter should be used.

The shells used are either oyster shells or shells made of silver or enamelled ware.

**12. LITTLE PIGS IN BLANKETS**

Slice bacon in thinnest slices possible, wrap each oyster in a slice and securely fasten with a tooth-pick. Place in a baking tin and bake in the oven until the bacon is crisp.

**13. OYSTER COCKTAIL**

$\frac{1}{2}$  dozen fresh oysters, small, and free from all shell. Drop them into a wine glass with a little of the strained liquor. Add 1 teaspoon of lemon juice, 3 drops of Tobasco sauce, 1 teaspoon Worcestershire sauce and 1 dessertspoon tomato catsup. Stir well and serve.

**14. LOBSTER**

Lobsters are unwholesome if boiled after they are dead. If bought already boiled, their freshness may be judged by the tail, which should be curled and springy. If it is not curled up or will not spring back when straightened, the lobster was dead when boiled and should be rejected.

**15. TO OPEN A LOBSTER**

After the lobster is cold, break apart the tail and body; twist off the claws; remove the body from the shell; shake out the green, fatty substance and the coral and save them to mix with the meat. Remove the stomach, which lies directly under the head; remove also the woolly gills; break open the body and take out the small pieces of meat which lie under the gills; break open the claws and remove the meat.

Cut the bony membrane on the inside of tail; remove the meat in one piece and open it to remove the intestine which runs the entire length of the tail-piece. Sometimes the intestine is colorless.

**16. TO BROIL A LOBSTER**

With a sharp knife cut quickly down the back, following a line which runs down the middle of the shell. The fishman will ordinarily do this, and it is as quick and merciful as any way of killing. The lobster may be killed, if preferred, by running a knife into the back as directed above, and then opened with a heavy knife and mallet. Remove the stomach, and the intestine.

Lay the two pieces on the broiler, with the shell part down, and broil over a moderate fire for 30 minutes or longer.

Spread a little butter over it when half done, to keep it moist; spread butter, salt, and pepper over it when done; open the claws with a nut-cracker or mallet, and serve immediately.

### 17. TO BAKE A LOBSTER

Split the lobster open in the same way as for broiling. Remove the stomach, and the intestine; lay the two pieces in a baking-pan; spread over the top of each salt, pepper and butter, and sprinkle with bread crumbs; bake about 40 minutes in a hot oven; during the baking baste it twice by pouring over it a little melted butter. Baked and broiled lobsters are considered a great delicacy.

### 18. LOBSTER FARCI

2 cups boiled lobster meat, 1 cup milk or cream, 2 tablespoons butter, 1 tablespoon flour, yolks of 3 hard boiled eggs, 2 tablespoons bread crumbs, 1 tablespoon salt, 1 tablespoon chopped parsley,  $\frac{1}{4}$  nutmeg, dash of cayenne pepper or of paprica.

Put into a saucepan one tablespoon of butter; when it bubbles add one tablespoon of flour; cook, but not brown; add one cup of milk slowly, and stir until smooth; then remove it from the fire; add the salt, the pepper, the parsley, the yolks mashed fine, and lastly the lobster meat cut into pieces one half inch square. (Use a silver knife to cut lobster.) Be careful, in mixing, not to break the meat. Have the shell from which the meat was taken carefully washed and dried, leaving on the head; cut out neatly the inside shell of the tail-piece, and fit the two parts of the shell together. As the shell contracts in cooking, it is well to trim off a little from the sides of the body shell in order to leave an opening wide enough to admit a spoon in serving. Put the meat mixture into the shell. Cover the top with the bread crumbs, which have been moistened with one tablespoon of butter. Place it in the oven for a few minutes to brown. If the meat of two lobsters is used, the shells of both may be used, or the two tail-shells may be fitted into one body shell, which will then hold all the meat.

### 19. LOBSTER CHOPS

The mixture for chops is prepared in the same manner as for farci, except that the meat is cut a little finer. After it is mixed with the white sauce, spread it on a platter to cool; when sufficiently cold, mold into the form of chops. Then dip in egg, roll in fresh bread crumbs (see croquettes), and immerse in hot fat until fried to an amber color. The chops will mold better if the mixture is left for some time to harden. The chops may also stand for some hours before being cooked. Tin forms are made for molding chops, but they are easily shaped without them if the mixture has stood long enough to stiffen. After they are fried, make a little opening in the pointed end, and insert a small claw. Serve the chops on a napkin, and garnish with lemon and parsley.

**20. LOBSTER À LA NEWBURG**

1  $\frac{1}{2}$  cups of boiled lobster meat cut into pieces one inch square. 1 tablespoon butter,  $\frac{3}{4}$  cup of Madeira or sherry, 1 cup of cream, yolk of two eggs, 1 truffle chopped,  $\frac{1}{4}$  teaspoon salt, dash of cayenne or paprika.

Put the butter in a saucepan; when it has melted add the lobster meat, the chopped truffle, the salt, and the pepper; cover and let simmer for five minutes; then add the wine, and cook three minutes longer.

Have ready 2 yolks and one cup of cream well beaten together; add this to the lobster, shake the saucepan until the mixture is thickened, and serve immediately. This dish will not keep without curdling, and should not be put together until just in time to serve.

The lobster may be prepared and kept hot. The rest of the cooking, from the time the wine goes in, requires but five minutes, so the time can be easily calculated. If the mixture is stirred the meat will be broken; shaking the pan mixes it sufficiently. This is a very good dish, and easily prepared; but it will not be right unless served as soon as it is cooked. The quantity given is enough for six people. Crab meat may be used in the same way.

**21. LOBSTER FILLING FOR PATTIES**

1 cup lobster meat cut into dice, 1 tablespoon butter, 1 tablespoon flour, 1 cup milk, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, dash of cayenne, 2 yolks.

Put the butter into a saucepan; when melted add the flour, and cook a few minutes, but not brown; add slowly the milk or cream, and stir until perfectly smooth. To this white sauce add the 2 yolks beaten, and stir them in off the fire; then add the meat, season, and replace on the fire until sufficiently thickened. Mix carefully with a wooden spoon, so as not to break the meat. The filling should be very creamy.

**22. CRABS**

Crabs are in season during the months of May, June, July, and August. They may be had at other times, but are then light and stringy. Soft-shell crabs are best in July and August. Like lobsters, crabs must be bought while alive, and boiled in the same way. Put them head first into hot water. After five minutes add one tablespoon of salt, and boil for thirty minutes.

When cold remove the shells, the stomach, which is just under the head, the gills, and the intestine. Take out the meat carefully.

### 23. DEVILED CRABS

12 crabs, 1 cup cream or milk,  $1\frac{1}{2}$  tablespoon butter, 1 tablespoon flour, 1 tablespoon chopped parsley, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon paprika or dash of cayenne,  $\frac{1}{2}$  teaspoon lemon juice, yolks of 4 hard-boiled eggs.

To obtain enough meat to fill 9 shells, use 12 crabs. After they are boiled remove the meat with care, breaking it as little as possible.

Put into a double boiler the cream; when it is scalded add to it the flour and butter, which have been rubbed together; stir until smooth and thickened; then add the mashed yolks, the seasoning, and the crab meat. Mix well together. Deviled crabs need to be highly seasoned. A little mustard may be used, if desired. Have the shells carefully washed and dried, and fill them with the mixture, rounding it well on top, pressing it close to the edges of the shells, so that in frying none of the fat may enter. Smooth the top, and let stand until cold. Beat one egg with one tablespoon of water, and, holding a shell over this baste it with the egg, letting it run over the whole top, including the shell; then sprinkle with white bread crumbs. Put two at a time into a frying-basket, and immerse in very hot fat. It will take but a minute to color them. They may be browned in the oven, if preferred, in which case the egging is omitted, and a few pieces of butter are placed on top of the crumbs.

### 24. STUFFED CRABS WITH MUSHROOMS

Meat of 6 crabs, mushrooms cut into dice the same quantity as of the crab meat, 1 cup cream or milk, 1 slice of onion, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon paprika, or dash of cayenne,  $\frac{1}{2}$  teaspoon lemon juice, yolks of 4 hard-boiled eggs.

Put into a saucepan one tablespoon of butter, and one slice of onion chopped fine; before it becomes brown, add one tablespoon of flour; cook, but not brown; add slowly one cup of milk or cream. Stir until smooth and thickened; then add the mashed yolks, the seasoning, the crab meat, and the chopped mushrooms. This mixture should not be very soft. Fill the shells with it, and finish the same as deviled crabs.

### 25. SOFT-SHELL CRABS

Wash the crabs carefully; lift up the flap, and remove the sand-bag (stomach), gills, and intestine; dry them well, and dredge with salt and pepper. Roll in flour, and sauté them in butter. Have a generous amount of butter in the frying-pan, and sauté them on both sides; when done place them on a hot dish. To the butter in the frying-pan add a little lemon juice. Strain this over the crabs, and sprinkle them with parsley chopped very fine.

Soft-shell crabs may also be fried, in which case they are first dipped in milk, then covered with fine bread-crumbs, and immersed in hot fat.

They may also be broiled over a slow fire, and when done covered with *maitre d'hotel* sauce. The preferable way of cooking them is by the method first given.

### 26. OYSTER-CRABS

After they are carefully washed and dried, dip them in milk, then roll them in flour, and fry them for one minute in hot fat. Serve them on a hot napkin with quarters of lemon, or they may be served in *fontage* cups, or in paper boxes, or in shells.

### 27. CRABS ST. LAURENT

1 cup of boiled crab meat (6 crabs), 2 tablespoons grated Parmesan cheese, 2 tablespoons white wine, 1 tablespoon butter, 1 tablespoon flour  $\frac{1}{2}$  cup stock,  $\frac{1}{2}$  cup cream or milk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, dash of cayenne.

Put into a saucepan one tablespoon of butter; when melted add the flour; cook, but not brown; add slowly the stock, and stir until perfectly smooth; then add the cream, and when thickened, add the salt and pepper, then the crab meat and the cheese; simmer for a few minutes, and add the wine; spread this mixture over pieces of buttered toast cut in squares or circles; sprinkle with grated Parmesan cheese, and place on each piece a small bit of butter, set in the oven for three minutes, serve very hot on a napkin garnished with parsley. Boiled halibut may be substituted for the crab meat.

### 28. CRAB STEW

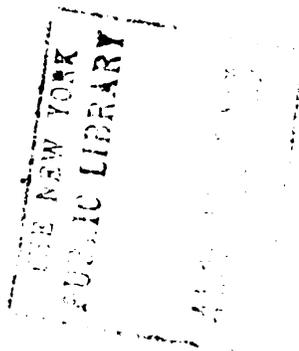
$\frac{1}{2}$  dozen crabs, 1 quart milk, yolks of 4 eggs boiled hard,  $\frac{1}{2}$  lemon, 1 nutmeg, 2 tablespoons butter, 1 tablespoon flour, 1 dessertspoon mustard,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon red pepper.

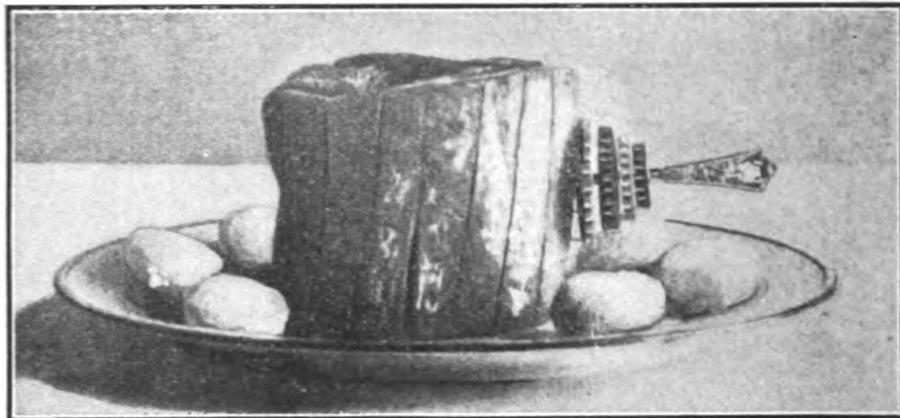
Mash the hard-boiled yolks fine, and rub into them the butter, flour and mustard.

Put the milk into a double boiler; when it is scalded stir in the mixture of egg, etc.; season, and just before serving stir in the crab meat, and add one cup of sherry. Place in bottom of a deep dish a few thin slices of lemon and turn the stew over them.

### 29. CROUSTADE OF SHRIMPS

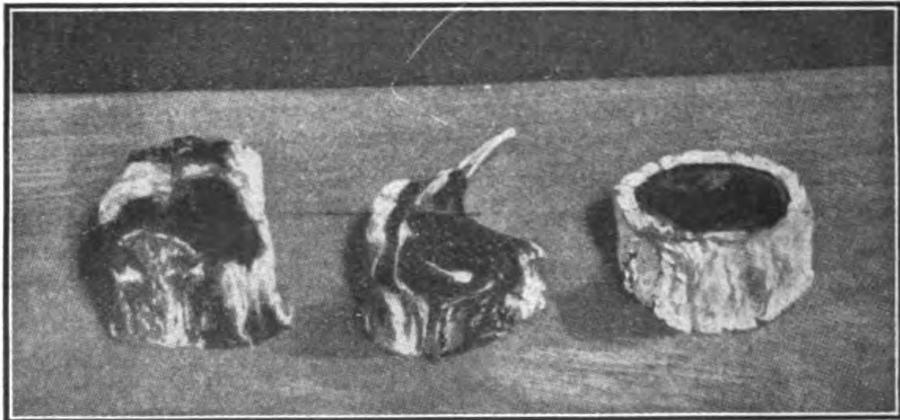
Make a sauce the same as for lobster filling and substitute potted shrimp meat for the lobster. Serve in croustades of rice. This is a good luncheon dish, and easily prepared.





Rolled Rib Roast of Beef Garnished with Potatoes Roasted in same Dish with the Beef. Fancy skewer garnished with slices of Turnip and Carrot, run into the side to hold it together.

簽之入插面二飾片葡蘿紅以薯番烘盆同配骨排牛捲烘

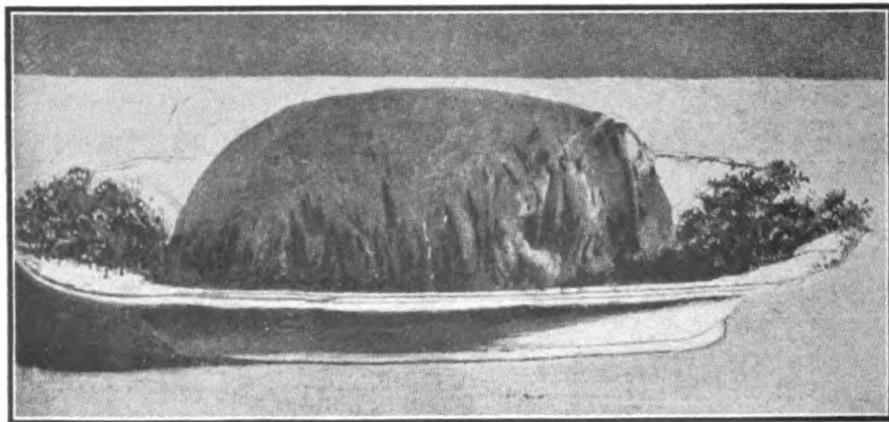


1 2 3

THREE KINDS OF MUTTON CHOPS.

1. English Mutton Chop. 3. Boned and Rolled Chop.  
2. French Chop.

排羊筒捲骨出 (三) 骨排羊國法 (二) 骨排羊國英 (一) 種三骨排羊



Boned and Stuffed Shoulder of Mutton.

出骨有餡之羊肩

## CHAPTER III

### MEATS

#### 1. GENERAL DIRECTIONS

Long, slow cooking breaks down the fiber of meat, and so makes it more tender. Whatever method of cooking is employed, this fact should be remembered. Many of the tough pieces are the most nutritious ones, and can by slow cooking be made as acceptable as the more expensive cuts.

**Slow  
Cooking**

In order to shut in the juices, meat should at first be subjected to a high degree of heat for a short time. A crust will then be formed, after which the heat should be lowered, and the cooking proceed slowly. The same rule holds for baking, where the oven must be very hot for the first few minutes only; for boiling, where the water must be boiling and covered for a time, and then placed where it will simmer only; for broiling, where the meat must be placed close to the coals at first, then held farther away.

**Julien**

Tough meats are better boiled.

Dark meats should be served underdone or red; the white meats thoroughly cooked, but not dried.

**Degree of  
Cooking**

Dry meats are improved by being larded.

**Dry Meats**

Clean meat by wiping it with a wet cloth, but do not put it in water.

**Cleaning**

Salt and pepper draw out the juices; therefore do not put them on meat before cooking, or until after the meat is seared, unless the meat is to be covered at once with egg and crumbs, or with flour.

**Seasoning**

Do not pierce the meat with a fork while cooking, as it makes an outlet for the juices. If necessary to turn it, use two spoons, or bamboo sticks.

#### 2. TO ROAST BEEF

Time for cooking rib roast rare 8 to 10 minutes per pound; time for cooking rolled roast rare, 10 to 12 minutes per pound.

To roast beef on a spit before the fire is unquestionably the best method of cooking it; but as few kitchens are equipped for roasting meats, baking them in the oven is generally practised, and has come to be called roasting. Beef should be well streaked with fat, and have a bright-red color. Place the meat to be baked on a rack which will raise it a little above the bottom of the pan. Dredge the whole, top and sides, with flour. Place in a corner of the pan  $\frac{1}{2}$  teaspoon of salt and  $\frac{1}{4}$  teaspoon of pepper. Do not let them touch the raw meat, as they draw out the juices. Put into the pan also 2 tablespoons of drippings. Place it in a very hot oven for 15 or 20 minutes, or until the meat is browned; then shut off the drafts and lower the temperature of the oven,

and cook slowly until done; baste frequently; do not put water in the pan, as it makes steam, and prevents browning. A roast has a better appearance if the ribs are not too long. They may be cut off and reserved for the soup pot, or broken and doubled under.

Serve it standing on the ribs, and cut the slices in line with the ribs.

For a rolled roast, remove the bones, roll it, and tie securely into good shape; when cooked, cut the cords and run through a fancy skewer holding at the head a slice of lemon or piece of carrot cut into ornamental shape. This piece of beef stands on the dish like a cylinder, and should be cut across horizontally.

If the beef is cooked as directed it will have one quarter of an inch of seared meat; the rest will be of a uniform red color all through. If cooked in too hot an oven the center will be raw, while an inch or two of the outside will be much overdone, hard, and tasteless.

### YORKSHIRE PUDDING

Put 2 cups of flour into a bowl, and mix in  $\frac{1}{2}$  teaspoon of salt. Beat up 3 eggs, and stir them into the flour; then add two cups of milk. Stir until the mixture is smooth, then turn it into a pan containing a little of the drippings from the roast beef. Let the batter be only one inch deep in the pan. Bake 30 to 40 minutes. Cut the pudding in squares, and place it around the roast beef.

### 3. ROUND OF BEEF

Ten to twelve minutes per pound. The cut from the upper side of the round is a good roasting piece. It should be cooked very slowly after it is browned in order to make it tender. The under side of the round should be cooked à la mode, or braised.

### 4. BRAISED BEEF

(or Pot Roast)

Take one half cup of salt pork, one half cup each of carrot, turnip, onion, and celery, all cut into dice. Mix them together and spread on a baking pan, reserving one half cup for the top of the meat. On the bed of vegetables place a piece of beef cut from the upper or under side of the round, weighing five or six pounds. Dredge with flour. Place in hot oven to brown for twenty to twenty-five minutes. Then add two cups of stock or water; a bouquet of herbs, consisting of parsley, 6 peppercorns, 3 cloves, 1 bay-leaf; spread the  $\frac{1}{2}$  cup of vegetables over the meat; add  $\frac{1}{2}$  tea-spoon of salt to the pan, cover it closely with another pan, reduce the heat of the oven, and cook very slowly for four or five hours.

Double pans are made which are especially good for braising, where the steam should be confined as much as possible, and the basting is done automatically. These pans should not be used for baking meats. If very close fitting pans are not used the water must be renewed when necessary, and basting done frequently. The success of this dish depends upon slow cooking; Strain the sauce from the pan, season with salt and pepper; pour a little of the sauce over the meat; serve the rest in a sauce-boat. It is very like a Spanish sauce. The vegetables may be served around the meat if desired. This way of cooking can be done in a pot if more convenient, and is then called a pot roast.

### 5. BEEF À LA MODE

Use 6 or 7 pounds of the upper round of beef for this dish. (It is very good cold when properly cooked.) The success depends upon very slow cooking. The vegetables give it a distinctive flavor.

Make several deep incisions into the meat with a thin, sharp knife, or with a steel. Press into them lardoons of salt pork about half an inch square, and two or three inches long. This is called daubing, and the butcher will ordinarily do it if requested. Put trimmings of pork, or two tablespoons of drippings, into the bottom of a large iron pot. When it is hot, put in the meat, and brown it on all sides by turning it to the bottom of the pot. This will take about half an hour. Next dredge it with flour, and brown that also. Then put a small plate under the beef to lift it a little off the bottom of the pot, and prevent its burning. Fill the pot with enough boiling water to half cover the meat. Add a half cup each of sliced onions, carrots, and turnips, and a sprig of parsley. Cover the pot very tight, so the meat will cook in steam; and simmer it for four or five hours. Add more boiling water when necessary. When the meat is done, place it on a hot dish. Place some of the vegetables around and over it. Make a gravy as follows: put into a saucepan a tablespoon of butter; when it bubbles, add a tablespoon of flour, and stir until it is browned; then add a cup of liquor strained from the pot in which the beef was cooked. If there is not a cup of liquor in the pot, add enough hot water to make that quantity. Season with pepper and salt. This will resemble a Spanish sauce. It can be poured over the meat, or served separately.

### 6. BOUILLI

This dish is prepared usually from the meat used in making soup. Take a piece from the lower side of round; trim, and tie it into good shape; place it in the soup pot with cold water, allowing one quart of water to each pound of meat. Let it come slowly to the boiling point, and then let it simmer for four hours. After it has cooked 2 hours add a whole carrot, onion, and turnip, parsley, celery, 6 peppercorns, 3 cloves, 1 teaspoon of salt. The meat will be tender if cooked very slowly, and not allowed to boil; but

having been put into cold water, its juices will be extracted. Therefore the water is used as soup, and the meat will depend on a good sauce for flavor. Any rich brown sauce will do. Tomato or horseradish sauce is recommended. Cut the vegetables into fancy shapes with cutters, or into dice, and place them on the dish around the meat.

### 7. FILLET OF BEEF

Time, thirty minutes in hot oven.

The fillet is the tenderloin of beef, and is taken from the underside of the sirloin cut. Remove, taking care not to make the meat ragged, the sinewy skin and the muscle from the top, and most of the fat from the other side. Fold the thin end under, trim it into good shape. Lard it plentifully, letting the whole upper surface be perforated with fine lardoons. Place in a small baking pan thin slices of larding pork, over the pork place a layer of chopped onion, carrot, turnip and celery; lay the tenderloin on top. Pour in the pan a cup of stock, add one half teaspoon of salt,  $\frac{1}{4}$  teaspoon of pepper, and bouquet of parsley, one bay-leaf, and two cloves. Bake in a hot oven for 30 minutes, and baste frequently. The fillet should be rare. Remove it when done; strain off the gravy, and skim off the grease. Put into the same pan a tablespoon each of butter and flour; stir until they are browned; then add slowly the gravy strained from the pan; if not enough to give a cup, add enough stock to make that measure. Stir until it boils; then add a can of mushrooms (which have been drained), and let them simmer for five minutes; not longer, or the mushrooms will harden. Add a half teaspoon of kitchen bouquet to make it brown. The sauce should be of the consistency of cream. A half cup of Madeira or of sherry may be used in place of the mushrooms if preferred. Spread the sauce on the serving dish, and lay the fillet on it. Arrange the mushrooms top side up, evenly around the fillet. In carving cut the fillet diagonally, instead of straight across; and put a little gravy in the center of each slice. The time for cooking is always 30 minutes, for the weight is in the length, and not in the thickness of the meat.

### 8. SCALLOPED MEAT

Spread in a baking dish alternate layers of bread-crumbs, meat chopped very fine, a sprinkling of chopped parsley and onion, pepper and salt. When the dish is nearly full, pour over enough white sauce to moisten it well; cover with crumbs and bits of butter. Set in oven until browned. Soup stock or tomatoes may also be used for moistening a scallop. If uncooked meat is used, it will require longer cooking (one hour in slow oven), and more liquid used, so that it will not get too dry. The coarse ends of steak can be utilized in this way. A scallop made of raw meat and tomatoes makes a good luncheon dish.

### 9. BEEF PIE

Lay in a pie dish a few thin slices of onion; then a layer of cold cooked beef cut very thin. Dredge with a little flour, pepper, and salt; fill the dish with these articles in alternate layers, and add any cold gravy there may be at hand. Scald and peel enough tomatoes to cover the top of dish; have them of uniform size, and place them close together. Spread over them some bread crumbs, salt, pepper, and bits of butter. Place the dish in the oven, and cook until the tomatoes are tender. Mutton or veal may be used in the same way.

### 10. WARMED-OVER BEEF (CHAFING-DISH)

Cut the beef into small thin slices, and trim off the fat. Put into a stew pan one tablespoon butter, and one tablespoon flour. When cooked, and a little browned, add slowly one cup of stock, one teaspoon each of Worcestershire sauce and mushroom catsup. Season with salt and pepper. Add the slices of beef, and let them become thoroughly hot. Then place in the center of a hot dish, and pour the sauce over them. Garnish with croutons, and serve with it farina balls.

Tomato catsup may be substituted for the Worcestershire sauce. When this dish is to be prepared in a chafing-dish, the sauce may be made beforehand; the heating and mixing only being done over the lamp, and croutons alone served with it. Any kind of meat or fish may be used in this way.

## BEEFSTEAK

### 1. GENERAL DIRECTIONS

The difference between a thick and a thin steak is particularly marked, the former seems an altogether different dish from the latter. Some may like their steak well done, but it is not a taste to be commended. A perfect steak should be cut one and a half inches thick, and cooked so that on both sides it has a crust one eighth of an inch thick of browned meat, the rest being an even red color. It should be puffed and elastic from the confined steam of the juices. When the steak is over-cooked the steam and the juices have escaped, leaving the meat dry and tasteless.

The three best sauces which are served with steak are first the *maitre d'hotel* and then the *Béarnaise* and mushroom sauces. Tough beefsteaks can be made more tender by pounding them; but a better way is to brush them on both sides with a mixture of one tablespoon of vinegar and two tablespoons of oil or melted butter. The steak should then stand two or more hours before being cooked. It is the fiber of meat which makes it tough, and this fiber is soluble in vinegar. Broiling under the coals is better than over them when possible, as all smoke is then avoided.

### 2. TO BROIL A BEEFSTEAK.

Time: 1 inch thick, eight minutes;  $1\frac{1}{2}$  inches thick, ten minutes.

Trim a steak into good shape, taking off the end-piece to be used in some other form, as it is not eatable when broiled; take off superfluous fat; make the surface smooth by striking it with the broad blade of a knife; heat the broiler very hot. Take a piece of the fat, trimmed off the meat, on a fork and grease the broiler well; lay on the steak with the outside or skin edge toward the handle, so the fat may run on the meat. Place it close to the hot coals and count ten slowly; turn it and do the same; this is to sear the outside and keep the juices in; then hold it farther from the coals to cook more slowly, and turn it as often as you count ten, counting about as fast as the clock ticks. If turned in this way very little fat will run into the fire, and it also cooks slowly, giving an even color all through. The flame from fat does not injure the meat, but the smoke must be avoided. Wrap a napkin around the hand holding the broiler to protect it from the heat. A steak ought not to be less than an inch, but should be  $1\frac{1}{2}$  to  $1\frac{3}{4}$  inches thick. Allow eight to ten minutes for cooking according to the thickness. One to two inches thick will take 14 to 18 minutes. A steak should be rare but not raw, should have a uniform red color, and be full of juice.

When done it will be puffed between the wires of broiler, and will offer a little resistance to the touch. If experience does not enable one to judge in this way, remove the broiler to a dish on the table, and make a

small clean cut on one side. Do not at any time pierce the meat with a fork. Sprinkle it with salt and pepper, and spread with *maitre d'hotel* butter. If the steak has to stand a few minutes before serving, which should be avoided if possible, dredge it at once with salt and pepper, but do not spread with the *maitre d'hotel* butter until just before sending it to the table. The heat of the meat must melt the butter, and the parsley should look fresh and bright. Steak, as well as all broiled articles, should be garnished with slices of lemon.

Fried potato-balls, straws, puffed, or Saratoga potatoes may be served on the same dish.

### 3. CHATEAUBRIAND

The Chateaubriand is cut from the centre of the fillet; but a good substitute is a tenderloin steak cut 2 inches thick, the bone removed, and the meat then turned so as to make a circle. Flatten it by striking with broad blade of knife or a cleaver. Broil slowly as directed above for 18 minutes. Serve with *maitre d'hotel* butter, mushroom, or olive sauce, placing the mushrooms or olives on top of the steak, the sauce under it. The Chateaubriand may also be roasted or braised.

### 4. MIGNON FILLETS

Cut slices from the end of the fillet of beef about  $\frac{5}{8}$  of an inch thick. Press and trim them into circles; dredge with salt and pepper; sauté them in butter; spread Bearnaise sauce on a hot dish, and lay the mignon fillets on it, or lay the fillets on croutons of the same size as the fillet, and place on top of each one a small spoonful of peas, string-beans, or macedoine of vegetables.

### 5. HAMBURG STEAKS

Chop one pound of lean raw meat very fine, remove all the fiber possible. To the mince add:  $\frac{1}{2}$  tablespoon onion juice,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, dash of nutmeg, 1 egg.

Form it into small balls, and flatten; dredge them with flour, and sauté them in butter. Place them on a hot dish, and spread with *maitre d'hotel* butter; or make a thick brown sauce by adding a tablespoon of flour to the butter used in the sauté pan. Let it brown; then add slowly a little soup stock. Season with salt and pepper, and lemon juice, or Worcestershire sauce. Drop a teaspoon of sauce on each cake without spreading it. These steaks can be made from the end pieces of steaks, or from the round.

When made for invalids, the best meat is used. They are seasoned only with salt and pepper, and broiled just enough to be thoroughly heated. Another way to serve them is to make them the size of English muffins; on the upper side make a hollow, broil or sauté them, and place them on a

baking dish; spread them with *maitre d'hôtel* butter, and drop an egg in the hollow top of each one. Put them in the oven just long enough to set the white of the egg. Place a dash of pepper on the center of the yolk, and serve at once very hot.

#### 6. TOAD-IN-THE-HOLE

1 lb. of beef steak (cut up small), 4 ozs. of flour,  $\frac{1}{2}$  a pint of milk, 1 egg, salt, dripping.

Mix the flour, milk, egg, and a little salt into a smooth batter. Put into a Yorkshire pudding tin sufficient dripping to form a thin layer when melted, pour in about  $\frac{1}{4}$  of the batter, and bake until set. Then add the meat, season it with salt and pepper, pour in the remainder of the batter, bake quickly until it has risen and set, and then more slowly until sufficiently cooked. Serve in squares arranged neatly overlapping each other on a hot dish.

#### 7. STUFFED STEAK No. 1

A round of steak about 1 inch thick; carefully remove the skin and fat and lay it flat on a board; moisten  $\frac{3}{4}$  cup crumbs with stock or hot water, add 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{2}$  onion chopped fine, and 1 tablespoon chopped parsley. Spread this mixture on the meat evenly, then roll with the grain so that when sliced it will be cut across the grain, tie with twine, turning in the ends to make it even.

Dice an onion, carrot and turnip and lay them on the baking pan; on them lay the roll of meat, pouring in enough stock or water to fill the pan to a depth of 1 inch; cover and place in a slow oven to cook at least 3 hours, longer if possible. When cooked, remove the meat, and thicken the broth with flour, using 2 tablespoons to a cup of liquor.

#### 8. STUFFED STEAK No. 2 (With Oysters or Mushrooms)

A fillet steak, 2 inches thick. Make a cutting almost right through the steak so as to form a sort of bag, which fill with either oysters or mushrooms. If oysters, before putting them in, squeeze over them a little lemon juice and a little dust of cayenne pepper. When the filling is in, sew or firmly skewer the opening together, rub the steak well with butter and grill from 20 to 25 minutes.

#### 9. STUFFED STEAK, No. 3 (See Stuffed Veal)

#### 10. PLANKED STEAK (See Planked Chicken)

### 11. BEEF LOAF

2 $\frac{3}{4}$  lbs. round of beef,  $\frac{1}{4}$  lb. fat salt pork put twice through the grinder; 3 eggs well beaten,  $\frac{1}{4}$  teaspoon red pepper, 2 teaspoons salt,  $\frac{1}{2}$  medium sized onion, grated, 2 or 3 teaspoons Worcestershire sauce, 2 teaspoons of pepper sauce, a little chopped parsley, 6 tablespoons of crumbs. Make into a roll, and steam 2 hours. Then put into the oven until a nice brown, about 20 minutes. Can be served either hot or cold.

### 12. CORNED BEEF

Put corned beef into cold water; using enough to cover it well; let it come slowly to the boiling-point; then place where it will simmer only; allow 30 minutes or more to each pound. It is improved by adding a few soup vegetables the last hour of cooking. A piece from the round is the best cut, and should have a layer of fat. If cooked very slowly as directed, it will be tender and juicy.

If the piece can be used a second time, trim it to good shape; place it again in the water in which it was boiled; let it get heated through; then set aside to cool in the water and under pressure, a plate or deep dish holding a flat-iron being set on top of the meat. The water need not rise above the meat sufficiently to wet the iron. When cooled under pressure the meat is more firm and cuts better into slices. Cabbage is usually served with hot corned beef, but should not be boiled with it.

### 13. CORNED BEEF HASH

Chop cooked corned beef, using some of the fat. Do not make it too fine; chop some cold boiled potatoes (not fine); mix the two together in equal proportions; season with salt, pepper, and onion juice, if liked.

Put a tablespoon of butter in a frying-pan with as much milk, stock, or hot water as will be required to moisten the hash; add the chopped meat and potatoes; mix them together with care not to mash the potatoes; cover and cook slowly for half an hour, or until a crust has formed on the bottom of the pan; then turn it on to a hot dish, like an omelet. Hash should not be like mush, but the meat and potato quite distinct, and as both ingredients have been already cooked they need only to be well heated and incorporated with the seasoning.

### 14. HASH

Unless for brown hash, or corned beef hash, potato is not used. Chop the meat to a fine mince. Put a tablespoon of butter into a frying-pan with one slice of onion; remove the onion when cooked, and add one tablespoon of flour, and let it brown, thus making a brown roux, if the hash is to be

made of beef or mutton. Do not let it brown if it is to be used for veal or chicken hash. To the brown roux add slowly a cup of stock or hot water; then  $1\frac{1}{2}$  cups of minced meat; season with salt and pepper; stir until well incorporated, and serve at once on toast. To a white roux add slowly a cupful of milk; then add  $1\frac{1}{2}$  cups of veal or chicken chopped fine; season with salt and pepper. Cut toast into large circles with a biscuit-cutter. Spread them with a thick layer of mince, and on this place a poached egg, neatly trimmed to the same size as the toast. It can be cut with the same cutter, or it may be poached in a muffin-ring.

Put a dash of pepper on the center of yolk. Garnish with parsley. This makes a very presentable breakfast or luncheon dish.

### 15. BROWN HASH

Cut lean meat into small dice; cut also cold boiled potatoes into dice of the same size; mix them together, and place in a small baking-pan; dredge with salt and pepper, and dot plentifully with bits of butter. Put into hot oven to brown; stir them often so all sides will brown alike, and do not let them become too dry.

### 16. MARROW-BONES

Have the bones cut into pieces 2 or 3 inches long; scrape and wash them very clean; spread a little thick dough on each end to keep the marrow in; then tie each bone in a piece of cloth and boil them for one hour. Remove the cloth and paste, and place each bone on a square of toast; sprinkle with red pepper and serve very hot. Or the marrow-bone can be boiled without being cut, the marrow then removed with a spoon and placed on squares of hot toast. Serve for luncheon.

## MUTTON

### 1. GENERAL DIRECTIONS

Mutton should be hung for some days before being used. The leg may be either boiled or roasted; the saddle always roasted; the shoulder boned, stuffed and roasted; the chops broiled, and the neck stewed. Except where it is stewed, mutton should be cooked rare. The roasted leg or the saddle are the only forms of mutton permissible to serve at a ceremonious dinner. The strong taste of mutton is in the fat. Therefore trim off a part of the fat from the outside, and when baking it in the oven set the joint on a rack in the pan, so it will not cook in the fat.

The cuts  
and cooking  
of mutton

Certain vegetables have by experience been found to go well with certain meats. Of these turnips have been established as the accompaniment of mutton.

Vegetables  
to serve  
with mutton

Turnips and carrots cut into dice, boiled separately, then mixed and covered with white sauce, also make a good vegetables dish for boiled mutton. Caper sauce is always served with it.

With roasted mutton may be served baked turnips stuffed with seasoned bread-crumbs soaked in cream. It is a Russian dish. Bananas cut in two, rolled in egg and crumbs, and fried like croquettes, are also recommended for roast mutton. Mint sauce and green peas are usually served with spring lamb.

### 2. ROAST LEG OF MUTTON

Time 10 minutes per pound (rare); 15 minutes per pound (moderately well done).

Cut the bone short, place in a hot oven for 20 minutes; then add one cup hot water; baste frequently. Allow 10 minutes to the pound for cooking rare. When ready to serve conceal the bone with a frill of paper, or a few leaves of parsley.

### 3. ROAST LOIN OF MUTTON

Have the joints cracked entirely through, so there may be no trouble in carving. Remove the fat and kidney. Allow nine minutes to the pound; roast the same as the leg.

### 4. ROAST SADDLE OF MUTTON

The saddle is the back of the animal. If split it would be called the loin, and when cut gives the chops. It does not furnish very much meat for a roast, so requires to be a large cut. It is esteemed for its handsome appearance, as well as for its flavor. Remove the skin from the top, also the fat and kidneys from the under side. The suet on the top can be lightly cut in points, and a little raised to make decoration. Roll the flaps under, and tie into a

well rounded shape. If a large saddle is used, the tail is left on. It should be cooked in a hot oven, basted frequently, and cooked rare, allowing nine minutes to the pound. In carving cut slices the length of the saddle, and parallel to the back bone, then slip the knife under, and separate them from the rib bones. After the top is carved, the saddle is turned, and the tenderloin, which lies on the under side, is cut in the same way.

Serve currant jelly with the saddle of mutton.

### 5. ROLLED LOIN (CROWN ROAST)

Have the butcher cut a full loin, split the bone between the chops, trim the rib bones as for French chops, and chop them off to a uniform length, then roll the loin backward into a circle, and tie securely. Have a thick slice of larding pork wrapped around each bone, so it will not burn while cooking. Baste frequently while roasting, and allow 9 minutes to the pound. Serve with Saratoga or other fancy fried potatoes, in the basket-like top formed by the bones. Place a frill of paper on each bone.

### 6. SHOULDER OF MUTTON STUFFED

Have the butcher carefully remove the blade from the shoulder, and fill the space with a mixture made of

1 cup of bread-crumbs, 2 tablespoons butter, 1 tablespoon chopped parsley, 1 dozen oysters, juice of 1 lemon, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 1 egg.

Sew up the opening, roast in the oven with a little water in the pan, allowing 15 minutes to the pound, and baste frequently. Serve with the gravy from the pan, after the grease is carefully poured off. More oysters may be used, or they may be omitted altogether. A stuffing may be made of chopped meat, celery, onion, mushrooms, crumbs, egg, and seasoning of salt and pepper.

A stuffed shoulder can be pressed into a shape to resemble a fowl or a duck, and garnished so as to make an ornamental dish.

### 7. BOILED MUTTON

Time 15 minutes to the pound.

Put the mutton in just enough boiling water to cover it, and put on the lid of the pot. After 15 minutes draw it aside, and let it simmer for the required time. 30 minutes before removing the meat add some soup vegetables. They will give flavor to the meat, and enrich the water, which may be used for soup the next day. Cut the carrot and turnip in  $\frac{1}{2}$  inch thick slices, and stamp with a fluted cutter, so the rims will be scalloped. Place the meat on a hot dish, and rub lightly over it enough of the white sauce (to be used for the caper sauce) to make the surface white and smooth. Sprinkle with chopped parsley or capers. Take the sliced vegetables, cut a hole in the center, and

string them alternately on the bone, which will protrude at each end. This will give the effect of skewers, conceal the bone and make the dish more presentable.

Serve with caper sauce.

### CAPER SAUCE

Put two tablespoons of butter into a saucepan. When melted, add a tablespoon of flour, cook for a few minutes, but not brown., then add one cup of water in which the mutton was boiled, season with salt and pepper, strain, and add one heaping tablespoon of capers.

### 8. RAGOUT OF MUTTON OR LAMB

1½ pounds of the neck of mutton or lamb cut into pieces one inch square.

1 tablespoon butter, 1 tablespoon flour, 1 onion, 1 carrot, ½ can peas, 1½ cupfuls water or stock, 1 teaspoon salt, ¼ teaspoon pepper. Sprig of parsley, 1 bay-leaf, 1 clove.

Put the butter into a frying-pan, when melted add the flour, and let brown. Then add the carrot and onion cut into dice, and the mutton. Cook, stirring frequently, until all are browned, using care that they do not burn, it will take about 20 minutes. Then add the stock or water, and the seasoning, having the herbs in a bouquet, so they can be removed. Cover closely, and let simmer for two hours. Add the peas 10 minutes before removing from the fire.

### 9. RAGOUT OF COLD BOILED MUTTON

2 cups cold boiled mutton cut in inch squares, 1 onion sliced, 1 cup stock or water in which mutton was boiled, 2 tablespoons butter, ½ can peas, 1 teaspoon salt, ¼ teaspoon pepper, 1 head of lettuce. Farina balls.

Put all the ingredients, except the lettuce and farina balls, into a saucepan together, cover closely, and simmer very slowly for one hour, stir occasionally, but with care not to break the meat or peas. When ready to serve, taste to see if the seasoning is right, and pour on a hot dish. Lay around the edge, and close to the meat, the crisp leaves of one head of lettuce, and the farina balls. The garnishing makes it a presentable dish, and is a good accompaniment in place of other vegetables.

### 10. IRISH STEW

Cut the neck of mutton into pieces 2½ or 3 inches square. Put them into a saucepan with one tablespoon butter, and let them brown, stir frequently so they do not burn. When browned add enough water to cover well, and 2 or 3 onions cut into pieces. Cover closely and let simmer two hours. Then add more water if necessary, some parboiled potatoes cut in

two, and a few slices of carrot, salt, and pepper, cover and let cook one hour more. A teaspoon of Worcestershire sauce is an improvement. The gravy must be quite thick, so too much water must not be used. The potatoes should be very soft, but not broken.

### 11. BREAST OF MUTTON GRILLED OR BROILED

A breast of mutton, salt and pepper, tomato, piquante or other, suitable sauce.

Divide the breast into pieces convenient for serving, and trim away, some of the fat. Grill slowly over or in front of a clear fire, in order that the meat may be thoroughly cooked, turning frequently meanwhile, and sprinkling liberally with salt and pepper. Serve the sauce separately.

Time.—About 20 minutes.

### 12. MUTTON CHOPS

Loin chops should be cut  $1\frac{1}{4}$  inches thick, and the fat trimmed off leaving them round; or the end pieces may be pared off thin, wrapped around the chops, and fastened with a skewer, making the chop into the form of a circle.

The breast chops are cut a little thinner, the bones scraped and cut into even lengths. They are called French chops when the bones are bare. Whichever kind of chops are used, they should be all of uniform size and shape.

Broil the chops over or under hot coals, turning the broiler as often as you count ten slowly, using the same method as in broiling steak. When the meat offers a little resistance and is puffy, it is done. If cooked too long the chops will be hard and dry. If properly seared at first the juices are shut in, and the inflation is caused by the confined steam from the juices. It will take 8 to 10 minutes to broil chops which are one inch thick. When done sprinkle over them a little salt and pepper and butter. Dress them on a hot dish in a circle, the chops overlapping.

Green peas, string-beans, or any small vegetable, or fancy-fried potatoes such as balls, straws, Saratoga, etc., may be served on the same dish, and placed in the center of the circle, or around the chops. Spinach or mashed potato pressed into form of sole may be used, and the chops rested against it, the bones pointing up or slanting. Paper frills placed on the ends of the bones improve their appearance.

### 13. CHOPS IN PAPER CASES

Put into a frying-pan some slices of salt pork; when tried out, lay in neatly trimmed and seasoned lamb or veal chops; let them saute until half cooked; remove the chops, and to the pan add a tablespoon of onion chopped

fine; when the onion is cooked add a cup of stock and a cup of mixture containing minced veal or chicken, a little ham, and mushrooms, chopped parsley, and truffles if convenient; salt and pepper to taste. Put a spoon of this sauce on a well-buttered or oiled paper, cut in heart-shape; lay the chop on the sauce, and on the chop put another spoon of the sauce. Fold the paper over, and plait the edges together so as to completely enclose the chop. Lay the enclosed chops on a buttered dish, and place them in the oven for 10 minutes; serve on the same dish very hot. Chops can also be broiled in well-greased paper, and with a little care it is easily done without burning the paper. Heavy writing paper should be used; the fire should be moderate, and the chops turned frequently. They are served in the papers, and are very good, as they hold all the juices of the meat.

#### 14. CHOPS À LA MAINTENON

Put 1 tablespoon of butter in a frying-pan; when hot add 1 tablespoon of flour; let the flour cook a few minutes; then add 4 tablespoons chopped mushrooms, 1 teaspoon parsley,  $\frac{1}{2}$  teaspoon salt, and a dash of pepper; moisten with 3 tablespoons of stock; mix well together and set aside to cool. Have six French chops cut 1 inch thick. With a sharp knife split the chops in two without separating them at the bone; spread the mushroom mixture between the opened chops; press the edges well together; and broil for 8 minutes; serve with an olive sauce.

#### 15. SPRING LAMB

Spring lamb is best when 2 months old. It must be used when fresh, and must be thoroughly cooked, but not dried. It is divided into the fore and hind quarters, the whole of either not being too much to serve at one time; the former are less expensive than the latter, but the meat is equally sweet and good. Roast it in a hot oven with a little water in the pan; allow 15 to 18 minutes to the pound, and baste frequently; serve with it mint sauce, and green peas or asparagus tips for vegetable.

When using a fore quarter, have the bones well cracked, so that in carving it may be cut into squares, or have the shoulder blade removed. A very good dressing may be made on the table as follows: cut around the shoulder bone; lift and place under it 2 tablespoons of butter, the juice of one lemon, one teaspoon salt,  $\frac{1}{2}$  teaspoon pepper. Press the pieces together, and let stand a minute to melt the butter before serving.

#### 16. LAMB, FRICASSEE OF

A breast of lamb, 2 ozs. of butter, 1 small onion, 2 bay-leaves, 2 cloves, 1 blade of mace, 6 peppercorns, 1 pint of boiling stock or water, 1 oz. of flour, 2 tablespoons of capers coarsely-chopped, salt and pepper.

Trim the meat, and cut into 2-inch squares. Heat the butter in a stewpan, put in the onion sliced, bay-leaves, cloves, mace, peppercorns,  $\frac{1}{2}$  a saltspoon of pepper, salt and the meat, cover, and cook very gently for  $\frac{1}{2}$  an hour, stirring occasionally. Now add the boiling stock or water and salt, and simmer gently for 1 hour longer; 20 minutes before serving, mix the flour smoothly with a very small quantity of cold water, and add to it gradually about  $\frac{1}{2}$  pint of the liquor from the stewpan, stirring all the time. Bring the contents of the stewpan to boiling point, pour in the thickened liquor, boil for 2 or 3 minutes, then simmer until the meat is sufficiently cooked. When ready, arrange the pieces of meat inside a border of mashed potato, or otherwise, as may be preferred, season the sauce, add to it the capers and pour over the meat.

## VEAL

### 1. GENERAL DIRECTIONS

The flesh of veal should be pink and firm, the bones hard. If it has a blue tinge and is flabby, it has been killed too young, and is unwholesome. Like lamb, it must be used while perfectly fresh and be thoroughly cooked. It contains less nourishment than other kinds of meat; also, having less flavor, it requires more seasoning. Veal is frequently used as a substitute for chicken. It can be made into croquettes and salads very acceptably.

### 2. ROAST FILLET OF VEAL

The fillet is cut from the upper part of the leg, and should be 4 to 6 inches thick. Only one good fillet can be cut from the leg. Press and tie it into good round shape. Lay a few slices of larding pork over the top. Place it in very hot oven for 15 minutes; then lower the heat; baste frequently with water from the pan; allow 18 to 20 minutes to the pound. It must be thoroughly cooked, but not dried. Remove the slices of pork from top a half hour before it is done, so it may brown. The bone may be removed from the fillet before cooking, and the space filled with stuffing made of crumbs, sweet herbs, pepper and salt, and a little chopped salt pork. Thicken the gravy in pan to serve with the fillet.

### 3. STUFFED SHOULDER OF VEAL

20 to 25 minutes per pound.

Have the blade removed, and fill the space with a stuffing made of bread crumbs, thyme, marjoram, lemon juice, chopped salt pork, salt and pepper, and an egg; also chopped mushrooms, if desired. Sew up the opening, press and tie it into good shape, and roast the same as the fillet. The stuffing may also be made of minced veal cut from the knuckle, highly seasoned.

### 4. FRICANDEAU OF VEAL

The fricandeau is the choice cut of veal. It is taken from the upper round of the leg and is one side of the fillet. As it destroys that cut, it commands the highest price. It should be cut 4 inches thick and is usually larded and braised. Place it in a baking pan on a layer of sliced salt pork, and chopped carrot, onion and turnip. Add a bouquet of herbs, a cup of stock, and enough water to fill the pan  $1\frac{1}{2}$  inches deep. Cover closely and let cook in a moderate oven, allowing 20 minutes to the pound; baste frequently. Remove the cover for the last half hour, so the meat may brown. Strain the gravy from the pan to serve with it.

### 5. VEAL CUTLETS

Leave the cutlet whole or cut it into pieces of uniform size and shape; dredge with salt and pepper; dip in egg and cover with bread crumbs or with flour; saute cutlets in drippings, or in a frying-pan after slices of salt pork have been tried out. Cook until well browned on both sides; then place them on a hot dish and moisten the top with a little lemon juice; or, omitting the lemon juice, serve with them a tomato or a Bearnaise sauce, or make a gravy by adding a little flour to the grease in the pan, and diluting to right consistency, after the flour is browned, with stock or water. If the gravy is used, put it in the bottom of the dish and place the cutlets on it.

### 6. A PLAIN POT-PIE

Cut veal, chicken, or beef into pieces; put them with strips of pork into boiling water and cook until tender; season with salt, pepper, and butter. There should be enough liquid to make a generous amount of gravy. When the stew is ready cook the dumplings, and place them on the same dish around the stew. If suet dumplings are used, they must be placed in the pot as soon as it boils in order to cook them a sufficient length of time. It is better to cook either kind of dumplings in a separate pot with plenty of water, and not remove them until the stew is dished and ready to be sent to the table.

#### DUMPLINGS WITH BAKING POWDER

2 cups flour,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons baking powder, 1 cup milk.

Mix the flour, salt, and baking powder well together, then stir in quickly the milk. Have the dough quite soft. Drop the batter from a spoon into the stew, or into boiling water; or, if preferred, make the dough just consistent enough to roll, and cut it into squares. The stew must not be allowed to stop simmering after the dumplings are in; and they must be served immediately after being taken from the pot, or they will fall. It will take ten minutes to cook them.

#### DUMPLINGS WITH SUET

1 cup chopped suet, 2 scant cups flour, 1 teaspoon salt,  $\frac{1}{2}$  cup cold water.

Mix together lightly the flour, suet and salt; then with a knife stir in quickly the water. The dough must be soft, but not sticky. Put it on a board, and roll it lightly to one inch thickness, and place it on the boiling stew in one cake. The stew must not stop boiling for a moment, or the dumpling will fall. Cook for one hour. The dough may be rolled into balls if preferred. When the dumpling is put in, draw the pot forward where it will heat quickly, and

not arrest the boiling. When it is thoroughly hot, place it where it will simmer continually during the hour of cooking. If this rule is observed, it will be light and spongy. Where cooked meat is used, which does not require such long cooking, the dumplings may be boiled in water.

This mixture can be used for fruit and for roly-poly puddings.

### 7. VEAL LOAF

3 pounds veal,  $\frac{1}{2}$  pound ham, or  $\frac{1}{4}$  pound salt pork, 2 eggs, 1 cup fine bread or cracker crumbs, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, 1 teaspoon onion juice,  $\frac{1}{2}$  teaspoon ground mace,  $\frac{1}{2}$  teaspoon allspice.

Chop the veal and ham very fine, mix into it the other ingredients, and mold it into a loaf; or press it into a mold or tin to form a loaf; then turn it on a baking dish. Baste it with beaten egg, and sprinkle it with bread crumbs. Cook in moderate oven for two hours, basting it several times with melted butter and water. This dish is to be served cold.

### 8. STUFFED VEAL OR STEAK

$1\frac{1}{2}$  lb. fillet of veal or steak,  $\frac{1}{4}$  lb. mushrooms,  $\frac{1}{4}$  lb. cooked ham chopped fine. A few breadcrumbs, a little parsley, and 1 egg.

*Sauce.*—1 onion, 1 oz. butter,  $1\frac{1}{2}$  oz. flour, almost 1 pint stock or water, pepper and salt; 1 wineglass sherry.

Cut veal (or steak) in squares, then stuff with the above, using the ham and half of the mushrooms, and when the meat is stuffed, roll and tie up.

Make a little dripping hot, then fry the rolls, and when fried, take off the fat, add the sherry and allow to cook for a few minutes, then put in the mushrooms and cook for  $\frac{3}{4}$  of an hour slowly.

In another saucepan melt the butter and when very hot put in the onions to brown, add the flour, then the water or stock and stir well. When ready strain over the meat and serve very hot.

### 9. BREAST OF VEAL AU FINE HERBS (French)

Cut the veal into pieces about 2 inches square.

Put some butter the size of an egg, into a saucepan and a tablespoon of flour. When the butter and flour are well melted and mixed, add a cup of soup or water. Mix well, and add the pieces of veal, a tablespoon of brandy, one onion, two tablespoons of parsley and chopped shallot, salt and pepper. Let it stew for  $1\frac{1}{2}$  to 2 hours. Serve with squares of toasted bread. The sauce should be mixed with the yolk of egg and cream.

## TONGUE, HEART, ETC.

### 1. BEEF'S TONGUE

If a smoked tongue is used, soak it over night. Put it in cold water, and let it come to the boiling point. Then simmer for four hours, or until tender.

Boil a fresh tongue in salted water  $1\frac{1}{2}$  hours. A few soup vegetables may be added to the water if convenient. Before putting it in the water, trim it carefully, and skewer it into good shape. When boiled remove the skin. If it is to be used cold, replace the skewer, put it again in the water in which it was boiled, and let it remain there until cold. If served hot, pour over it a white sauce, and garnish with parsley and sliced pickle; or serve with it a piquante sauce. Spinach is a good vegetable to serve with tongue.

### 2. HOT SLICED TONGUE

Make a piquante sauce. Lay slices of boiled tongue cut  $\frac{1}{2}$  inch thick into it, and let them remain until well heated. Arrange the hot slices in a circle, the slices overlapping, and pour the sauce in the center. Garnish with capers, slices of hard-boiled eggs, and gherkins; or make a form of spinach by pressing into a bowl well-chopped and seasoned spinach. Turn it on the center of a dish, and lay the slices around or against it. Serve with piquante or with pickle sauce.

### 3. COLD TONGUE

Lay thick slices of tongue in a circle, the pieces overlapping. Place in the center a bunch of nasturtium blossoms and lettuce leaves. Serve with Tartare or cold Bearnaise sauce.

### 4. JELLIED TONGUE

Cut tongue into slices. Lay them together to look like a solid piece, and place them in a square or brick-shaped mold. Sprinkle a few capers in the bottom of the mold before putting in the tongue. Have the mold only large enough for the tongue to fit in easily, but be held in place. Fill with aspic jelly.

### 5. CALF'S HEART, BAKED

A calf's heart, veal forcemeat (see Forcemeats), a few rashers of bacon, salt and pepper, fat, brown gravy (See Gravies).

Wash the heart in several waters, let it remain in cold water 1 hour, then drain, and dry thoroughly. Fill the inside with forcemeat, tie a piece of oiled or buttered paper round it, and bake in a moderate oven for about 2 hours. Baste well, and about  $\frac{1}{2}$  an hour before serving remove the paper and dredge well with flour. The gravy in the tin may be used to enrich or form the basis of the brown gravy. Make this hot and pour round the dish. Garnish with fried bacon.

**6. CALF'S HEAD, BOILED**

A calf's head. For the stock: 1 or 2 onions, 1 or 2 carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, salt. For the sauce  $1\frac{1}{2}$  oz. of butter,  $1\frac{1}{2}$  ozs. of flour,  $\frac{1}{2}$  pint of stock,  $\frac{1}{2}$  pint of milk, lemon-juice, 1 dessertspoon of finely-chopped parsley, 1 egg, browned bread crumbs.

Prepare and blanch the head in the usual manner, return it to the saucepan, cover with cold water, bring to the boil, skim well, then add the prepared vegetables, herbs, peppercorns, salt, and simmer from 2 to  $2\frac{1}{2}$  hours, according to size. Boil the tongue at the same time. Wash the brains in several waters, let them remain in salt and water until wanted, then tie loosely in a piece of muslin, boil with the head for about  $\frac{1}{2}$  hour, and when cool, chop coarsely and use for the sauce. The head may be served plainly-boiled, but it presents a better appearance when it has been coated with egg and brown bread crumbs, and baked for 20 minutes in the oven, being frequently basted during the time. It is more easily carved, and the various parts are more evenly distributed when the bones are removed, and the head rolled, before baking; it must be bound with strong tape, and the bare parts under the tape sprinkled with bread crumbs before serving. About  $\frac{1}{2}$  hour before the head is ready to serve, melt the butter in a stewpan, add the flour and cook for 5 minutes, then pour in the milk and  $\frac{1}{2}$  pint of liquor from the pot in which the head is cooking. Stir until it boils, simmer for 10 minutes, add the prepared brains, parsley, lemon-juice, and seasoning. Place the head on a hot dish (if not egged and bread crumbed, brush over with glaze), garnish with slices of tongue and lemon, and serve the sauce in a tureen. A piece of boiled ham or bacon is occasionally served as an accompaniment to this dish.

**7. CALF'S BRAINS WITH MAITRE D'HOTEL SAUCE**

Calf's brains,  $\frac{1}{2}$  a pint of white sauce (see Sauces), 1 teaspoon of finely-chopped parsley, 1 teaspoon of lemon-juice, 1 small onion, 1 tablespoon of vinegar, salt and pepper.

Prepare and cook the brains as directed in the preceding recipe, and cut them into small thick slices. Have the sauce ready in a stew-pan, add the parsley, lemon-juice, and season. Put in the slices of brain, and, when thoroughly hot, serve.

**8. KIDNEY STEWED**

1 lb. of ox kidney, 1 pint of water, 1 oz. of beef dripping, 1 oz. of butter,  $1\frac{1}{2}$  ozs. of flour, 1 finely-chopped small onion, salt and pepper, flour.

Cut the kidney into slices about  $\frac{1}{4}$  inch thick, and remove the core. Make the dripping hot in a stewpan, season a tablesp of flour with  $\frac{1}{2}$  a teaspoon of salt, and  $\frac{1}{4}$  of a teaspoon of pepper, dip the slices of kidney in the mixture, and fry them in the hot fat until browned on both sides, and at the same time fry the onion. Drain away the fat, add 1 pint of nearly boiling stock or water, a little salt and pepper, cover closely, and simmer very slowly for 1 hour. Knead the butter and flour smoothly together, add it in small portions to the contents of the stewpan, cook for 20 minutes longer, or until the kidney is perfectly tender. Arrange the slices of kidney neatly on a hot dish, season the sauce, and strain it over. When intended for luncheon the kidney may be served within a border of mashed potato, and the dish garnished with small cooked tomatoes. For breakfast it may be varied by the addition of small rolls of fried bacon, poached eggs, or sippets of either toasted or fried bread.

### 9. KIDNEY, FRIED

1 lb. of ox kidney, 2 ozs. of butter, 1 teaspoon of finely-chopped parsley, 1 teaspoon of lemon-juice, salt, cayenne, flour.

Cut the kidney into slices about  $\frac{1}{4}$  of an inch thick, and remove the core. Make the butter hot in a sauté-pan, mix 1 tablespoon of flour,  $\frac{1}{2}$  teaspoon of salt, and  $\frac{1}{4}$  teaspoon of pepper together on a plate, dip the slices of kidney in the mixture, and fry them gently in the butter for about 20 minutes, turning them 2 or 3 times, and keeping the sauté-pan covered. Have ready a very hot dish, arrange the kidney neatly in 2 rows; add the lemon-juice, parsley and a pinch of cayenne to the butter in the sauté-pan, and pour over the kidney. Serve as hot as possible. Cook 30 to 35 minutes.

### 10. TRIPE

Soak the tripe for several hours, then scrape it thoroughly clean, put in salted water, and simmer for 3 or 4 hours, until like jelly. Drain off the water, and put the tripe aside until ready to use. Put a tablespoon of butter in a saucepan; when hot add a tablespoon of flour, and cook for a few minutes, but do not brown. Then add slowly one cup of milk, and stir until smooth. Add a half teaspoon of salt, a dash of pepper, and  $\frac{1}{2}$  teaspoon of onion juice; then add one cup of the boiled tripe. Stir until the tripe is heated, and serve immediately.

### 11. TRIPE AND ONIONS

2 lbs. of dressed tripe, 2 large onions,  $\frac{1}{2}$  pint of milk,  $\frac{1}{2}$  pint of water, 1 tablespoon of flour, 1 teaspoon of salt and pepper.

Cut the tripe into 3-inch squares; put them into a stewpan, cover with cold water, bring to boiling point, and strain. Replace the tripe, add the milk, water and salt, boil up, put in the thinly-sliced onions, and simmer

for 3 hours. 20 minutes before serving have the flour mixed smoothly with a little milk, pour it into the stewpan, stir until boiling, and simmer for 15 minutes. Season and serve.

12. TRIPE LYONNAISE

1 lb. of cold boiled tripe, 2 ozs. of butter, 1 large onion sliced, 1 heaped teaspoon of finely-chopped parsley, 1 dessertspoon of vinegar, salt and pepper.

Cut the tripe into pieces 2 inches square. Heat the butter in a frying-pan, fry the onion until tender and lightly-browned, then add the prepared tripe, parsley, vinegar, and salt and pepper. Toss over the fire for a few minutes, and serve as hot as possible.

13. OX-TAIL, STEWED

1 ox-tail, 2 oz. of butter, 1½ oz. of flour, 1 pint of stock or water, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, 1 sliced onion, 1 tablespoon of lemon-juice, salt and pepper.

Wash the tail, cut it into pieces about 1½ inches long, and divide the thick parts in half. Make the butter hot in a stewpan, dry the pieces of tail thoroughly, and fry them brown in the butter. Take them out of the stewpan, put in the sliced onion and flour, fry until well browned, then add the stock, bouquet-garni, cloves, mace, salt and pepper, and stir until boiling. Replace the pieces of tail, cover closely, and simmer gently for 2½ to 3 hours. Arrange the pieces of tail on a hot dish, season the sauce, add the lemon-juice, and strain over them. Garnish with croutons of fried bread, or groups of cooked turnip and carrot, cut into dice.

14. SCOTCH HAGGIS

A sheep's paunch and pluck, 1 lb. of finely-chopped beef suet, ½ a pint of oatmeal, 2 finely-chopped Spanish onions, 2 tablespoons of salt, 1 teaspoon of pepper, ½ a nutmeg finely-grated, 1½ pints of good stock or gravy, the juice of 1 lemon.

Soak the paunch for several hours in salt and water, then turn it inside out, and wash it thoroughly in several waters. Wash the pluck, cover the liver with cold water, boil it for 1½ hours, and at the end of ¾ of an hour add to it the heart and lights. Chop half the liver, chop the remainder and the heart and lights finely, mix all together, add the oatmeal, onions, salt, pepper, nutmeg, lemon-juice and stock. Turn these ingredients into the paunch, sew up the opening, taking care that sufficient space is left for the

oatmeal to swell : if the paunch be over-full there is a possibility of its bursting. Put the haggis into boiling water, and cook gently for about 3 hours; during the first hour it should be occasionally pricked with a needle, to allow the air to escape. As a rule, neither sauce nor gravy is served with a haggis. When a small dish is required, a lamb's paunch and pluck may be substituted for those of the sheep.

### 15. CARBONADES (Flemish)

Fry 2 or 3 onions, and when quite brown chop fine and mix them in butter; add pieces of meat about 3 inches square, and when cooked, cover with soup, adding salt, pepper, 3 or 4 cloves, thyme, and a wine-glass of red wine. When ready to serve, make a sauce with a little arrowroot mixed with a tablespoon of vinegar. Carrots, plums, grapes, or dried raisins may be added.

## HAM, BACON AND LIVER

### 1. BOILED HAM

Soak the ham over night or for several hours. Thoroughly wash and scrape it, put it into cold water; let it come to the boiling point; then simmer, allowing 20 minutes to the pound. Pierce the ham with a fine skewer, if done the skewer can be withdrawn easily without sticking. Let the ham partly cool in the water, then remove and draw off the skin. Sprinkle the top plentifully with cracker crumbs and brown sugar, or brush it with egg. Press into it a number of whole cloves, and set in the oven a few minutes to brown. Or the ham may be left white and dotted with pepper, a clove stuck in the center of each spot of pepper. Soup vegetables and a bouquet of herbs boiled with the ham improve its flavor. Trim the meat around the bone, and conceal the bone with a paper frill or with a vegetable cut in the shape of a rose. Ornament the ham with dress skewers or with parsley and lemon.

### 2. BAKED HAM

Soak and prepare the ham as above. Let it simmer for 2 hours, then remove it, take off the skin, and bake it in a moderate oven for two hours. Baste it frequently with drippings from the pan. When done cover it with a paste made of brown flour and brown sugar moistened with sherry, and replace it in the oven a few minutes to brown.

### 3. BROILED HAM AND EGGS

Cut the ham very thin. If very salt place it in boiling water for a few minutes, then dry and broil it over hot coals for 3 or 4 minutes. Put a few pieces of salt pork into a frying pan. When tried out add the eggs one at a time from a saucer. Baste the top of the eggs with fat from the pan. Let them brown a little on the edges but not blacken, and serve them around the slices of ham.

Boiled ham may be broiled. If so, cut it into thin small pieces, and after broiling it, place on each piece a fried egg.

### 4. HAM AND EGGS À L'AURORE

Chop fine some cold boiled ham. Boil 6 or 8 eggs very hard. With a sharp knife, cut them in quarters lengthwise. Remove the yolks and press them through a coarse sieve or strainer. Lay the white segments in warm water. Make a white sauce, using 2 tablespoons butter, when melted add two

tablespoons of flour and let it cook for a few minutes. Then add slowly two cups of milk. Stir constantly and when a smooth, consistent sauce, season with salt and white pepper.

Moisten the chopped ham with a little of the sauce, and place it on the fire just long enough to become well heated. Stir constantly so the sauce will not brown. Make a smooth, rounded mold of the ham in the center of a hot dish, pour over it the white sauce. Sprinkle thickly over the top the yolk crumbs, then arrange evenly around it the white segments of the eggs.

### 5. BACON

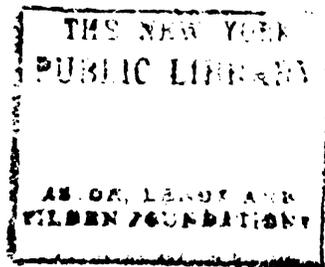
Cut bacon very thin, lay the slices on a hot frying pan. When clear, turn them over. Tip the pan a little so the fat will run to one side. If not wanted crisp and dry, turn the slices before they look clear, and remove before all of the fat is fried out.

### 6. LIVER AND BACON

Cut the liver into slices  $\frac{1}{2}$  inch thick, lay them in boiling water for a few minutes, then dry and cover them with flour and a little pepper and salt. Lay in a hot frying pan very thin slices of bacon, when tried out enough for the bacon to be crisp, remove it and put the slices of liver in the same frying pan. Cook until thoroughly done but not dried. Remove the liver and to the fat in the pan add a spoon of flour. When the flour is brown add enough water slowly to make a thick sauce. Pour the sauce over the liver and place the bacon around it. Liver is generally cut thin but it will be found much better when cut a  $\frac{1}{2}$  inch or more thick. The bacon should be cut thin and cooked quickly; the liver cut thick and cooked slowly.

### 7. BROILED LIVER

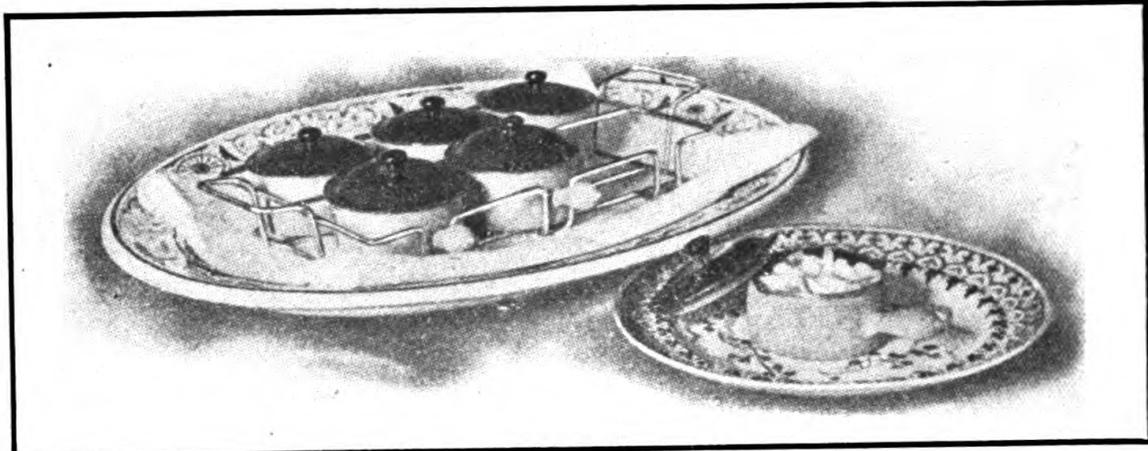
Slice the liver, let it soak in hot water a few minutes to draw out the blood. Dry it, rub it with butter and broil 5 to 8 minutes, turning it constantly. It should not be cooked until dry. When done, spread with butter and serve at once.





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Pigeons en Casserole.

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## WHAT AND HOW TO COOK "EN CASSEROLE."

### 1. CHICKEN EN CASSEROLE

Separate the chicken into pieces at the joints and wipe each with a wet cloth; sauté in butter melted in the frying pan, on both sides, then transfer the pieces to the casserole; add about 1 pint hot white, veal or chicken broth or boiling water, put on the cover and let cook in a moderately heated oven about  $1\frac{1}{4}$  hours. Melt 2 or 3 tablespoons butter in the frying pan and in it sauté 6 or 8 peeled mushroom caps, a dozen slices or balls of carrot, 2 dozen potato balls and 6 peeled onions the size of the potato balls. As soon as these are browned remove them to the casserole, add more broth, if needed, 4 tablespoons sherry wine, and salt to season; replace the cover, seal the dish with paste, and return to the oven for another half hour or until the vegetables are tender, when the chicken should be cooked.

### 2. SWEETBREADS EN CASSEROLE

Let 2 pairs of sweetbreads stand an hour or longer in cold water, changing the water several times and removing unedible portions; drain, cover with boiling water, and let simmer for ten minutes to stiffen them on the outside; let chill in cold water, then draw into the best side of each about a dozen lardoons of fat salt pork. Melt 4 tablespoons butter in the frying pan and in this brown the sweetbreads on both sides taking care to brown the larded side but little. Set the sweetbreads in the casserole; add veal broth, highly seasoned with vegetables and sweet herbs (or half a cup of celery, onion and carrot in bits, tied in muslin for removal), to half cover the sweetbreads; cover and let simmer in oven for nearly an hour. Sauté 6 or 8 mushroom caps in butter and add these to the casserole, let cook 15 minutes, when the broth should be well reduced; add  $\frac{1}{2}$  cup thick cream, salt and paprika to season, and a pint of hot cooked peas, letting the peas settle to the bottom of the dish and drawing the sweetbreads and mushrooms above them. The dish may be served after cooking, in individual ramequins, those of oval shape being well adapted for this service. The mushrooms may be omitted.

### 3. BEEF BALLS WITH SPAGHETTI. "En Casserole"

Put over the fire a can of red tomatoes, a sweet green or red pepper, cut in shreds (after discarding the seeds), an onion, cut in thin slices, 2 sprigs of parsley and a pint of water, let cook  $\frac{1}{2}$  hour, then pass through a sieve into a casserole; add a teaspoon of salt and 2 tablespoons butter and the beef balls prepared as follows. Chop very fine 1 lb. steak, freed from fat and stringy portions. Steak from the top of the round should be selected. To the chopped meat add 1 egg beaten light,  $\frac{1}{4}$  cup grated bread crumbs, 1 teaspoon grated onion,  $\frac{1}{2}$  tablespoon salt and the same quantity of paprika; mix all

together thoroughly, then divide the mixture into a dozen portions; roll each into a compact ball. Have ready in a frying pan 3 tablespoons hot fat, that from salt pork, bacon or the top of the soup kettle preferred, in this roll the beef balls until they are slightly browned on the outside, then drain on soft paper and put into the sauce in the casserole, cover the dish and let cook in the oven or on the back of the stove about 45 minutes. In the meantime cook  $\frac{1}{2}$  lb. spaghetti, in whole or half lengths as preferred, in boiling salted water until tender (it will take about  $\frac{1}{2}$  hour), drain and rinse in cold water. When about ready to serve the dish, take out the meat balls, turn in the spaghetti and  $\frac{1}{2}$  cup or more of Parmesan cheese and lift the spaghetti with a spoon and fork until it is thoroughly mixed with the sauce and cheese; return the beef balls, cover and let stand in the oven to become very hot, then serve in the casserole.

#### 4. BEEFSTEAK "EN CASSEROLE." Rathskeller Style.

Select a sirloin or tenderloin steak at least an inch thick. Have ready cooked in brown stock until tender, balls cut from carrots and turnips, half a dozen of each for each service: also for each service 2 small onions. For a steak weighing about 2 lbs., melt and brown 3 tablespoons butter; in it stir and cook 5 tablespoons flour until the flour is well browned; add  $\frac{1}{2}$  teaspoon salt and  $1\frac{1}{2}$  cups rich, dark brown broth; stir the sauce constantly until it boils, add the cooked vegetables and about 1 dozen canned mushrooms and let the whole stand over hot water while the steak is being cooked; also let a low uncovered casserole become thoroughly heated. Rub over the surface of a hot iron frying pan with a bit of suet, lay in the steak, turn frequently at first, keeping the pan very hot, then let cook more slowly, turning less frequently for about six minutes in all. Set the steak in the hot casserole, turn the vegetables and the sauce over it and set the dish in a hot oven to stand about four minutes; sprinkle steak with a teaspoon or more of fine chopped parsley, and serve at once. The casserole being low, the steak is easily carved in the dish.

#### 5. PIGEONS "EN CASSEROLE."

Select young pigeons; clean and wash carefully and draw into the breasts some lardoons or strips of salt pork or bacon, or tie a slice of bacon around each pigeon. Put 2 or 3 tablespoons of butter into a casserole, add a Spanish onion, cut in slices, and on these set the pigeons; cover and let cook for 15 minutes on the back of the range; add 3 cups of beef or veal broth and let cook in the oven until the pigeons are tender. It will take from 1 to 4 hours according to the age of the birds. Add hot broth as is needed to keep the pigeons half covered. When the pigeons are nearly tender, cook a small cauliflower, separate it into flowerets and add to the pigeons in the casserole with pepper and salt; 2 tablespoons flour mixed smooth with water may be stirred into the liquid before the cauliflower is added.

**6. VEAL COLLOPS "EN CASSEROLE."**

Have veal from the leg cut in slices about  $\frac{3}{4}$  inch in thickness; cut these in pieces for serving and into each draw one or two fine bits of salt pork or lardoons. In a frying pan have 4 or 5 tablespoons of hot pork fat or butter, and in this cook about 2 lbs. of the veal until nicely browned; remove the browned veal to the casserole and add an onion into which 4 cloves have been pressed, two sprigs of parsley, and stock or boiling water nearly to cover the veal; sauté a green pepper, chopped fine, in a tablespoon butter and add this, with 2 or 3 peeled tomatoes cut in pieces, also salt to season; cover the dish and let cook in moderate oven about an hour and a half; mushrooms, with caps whole or broken in pieces, may be used in this dish, and, when desired, the liquid may be thickened with flour mixed with cold water to a thin paste. Remove the onion and parsley before serving.

**7. BEEFSTEAK "EN CASSEROLE."**

Use 2 lbs. round steak cut from one to one and a half inches thick. The steak may be left whole or cut into pieces two inches square. Heat an iron frying pan, rub over the surface with a piece of fat from the meat, put in the steak, and cook, on both sides, to harden the meat on the outside and thus keep in the juices; put the meat into the casserole; put in also  $1\frac{1}{2}$  dozen pieces each of carrot and turnip. The vegetables may be cut in similar shaped slices, cubes or triangles, add also about a dozen very small onions, nicely peeled, a tablespoon of kitchen bouquet, and a pint of brown stock or boiling water. Cover and let cook very gently in the oven for  $1\frac{1}{2}$  hours. After cooking 1 hour, add salt and more broth if required. Serve from the casserole. The vegetables may be browned in  $\frac{1}{4}$  cup dripping before being put into the casserole.

**8. NECK OF LAMB "EN CASSEROLE."**

Put about  $2\frac{1}{2}$  lbs. lamb from the breast, cut in pieces for serving, into the casserole. Season with salt and pepper, dredge with flour, and sprinkle a few bits of butter on top. Put around the meat a peeled and sliced onion, a pepper pod cut in strips, and a cup of sliced tomatoes (fresh or canned); add water to half cover the meat, cover and let cook two hours; add half a cup of blanched rice and more water if needed, and let cook another hour. Serve from the casserole.

**9. POTATOES "EN CASSEROLE."**

Melt  $\frac{1}{4}$  cup butter (the clear fat from bacon or salt pork or the fat taken from the top of the kettle of soup are well adapted for this use) in frying pan. Have ready nearly 1 quart of balls cut from pared potatoes with a French cutter, washed in cold water, and dried in a cloth. Turn the balls

into the hot fat, and add a teaspoon of salt and a grating (about a teaspoon) of onion. Shake the frying pan over a brisk fire to brown the potatoes; then add brown stock or boiling water nearly to cover the potatoes, and heat the whole to the boiling point. Add a tablespoon chopped parsley and turn into a casserole, cover close, and let cook in a moderate oven about 40 minutes. Serve from the dish. Balls cut from turnips, carrots, Jerusalem artichokes as well as pieces of celery  $1\frac{1}{2}$  inches long may be cooked in the same way. When the cooking is finished there should not be too much liquid in the dish—just sufficient to serve a tablespoonful with each service of vegetable.

#### 10. SWEET POTATOES "EN CASSEROLE."

Pare about 8 sweet potatoes about the same size; cut in halves lengthwise; cover with boiling salted water and let boil 5 or 6 minutes; then drain carefully. Melt  $\frac{1}{4}$  cup of butter in a casserole, put in a layer of potatoes, and sprinkle them thick with maple or brown sugar; put in another layer of potatoes, dot them with bits of butter and sprinkle with sugar and a little salt; cover the dish and set to cook in a moderate oven. After 20 minutes remove the cover and add, if the potatoes seem dry, a little butter and sugar melted in hot water, and let cook about 10 minutes longer. When done the potatoes should be moist with syrup and there should be a little syrup in the dish.

#### 11. BANANAS WITH SAUCE "EN CASSEROLE"

Peel 5 or 6 bananas; scrape off the coarse threads and cut the bananas in halves, lengthwise, and the pieces in halves, crosswise. Put these in a casserole. Melt a small glass of currant jelly in a cup of boiling water and pour over the bananas; then squeeze over them the juice of half a lemon; cover the dish and let cook in a moderate oven about half an hour. Serve from the casserole as sweet entrée with roast beef or mutton, or with beef-steak.

#### 12. HUNGARIAN GOULASCH

Slice a peeled onion and cook it until brown in 3 tablespoons of fat fried out of salt pork; take out the onion and turn in  $1\frac{1}{2}$  lbs. lean, uncooked veal cut in inch cubes; stir and cook the meat until slightly browned, then rejecting the fat, if there be any in the pan, dispose the meat in the casserole; add 1 pint broth or boiling water, and a teaspoon paprika, cover the dish and set to cook in the oven. In the meantime add more fat to the frying pan, and when hot, brown about a dozen balls cut from pared potatoes, and a dozen small onions; when the onions are well browned, add them to the casserole, and after the meat has been cooking an hour, add a teaspoon salt and the potatoes, and, if desired, 2 tablespoons flour mixed to a thin paste with cold water. Let cook for about 2 hours in all. Serve from the casserole.

## COOKING AND SERVING IN RAMEQUINS

### 1. CREAMED OYSTERS IN RAMEQUINS

Pour a cup of cold water over a quart of oysters, and look over and wash the oysters to remove shell or sand. Strain the liquor through two folds of cheesecloth, set it over the fire and heat to the boiling point; skim, then add the oysters and heat these as quickly as possible to the boiling point; drain the oysters and leave them whole or cut them in halves. Melt three tablespoons of butter; in this cook three tablespoons of flour, half a teaspoon of salt, and a dash of pepper, then add a cup of the broth and half a cup of rich cream, or in place of these one cup and a half of rich milk; stir until boiling, then add the oysters and let become very hot. Serve in covered ramequins, made hot by rinsing them in hot water. Serve with these olives or pickles, baking powder biscuits or yeast rolls.

### 2. CHICKEN BÉCHAMEL IN RAMEQUINS

Melt 2 tablespoons of butter; cook in this 2 tablespoons of flour,  $\frac{1}{2}$  teaspoon of salt and a dash of pepper, then stir in  $\frac{3}{4}$  cup, each, of chicken broth and milk or cream; stir until boiling, then add a tablespoon of finely-chopped parsley, ten drops of onion juice, a pint of cooked chicken, chopped fine, and the beaten yolks of 4 eggs; turn the mixture into buttered ramequins and make the top of the mixture smooth. Set the ramequins on many folds of paper in an agate dish, surrounded with boiling water to half their height and let cook in a moderate oven about twenty minutes, or until the mixture feels firm. If uncovered ramequins be used, when sending to the table, set a sprig of parsley in the top of each. Mushrooms or sweetbreads may be mixed with the chicken; or fish, oysters, lobster, shrimps, sweetbreads and mushrooms may be used alone in place of the chicken.

### 3. OYSTERS SCALLOPED IN RAMEQUINS

Stir  $\frac{1}{2}$  cup of butter into a cup, each, of grated bread crumbs (soft) and cracker crumbs. Have the oysters carefully rinsed with water to remove bits of shell. Butter the ramequins, put in a layer of the buttered crumbs, then a layer of oysters and sprinkle them with salt and pepper, then add a sprinkling of buttered crumbs, a tablespoon of oyster liquor or Sherry wine, then a second layer of oysters; sprinkle with salt and pepper and cover with buttered crumbs. Bake about 15 minutes, or until the crumbs are browned. Use uncovered ramequins.

### 4. BROWN FRICASSEE OF OYSTERS IN RAMEQUINS

Melt  $\frac{1}{4}$  cup of butter; in this cook 2 slices of onion, sprig or two of parsley, 3 slices of carrot, and  $\frac{1}{4}$  of a green pepper pod, cut in strips, until they are browned. In the meanwhile, scald one quart of oysters and drain them carefully. Cook  $\frac{1}{2}$  cup of flour in the butter with the vegetables, until

it is well browned, then add one cup of oyster liquor and  $\frac{1}{2}$  cup of cream and stir constantly until the sauce thickens and boils, then strain over the drained oysters and let heat over boiling water. When ready to serve turn into the ramequins, made hot in the warming oven or hot water, and serve at once. Pass at the same time hot biscuit rolls or puff-paste diamonds. This dish may be served in either covered or uncovered ramequins.

### 5. TURBANS OF FISH IN RAMEQUINS

For 8 ramequins have 2 small slices of halibut or other fish cut entirely across the fish; remove the skin and bone, thus securing 8 "fillets" of the same shape and size. Trim these, if when rolled they will be too large for the ramequins. Dip the fillets in melted butter; squeeze over them the juice of half a lemon and a little onion juice and sprinkle with a little salt. Commencing at the widest end, roll each fillet into a "turban" and push a wooden toothpick, dipped in melted butter, through the turban, to hold it in shape. Set the prepared turbans in an agate pan, pour in a little fish stock (made by simmering the bones and trimmings of the fish with a few slices, each, of carrot and onion in water to cover) and put a teaspoonful of butter on each. Cook in a moderate oven about fifteen minutes. Baste three or four times with the liquid in the pan. When the turbans are cooked drain off the liquid and add to it enough cream or milk to make a cup and a half in all. Melt 3 tablespoons of butter; cook in it 3 tablespoons of flour and  $\frac{1}{4}$  teaspoon each, of salt and pepper; add the liquid and stir until boiling. Set the turbans in the ramequins, pour sauce over and around them, cover and serve at once.

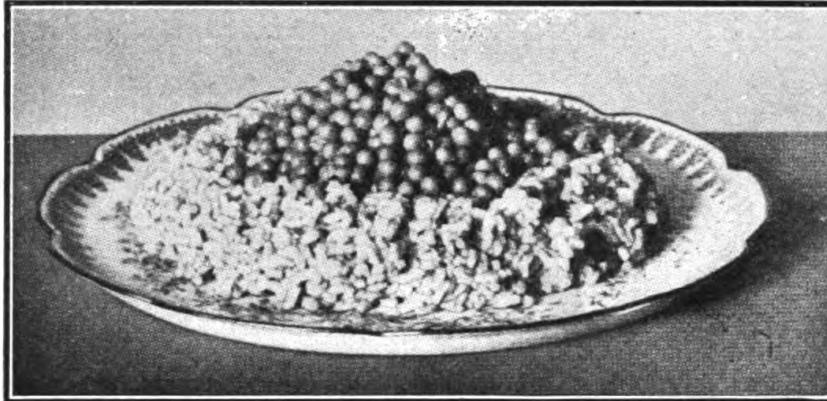
### 6. LOBSTER NEWBURG IN RAMEQUINS

Melt 2 tablespoons of butter in a frying pan and stir into it a pint of lobster meat cut in small pieces, shaking in a little salt and a dash of paprika; cover the dish and let stand for three or four minutes, then add  $\frac{1}{4}$  cup of Sherry or Madeira and mix thoroughly. Lastly, stir in the beaten yolks of 3 eggs, mixed with  $\frac{1}{2}$  cup of cream; stir and cook (without boiling) until the mixture becomes very hot and slightly thickened, then turn into hot ramequins, cover closely and send at once to the table. Parboiled oysters or clams, cooked chicken, finnan haddie, shrimps and sweetbreads may be prepared by the same recipe.

### 7. OYSTERS CODDLED IN RAMEQUINS

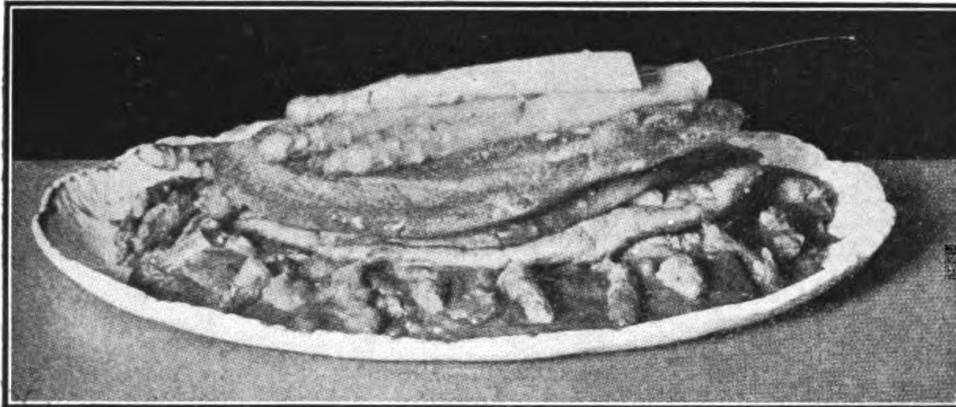
From slices of bread  $\frac{1}{2}$  inch thick stamp out pieces of bread the size of the ramequins; toast and butter them and set one in each ramequin; above these dispose a layer of oysters carefully washed and freed from bits of shell; sprinkle the oysters with salt and pepper, and pour over them 2 tablespoons of cream sauce (see Creamed Oysters) made with milk or cream. Sprinkle the contents of each dish with 2 tablespoons of cracker crumbs, mixed with butter. Cook in the oven (not in a dish of hot water) about eight minutes, or until the crumbs are well browned, and send at once to the table.

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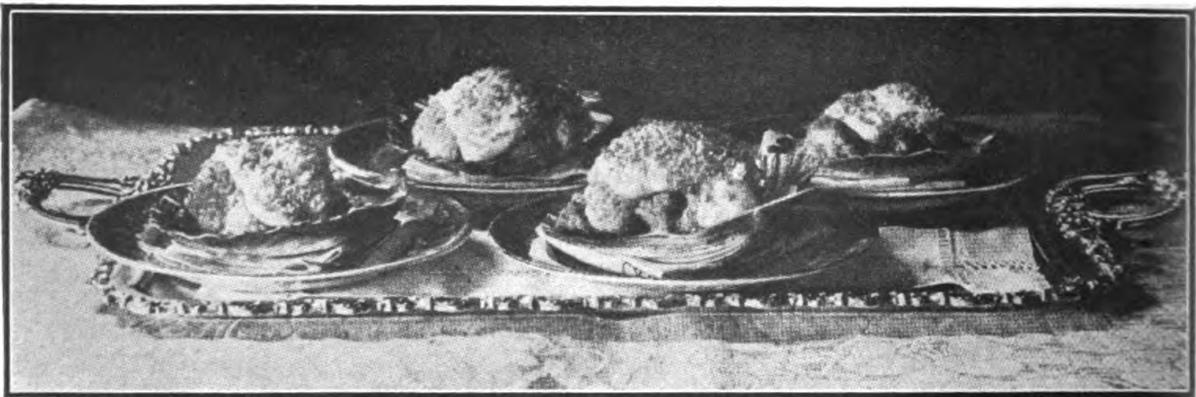
青豆架厘飯

Green Peas, with Curried Rice.



蘆筍蛋捲

Asparagus Omelet.



Cauliflower au Gratin in Scallop Shells.

## CURRIES

### 1. HINTS ABOUT CURRY SERVING

A tomato salad may be served with curry, dressed with a sprinkling of sugar and a French dressing.

An iced banana salad may be served with curry, the bananas sliced lengthways and marinated in oil, lemon juice, a sprinkling of sugar, pepper and salt.

Never serve a curry as an entrée, always after the joint.

Never offer wine immediately after curry, always iced water.

A dry curry is very good served iced, in that case it should be made the day before wanted and iced for quite 2 hours before serving.

Iced curry is nice served in curl lettuce leaves, a little chutney mixed through it, or in tomato cups, the centers of the tomatoes scooped out and the cups sprinkled with sugar.

A curry is one of the few things which may be advantageously warmed over.

Grated cocoanut and green ginger may be added with advantage to most curries.

### 2. CLELAND CURRY (from India)

2 lbs. of neck of mutton, chopped into squares of about 2 inches. Fry brown in its own fat. Fry a pan of sliced onions in a little fat. Put these into pan, containing 2 cups of milk, 1 cup of water, 2 sliced apples, 1 tablespoon of sugar, 2 tablespoons of curry powder (more curry powder if wanted very hot). Bring all to a boil, then simmer slowly for 4 to 5 hours, until the meat jellies near the bone. If very dry add a little milk to prevent sticking, but never water. Serve with rice.

### 3. CURRIED OX TAIL

Take a tail, trim off fat, brown in a pan with an onion, stew 3 hours with a bayleaf; skim off fat; add 1 teaspoon of curry, 2 teaspoons of cornflour, dissolved in cold water to thicken. Salt, pepper. Serve with rice.

### 4. INDIAN CURRY

2 level tablespoons of curry powder; 2 tablespoons of good gravy, or hot water; small apple, chopped fine; small onion, cut fine; small clove of garlic; saltspoon of sugar; 4 or 5 almonds, blanched and pounded; 5 or 6 raisins, chopped; a sprinkling of flour.

Put two tablespoons of butter into a frying or saucepan. When it is thoroughly boiling add the onion. In that brown the meat, sprinkle with half

the curry powder and a little flour. Cook these well, stirring often to prevent burning. Then add the apple, raisins, almonds and sugar and a small clove of garlic. When these are nicely browned add the gravy. Simmer for three-quarters of an hour, then add the rest of the curry powder and a little salt, and leave till properly cooked.

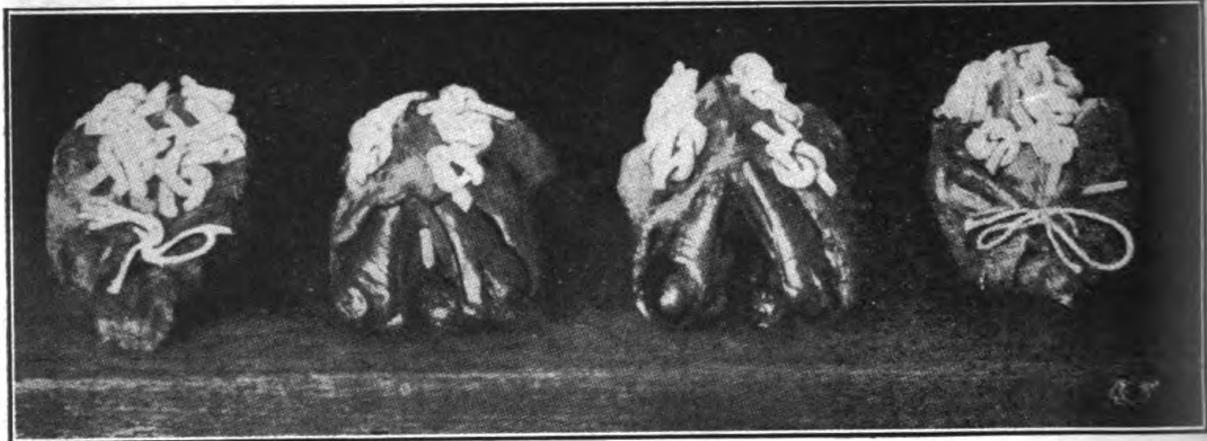
### 5. VEGETABLE CURRY

Peel and cut in large pieces 4 large potatoes, fry in butter until a light brown colour, fry a large onion, put both into a saucepan with a pint of milk and water, or stock if preferred, a small raw onion sliced, half a vegetable marrow cut into pieces, a cupful of green peas, the same of French beans, a few slices of cucumber, add a heaping tablespoon of curry powder, the juice of a large lemon or a tablespoon of vinegar and a little salt. Simmer very slowly, stirring carefully from time to time until the vegetables are nearly cooked, then add a heaped tablespoon of butter mixed with a teaspoon of flour and simmer again until the vegetables are well cooked, but not broken. Some people like a sprig of mint and a small cupful of grated cocoanut. Serve with rice and sweet chutney.

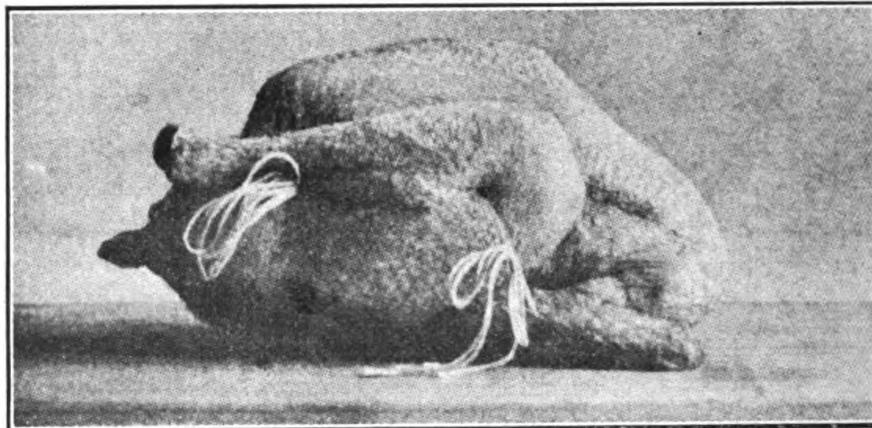
Apples, fresh or dried, and green ginger may be added to almost any curry.

This curry may be made of any vegetables—carrots, turnips, celery, Jerusalem artichokes, or any left over vegetables.

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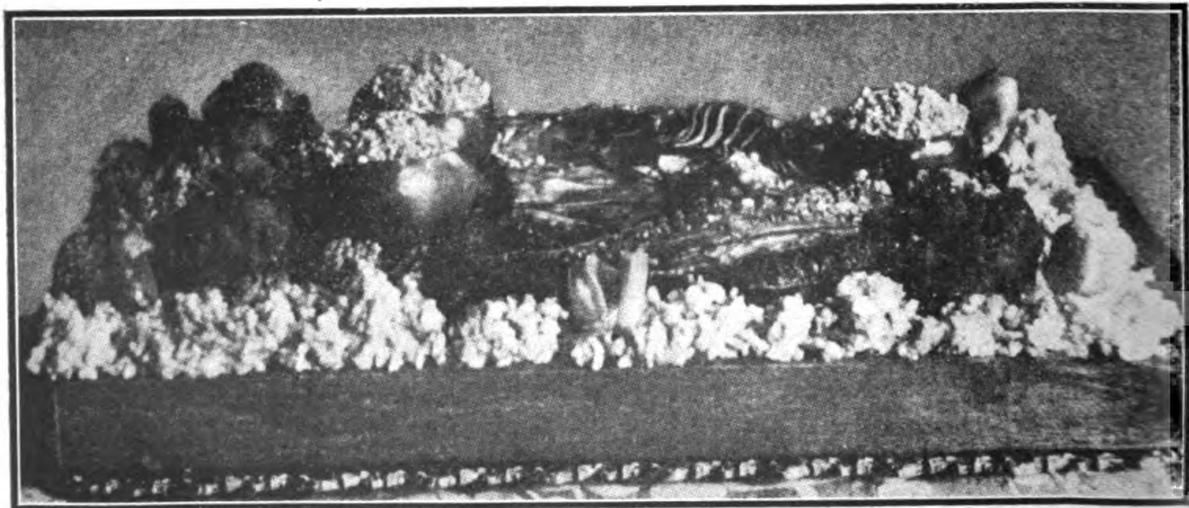


Pigeons Trussed and Larded for Cooking.



Trussed Chicken.

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Planked Chicken.

## CHAPTER IV

### POULTRY AND GAME

#### 1. TO CLEAN AND DRAW POULTRY

First, remove any pin-feathers; then singe off the hairs. This is done best over an alcohol flame. Put one or two tablespoons of alcohol into a plate or saucer and ignite it. (Wood alcohol is inexpensive, and besides serving this purpose very well may be used also in the chafing-dish and tea-kettle lamps.) If alcohol is not at hand, use lighted paper, but take care not to smoke the chicken. Hold the fowl by the head and feet, and turn it constantly, exposing every part to the flame. After singeing, wash the outside of the chicken thoroughly with a cloth and bowl of water. The skin will become several degrees whiter when freed from dust and the marks of much handling. Do not place the chicken in the bowl of water, or at any time allow the meat to soak, as that will extract its flavor. After the chicken is drawn, it should only be wiped out with a wet cloth. If it is properly drawn there will be nothing unclean to wash away from the inside. After the skin of the chicken is cleaned, cut off the head, cut the skin down the back of the neck, turn it over while you remove carefully the crop and windpipe, and cut off the neck close to the body, leaving the skin to roid over the opening. Next take the leg, bend it back slightly, and carefully cut the skin on the joint, just enough to expose the sinews without cutting them; run a skewer or fork under them, one at a time, and draw them out; five or eight of them can be easily removed after a little practice. The one on the back of the leg is particularly large and strong. These sinews are very tough and almost bony after cooking, especially in turkeys, but if they are removed the meat of the drumstick is quite as good as that of the second joint. After the sinews are drawn, break the leg off at joint, the sinews hanging to it. Cut a small opening under the rump; run a finger around close to the body to loosen the entrails. Do the same at the neck opening. Carefully draw them out, in solid mass, without any part being broken; cut around the vent to free the one large intestine. If by any mischance the gall or intestines should be broken, the inside of the chicken must be washed at once; otherwise only wipe it out with a wet cloth, as directed above. Cut the oil sack away from the rump. Cut the gall carefully off the liver; cut the outer coat of the gizzard and draw it carefully away from the inner sack, leaving the sack unbroken. Open the heart and wash away the clot of blood. The heart, liver, and gizzard are the giblets. All poultry and birds are dressed in the same way.

Washing

Drawing  
the  
Sinews

## 2. TO BONE A FOWL

Wash and singe the fowl; take off the head and legs, and remove the tendons as directed for drawing. When a fowl is to be boned it is not drawn. The work of boning is not difficult, but requires care and a little practice. The skin must not be broken. Use a small pointed knife; cut the skin down the full length of the back; then, beginning at the neck, carefully scrape the meat away from the bone, keeping the knife close to the bone. When the joints of the wings and legs are met, break them back and proceed to free the meat from the carcass. When one side is free, turn the fowl and do the same on the other side. The skin is drawn tightly over the breast-bone, and care must be used to detach it without piercing the skin. When the meat is free from the carcass, remove the bones from the legs and wings, turning the meat down or inside out, as the bones are exposed, and using care not to break the skin at the joints. The end bones of the wings cannot be removed, and the whole end joint may be cut off or left as it is.

## 3. ROASTED BONED CHICKEN

Spread the boned chicken on a board, the skin side down; turn the flesh of the legs and wings right side out, and stuff them with forcemeat into shape. Equalize the meat as well as possible, placing the mignon fillets, or little strips of white meat next the bone, over the dark meat, etc.; dredge with salt and pepper. Make a roll of the stuffing or forcemeat, and lay it in the chicken. Draw the skin up, and sew it together securely. Turn it over, place the legs and wings into the position of a trussed fowl, press the body into natural shape, and tie it securely; or it may be pressed into the form of a duck or rabbit. Cover with slices of salt pork, and roast in oven, allowing 20 minutes to the pound; baste frequently. Remove the pork the last 15 minutes, dredge with flour, and let it brown. Serve with a giblet or tomato sauce.

## 4. BRAISED BONED CHICKEN

To braise the chicken prepared as above, roll it lightly in a piece of cheese cloth, tying the ends well. Put in a saucepan the bones of the chicken, a slice of carrot and onion, a bouquet containing parsley, 1 bay-leaf, 3 cloves, 12 peppercorns, celery if convenient, and a knuckle of veal. Add enough water to cover the bed of vegetables and bones; lay in the chicken; cover the pot, and let it simmer for four hours.

## 5. JELLIED BONED CHICKEN

A braised boned chicken may be served hot, or it may be set aside to cool, then jellied as follows: Strain the water in which the chicken was braised, and let it cool; then remove the grease and clarify the liquor;

season it highly. If veal has been used, and the liquor jellies, it may be used as it is. If veal has not been used, add gelatine soaked in cold water, observing the proportion of one box of gelatine to  $1\frac{1}{2}$  quarts of liquor. Mask a mold with jelly; when the jelly is set, put in the chicken, and add enough liquid jelly to cover it entirely. Or, on the bottom of the mold make a decoration of either truffles, ham, capers, gherkins, or any combinations suitable; fix it with a thin layer of jelly; when hardened, add enough more to make a layer of jelly  $\frac{1}{4}$  inch thick, and when that is hardened lay in the chicken, and surround it with the liquid jelly (see Molding Jellies). Garnish the dish on which the jellied chicken is served with lettuce, and serve with it a Mayonnaise, Bearnaise, or Tartare sauce.

When the chicken is to be jellied, use enough water in the braising pot to give 3 pints of liquor after the cooking is done.

#### 6. FORCEMEAT, FOR STUFFING BONED FOWLS

Use the meat of another fowl, or veal, or pork, or a mixture. Chop them fine, and add to the minced meat one cup of bread or cracker crumbs and, if convenient, a little chopped boiled ham or tongue, and a few lardons of pork. Season with the following articles, and moisten the whole with stock: 1 tablespoon chopped parsley, 1 teaspoon onion juice,  $\frac{1}{4}$  teaspoon pepper, 1 teaspoon thyme, 1 teaspoon salt.

If veal is used, take it from the knuckle, and use the bone in the braising pot, as it will give a good jelly.

#### 7. TO TRUSS A FOWL

When the fowl is wiped, singed, and drawn as by directions given above, put in the stuffing if it is to be used; place a little in the opening at the neck, the rest in the body, and sew up the opening. Draw the skin of the neck smoothly down and under the back, press the wings close against the body, and fold the pinions under, crossing the back and holding down the skin of the neck. Press the legs close to the body, and slip them under the skin as much as possible. Thread the trussing needle with white twine, using it double. Press the needle through the wing by the middle joint, pass it through the skin of the neck and back, and out again at the middle joint of the other wing. Return the needle through the bend of the leg at the second joint, through the body and out at the same point on the other side; draw the cord tight, and tie it with the end at the wing joint. Thread the needle again, and run it through the legs and body at the thigh bone, and back at the ends of the drum-sticks. Draw the drum-stick bones close together, covering the opening made for drawing the fowl, and tie the ends. Have both knots on the same side of the fowl. When cooked, cut the cord on the opposite side, and by the knots it can easily be drawn out.

### 8. ROASTED CHICKEN

A roasted chicken may be stuffed or not. If stuffing is used it should only half fill the chicken. Truss it as directed above, or use skewers, doubling a cord across the back and around the ends of the skewers to hold them in place. A roasted or boiled chicken is not presentable, which has not been securely fastened into good shape before being cooked. Dredge the chicken with salt and pepper, and place it on slices of salt pork in a baking pan; add a very little water, and bake in hot oven, allowing 15 minutes to the pound; baste frequently. White meat must be well cooked, but not dried. Fifteen minutes before it is done, rub it over the top and sides with butter, dredge it with flour, and replace it in the oven until it becomes a golden brown and looks crisp. Draw out the trussing cords, and garnish with parsley. Serve with it a giblet sauce. Do not use a tough chicken for roasting; one a year old is about right. A roasting chicken may be larded if desired.

### 9. STUFFING FOR FOWLS

Moisten a cup of bread-crumbs with a tablespoon of melted butter; season highly with salt, pepper, thyme, chopped parsley, and onion juice; or put in a saucepan a tablespoon of butter and fry in it one minced onion; then add one cup of soaked bread, the water being pressed out,  $\frac{1}{2}$  cup of stock, 1 teaspoon of salt,  $\frac{1}{2}$  teaspoon each of pepper and thyme, and  $\frac{1}{2}$  cup of celery cut into small pieces. Stir it until it leaves the sides of the pan.

It is the opinion of many that chickens, turkeys, and other fowl are greatly improved when baked without stuffing. A few pieces of celery may be placed in the spaces, which adds a delicate flavor. If desired, the stuffing mixture may be cooked separately.

### 10. CHESTNUT STUFFING

Shell a quart of large chestnuts. Put them in hot water and boil until the skins are softened; then drain off the water and remove the skins. Replace the blanched chestnuts in water, and boil until soft. Take out a few at a time, and press them through a colander or a potato press. They mash more easily when hot. Season the mashed chestnuts with a tablespoon of butter, a teaspoon of salt, and  $\frac{1}{4}$  teaspoon of pepper. Some cooks add a tablespoon of chopped parsley, and moisten it with a little stock. Some add, also, a few bread crumbs. The dressing is best seasoned only with butter, salt, and pepper.

### 11. GIBLET SAUCE

Boil the giblets until tender; chop them, but not very fine; add a tablespoon of flour to the pan in which the chicken was roasted; let it

brown, stirring constantly; add slowly a cup of water in which the giblets were boiled; season with salt and pepper; strain and add the chopped giblets; serve in a sauceboat. The liver is a tidbit, and should be roasted and served with the chicken, instead of being used in the sauce.

### 12. BOILED CHICKEN

A chicken too old to roast is very good when boiled. Truss the chicken firmly. It is well also to tie it in a piece of cheese-cloth, to keep it in good shape. It may be stuffed or not. Boiled rice seasoned with butter, pepper and salt, or celery cut in small pieces, is better to use for boiled chicken than bread stuffing.

Put the chicken into boiling salted water and simmer, allowing twenty minutes to the pound; when done, remove the cloth and cords carefully, spread a little white sauce over the breast, and sprinkle it with chopped parsley. Garnish with parsley, and serve with it egg, oyster, or Bearnaise sauce.

### 13. BRAISED CHICKEN

A fowl too old to roast may be made tender and good by braising, and present the same appearance as a roasted chicken.

Prepare it as for roasting, trussing it into good shape. Cut into dice a carrot, turnip, onion, and stalk of celery; put them in a pot with a few slices of salt pork, and on them place the fowl, with a few pieces of salt pork laid over the breast; add a bouquet of parsley, 1 bayleaf, 3 cloves, 6 peppercorns, also a teaspoon of salt, and a pint of hot water. Cover the pot closely and let simmer for 3 hours. If any steam escapes, a little more water may have to be added. When done, rub a little butter over the breast, dredge with flour, and place in the oven a few minutes to brown. Strain the liquor from the braising pot, season to taste, and if necessary thicken with a little brown roux; serve it with the chicken as sauce.

### 14. BROILED CHICKEN

Young spring chickens only are used for broiling. Split them down the back, remove the entrails and the breast bone, wipe them clean, sprinkle with salt and pepper, and rub them with soft butter. Place them on a broiler over a slow fire, the inside down; cover with a pan, and let cook for 20 to 25 minutes. Turn, to let the skin side brown when nearly done. Place them on a hot dish, and spread them with maitre d'hotel butter; garnish with parsley or watercress and thin slices of lemon.

### 15. FRICASSEE

Cut a chicken into eleven pieces: two drumsticks, 2 second joints, 2 wings, 2 breasts, 3 back pieces.

Put the pieces in a saucepan with 2 tablespoons of butter or drippings; let them brown slightly on both sides, but use care that they do not burn; when a little colored, add enough boiling water to cover them; add a bouquet of herbs, salt and pepper, and a few slices of salt pork. Simmer until tender. Arrange the pieces neatly on a dish, using the best ones outside, and pour over them a gravy made as follows: Strain the liquor from the pot and take off the fat. Make a white roux of one tablespoon of butter and two of flour; add to it slowly a cupful of the liquor from the pot; season to taste; remove from the fire, and when a little cool add a cup of cream or milk beaten up with 2 or 3 yolks of eggs. Place again on the fire until the eggs are a little thickened, but do not let it boil, or they will curdle. A tablespoon of sherry may be added, if liked, or a half can of mushrooms. A border of rice may be placed around the chicken, or softened toast used under the chicken.

To make a brown fricassee, sprinkle the pieces of chicken, after they are simmered until tender, with salt, pepper, and flour, and place them in the oven to brown. Make a brown instead of a white roux, and omit the cream or milk.

#### 16. FRIED CHICKEN

Cut a tender chicken in pieces; dip the pieces in water, sprinkle them with salt and pepper, and roll them in flour; sauté them in a tablespoon of lard or butter, browning both sides; then remove and add to the pan a tablespoon of flour; cook it for a minute without browning, stirring all the time, and add a cup of milk or cream; stir until it is a little thickened: strain: mix into it a tablespoon of chopped parsley. Place the sauce on the serving-dish and arrange the pieces of chicken on it.

#### 17. PLANKED CHICKEN

Cut the chicken down the backbone and complete the dressing as for a broiled chicken. Broil over coals or under the gas flame, five to eight minutes to sear the outside, then baste liberally with butter and let cook in the oven, or farther away from the gas flame, from  $\frac{1}{2}$  to 1 hour as required. Baste every five minutes with butter melted in a little hot water. Set in place on a hot plank, put curried rice round the edge, and fill in the open spaces with cooked cauliflower, corn fritters, stuffed tomatoes, and small boiled onions. Serve Hollandaise or Béchamel sauce in a separate bowl. Planked Steak may be prepared in the same way.

#### 18. CHICKEN FRITTERS

Cut cold cooked chicken or turkey off the bones in as large pieces as possible; sprinkle with salt and pepper; dip them in fritter batter and fry in hot fat until a golden brown. Place the pieces when fried on a brown paper until all are done; dress them on a folded napkin, and serve with a Bearnaise, Mayonnaise, or Tartare sauce.

The pieces may be rolled in egg and bread crumbs instead of being dipped in batter, if preferred.

### 19. CHICKEN CUTLETS

$\frac{1}{2}$  lb. cold chicken,  $\frac{1}{4}$  pint of white sauce, 1 oz. butter,  $\frac{1}{2}$  oz. flour, the yolks of 2 eggs,  $\frac{1}{2}$  a shallot finely-chopped, salt and pepper, nutmeg, egg, breadcrumbs, frying-fat.

Chop the chicken fine. Fry the shallot and flour in the butter without browning, add the stock, and boil well. Put in the chicken, add nutmeg, salt and pepper, stir over the fire until thoroughly hot, then add the yolks of eggs, and cook the ingredients for 2 or 3 minutes longer. Cool the mixture; when firm, shape into cutlets, egg and crumb them, and fry in deep fat. Drain well, arrange them in a close circle on a dish paper, garnish with fried parsley, and serve hot, 2 or 3 oz. of lean ham, finely chopped, may be added to the chicken if liked.

### 20. STUFFED CHICKEN OR TURKEY LEGS

Carefully remove the tendons from the dramsticks as directed in drawing; remove the bone, all but about  $1\frac{1}{2}$  inch at the small end, and remove any remaining sinews. Stuff the leg with a forcemeat made of chicken or veal chopped very fine, and use with it the liver and a little strip of larding pork; season it with salt, pepper, and chopped parsley, and moisten it with one egg. Draw the skin over the end and sew it closely together, keeping the shape as natural as possible. Lay the stuffed legs in a baking-pan; cover with boiling water, and simmer an hour, or until tender; remove them from the water, press them into shape, and let cool. When cold, take out the stitches, dredge with salt and pepper, roll in beaten egg and bread crumbs, and fry in hot fat until browned; or broil them on both sides 4 minutes, if chicken; 6 minutes, if turkey legs; or they may be sautéed in butter. They may be deviled by rubbing them with mustard and a little red pepper before coating with the eggs and crumbs. Serve them arranged like chops, the bones masked with paper frills.

If preferred, the bones may be entirely removed, and the leg flattened to look like a cutlet. This can be done by placing them under a weight to cool after being boiled. Serve with an olive, Bearnaise, Tartare, or any sauce preferred.

### 21. OLD POINT COMFORT TERRAPIN CHICKEN

Boil 1 chicken until tender, separate bones from meat, thicken the broth with a lump of butter rubbed in flour and then put back the meat of the chicken. Add  $\frac{1}{3}$  pound butter, 1 dozen mushrooms, a little summer savory or marjoram, salt, cayenne pepper. Boil and stir till tender, then add yolks of 3 eggs, boiled hard and chopped fine. Add a little sweet cream, and 1 glass sherry just before serving. Serve hot.

**22. GRILLED BONES**

Take the wings, second joints, and drumsticks of cold cooked chicken; dip them in melted butter, sprinkle with salt and pepper, and broil until they are very hot and well browned.

**23. CHICKEN À LA VIENNE**

Split a small spring chicken down the back, as for broiling; remove the breast bone; then cut it into 4 pieces, giving 2 breast and 2 leg pieces; cut off the pinions; marinate the pieces in oil, vinegar, pepper, and salt; then roll in flour, and fry in hot fat, one piece at a time; drain and place on paper in the open oven until all are done. They should be a light golden color. Place a paper frill on the leg and wing bones, and dress them on a folded napkin. Serve with Tartare sauce; or arrange the pieces overlapping on a dish, and garnish with four lettuce leaves holding Tartare sauce.

**24. CHICKEN, BALTIMORE STYLE**

Split a small spring chicken down the back as for broiling; remove the breast-bone and cut off the pinions. Cut into 4 pieces; dredge with salt and pepper; dip them in egg and fresh crumbs. Place them in a pan, and pour over each piece enough melted butter to moisten it; then roast in the oven 18 to 20 minutes. Make a cream sauce, taking one cup of Béchamel sauce, and adding to it a half cup of cream and a half tablespoon of butter. Pour this sauce on a dish, and place the pieces of chicken on it. Garnish with slices of fried bacon.

**25. CHICKEN IMPERIAL**

Cut the breast from a chicken, retaining it in shape on the bone. Remove the skin, and lard the breast on each side with four lardoons. Place it in a deep saucepan; cover with stock or boiling water, and simmer for 30 to 40 minutes, or until tender. Then remove from the water, and place in oven for 10 minutes to take a very light color. Make a sauce as follows:

Put into a saucepan  $\frac{1}{2}$  cup of the stock in which the breast was boiled, and  $\frac{1}{2}$  cup of cream. Let it come to the scalding point; season with salt and pepper and one tablespoon of chopped parsley. Remove from fire, and stir in slowly 2 yolks and 2 tablespoons of milk beaten together. Stir constantly until thickened, but do not let boil, or the egg will curdle. Strain and pour it around the breast. The breast should be carved diagonally, giving three pieces on each side.

**26. CHICKEN CHARTREUSE**

Mix one cupful of cooked chicken minced very fine with 1 teaspoon chopped parsley,  $\frac{1}{2}$  teaspoon onion juice,  $\frac{1}{4}$  teaspoon salt, 2 tablespoons tomato juice, 1 beaten egg, dash of pepper.

Grease well a charlotte russe or pudding mold; line it one inch thick with boiled rice. Fill the center with the chicken mixture, and cover the top with rice, so the chicken is entirely encased, and the mold is full and even. Cover and cook in steamer for 45 minutes. Serve with it tomato sauce; pour a little of the sauce on the dish around the form, not over it.

### 27. CHICKEN SOUFFLE

1 tablespoon butter, 1 tablespoon flour, 1 tablespoon chopped parsley, 1 cup milk, 1 cup minced chicken,  $\frac{1}{2}$  teaspoon salt, 3 eggs, 10 drops onion juice, dash of pepper.

Make a white sauce by putting the butter in a saucepan or double boiler. When melted add the flour, and cook a moment without browning. Then add slowly the milk, and stir till smooth. Season with salt, pepper, parsley, and onion juice. There should be one cup of the sauce. Remove from the fire, and stir in the beaten yolks of 3 eggs; then add a cup of chicken chopped fine. Stir the mixture over the fire a minute until the egg has a little thickened; then set aside to cool. Rub a little butter over the top, so it will not form a crust. When time to serve beat very stiff the whites of the three eggs, and stir them lightly into the cold chicken mixture. Put it into a pudding dish, and bake in hot oven for 20 minutes. Serve at once in the same dish. This is a souffle, so the whites of the eggs must not be added until it is time for it to go into the oven, and it will fall if not served immediately after it comes from the oven. This dish may be made with any kind of meat. Chicken souffle may be baked in paper boxes, and served as an entrée.

### 28. CHICKEN LOAF

Boil a fowl until the meat falls from the bones. Strain, and put the liquor again in the saucepan; reduce it to  $1\frac{1}{2}$  pints, and add  $\frac{1}{4}$  box of soaked gelatine. Lay a few slices of hard-boiled egg on the bottom of a plain mold; fill the mold with alternate layers of white and dark meat of the chicken. Season the liquor, and pour it over the meat in the mold, and set it away to harden; it will become a jelly. It is a good dish to use with salad for luncheon or supper.

### 29. CHICKEN MAYONNAISE

Cut cold cooked chicken into pieces; remove the skin, and trim the pieces into good shape. Cover each piece with jelly Mayonnaise, and leave them in a cool place until the Mayonnaise has set. Trim them and dress them around an ornamented socle or a mound of salad, or lay each piece on a leaf of lettuce. Garnish with aspic or with flowers. Use a green, white, or yellow Mayonnaise; and keep in cold place until ready to serve.

**30. ENGLISH CHICKEN PIE (COLD)**

Take 2 tender chickens, and cut them up as for frying. Put them into a large saucepan with  $2\frac{1}{2}$  quarts of water; add a bouquet made of sweet marjoram, basil, parsley, 3 bayleaves, sprig of thyme, and small blade of mace. Let them simmer until well cooked. Add to the pot when the chicken is about half done  $\frac{1}{2}$  pound of bacon cut into small pieces like lardoons. Wash the bacon before adding it. A quarter of an hour before removing the chicken add the half of a small can of truffles cut into slices.

Boil 8 eggs very hard, and cut them in slices. Arrange on the bottom of an earthen dish a layer of egg slices and truffles, then a layer of chicken meat; alternate the layers until the dish is  $\frac{3}{4}$  full. Return the bones and coarse pieces of meat to the pot, and reduce the liquid one third. Strain, cool, and remove the grease. Return the stock to the fire, add a quarter box or one half ounce of soaked gelatine. Pour this over the chicken. When it has jellied and is ready to serve, place on the top a crust of puff paste, which has been cut to fit the dish, and has been baked separately.

**31. CHICKEN LA "BUCHOLLERIE"**

As served at the "Café de Paris" Garden Fête.

Tie the chicken with fine string, and put it into boiling soup. Cut the breast into slices without touching the legs and wings. Take away all bones from the breast, so that the chicken has the appearance of a basket. Fill the carcass with fine macaroni mixed with a cream sauce with gruyère cheese. Add some "foie gras" in small pieces and truffles. Place the slices of chicken into the carcass with the macaroni and cover the whole with a cream sauce, with plenty of gruyère cheese so as to form a thick coating. Then spread more grated cheese over the chicken and let it roast slowly in the oven, until the chicken is sufficiently done.

**32. FOWL STEWED WITH RICE**

1 fowl, 4 ozs. of rice, 1 quart of stock, 2 or 3 onions, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt and pepper.

Truss the fowl for boiling, put it into a stewpan, or earthenware casserole, with the cold stock; when it boils add the onions and celery in large pieces, and the herbs and peppercorns tied in muslin. Cover closely, and cook very slowly for 1 hour, then add the rice (previously well washed), salt, and continue the gentle cooking until both fowl and rice are perfectly tender. The rice should absorb nearly all the stock. Before serving, remove the vegetables and herbs, season with salt and pepper, and place the fowl on a hot dish, surrounded by the rice.

**33. FOWL, BOILED WITH OYSTERS**

1 fowl, 3 dozen oysters,  $\frac{3}{4}$  pint of Béchamel sauce,  $\frac{1}{2}$  gill of cream, 1 oz. of butter, the yolks of 2 eggs, 1 blade of mace, salt and pepper.

Beard the oysters, place 2 dozen of them inside the fowl, and truss for boiling. Put the fowl with the mace and butter into an earthenware fire-proof stew-jar with a close-fitting lid. Place the stew-jar in a baking-tin, surround with boiling water, and cook on the stove or in a moderate oven for  $2\frac{1}{2}$  hours, or until the fowl is perfectly tender. Blanch the remaining oysters in their liquor, strain the liquor, pour it over the oysters, and put both aside until required. When the fowl is sufficiently cooked, transfer it to a hot dish, strain the liquor and add it to the Béchamel sauce, and, when boiling, stir in the cream and yolks of eggs, previously blended. Continue the stirring and cooking until the sauce thickens, but it must not boil, or the eggs may curdle. Season to taste, pour a little of the sauce over the fowl, add the oysters and their liquor to the remainder, and serve it in a sauce-boat.

**34. TURKEY**

The rules given for dressing and cooking chickens apply also to turkeys. Turkey can be substituted for chicken in any of the recipes given. A young turkey will have smooth black legs and white skin.

15 minutes to the pound is the time allowed for roasting or boiling a young turkey; for an old one more time will be required. They should have slow cooking and frequent basting. After a turkey is trussed, wet the skin; dredge it well with salt and pepper, and then with a thick coating of flour. This will give a crisp brown crust.

**35. ROAST GOOSE**

Green geese about four months old are the best, as they get very tough when much older. If there is any doubt about the age of the goose, it is better to braise than to roast it. It can be browned after it is braised, and have the same appearance as if roasted. Dress and truss a goose the same as a turkey; singe and wash the skin well; flatten the breast bone by striking it with a rolling-pin. Stuff it only partly full with mashed potato highly seasoned with onion, sage, salt, and pepper, or with a mixture of bread, apples, onions, sage, salt and pepper, and a little butter. Dredge the goose with salt, pepper, and a thick coating of flour; put a little water in the pan and baste frequently. Allow 18 minutes to the pound for a young goose, 25 minutes for an older one. Serve with apple sauce and a brown giblet gravy.

**36. TAME DUCKS**

Prepare the same as geese. Stuff with the same mixture or with celery. Roast ducklings in a hot oven 20 minutes, if liked rare; 30 minutes if they are to be cooked through. Old ducks require an hour to cook, and should be basted frequently.

## GAME

### 1. PHEASANT, BOILED

1 pheasant, 1 pint oyster sauce, (see Sauces). For the forcemeat: 12 sance oysters, 2 tablespoons bread crumbs, 1 tablespoon finely-chopped suet,  $\frac{1}{4}$  teaspoon finely-chopped parsley, nutmeg, cayenne and salt to taste, sufficient raw egg to bind.

Beard the oysters, strain the liquor, and add both to the dry ingredients with as much of the egg as is necessary to moisten the whole. Truss the bird in the same manner as a boiled fowl, and stuff the breast with the oyster forcemeat. Wrap it in a well-buttered paper, put it into boiling stock or water, to which must be added, when it re-boils, 1 onion, 1 caryot,  $\frac{1}{2}$  a small turnip, and a bouquet-garni (parsley, thyme, bay-leaf). Simmer gently from 40 to 60 minutes, according to size, then remove the trussing strings, and serve on a hot dish with a little of the oyster sauce poured over, and the remainder sent to table in a sauceboat. If preferred, a puree of chestnuts may be substituted for the oyster forcemeat, or the bird may be dressed without forcemeat, and served with oyster or celery sauce.

### 2. PHEASANT, BROILED

1 pheasant, butter, egg, bread crumbs, salt, cayenne, piquante, mushroom, Madeira, or other suitable sauce (see Sauces).

Divide the bird into neat joints, season with salt and a little cayenne, fry lightly in hot butter, and press between 2 dishes until cold. Then coat carefully with egg and bread crumbs, and broil over a clear fire, 15 to 20 minutes. As soon as the crumbs are set, brush over with warm butter, and repeat at frequent intervals during the process of grilling. Arrange in a pyramidal form on a hot dish, and serve the sauce in a sauceboat.

### 3. PHEASANT, ROASTED

1 pheasant,  $\frac{1}{4}$  lb. beefsteak, fried bread crumbs, bacon, brown gravy, bread sauce, watercress, salad-oil, salt and pepper.

Pluck and draw the bird, truss in the same way as a roast chicken, but leave the head on. Put the beefsteak inside the pheasant; the beefsteak is intended to improve the flavor of the bird and keep it moist, and not to be eaten with it, but it may afterwards be used in the preparation of some cold meat dish. Cover the breast with thin slices of bacon, or lard it with strips of fat bacon, and roast in a moderate oven from 40 to 50 minutes according to size and age. Baste frequently with butter, and when the cooking is about  $\frac{3}{4}$  completed remove the bacon, dredge the breast lightly with flour, and baste well to give the bird a nice light brown appearance. Remove the trussing strings, serve on a hot dish, garnished with parsley or

watercress previously well washed, dried and seasoned with salt, pepper, and salad-oil, and send the gravy, bread sauce, and fried bread crumbs to table separately.

#### 4. PHEASANT À LA DANOISE

Fillet the pheasant and use the bones for stock. Put some pepper and salt with a beaten egg, brush the fillets with this, toss in bread crumbs and fry slowly in hot fat. Drain, pile on a hot dish, and pipe with pea puree. Serve with the following sauce:

*Sauce.* Melt 1 oz. butter and fry a chopped onion until brown; add  $\frac{3}{4}$  oz. flour,  $\frac{1}{2}$  lb. stock, and stir till boiling. Add a little vinegar and French mustard, pepper and salt. Strain and serve.

*Puree.* Rub the cooked peas through a sieve, add a little butter, pepper and salt and put into a pan to re-heat before using.

#### 5. HARE RAGOÛT

Divide the hare into neat joints. Put 2 ounces of butter, three sliced onions, and 3 tablespoons of flour into a stewpan. Fry and stir well with a wooden spoon till onions are brightly browned; add a quart of stock, make mixture quite smooth, then put in 2 teaspoons dry sweet herbs, 4 cloves, 4 allspice, teaspoon chopped parsley, 2 strips fresh lemon rind, the inferior pieces of hare, such as the head, neck, liver, heart and ribs, and a quarter of a pound of bacon cut in slices. Simmer gently for an hour. Strain gravy, and leave it until following day. Remove all fat. After frying the pieces of hare a light brown in a frying pan, stew in gravy until tender. Add salt and pepper to taste. Serve with forcemeat balls round dish. A glass of port is always an improvement, but this may be added or not. Time  $\frac{3}{4}$  hour to stew the hare. Serve red currant jelly. Sufficient for 6 or 8 persons.

#### 6. HARE JUGGED

Cut the hare into neat little pieces. Fry these slightly, just enough to brown them, in a frying pan in a little butter. Make a jar hot in the oven. Then put pieces of hare into the jar, with a stick of cinnamon,  $\frac{1}{2}$  dozen cloves and a large glass of port wine.

Tie a cloth over the jar tightly, put a plate on cloth and something heavy on plate and let pieces remain in jar until cold.

Slice up an onion and fry it in the frying pan that fried the hare. When it is brown, pour into the frying pan some rich brown gravy that has had but little brown thickening in it and let it boil up for a little while. Then strain off gravy into a basin; press the onion in the strainer, let gravy stand a little while, take off fat. Then pour gravy on to the hare in the now

cold jar, stand jar in a pie-dish with some hot water in it and let it thus stew in the oven for 2 or 3 hours, or put jar in a saucepan and let the water simmer. At the finish, the gravy may be thickened with a little corn flour, but do not let hare be in gravy when it boils. Serve a few forcemeat balls with the hare. (Veal forcemeat.) Moisten the forcemeat balls with raw beaten egg. Roll into balls size of a marble, dip them in flour and throw them into boiling water. This will set them. Drain them, and warm them up in the jugged hare the last thing. Serve red currant jelly with jugged hare, separately.

### 7. PIGEON PIE

2 or 3 pigeons, 1 lb. rump steak,  $\frac{1}{4}$  lb. ham or lean bacon,  $\frac{3}{4}$  pint good stock, 2 hard-boiled eggs, the yolk of 1 egg, puff paste, salt and pepper.

Cut each pigeon into 4 or more pieces, according to their size; cut the beef into small thin slices, the ham into strips, and the eggs into sections or slices. Put these ingredients into a pie-dish in layers, season well, and pour in stock to  $\frac{3}{4}$  fill the dish. Put on the cover, brush over with yolk of egg, bake in quick oven until the paste is risen and set, then cook at a lower temperature for about 1 hour. The pie may be served either hot or cold; if the latter, the stock must form a jelly when cold. Sufficient for 6 to 8 persons.

### 8. PIGEONS, GRILLED

2 or 3 pigeons, salad-oil or oiled butter, salt and pepper.

Split the birds down the back, flatten them with a cutlet-bat, and skewer into shape. Brush over with oil or butter, season with salt and pepper, and grill over or in front of a clear fire from 15 to 20 minutes, turning frequently. Serve with tomato, piquante, brown, mushroom, or other suitable sauce. Sufficient for 4 or 6 persons.

### 9. LARDED GROUSE

The grouse should first be cleaned and washed, then lard the breast and legs, and truss (See directions). Dredge with salt, rub breast with butter and then dredge with flour. Cook 25 minutes in a quick oven. Serve on a hot platter, with bread sauce, sprinkling all with fried bread crumbs. Garnish with parsley.

### 10. LARDED PARTRIDGE

See directions for Larded Grouse.

### 11. LARDED QUAIL

See directions Larded Grouse, but cook only 15 minutes.

**12. BROILED QUAIL**

Clean the quail and wipe with a damp cloth. Split it down the back, rub with butter, dredge with flour and season with salt and pepper. Broil (See directions) 10 minutes, serve on hot buttered toast, and garnish with parsley.

**13. BROILED PIGEONS (See directions for Quail.)****14. BROILED SMALL BIRDS**

See directions for quail. Be careful to have a clear bright fire, and do not cook too much.

**15. ROASTED SMALL BIRDS**

Clean and wash, and lard with thin slices of salt pork, season with salt and pepper. Put a long skewer through the necks, place in baking pan, and cook in hot oven for 10 to 15 minutes. Serve on hot toast,

# CHAPTER V

## VEGETABLES

### 1. GENERAL DIRECTIONS

The simplest way of cooking vegetables is usually the best; but all kinds need seasoning or to be served with a sauce. They should be cooked only until tender. The time depends upon their freshness. The same vegetable sometimes takes twice the time to cook when wilted. They should be well washed in cold water to remove all dust and insects, and if wilted, should stand some time in it to refresh them. Green vegetables are put into salted boiling water, and cooked rapidly in an uncovered saucepan. This will preserve their color. Overcooking destroys both their color and appearance. When done they should be removed from the water at once and be well drained before the seasoning is added.

**Serving** One vegetable only besides potato is served with a meat course, but cauliflower, stuffed tomatoes, asparagus, green corn, egg-plant, artichokes or mushrooms may be served as a separate course.

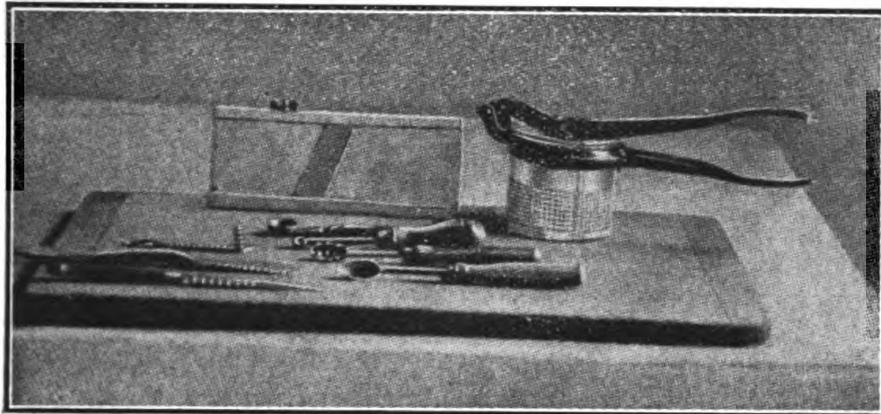
**Canned Vegetables** When using canned vegetables, turn them on to a sieve or colander, and let water from the faucet run over them in order to remove the taste of the can which they sometimes have.

### 2. BOILED POTATOES

Wash the potatoes well; take off only a thin paring, and drop them at once into cold water to prevent their discoloring. Have them of uniform size, or cut the larger ones into pieces the size of the small ones, so they will all be cooked at the same time, for after a potato is cooked it rapidly absorbs water and becomes soggy. If the potatoes are old or withered, put them on to cook in cold water; if fresh and firm, put them into boiling salted water, and boil slowly about thirty minutes, or until they can be pierced easily with a fork. Then at once drain off every drop of water; shake them in the pot a moment to expose all sides to the air; sprinkle with a little salt; cover the pot with a double cloth, and place it on the back of the range for a few minutes to evaporate all the moisture. If treated in this way the potatoes will be dry and mealy.

Violent boiling is likely to break the outside surface and make them ragged in appearance. New potatoes are boiled with the skins on.

三 番薯  
切番薯條之起槽刀

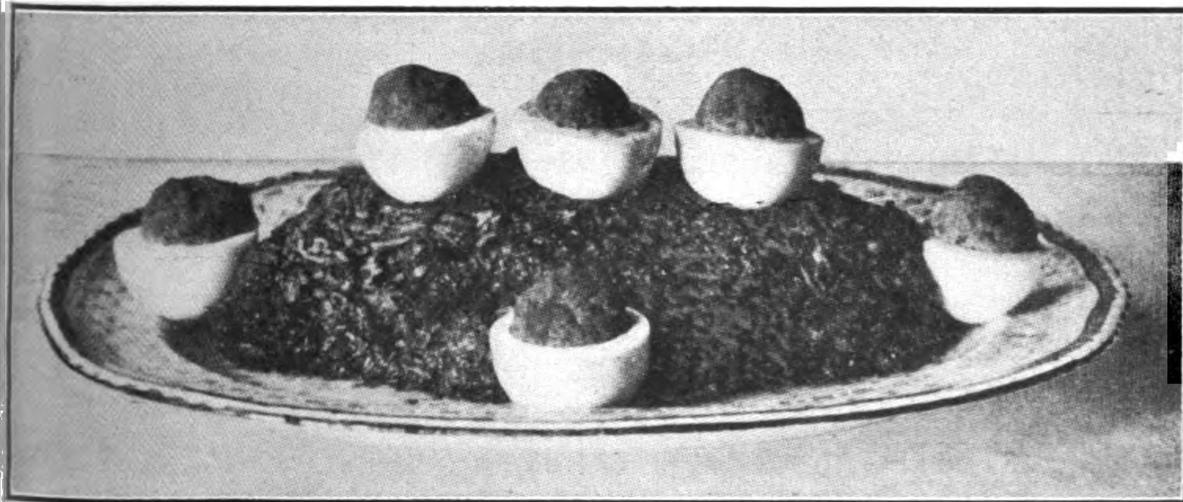


一 蔬菜鑄刀  
撒勒托格番薯刨

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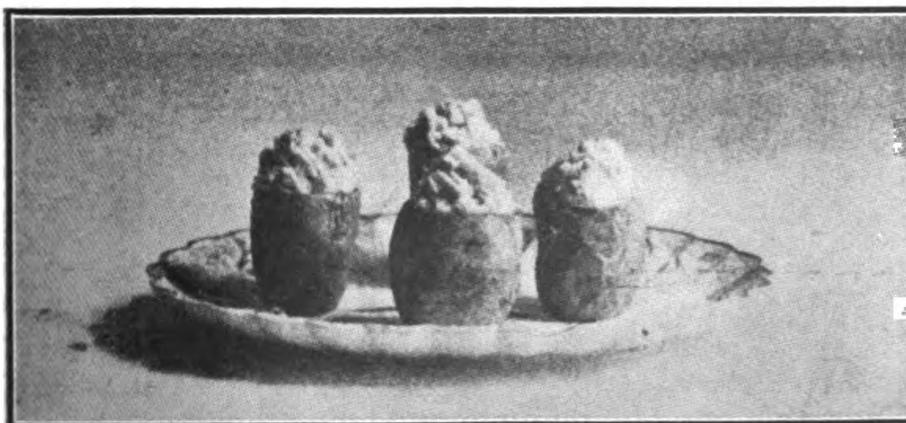
VEGETABLE CUTTERS

1. Plane for cutting Saratoga Potatoes. 4. Potato scoops for cutting balls.
2. Potato Press or ricer for making potato rice.
3. Fluted knives for potato straws or fluted slices, and for potato curls.



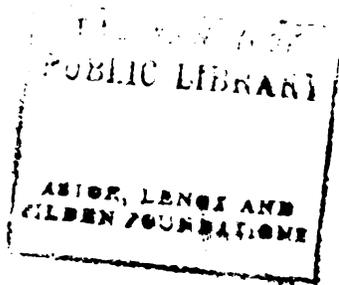
菠菜配蘆蛋

Spinach with Stuffed Eggs.



烘  
蘆  
番  
薯

Stuffed Bake l Potatoes.



### 3. MASHED POTATOES

After the potatoes are boiled and dried as directed above, mash them at once over the fire and in the same pot in which they were boiled, so that they will lose no heat. Season them with salt, butter, and cream or milk; heat the milk and butter together; add them slowly, and beat the potatoes well with a fork or an egg-beater until they are very light and white. Turn them into a hot dish. Do not smooth the top.

### 4. POTATO CAKES

Mashed potato left over may be used for cakes. Add an egg to  $1\frac{1}{2}$  cups of potato and beat them well together until light; form it into cakes or balls; roll them in flour and sauté in butter, or spread the mixture in a layer one inch thick; cut it into strips or squares and sauté; or put it into a well buttered border mold; cover with greased paper, and bake for  $\frac{1}{2}$  hour in a moderate oven. Let it stand in the mold for ten minutes; then turn on to a dish, and fill the center with any mince or with creamed fish. Mashed potato without egg will not hold its form when molded.

### 5. POTATO RICE

Press well-seasoned mashed potatoes through a colander or a potato press into the center of a dish, leaving the little flakes lightly piled up. Serve chops or minced meat around the mound of potato.

### 6. POTATO SOUFFLÉ

To 2 cups of smooth, well-seasoned, and quite moist mashed potatoes add the yolks of 2 eggs. When a little cooled stir in lightly the whites of 2 eggs beaten very stiff. Put the whole into a pudding-dish, and brown it in a quick oven.

### 7. POTATO ROSES

To 2 cups of well-seasoned mashed potatoes, add the yolks of 2 eggs and white of one, and beat them well together. Place in a pastry bag with a tube having a star-shaped opening and press it through. As the potato comes from the tube, guide it in a circle, winding it around until it comes to a point. The little piles of potato will resemble roses. Touch them lightly with a brush dipped in egg, and place a bit of butter on each one. Put them in the oven a moment to brown slightly. The edges touched by the eggs will take a deeper color. Potato roses make a good garnish for meat dishes.

### 8. POTATO CROQUETTES

To 2 cups of well-seasoned mashed potatoes add the beaten yolks of 2 eggs, a tablespoon of chopped parsley,  $1\frac{1}{2}$  tablespoons of butter (if none has been used in seasoning), a dash of cayenne and nutmeg; stir over the fire until the potato leaves the sides of the pan. When cold, form it into small croquettes, roll them in egg and bread-crumbs and fry them in hot fat to an amber color. Serve on a napkin (see frying croquettes). The croquette mixture may be made into balls enclosing minced meat. When used in this way serve with it a white sauce.

### 9. POTATO BALLS

With a potato scoop cut balls out of peeled raw potatoes, and drop them in cold water for  $\frac{1}{2}$  hour. Put them into salted boiling water and boil for fifteen minutes, or until tender; drain off the water; cover with a cloth and let stand on the back of the range until dry. Serve them on a napkin, or pour over them white sauce, and sprinkle with parsley, or use them as a garnish. The pieces of potato left from cutting the balls can be boiled and mashed, so there is no waste.

### 10. POTATO OMELET

Cut cold boiled potatoes into dice  $\frac{1}{4}$  inch square; mix them with enough white sauce to well moisten them.

Place a tablespoon of butter in a frying-pan; when the butter is hot, put in the potatoes and sauté them until browned on the bottom, loosen them from the pan, and turn them like an omelet onto a flat dish; or this preparation may be put in a baking-dish, sprinkled with crumbs and grated cheese, then put in the oven to brown, and served in the same dish.

### 11. CREAMED POTATOES

Cut cold boiled potatoes that are a little underdone into dice or into slices one eighth of an inch thick. Put them in a saucepan with enough milk or cream to cover them, and cook until the potatoes have absorbed nearly all the milk; then to every 2 cups of potato add one tablespoon of butter,  $\frac{1}{2}$  teaspoon of salt, a dash of pepper, and, just before serving, a teaspoon of parsley chopped very fine; or a white sauce may be made, using cream, if convenient, and the potatoes placed in it just long enough to heat them; or a cream sauce may be poured over hot boiled potatoes; then sprinkle with parsley.

### 12. POTATO MOUNDS

On a buttered pan put 1 large spoon of smoothly-mashed and well-beaten white potato. Shape these little mounds either round or oblong, and on the top stick upright 3 blanched almonds. Brown slightly in oven. Very nice served with chops or steak.

### 13. BROILED POTATOES

Peel and cut the potatoes lengthwise into slices  $\frac{1}{4}$  inch thick. Broil them on both sides over moderate heat until tender; spread each slice with butter, and sprinkle with salt and pepper. Serve very hot.

Or, use cold boiled potatoes. Dip each slice in melted butter; sprinkle with pepper and salt and broil 3 minutes on each side.

### 14. BAKED POTATOES

Select large potatoes of uniform size and shape. Wash and scrub them with a brush. Bake them in a hot oven about an hour, or until soft; press them to see if done, but do not pierce them with a fork; when soft break the skin in one place, and serve at once on a napkin. They become watery if kept.

### 15. STUFFED POTATOES

Select potatoes of equal size and shape, wash and scrub them well and bake them. While they are still hot cut a piece off the top of each, and with a spoon scoop out the potato, leaving the skin unbroken. Mash and season the potato, using a little hot milk and beating it well to make it light. Fill the potato skins with the mashed potato, letting it rise a little above the top of the skin. Place a piece of butter on the top of each, and put them in the oven to get well heated and slightly brown the tops; or cut the baked potatoes in two, lengthwise, and when the skins are filled, smooth the potato even with the skin; brush them with egg and set in the oven to glaze.

### 16. POTATOES BAKED WITH MEAT

Pare the potatoes, and place them in the dripping-pan with the meat one hour before the meat is to be removed. Baste them with the drippings, and turn so all sides will be browned.

### 17. LYONNAISE POTATOES

Put  $1\frac{1}{2}$  tablespoon of butter in a frying-pan. When melted add a scant tablespoon of chopped onion, let it slightly color, then add 2 cups of cold boiled potatoes cut into dice. Stir until the potato has absorbed all the butter, and become slightly browned; then sprinkle with salt, pepper, and a tablespoon of chopped parsley. Mix well, and serve very hot.

### 18. FRIED POTATOES

Cold boiled potatoes are sliced, then put into a sauté-pan with butter, and cooked until browned on both sides. If rolled in flour they will form a crisp crust. Raw potatoes are sliced or cut into any shape, and put into cold water for  $\frac{1}{2}$  hour. They are then well dried on a napkin, and immersed in hot fat until done. Too many must not be put in the basket at once, as it cools the fat (see Frying). Fry them to an amber color; then drain, and place them on a paper in the oven until all are done. Serve them at once, as they lose their crispness if kept.

### 19. FRIED POTATO BALLS AND STRAWS

To make balls use a potato scoop; press it well into the potato before turning it. To make straws cut the potato into slices lengthwise, and then into strips, making each one about  $\frac{1}{8}$  inch thick.

Slices or strips cut with a fluted knife are good forms for fried potatoes. Fry the potatoes in hot fat, using a basket. Fancy fried potatoes are used to garnish any broiled meat dish. There are many kinds of cutters to give different shapes to potatoes.

### 20. SARATOGA POTATOES

Cut the potatoes with a plane into slices as thin as paper if possible. Let them soak in cold water for a little time to wash out the starch; then put them into fresh water with a piece of ice to thoroughly chill them. Drain a few of the slices at a time, dry them on a napkin; put them in a frying basket and immerse them in smoking-hot fat. Keep them separated, and remove as soon as slightly colored. Turn them into a colander to drain, and sprinkle them with salt. When the second lot are fried turn those in the colander onto a paper in the open oven, and so on until all are done. Saratoga potatoes should be perfectly dry and crisp. They may be used hot or cold, and will keep for some time in a dry place. If wanted hot, place them in the oven a moment before serving.

### 21. PUFFED OR SOUFFLE POTATOES

Peel the potatoes; cut the sides square, and trim off the corners, so as to give an oval shape. With one even cut slice them  $\frac{1}{8}$  of an inch thick the length of the potato; they must be all the same size and shape. Soak them in cold water for half an hour; dry them on a napkin, and fry them in fat which is only moderately hot until they are soft, but not colored. Remove and place them on a sieve to drain and cool. Then immerse them in hot fat, when they will puff into balls. Toss the basket, and remove any that do not puff. Sprinkle with salt, and serve them on a napkin, or as a garnish.

## 22. SCALLOPED POTATOES

Pare and slice enough potatoes to make 3 pin's. Cover with boiling salted water, and heat quickly to the boiling point; let boil about 3 minutes, then drain, rinse in cold water, then drain again. Butter a baking dish suitable to send to the table; put into this a layer of potatoes, and sprinkle them with salt; add bits of butter here and there, also a few shreds or shavings of onion, and a little fine chopped parsley. Continue the layers until the dish is loosely filled, then pour in milk to come to the top of the dish. Bake about one hour.

## 23. SWEET POTATOES

Wash and scrub the potatoes; put them in boiling water, and cook until they can be pierced with a fork; then pour off the water. Cover the pot with a cloth, and draw it to the side of the range to let the potatoes steam for 10 minutes. Peel them before serving.

## 24. BROWNED SWEET POTATOES

Cut cold boiled potatoes into slices  $\frac{1}{4}$  inch thick. Sprinkle them with salt and pepper; spread with butter, and sprinkle with sugar. Place them in a hot oven to brown.

## 25. BAKED SWEET POTATOES

Wash and scrub the potatoes without breaking the skin. Bake until soft; then break the skin in one place, and serve at once.

## 26. SWEET POTATO CROQUETTES

Follow the rule for potato croquettes.

## 27. SWEET POTATO PURÉE

Mash thoroughly the boiled potatoes, and season them well with salt, pepper, and butter; add enough hot milk to moisten them. Serve it the same as mashed white potato; or put it in a pudding-dish, brush the top with egg, and brown it in the oven. Serve with it a tomato sauce, and use as a luncheon dish. Either boiled or baked potatoes may be used.

## 28. CANDIED SWEET POTATO BALLS

Pare neatly raw sweet potatoes, and with a French cutter scoop balls from them. For a pint of balls, melt  $\frac{1}{4}$  cup of butter in a casserole; add  $\frac{1}{4}$  cup maple syrup or sugar, and when very hot put in the balls and shake them over the fire until quite hot, then cover and let cook in the oven till tender. Baste frequently with the liquid in the dish; add salt before the cooking is completed.

### 29. STEWED TOMATOES

If fresh tomatoes are used remove the skins by placing them in boiling water a few minutes; they will then peel off easily. Cut them in pieces, and stew in a granite-ware saucepan until tender. To one quart of tomatoes add one teaspoon each of salt and sugar,  $\frac{1}{4}$  teaspoon of pepper, and a tablespoon of butter. Thicken with a teaspoon of cornstarch wet in cold water, or with  $\frac{1}{2}$  cup of cracker or bread-crumbs.

### 30. SCALLOPED TOMATOES

Season a can of tomatoes with one teaspoon of salt, and  $\frac{1}{4}$  teaspoon of pepper. Spread a shallow baking dish with a thin layer of bread-crumbs; pour in the tomatoes, sprinkle over them a tablespoon of sugar, and a few drops of onion juice. Cover the top with a cup of bread-crumbs which have been moistened with a tablespoon of melted butter. Bake in a hot oven for 15 minutes. Serve in the same dish.

### 31. STUFFED TOMATOES

Select large, firm tomatoes; do not remove the skins; cut a small slice off the stem end, and scoop out the inside. Fill them with a stuffing made as follows: Take one tablespoon of onion chopped fine, let it color slightly; add  $\frac{3}{4}$  cup of any minced meat, chicken, or livers, one tablespoon chopped parsley, one cup bread-crumbs, the pulp taken from the tomatoes, one teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, and also an egg if desired. Stir it over the fire until consistent. Dust the inside of the tomatoes with salt and pepper, and fill them, letting the stuffing rise half an inch above the tomato, and place a piece of butter on it. The above amount of stuffing is enough for 8 tomatoes. Cut slices of bread  $\frac{1}{2}$  inch thick into circles the size of the tomatoes; dip them quickly in water, and place in a baking-pan. Place a tomato on each piece of bread, and bake in oven about 15 minutes, or until the stuffing is browned. A brown sauce may be served with this dish. The meat may be omitted from the stuffing if desired. If convenient it is better to use oil instead of butter with tomatoes.

### 32. ROASTED TOMATOES

Peel the tomatoes; cut a piece off the top, and remove a little of the pulp. Put a piece of butter or a few drops of oil in each one; dust with salt and pepper, replace the top, sprinkle it with crumbs, pepper and salt. Put a small piece of butter or a little oil on each one, and place on a slice of bread. Bake in oven 15 to 20 minutes.

### 33. BROILED TOMATOES

Cut the tomatoes horizontally in two; leave the skins on. Place them on a broiler with the skin side down; dust with salt and pepper, and broil, without turning, over a moderate fire 15 to 20 minutes, or until tender. Lay them on a hot dish, and spread each piece with either butter, oil, maitre d'hotel sauce, hot Mayonnaise or Béarnaise; or the tomatoes may be cut into thick slices, covered with oil, and then broiled, turning frequently.

### 34. MACARONI AND TOMATO CUTLETS

Put four ounces butter into a stewpan and when melted add three large peeled tomatoes, a teaspoon salt, a little pepper and a pinch of cayenne pepper. Cook until the tomatoes become a pulp, stir in a little flour, 2 tablespoons grated cheese, and cook until it forms a mass. Add  $\frac{1}{4}$  pound chopped boiled macaroni and mix well together, seeing that it is well seasoned. Cook and shape into cutlets, dip each into egg and browned bread crumbs, and put a tiny piece of macaroni into the end of each cutlet. Fry in deep fat until crisp, drain well and serve on a doyley.

### 35. TOMATO FARCI

Cut the tomatoes in halves; place them in a frying-pan, the open side down, in  $\frac{1}{2}$  inch deep of hot fat. Move them about until they are cooked a little tender. Then lift them carefully without breaking, and place them side by side in a baking-dish. Pour a little sweet oil around them; sprinkle with chopped garlic, and parsley, salt, pepper, and cayenne. Bake in hot oven 15 to 20 minutes. Serve in same dish.

### 36. GREEN PEAS

The flavor of peas, and also the time required for cooking them, depends very much upon their freshness. Put them into salted boiling water, and do not cover the saucepan; boil 10 to 20 minutes, or until soft enough to be easily mashed. Drain off the water, and season with pepper, salt, and butter. Mix in the seasoning carefully with a fork, so as not to break the peas. Sometimes a little sugar improves them. Use plenty of water in boiling, and do not let them be overcooked, as this is as bad a fault as having them underdone. When canned peas are used turn them into a sieve, and rinse them off with cold water (this will remove the taste of the can, which they sometimes have); add the seasoning, and let them become thoroughly heated. They do not require any more cooking.

### 37. PURÉE OF PEAS

Boil the peas until very tender; mash and press them through a sieve. Place them again in the saucepan, and stir into them enough hot milk, pepper

and salt, to well moisten and season them; add also some butter, and a very little sugar.

Dried peas may be used in this way, but require soaking and long boiling. The purée makes a pretty garnish pressed through a pastry bag like potato roses or into a fancy border around a dish.

### 38. STRING BEANS

Remove carefully all the strings; cut the beans into one quarter inch pieces, laying a number together, and cutting them at one time; or cut each bean lengthwise into four strips, and lay them evenly together. Place them in salted boiling water, and boil uncovered until tender; drain off the water, and season with salt, pepper, and butter, or mix with them just enough white sauce to coat them well.

### 39. FLAGEOLETS

If the dried beans are used soak them several hours in cold water; then throw them into salted boiling water, and boil until tender, but not soft enough to break. Use plenty of water in boiling them, and drain well. Season with butter, salt, and pepper. If cooked right the beans will be glossy. They are good also as a purée, the same as purée of peas.

### 40. LIMA BEANS

Put them into salted boiling water, and cook until tender, then drain off the water. Moisten them with butter, and season with salt and pepper; and add, if convenient, a little hot cream, or cover with white sauce.

### 41. SPINACH, BOILED

3 lbs. spinach, 1 oz. butter, 1 tablespoon flour, salt and pepper.

Pick off the stalks, and wash the spinach in cold water until free from grit. Then put it in a saucepan with about a level tablespoon of salt, and just sufficient water to cover the bottom of the pan. Boil uncovered from 15 to 25 minutes, occasionally pressing it down, and turning it over with a wooden spoon. When done, rub it through a fine sieve; put it into a stewpan with the butter, season well with pepper, sprinkle in the flour, and stir over the fire for 5 or 6 minutes. Serve on a hot dish garnished with croutons of fried or toasted bread, or fleurons of puff-paste.

Many prefer it without mincing and the flour omitted. Poached eggs are often served on top of the spinach.

### 42. ASPARAGUS

Scrape the stalks; let them stand in cold water for half an hour; tie them again into a bundle and make them uniform in length; put them into

salted boiling water and cook about 20 minutes or until tender, but not so soft as to be limp. Place the asparagus on buttered toast and remove the string. Serve with the asparagus, but separately, plain melted butter, a white, or a Hollandaise sauce. Cold boiled asparagus is served as a salad with plain French dressing or with cold Béarnaise sauce.

#### 43. ASPARAGUS TIPS

Cut the asparagus stalks into pieces about an inch long, and as far down as tender. Cook them in salted boiling water. Drain and stir into them just enough white sauce to well coat them.

#### 44. CABBAGE

Four vegetables are the result of the cabbage plant by cultivation. As the rose changes its character under the hand of the floriculturist, so it is with cabbage at the hand of the gardener. First is the cabbage, which is the leafy bud that stores up food for a flower the next year. Second, the cauliflower, which is a cluster (corymb) of forced cabbage flowers. Third, Brussels sprouts. The leaves are picked off, and small buds form along the stem; and fourth, kohlrabi, which is the leaves turned into a fleshy tuberous-like vegetable. In these results two of the phases, cauliflower and Brussels sprouts, are much esteemed, and are given rank with the best vegetables, while cabbage and kohlrabi have little favor, and are considered coarse and vulgar foods. The cabbage, however, if properly cooked, will be found an exceedingly palatable vegetable, which very closely resembles cauliflower.

Cabbage

Cauliflower

Brussels  
sprouts

#### 45. BOILED CABBAGE

If this recipe is exactly followed, this much-despised vegetable will be found very acceptable, and easily digested and its odor will not be perceptible through the house. Cut the cabbage into good-sized pieces, take off the outside leaves, and cut away the hard core. Wash it well in two changes of water, and place the pieces, open side down, on a colander to drain. Have a very generous amount of water in a large saucepan or pot; let it boil violently; add a tablespoon of salt and  $\frac{1}{4}$  teaspoon of baking soda; put in the cabbage, one piece at a time, so as to check the boiling as little as possible. Let it cook for 25 minutes uncovered and boiling rapidly all the time. Push the cabbage under the water every five minutes. Turn it into a colander and press out all the water. Put into a saucepan 1 tablespoon of butter, a heaping teaspoon of flour,  $\frac{1}{2}$  teaspoon of salt and a dash of pepper; add slowly one half cup of milk, and stir till smooth; then add the cabbage. Cut it into large pieces with a knife, and mix it lightly with the sauce. If the cabbage is free from water the sauce will adhere to it and form a creamy coating.

#### 46. CABBAGE WITH CHEESE (Very Good)

Boil the cabbage as directed above. Press out all the water and chop it. Make a white sauce of 1 tablespoon each of butter and flour, 1 cup of milk,  $\frac{1}{2}$  teaspoon of salt, dash of cayenne. Spread a layer of cabbage on the bottom of a pudding-dish; cover it with white sauce; then add a layer of grated cheese. Make a second layer of cabbage, sauce, and cheese; cover the top with a layer of crumbs moistened with butter, and place it in the oven. When the sauce bubbles through the crumbs it is done. Serve in same dish.

#### 47. SWEDISH CABBAGE

Slice the cabbage into thin shreds cook it in a generous amount of rapidly boiling water for 15 minutes; then drain off the water; cover it with milk; add salt, pepper, and a bit of mace, and cook until tender, and until the milk has boiled away so that it only moistens the cabbage. Add a piece of butter, and serve.

#### 48. HOT SLAW

Cut the cabbage into thin shreds. (Use a plane if convenient.) Boil it until tender in salted fast-boiling water. Drain it thoroughly, and pour over it a hot sauce made of one tablespoon of butter,  $\frac{1}{2}$  teaspoon of salt, dash of pepper and of cayenne, and  $\frac{1}{2}$  to 1 cup of vinegar, according to its strength. Cover the saucepan and let it stand on the side of the range for 5 minutes, so that the cabbage and sauce will become well incorporated.

#### 49. BRUSSELS SPROUTS

Remove any wilted leaves from the outside of the sprouts, and let them stand in cold salted water from 15 to 20 minutes, so that any insects there may be in them will come out. Put the sprouts into salted, rapidly boiling water, and cook uncovered 15 or 20 minutes, or until tender, but not until they lose their shape. Drain them thoroughly in a colander; then place them in a saucepan with butter, pepper, and salt, and toss them until seasoned; or mix them lightly with just enough white sauce to coat them.

#### 50. CAULIFLOWER

Trim off the outside leaves and cut the stalk even with the flower. Let it stand upside down in cold salted water for 15 or 20 minutes to take out any insects there may be in it. Put it into a generous quantity of rapidly boiling salted water and cook it uncovered about twenty minutes or until tender, but not so soft as to fall to pieces. Remove any scum from the water before lifting out the cauliflower. If not perfectly white; rub a little white sauce over

it. Serve with it a white, a Béchamel, or a Hollandaise sauce; or it may be served as a garnish to chicken, sweetbreads, etc., the little bunches being broken off and mixed with white sauce.

### 51. CAULIFLOWER AU GRATIN

Break the boiled cauliflower into small flowerets. Place them in a pudding-dish in alternate layers with white sauce and grated cheese. Cover the top with crumbs moistened with butter, and bake until the sauce bubbles through the crumbs.

### 52. EGG-PLANT

Cut the egg-plant into slices  $\frac{1}{4}$  inch thick, after removing the skin. Sprinkle the slices with salt. Pile them one upon another on the back of a dish. Place on them a plate holding a weight; let it stand one hour to express the juice. Dip the slices in egg and crumbs, or in egg and flour, and sauté on both sides in lard or drippings.

### 53. STUFFED EGG-PLANT

Boil an egg-plant 20 to 30 minutes, or until tender. Cut it in two lengthwise, and take out the pulp, using care not to break the skin. Mash the pulp, and season it with butter, salt, and pepper; replace it in the skins; sprinkle with bread crumbs moistened in butter, and place in the oven to brown.

### 54. EGG-PLANT À LA GRECQUE (French)

Cut each egg-plant into 4 parts, without breaking the pieces. Place in the center of each, small pieces of onions. Place them in a sauce-pan, covering them with a sauce composed of tomatoes, salt, pepper, and a little laurel. For 6 egg-plants it takes  $\frac{3}{4}$  of a glass of olive oil. Cover with water. Cover the sauce-pan, and allow to stew until the water has evaporated. Pour the contents into a dish and allow it to remain 24 hours. Serve cold.

### 55. STUFFED PEPPERS

Use green sweet peppers of uniform size. Cut a piece off the stem end, or cut them in two lengthwise, and remove the seeds and partitions. Put them in boiling water for 5 minutes to parboil. Fill each one with a stuffing made of equal parts of softened breadcrumbs and minced meat well seasoned with salt, butter, and a few drops of onion juice. Place them in a baking-dish with water, or better stock, half an inch deep, and bake in a moderate oven for half an hour. Serve them in the same dish if a suitable one is used; if not, remove them carefully to another dish.

**56. CHESTNUT PURÉE**

Remove the shells; boil 10 minutes; then drain and remove the skins. Put them in boiling salted water, and cook until tender; then drain, mash, and press them through a colander. Season with butter, salt, and pepper; moisten with cream, or milk, or stock.

**57. CELERY STEWED**

Cut the celery into pieces one inch long. Boil in salted water until tender; drain and mix with a white sauce.

**58. CELERY AU JUS**

Cut heads of celery into pieces 6 inches long, leaving them attached to the root; remove the coarse branches, and trim the roots neatly. Parboil it for 5 minutes. Make a brown roux, using 2 tablespoons each of butter and flour, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, and dash of nutmeg. Add 2 cups of stock when the roux is well browned; and in this, place the bunches of celery; cover and cook very slowly for 25 minutes. Remove the celery, and place it evenly on a dish. Strain the gravy; pour it around or over the celery.

**59. CREAMED CELERY WITH TOAST POINTS**

Discard the unbleached stalks of a bunch of celery. Reserve the inner delicate stalks to eat raw, if desired. Cut the rest of the cleaned-and-trimmed stalks into inch lengths and set to cook in boiling water. Keep the celery covered with boiling water and let simmer until the stalks are tender. For a generous pint of celery melt 3 tablespoons of butter, in it cook 3 tablespoons of flour and  $\frac{1}{2}$  teaspoon of salt; when the whole is smooth and frothy stir in  $\frac{3}{4}$  cup, each, of cream and water in which the celery was cooked. Let cook, stirring constantly, until the sauce boils, then add the celery, and set the dish over hot water, while the croutons are prepared. Cut ten or more strips of bread making one end pointed; spread the strips with butter, on both sides, and let brown in a hot oven. Have ready the white of an egg, slightly beaten; dip the pointed end of the pieces of toast in this, and then in fine-chopped parsley. Dispose the decorated croutons around a platter, and pour the celery into the center.

**60. CARROTS AND TURNIPS**

Cut carrots and turnips into dice  $\frac{1}{4}$  inch square, or with a small potato scoop cut them into balls. Boil them separately in salted water; drain and mix them carefully together. Stir lightly into them enough white sauce to moisten them well.

**61. MACEDOINE OF VEGETABLE**

Cut a carrot and turnip into half inch dice, or with small vegetable-cutters cut them into fancy shapes or into small balls. Mix them in about equal proportions with green peas, flageolet beans, string-beans cut into half inch lengths, and small pieces of cauliflower. The vegetables should be boiled separately and well drained before being put together, and when prepared should be mixed lightly so as not to break them, and seasoned with butter, pepper, and salt, or be moistened with a Béchamel or a cream sauce. The macedoine may be used as a garnish for meat, or can be served separately in a vegetable dish. This mixture of vegetables may also be used for a salad. Sometimes the vegetables, instead of being mixed together, are placed in separate piles around the meat or on a flat dish which gives a good effect of color.

**62. HARICOT OR WHITE BEANS****Boiled, Baked, Purée, Croquettes**

Wash the beans, and soak them over night. Boil them slowly until tender, changing the water several times. They are improved in flavor by boiling with them a small piece of salt pork, a bay-leaf, and onion. If they are to be baked remove them from the water when the skin will break easily; put them in a bean pot, bury in them a piece of salt pork with the rind scored; sprinkle with salt and pepper. Pour over them a tablespoon of molasses, and enough salted water to cover them. Cover the pot closely, and place it in a slow oven to cook for 6 to 8 hours.

For a purée, boil the beans until tender; mash them through a colander. Season with butter, salt, and pepper; and add enough cream or stock to make them the right consistency. This is called "Purée Bretonne." To use it for a garnish, press it through a pastry bag into forms like potato roses or put it into small fontage cups, or on thin pieces of toast the size of a silver dollar. To make croquettes, add a beaten egg to the purée, form it into small croquettes, roll them in egg and crumbs, and fry in hot fat.

**63. BEETS**

Wash beets well, but do not break the skin, or they will lose their color in boiling. Cook for one hour if young, for two to three hours if old. When done throw them into cold water, and remove the skins. Season with butter, salt, and pepper. Serve them whole if small; cut into slices if large.

**64. SUMMER SQUASH**

Wash; cut into small pieces; cook in salted boiling water for 20 minutes, or until tender. Drain thoroughly; mash, and press out all the water. Season with butter, pepper, salt, and cream if convenient.

**65. PARSNIPS**

Boil the parsnips one hour, or until tender; throw them in cold water and remove the skins. Cut them in slices lengthwise  $\frac{1}{4}$  inch thick. Sprinkle with salt and pepper. Dip in melted butter; then roll in flour, and sauté on both sides until browned. Or mash the boiled parsnips; season, and stir into them one tablespoon of flour and one egg to bind them; form into small cakes, and sauté in drippings until browned on both sides.

**66. CUCUMBERS**

*Boiled:* Peel the cucumbers, and cut them lengthwise into quarters. Boil them in salted water until tender. Make a white sauce using cream instead of milk, if convenient. Place the well-drained cucumbers in the sauce, to be heated through; then sprinkle with chopped parsley, and serve.

*Stuffed:* Select large cucumbers of uniform size. Cut them in two lengthwise. With a spoon remove carefully the seeds, and fill the place with a stuffing made of equal parts of minced chicken, or any meat, and soft crumbs, seasoned, and moistened with one egg and a little stock. Round it over the top, and sprinkle with crumbs. Place the pieces in a pan with enough stock to cover the pan  $\frac{1}{2}$  inch deep. Cook in a moderate oven one hour, or until the cucumbers are tender; replenish the stock in the pan if necessary. Remove them carefully to a hot dish. Thicken the gravy in the pan with a little cornstarch, and pour it around, not over them. This dish can be served as an entrée.

**67. LETTUCE STEWED**

Wash the lettuce carefully to remove the dust and any insects. Take off the wilted leaves, and cut the root even with the head. Tie the top together. Lay the heads side by side in a baking-pan; add enough stock to cover the pan  $1\frac{1}{2}$  inches deep. Cover, and place in a moderate oven to simmer for  $\frac{1}{2}$  hour, or until the lettuce is soft; renew the stock if necessary. Lift the lettuce out with a fork, putting it under the middle; let it drain, and lay it double, as it will be over the fork, in a row on a hot dish. Season the gravy in the pan with butter, salt, and pepper; thicken it with cornstarch, or with a beaten egg, and serve it with the lettuce.

**68. ONIONS**

Put them in salted boiling water, and cook until tender; drain, and pour over them a white sauce, or melted butter, pepper, and salt. If browned onions are wanted for garnishing, place them, after they are boiled tender, in a pan; sprinkle with salt, pepper, and a little sugar; and put them in a hot oven to brown.

**69. STUFFED SPANISH ONIONS**

Peel the onions. Scoop out from the top a portion of the center. Parboil them for five minutes, and turn them upside down to drain. Fill them with a stuffing made of equal parts of minced chicken, or meat, and soft bread-crumbs, chop fine the onion taken from the center, and add it to the mixture. Season it with salt and pepper, and moisten it with melted butter. Fill the onions heaping full, and sprinkle the tops with crumbs. Place them in a pan with an inch of water; cover, and let it cook in an oven for an hour, or until tender, but not so long as to lose shape. Take off the cover the last five minutes, so they will brown very slightly.

**70. CORN ON THE EAR**

Strip off the husk and silk. Put into boiling water; cover, and boil 10 to 15 minutes. Do not salt the water, as it hardens the hull.

**71. CORN MOCK OYSTERS**

Cut down through the center of the grains of each row of green corn on the ear, and with the back of a knife press out the pulp, leaving the hulls on the ear. To a pint of the pulp add two beaten eggs, one teaspoon each of butter and salt, a dash of pepper, and enough flour to bind it. Roll it into small cakes, and sauté them in butter; or it may be dropped from a spoon into hot fat, making fritters. These may be made of canned corn, in which case use a little milk and sugar.

**72. CANNED CORN**

Turn it into a sieve, and let a little water run over it from the faucet. Put it into a shallow baking dish; add to one canful of corn 1 tablespoon of butter,  $\frac{1}{2}$  cup of cream or milk,  $\frac{1}{2}$  teaspoon of salt, and a dash of pepper. Place in the oven to brown the top, and serve in the same dish.

**73. CORN FRITTERS**

Chop fine one cup of canned corn; add the beaten yolks of 2 eggs,  $\frac{1}{4}$  cup of cream or the same measure of milk and 2 tablespoons of melted butter,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon black pepper. Sift together one cup of sifted pastry flour, and a level teaspoon of baking powder; add this and the whites of 2 eggs, beaten stiff, to the corn mixture and beat thoroughly. Add more flour, if needed, to make a batter consistent enough to hold together while frying. Fry in deep fat, dropping in the mixture from the spoon; or cook in a frying pan as griddle cakes.

**74. SUCCOTASH**

Mix equal parts of corn, cut from the ear, and any kind of beans; boil them separately; then stir them lightly together, and season with butter, salt, and pepper and add a little cream if convenient.

### 75. ARTICHOKE

Cut the stems off even with the leaves; remove the hardest bottom leaves, and cut off the top ones straight across, leaving an opening. Take out the inside, or choke. Wash well, and place upside down to drain. Put them into boiling water for half an hour, or until the leaves pull out easily; drain well, and serve on a napkin. They should be cut with a sharp knife into halves or quarters, and served with white, Béchamel, or Hollandaise sauce. The bottom and the base of the leaves only are eatable.

### 76. ARTICHOKE BOTTOMS

Remove all the leaves and choke. Trim the bottoms into good shape. Boil them in salted water until tender. Serve with Béchamel or Hollandaise sauce. Or cut the leaves close to the bottom, and divide it into quarters. Cook, and serve the same way. Canned artichoke bottoms can be procured, which are very good.

### 77. OKRA

Wash and cut off the ends of one quart of the pods, put in a saucepan with one cup of water and a teaspoon of salt. Cook gently  $\frac{1}{2}$  hour, and when ready to serve put in a lump of butter and sprinkle with pepper.

### 78. YAMS

Medium sized yams should be first boiled 20 minutes, then put in oven for a few minutes to dry: or they may be baked only, for 35 minutes. Small yams require about 15 minutes to boil and a little longer to bake, while the large size need  $\frac{1}{2}$  to 1 hour. They must be thoroughly cooked or they are not palatable.

### 79. WATER CHESTNUTS

Grate 10 water chestnuts, then stir into batter made of 1 egg, 1 table-spoon flour and a pinch of salt. Fry in Crisco or butter.

## CHAPTER VI

### FARINACEOUS FOODS USED AS VEGETABLES RECIPES FOR MACARONI AND CEREALS

#### 1. TO BOIL RICE

Wash the rice well, and drain it. It must be washed in several waters, and until the floury coating is all removed. Have a large saucepan of salted boiling water. Place it on the hottest part of the range, so it will boil violently. Sprinkle in the rice slowly, so as not to stop the boiling, and let it cook for 15 to 20 minutes uncovered. At the end of 15 minutes take out a few grains. If they are soft when pressed between the fingers, they are done. Then drain, sprinkle with salt; cover the pot with a napkin, using one thickness only, and set it on the side of the range to steam and become perfectly dry. Or the rice may be turned into a colander to drain, then placed in the open oven to dry. Use a large amount of water in proportion to the rice. Have it violently agitated all the time to keep the grains separated. Do not cook it too long, and do not stir or touch it while cooking. The cloth will not prevent the moisture escaping, and will help to keep it warm while it is drying. If these simple rules are observed, each grain will be separate and dry. Do not cover the dish in which it is served. Rice cooked in this way can be served in the place of potatoes.

#### 2. RICE AND TOMATO

To a cup of boiled rice add  $\frac{1}{2}$  cup of strained tomato sauce, which has been well seasoned with butter, salt, pepper, and a bay-leaf. Toss them together, or mix lightly with a fork so as not to mash the grains. Serve as a vegetable.

#### 3. PARCHED RICE

Boil rice as directed above, so each grain will be separate. Let it get cold, then separate the grains lightly with a fork on a flat dish. Put into a frying-pan just enough butter to cover the bottom of the pan; when it is hot add a little of the rice at a time, and sauté it to a delicate color. Shake the pan constantly to keep the grains separated. Remove the rice as it is done, and spread on a paper to dry in an open oven. The rice should not be greasy when served. This makes a good rice dish to serve as a vegetable with broiled meats.

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#### 4. FARINA BALLS

$\frac{1}{2}$  cup farina, 2 cups milk,  $\frac{1}{2}$  teaspoon salt. Dash of cayenne, 5 drops of onion juice. Yolk of 1 egg.

Cook the milk and farina in a double boiler for twenty to thirty minutes. Wet the farina with a little cold milk before stirring it into the boiling milk, so it will be smooth; add the salt, and cook to stiffness, or until the milk has evaporated, then add the cayenne, onion juice, and beaten yolk of egg. Stir well to mix, and to cook the egg; pour it on to a dish. When cold roll it into balls one inch in diameter; roll the balls in crumbs, then in egg (the white and yolk with one tablespoon of water, beaten only enough to break), and again in white crumbs. Fry them in hot fat for one minute, or to a light amber color. Be sure the balls are completely coated with egg and crumbs, or they will break in frying. Any cold cereals can be used in this way. They make a very pretty dish. Serve on a napkin, or to garnish a meat dish.

#### 5. FRIED HOMINY

Cut cold boiled hominy into slices  $\frac{1}{2}$  inch thick, then into pieces of uniform size. Roll in flour, and sauté on both sides, or dip them in egg and crumbs, and fry in hot fat.

#### 6. FRIED CORN MUSH

Pour well-boiled cornmeal mush into a bread-tin or dish with straight sides, so it will cut in even slices. Make the mush the day before it is to be used, so it will have time to harden. Cut it in pieces  $\frac{1}{2}$  inch thick, and have the pieces uniform. Roll each one in egg and flour, and fry in hot fat; or they may be rolled in milk, then in flour, and sautéd in butter. They should have a crust on both sides. It is good served as a vegetable with game, or as a breakfast dish with or without syrup.

### MACARONI

#### 7. GENERAL DIRECTIONS

The best macaroni is smooth, has a fine, close grain and clear yellow color. It is made of flour and water only, and when cooked needs the seasoning of a good sauce. It is generally mixed with cheese, but tomato, cream, or Béchamel sauces make a good combination. When macaroni is to be boiled in long pieces to be used for timbales, hold the pieces in a bunch, and lower them gradually into hot water. They will quickly soften, and can be turned into a circle in the saucepan. They must be removed when tender, and not cooked until they lose form. When done drain off the hot water, and pour on cold water for a few minutes; then lay them straight on a cloth.

### 8. SPAGHETTI

Spaghetti is a small and more delicate form of macaroni. It is boiled until tender in salted water and is combined with cheese and with sauces the same as macaroni, and is usually left long. It makes a good garnish.

How to  
serve

### 9. BAKED MACARONI, WITH CHEESE

Take as much macaroni as will half fill the dish in which it is to be served. Break it into pieces  $2\frac{1}{2}$  to 3 inches long. Put it into salted boiling water, and boil 12 to 15 minutes, or until the macaroni is perfectly soft. Shake the saucepan frequently to prevent the macaroni from adhering to the bottom. Turn it into a colander to drain; then put it into a pudding-dish with butter, salt, and grated cheese. If much cheese is liked, it may be put into the dish in two layers, alternating the seasoning with the macaroni. Cover it with milk, and bake until the milk is absorbed and the top browned. A tablespoon or more of melted butter should be used to  $\frac{1}{2}$  pound of macaroni.

### 10. MACARONI AU GRATIN

Boil the macaroni as directed above. Drain it in a colander; then return it to the saucepan with butter and grated cheese. Toss over the fire until the butter is absorbed and the cheese melted. Serve at once before the cheese has time to harden.

A mixture of Parmesan and of Swiss cheese is often liked; the former strings when melted; the latter becomes liquid.

### 11. MACARONI WITH TOMATO OR OTHER SAUCES

Boil the macaroni as directed above; drain it in a colander; then return it to the saucepan, and mix it with tomato sauce, with cream sauce or with Béchamel sauce; toss until they are well mixed; serve in a vegetable dish or as a garnish.

### 12. MACARONI WITH MINCED MEAT

Mix boiled macaroni with minced chicken or any meat, and moisten with white or brown sauce. The meat should be minced very fine. This makes a good luncheon dish.

### 13. MACARONI

Put the macaroni into salted boiling water, and cook it 12 to 15 minutes, or until it is tender. Do not let the water boil violently, as this breaks the macaroni. When it is cooked, drain off all the water, and cover the hot macaroni with grated cheese (Parmesan and Gruyère mixed). With 2 forks mix lightly the cheese with the macaroni. Turn it into the hot serving-dish, and pour over it the following sauce. Serve at once.

#### 14. SAUCE No. 1 FOR MACARONI, FOR RISSOTTO, AND FOR POLENTA

Put into a saucepan  $1\frac{1}{2}$  tablespoons butter. Add a small onion chopped fine and a half clove of garlic. Cook until all are browned; then add 3 tablespoons of water in which the macaroni was boiled, and a teaspoon of beef extract. Add, also, 3 or 4 soaked mushrooms, and let it simmer for 5 minutes.

This amount of sauce is enough for a pound of macaroni.

The mushrooms given in this recipe are the dried ceps, which can be bought by the pound at Italian groceries. They are the best, after the fresh mushrooms, to use for sauces. They should not be cooked longer than 5 minutes to give their best flavor.

#### 15. SAUCE FOR MACARONI No. 2

Make a sauce as directed for No. 1, using in place of the beef extract a cup of chopped round of beef, and a cup of tomatoes.

#### 16. SAUCE FOR MACARONI NO. 3

When roasting an upper round of beef stick into it 6 cloves, a clove of garlic, and a few lardoons of pork. Sprinkle it well with salt and pepper. After the beef is roasted, turn the juice from the pan over the macaroni and cheese.

#### 17. POLENTA

Make a cornmeal mush; boil it for a long time, until it is firm and hard. Cut it in slices or leave it in one piece. Pour over it sauce No. 1 given above.

#### 18. RISSOTTO

Boil rice until tender, but not soft. When the rice is done, drain off the water and steam it dry; then add, while the rice is still on the fire, some mixed grated Parmesan and Swiss cheese. Turn them together lightly until the cheese has softened, then put it into the hot serving-dish, and cover with sauce No. 1 given above.

### CEREALS

#### 19. OATMEAL PORRIDGE

Oatmeal is ground in different grades of coarseness, and some brands are partly cooked before they are put up for sale; therefore the time for cooking varies, and it is better to observe the directions given on the packages. Oatmeal requires to be cooked until very soft, but should not be mushy. The ordinary rule is to put a cup of meal into a quart of salted boiling water, (a teaspoon

of salt), and let it cook in double boiler the required time. It is well to keep the pan covered until the oatmeal is cooked, then remove the cover and let the moisture evaporate until the oatmeal is of the right consistency. It should be moist enough to drop but not run from the spoon.

Oatmeal is very good cold, and in summer is better served in that way. It can be turned into fancy molds or into small cups to cool, and will then hold the form and make an ornamental dish.

## 20. CRACKED WHEAT

Add to 3 cups of water  $\frac{1}{2}$  teaspoon of salt; when it boils add  $\frac{1}{2}$  cup of cracked wheat, and let it cook uncovered until the water is nearly evaporated; then add three cups of hot milk; cover and cook until the wheat is soft; then uncover and cook to the right consistency. It should be quite moist. Stir it carefully from time to time while it is cooking, but with care not to break the grains.

It may be turned into molds to harden, and served cold with sugar and milk.

## 21. CORNMEAL MUSH

Sprinkle with the hand a pint of cornmeal into rapidly boiling salted water, stirring all the time. Cook for  $\frac{1}{2}$  hour, preferably much longer; or mix the cornmeal with a pint of milk and teaspoon of salt and turn it slowly into a quart of boiling water; cook for half an hour, stirring constantly. This may be eaten cold or hot, with milk, with butter and sugar, or with syrup. When cold it can be cut into slices and browned on both sides in a sauté-pan, and used as a vegetable dish, or as a breakfast dish, and may be eaten with syrup.

## 22. OATMEAL OR ROLLED OATS

Into the upper part of a double boiler put 2 cups of hot water with  $\frac{1}{2}$  teaspoon salt. Place directly over the flame or hot coals, and when the water is boiling, slowly stir into it  $\frac{3}{4}$  cup rolled oats. Let the mixture boil for a few moments, stirring occasionally, then set over hot water in the lower part of the boiler and cook for at least 1 hour, preferably 2 hours.

## CHAPTER VII

### EGGS AND CHEESE

#### EGGS

##### 1. GENERAL DIRECTIONS

There is a best way of doing everything, even if it be to boil an egg.—Emerson.

The variety of purposes which eggs serve, the many ways of cooking them, their value as a highly concentrated, nutritious, and easily-digested food, make them one of the most useful articles of food. To have them fresh and rightly cooked is within the power of the simplest household. They hold the principal place as a breakfast dish, and although the original methods of cooking them may be limited to boiling, baking, poaching, etc., each one of these can be varied in an indefinite number of ways, giving a menu of eggs unlimited in extent, and thus securing always a new way of presenting them, if desired. The varieties are attained mostly by the sauces and garnishings. It is not generally understood that sauces can be served with poached, hard-boiled, and scrambled eggs, and also with omelets.

A fresh egg should feel heavy, sink in water, and when held to a bright light, show a clear round yolk. If old, a part of the substance will have evaporated through the pores of the shell, leaving a space filled with air, which will cause it to float on water. It will also contain dark specks. To preserve eggs it is necessary to stop the pores of the shells with a coating of fat or gum or wax. This will prevent the air from entering and decomposing the nitrogenous elements of the egg. They should be packed standing on the small end, and kept in a cool, dark place. Another way of preserving them is to immerse them in a saturated solution of lime.

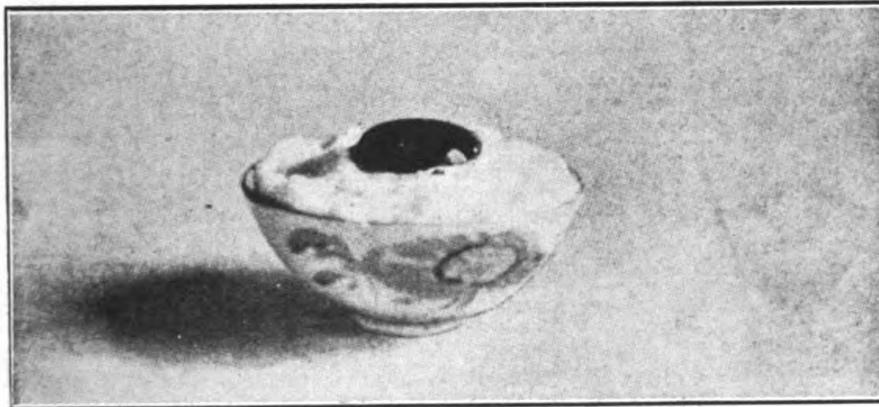
##### 2. BOILED EGGS

Soft-boiled eggs should have the albumen creamy, not hard. To obtain this, slow heat is required, hence recipe No. 1 is recommended. No. 2 gives a soft egg, but the time is difficult to determine exactly. No. 3 gives satisfactory results. To have eggs hard, boil them for 25 minutes. The yolks will then be dry and mealy. When done, place them in cold water for 15 minutes. Then roll them lightly on the table to crush the shells, which can then be peeled off easily, leaving the surface smooth and white. Use a sharp, thin knife for cutting them, so the pieces will be clean and smooth.



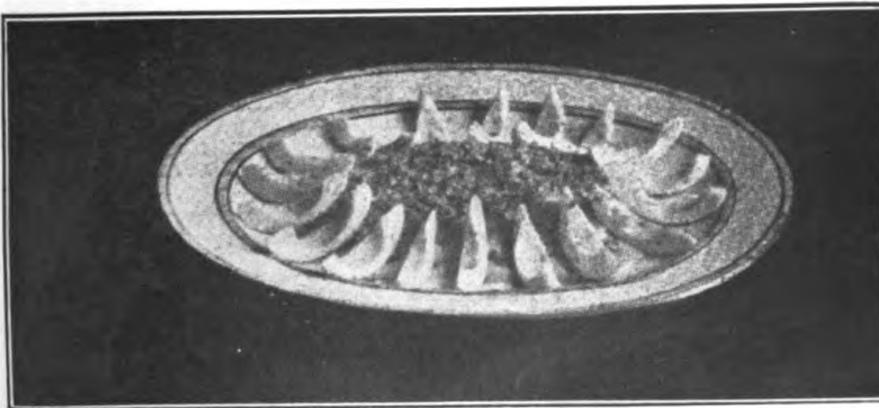
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1. Shirred Egg. 2. Cocotte.



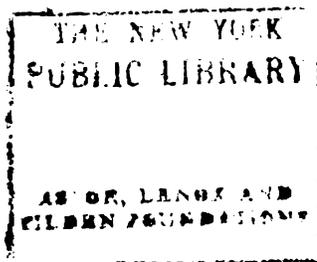
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Eggs à l'Aurore.



**3. No. 1**

Place the eggs in warm water to heat the shells so they will not crack when put into boiling water. Let the water in the saucepan boil violently; put in the eggs carefully, and when the water again bubbles, remove it from the fire; cover and let the eggs remain in it for five minutes.

**4. No. 2**

Put the eggs into boiling water and cook for 3 minutes, the water boiling all the time.

**5. No. 3**

Place the eggs in cold water on the fire, and remove as soon as the water boils.

**6. POACHED EGGS No. 1**

The white of a poached egg should be a white, translucent, jelly-like mass. To obtain this result, which makes it an easily digested food, it must cook very slowly, the water never reaching the boiling-point. Place in a shallow pan as many muffin-rings as you have eggs to poach. Turn in enough boiling water to just cover the rings; add a little salt. When the water boils, draw the pan to the side of the range, and break an egg into each ring. It should take at least 10 to 15 minutes to cook the eggs to the translucent state desired. Have ready even pieces of toast  $\frac{1}{2}$  inch thick, cut into rounds a trifle larger than the muffin-rings. Moisten them with hot water, and spread with a little butter. Remove the eggs carefully on a skimmer or pancake turner, and place one on each round of toast; then lift off carefully the rings, and place a spot of pepper in the center of each yolk. Arrange them symmetrically on a dish, and garnish with parsley.

**7. FRENCH POACHED EGGS No. 2**

These eggs, when properly cooked, are in the shape of balls, and are used for fancy egg-dishes. Have in a deep saucepan a generous amount of water; add a little salt and vinegar; the salt to raise the heat of the water, the vinegar to harden the white of the egg. When the water is violently boiling, crack the shell of the egg, and holding it close to the water, drop the contents quickly on the point of greatest ebullition. The egg should drop all at once, not drain into the water. The mass will then be whole, and the violently agitated water will toss it about, giving it a round form. When sufficiently firm to hold, remove with a skimmer and place carefully on the bottom of an inverted tin to drain. Poach but one egg at a time, and remove it before the yolk hardens.

### 8. POACHED EGG No. 3

Add a dash of salt to the white of an egg and whip it to a froth, Place this in a deep saucer or cup, and place in the center the whole unbroken yolk. Set the dish in a pan of boiling water; cover and let cook for two minutes. This is a good way to serve an egg to an invalid.

### 9. FRIED EGGS

Place a little butter in a clean frying-pan. When it bubbles, turn in the eggs, one at a time, and keep the pan where the heat is not sufficient to blacken the butter. If the eggs are wanted hard, turn and fry them on both sides like a pancake.

### 10. SCRAMBLED EGGS

Beat the eggs lightly with a fork, just enough to break them. To 4 eggs add 2 tablespoons of milk, one half teaspoon of salt, and a dash of pepper. Put into a clean frying-pan one half tablespoon of butter. When it begins to bubble, turn in the eggs, and stir them constantly over a slow fire until they begin to set; then remove them from the fire and continue to stir until they are of the right consistency. The heat of the pan will be sufficient to finish the cooking, and there will not be danger of their being overcooked. They should be firm only, not hard. If the pan is perfectly clean, and the butter is not allowed to burn, they will have a bright clean color. Scrambled eggs may be varied the same as omelets, by mixing with them any other thing desired. The extra material should be added when the pan is taken from the fire, and stirred with the egg until it has finished cooking. A teaspoon of parsley, chopped fine, gives a good flavor and simple change. A little purée of tomatoes added makes a good combination. With minced chicken, veal, ham, fried bacon, mushrooms, or sweetbreads, it makes a good luncheon dish. Any pieces left over will serve the purpose, as very little is required. Garnish the dish with croutons and parsley.

### 11. PLAIN FRENCH OMELET

An omelet is the most difficult to prepare of any egg dish. It requires some practice to give it the right shape (which is high in the center and pointed at the ends), to have it soft inside, to give it a smooth, slightly browned surface, a texture like scrambled eggs, and to have everything perfect. The first essential is to have a perfectly clean and smooth pan. It is difficult to make a smooth omelet in a pan used for other purposes; so it is well to have one kept for this use alone. The French do not wash the omelet-pan, but scour it smooth with salt and vinegar when it sticks, and at other times rub it clean with a dry cloth. Before using the pan scour it well with dry salt to give it extra smoothness.

It is better to make several small omelets than one large one, using not more than 3 or 4 eggs for each one. Beat the eggs just enough to break them. The rule is twelve beats. To three eggs add a half teaspoon of salt, a dash of pepper, and  $\frac{1}{2}$  teaspoon of butter broken into small bits. A teaspoon of milk may be used or not. Have the pan evenly heated and hot, but not scorching. Put in a half teaspoon of butter and let it run evenly over the pan, but not brown; turn in the eggs. With a knife or fork break the cooked surface in several places quickly, so the egg from the top may run to the bottom and cook, or press the egg away from the sides, letting the uncooked part run under. This must be done in the beginning so as not to make the surface uneven. When the egg is cooked, but yet quite soft on the top, lift the pan on one side, slip the knife under, and carefully roll the omelet to the center. Let it cook a moment to set any egg that has run out, and if the color is not right add a little butter, and let it run under and slightly color the omelet. Place a hot dish over the pan, turn them together so the omelet will fall in the right place; press it into good shape, doubling it under on the ends if necessary. Garnish with parsley and serve at once. Have everything ready before beginning to cook an omelet, as it will not bear being kept while the dish is heated, and the garnishing found.

## 12. VARIATIONS OF THE OMELET

No. 1.—Sprinkle a little parsley, chopped fine, over the top.

No. 2.—Turn tomato, Béchamel or mushroom sauce on the dish around the omelet; sprinkle the top with chopped mushrooms, if that sauce is used. Garnish with pointed croutons.

No. 3.—Green omelet. Mix chopped parsley with the egg mixture before cooking the omelet, and do not brown the surface.

No. 4.—Aux Fines Herbes. Chop parsley, chives, chervil, and tarragon very fine. Mix them with the egg mixture before cooking. When the omelet is turned out, rub over it a little maître d'hotel butter.

No. 5.—With Peas or Tomatoes. Before turning a plain omelet, spread it with a few green peas or tomatoes cooked and seasoned. Asparagus or any other vegetable may be used in the same way.

No. 6.—With Ham. Spread the plain omelet with ham, chopped fine, before turning it. Any other cooked meat may be used in the same way.

## 13. BEATEN OMELET

Beat very light the yolks and whites of 3 eggs separately. Season the yolks with salt and pepper and 1 tablespoon of milk; then fold in lightly the whipped whites. Put  $\frac{1}{2}$  teaspoon of butter in a hot frying or omelet pan. Let it run over the bottom and sides of the pan, but do not let it brown. Turn in the egg mixture, spread it lightly and evenly over the

pan, and let it cook until it forms a very light crust on the bottom; then place it in the oven about 3 minutes, or until the egg is cooked through, but not hard; fold it once, and turn it onto a hot dish. This omelet may be used the same as the French omelet in combination with other things. Spread anything so used on the omelet before turning it. For a sweet omelet add sugar to the yolks, and omit the pepper. Serve at once.

#### 14. SHIRRED EGGS

(*Sur le Plat . . . Au Miroir . . . Cocotte*)

For this dish (*sur le plat*) individual china dishes are generally used, although a dish holding several eggs will do. Butter the dishes; break into each one an egg; sprinkle a little salt on the whites, but not on the yolks. Place them on the shelf of the oven so the heat will be greatest on top; baste the yolks several times while baking with a little hot butter. This will give them a glaze. As soon as the glaze appears remove them from the oven, and if not sufficiently cooked, stand them for a minute on the top of the range. Care must be used not to dry the eggs.

Several eggs cooked together in this way in a large dish, then cut into circles with a biscuit cutter, and placed on broiled ham, stewed kidneys, minced meat, tomato purée, or other things, are called "eggs au miroir." When baked in individual dishes, they may be varied by sprinkling in the dish before the egg is added a little chopped ham, chicken, mushrooms, or tomato purée, etc. When baked in little pot-shaped dishes in the same way they are called "cocottes." These may be varied by lining the dishes with a thin layer of forcemeat or minced meat, the eggs then dropped in and poached by standing the dishes in a pan of water in the oven. When done, a little cream or Béchamel sauce or tomato purée is turned over the top, and sprinkled with parsley. Serve eggs "sur le plat" and "cocotte" in the dishes in which they are baked.

#### 15. MOLDED EGGS

(*A la Polignac*)

Butter well some individual timbale molds; chop some parsley very fine, and powder the inside of the buttered molds with it. To do this, place a teaspoon of the parsley in a buttered mold, cover it with the hand and shake it well; then invert the mold, and strike it on the table to free it of all that is loose. Break into each mold an egg, letting it go in slowly from the side so no air bubbles will be held, as they make holes and uneven surface in the cooked egg. Sprinkle the top with salt and butter. Place the molds in a pan of hot water, half covering them, and poach in a moderate oven eight to ten minutes, or until firm enough to stand, but not very hard. Serve them on a flat dish with a spoon of white, Béchamel, or tomato sauce under each form. This is a very simple way of preparing eggs, and makes a good luncheon dish.

### 16. MOLDED HAM AND EGGS

Mince some boiled ham very fine. Moisten it with white sauce and raw egg, just enough to make a consistent paste. Line individual buttered timbale molds with a thin layer of the ham paste. Break an egg in the center of each one, and poach them in the oven eight to ten minutes, as directed for eggs à la Polignac. Place a little white or Béchamel sauce on the serving dish; turn the eggs onto it, and put a spoon of sauce on the top of each one, letting it run over, and partly mask them, as the color of the ham is not attractive. Garnish with parsley. Any other meat may be used in the same way.

### 17. POACHED EGGS ON ANCHOVY TOAST (A Supper Dish)

Cut toasted bread into circles: spread them with anchovy paste, and place on each piece a poached egg prepared as directed in receipt No. 1.

### 18. POACHED EGGS WITH ANCHOVY (An Entrée for Luncheon)

Cut bread into circles and toast them; spread them lightly first with anchovy paste, then with a layer of ham or tongue chopped very fine, seasoned well, and a little moistened with stock or white sauce. Cover the top with whipped white of egg; place a raw yolk in the center of each one. Bake them in the oven for one minute, or just long enough to well heat the egg.

### 19. POACHED EGG WITH TOMATO

Cut bread into slices  $\frac{3}{4}$  inch thick, then into circles. With a smaller cutter cut half way through the bread, and remove the center, leaving a form like a patty case. Fry them in hot fat to an amber color; fill the centers with well seasoned tomato purée, and place on the top of each one a French poached egg.

### 20. EGGS À LA VILLEROI

This dish is served as an entrée for luncheon, and is a particularly good as well as mysterious dish, for having a soft egg inside a croquette seems a difficult thing to get. Poach the eggs French style using care to have them round and just firm enough to hold in shape. Lift them carefully on a strainer, and place them on the bottom of an inverted pan, leaving a space between them. When they are cold trim them, carefully removing any ragged ends of white, and wipe them dry. Make a Villeroi sauce. When it is partly cooled, pour it with a spoon over the eggs. It should form a thick coating. When it is cold and well set, trim each egg neatly again,

cutting away any of the sauce that has run over the pan. Have some soft, white crumbs, grated from the loaf or rubbed through a coarse sieve, and mixed with grated cheese. Lift an egg on a broad knife, and place it on the crumbs. Cover it with as many crumbs as will adhere. Lift it again on the knife into a dish containing beaten egg, and with a spoon moisten it well with the egg. Then place it on fresh, white crumbs that are not mixed with cheese, and cover it completely. It can now be handled with care and turned into good shape in the crumbs. Let the breaded eggs stand until just ready to serve, then place 3 or 4 at a time in a wire basket, and plunge them in smoking hot fat to take a delicate color. Place a spoonful of Villeroy sauce on each plate, using the sauce left from coating the eggs and thinning it with stock; place an egg on the sauce and serve at once. Chopped truffles mixed with the sauce improves it.

### 21. EGGS À LA BOURGUINONNE

Poach eggs in the French style, letting them be as soft as possible. Butter a flat baking-dish; sprinkle it with bread crumbs and grated cheese. Place on them carefully the poached eggs. Cover them with Béchamel or Allemande sauce and grated Parmesan cheese. Place in a hot oven to melt the cheese, and lightly brown the top.

### 22. EGGS À L'AURORE

Take 6 hard-boiled eggs, and press the yolks through a colander. Cut the whites into  $\frac{1}{2}$  inch dice, mix them with a well-reduced white or Béchamel sauce, and turn them into a flat baking-dish. Cover the top with the mashed yolks, dot it with small bits of butter, and place in a hot oven for a few minutes to heat, but not brown. This may be served in individual cups or shells if desired. Chopped mushrooms mixed with the sauce makes a good variation of the dish. Another way of serving it is to cut the whites lengthwise into quarters or eighths, and place them in a circle on the dish; pour the sauce in the center, leaving the points of one end uncovered, and sprinkle over the sauce the mashed yolks. In order not to have the dish cold when served in this way, keep the cut whites in hot water until ready to serve. Have the dish hot, and put all together quickly at the moment of serving.

### 23. GOLDEN CREAM TOAST

Cut bread into even pieces; toast and butter the pieces, and moisten them with hot water. Boil 6 eggs hard. Separate the whites from the yolks; chop the whites, and press the yolks through a colander or sieve. Make a white sauce, using one tablespoon each of butter and flour cooked together, and then add a cup of cream or milk. When it is well thickened add the chopped whites, and season with pepper and salt. Spread this mixture on the slices of toast, and cover the top with the mashed yolks. Sprinkle the yolks evenly over the pieces, so they look very yellow. Serve very hot.

#### 24. CURRIED EGGS

Boil the eggs hard; remove the shells carefully as directed and drop them in hot water to keep warm until ready to use. Mold some boiled rice into a form resembling a nest. Have the rice boiled so that each grain is distinct. Place it on the hot shelf to keep warm. Place a teaspoon of chopped onion in a saucepan with a tablespoon of butter, and cook until the onion is a light yellow, but not brown. Add an even tablespoon of cornstarch, mixed with a half tablespoon of curry powder and diluted with a little cold milk or stock, then stir in slowly  $1\frac{1}{2}$  cups of white stock or milk. Let it cook until the cornstarch is clear; add pepper and salt to taste, and strain it. The sauce should be a bright yellow color, perfectly smooth, and not very thick. Wipe the eggs dry, roll them in the sauce to get evenly coated with color, and place them in the nest of rice. Pour in enough sauce to moisten the rice without discoloring the outside or top edge of the rice around the eggs.

#### 25. STUFFED EGGS No. 1

Cut hard-boiled eggs in two lengthwise. Take out carefully the yolks, mash them, and mix them with some chicken or other meat minced fine. Season the mixture with pepper and salt. Moisten it with a little of any kind of sauce or gravy, and add a little raw egg. Chopped truffles and mushrooms may be added to the stuffing if convenient. Fill the spaces in the white of the eggs with the mixture; smooth it even with the top; rub a little raw white of egg over the pieces, and press two halves together. Roll the stuffed eggs in egg and crumbs, and fry in hot fat to a lemon color. Serve the eggs on a napkin, and pass with them a white, Béchamel, tomato, or any other sauce.

#### 26. STUFFED EGGS No. 2

Cut hard-boiled eggs in halves. Take out the yolks, leaving two cup-shaped pieces. Mix the yolks with an equal quantity of softened bread; season with salt, pepper, and parsley. Add a little raw egg to bind the mixture, and fill the spaces from which the yolks were taken. Round it on top to give the appearance of a whole yolk. Cut a little slice off the bottom of the egg, so it will stand firm. Place them in the oven just long enough to heat, and serve standing, on a dish covered with white sauce.

#### 27. EGG CROQUETTES

Cut some hard-boiled eggs into quarter-inch dice. Mix with them some chopped mushrooms. Stir them carefully into a well-reduced Béchamel or white sauce made as directed for croquettes. Turn the mixture onto a cold dish to cool and stiffen. Mold into croquettes, and fry in hot fat.

### 28. OTHER WAYS OF SERVING HARD-BOILED EGGS (Luncheon Dishes)

No. 1. Cut hard-boiled eggs in two lengthwise. Arrange them symmetrically on a flat dish, and pour over them a giblet sauce made of chicken or turkey gravy.

No. 2. Cut hard-boiled eggs into quarters. Make a ring form of boiled rice; fill the center with the eggs; pour over them some Béchamel sauce. Sprinkle the whole with bread crumbs and grated cheese. Moisten the top with melted butter, and place in the oven to brown. Serve on the dish in which they are browned.

### 29. TOMATOES STUFFED WITH EGGS

Select round tomatoes of uniform size; remove the skins. Cut a slice off the tops, and take out the seeds and soft pulp. Drop into each one a raw egg, and replace the cover. Set the tomatoes into a buttered pan or into a baking-dish which can be sent to the table, and place in the oven for about 10 minutes, or until the egg has set. Serve on the same dish and with a brown or a Béchamel sauce.

### 30. EGGS À LA REINE Down Town Club

Make croustades, 3 inches in diameter and  $\frac{1}{2}$  inch thick, from stale bread. Dip them in good melted butter, put them on a pan in the oven until they are a nice light-brown color; then take out the center of each croustade and fill with foie gras. On the top of each put a poached egg; then pour over a cream sauce, sprinkle with truffles chopped fine, and serve immediately.

### 31. EGGS LIVINGSTON Down Town Club (For Six Persons)

Take 12 raw eggs,  $\frac{1}{2}$  pint of rich cream; beat well together, add salt and pepper. Put the mixture in a flat saucepan well buttered, and scramble; then add  $\frac{3}{4}$  of a pint of well-cooked tomato meat and 3 truffles hashed (not too fine). Dress on toast covered with 1 *à.é* de foie gras. Serve very hot.

### 32. EGGS AU BEURRE NOIR

Poach or fry the number of eggs desired and place them on a flat dish. Pour over them enough brown butter sauce to well moisten them.

### 33. EGG CUTLETS

5 eggs boiled hard, whites and yolks chopped very fine. Put  $\frac{1}{2}$  pint milk, 1 tablespoon butter, 2 tablespoons flour, 1 egg, salt, and pepper in double boiler and cook until mixture is thick. Take from fire and let it get cold,

then stir in chopped eggs, little onion juice if desired. Mould into cutlets, roll in egg or cracker crumbs and fry in hot lard. Serve with Béchamel sauce made as follows:

$\frac{1}{2}$  pint milk, 2 tablespoons flour, 1 tablespoon butter. Cook until smooth and when ready to serve stir in yolk of 1 egg.

### 34. EGG AND CHEESE RAMEQUINS

Put one cup of bread crumbs and one gill of milk on the fire to boil. Then put in 4 teaspoons of grated cheese, a little piece of butter, and salt and pepper. Stir till cheese is dissolved, then remove from fire. Beat 2 eggs, yolks and whites separately. Stir the yolks into the mixture, then the whites. Bake about 15 minutes.

### 35. CREAMED EGGS

6 hard boiled eggs,  $\frac{1}{2}$  pint milk, 1 rounding tablespoon butter, 1 rounding tablespoon flour, level tablespoon chopped parsley,  $\frac{1}{2}$  teaspoon salt and a little white pepper.

Quarter the eggs; be careful not to loosen the yolks from the whites. Place butter over fire; add flour and milk and salt and eggs. Do not stir. Add parsley.

### 36. EGGS WITH CHEESE

5 eggs, 2 heaping tablespoons dry grated cheese (Parmesan is good for this), 1 tablespoon butter,  $\frac{1}{2}$  teaspoon salt, a dash of cayenne pepper.

Beat the eggs light; add the cheese, the salt and pepper. Have the butter melted in the blazer; turn in the eggs, and stir until thick and smooth. Serve on toast or crackers.

### 37. BREAKFAST DISH

Boil eggs for 20 minutes, remove the shells and cover with mince meat, flavored with parsley, pepper and salt. Roll them in flour and cook in boiling fat until a rich brown color. Place on a hot dish, cut each ball in two and serve with rich gravy.

### 38. ANCHOVIED EGGS (Hot)

Remove the shells from 6 hard-boiled eggs, cut in halves lengthwise; flake the yolks in a mortar with a tablespoon of butter, melted, but not oiled; a little black pepper, salt and a tablespoon each thick cream and white sauce. Add a teaspoon anchovy or bloater paste and fill the eggs with some of the mixture. Butter a fire-proof dish, cover the bottom with the rest of the mixture. Arrange the eggs in the dish, sprinkle liberally with finely grated cheese, pour a thick white sauce over top and bake in quick oven.

## CHEESE

### 1. CHEESE SOUFFLÉ

2 tablespoons of butter, 1 heaping tablespoon of flour,  $\frac{1}{2}$  cup of milk  $\frac{1}{2}$  teaspoon of salt, dash of cayenne, 3 eggs, 1 cup of grated cheese.

Put into a saucepan the butter; when it is melted stir in the flour and let it cook a minute (but not color), stirring all the time; add one half cup of milk slowly and stir till smooth, then add salt and cayenne. Remove from the fire and add, stirring constantly, the beaten yolk of 3 eggs and the cup of grated American or Parmesan cheese. Replace it on the fire, and stir until the cheese is melted and the paste smooth and consistent (do not cook too long, or the butter will separate). Pour the mixture on a buttered dish and set away to cool. When ready to use, stir into it lightly the well-beaten whites of the 3 eggs; turn it into a pudding-dish and bake in a hot oven for 20 to 30 minutes. Do not open the oven door for 10 minutes; do not slam the oven door; do not move the soufflé until after 15 minutes; serve it at once when done. Like any soufflé, it must go directly from the oven to the table, or it will fall.

### 2. CRACKERS AND CHEESE

Split in two some Bent's water biscuits; moisten them with hot water and pour over each piece a little melted butter and French mustard; then spread with a thick layer of grated cheese; sprinkle with paprika or cayenne. Place them in a hot oven until the cheese is soft and creamy.

### 3. CHEESE CANAPES

Cut bread into slices  $\frac{1}{2}$  inch thick; stamp them with a biscuit cutter into circles; then, moving the cutter to one side, cut them into crescent form; or, if preferred, cut the bread into strips 3 inches long and  $1\frac{1}{2}$  inches wide; sauté them in a little butter on both sides to an amber color. Cover them with a thick layer of grated cheese; sprinkle with salt, pepper, and dash of cayenne. Fifteen minutes before the time to serve, place them in the oven to soften the cheese. Serve at once very hot. Or, cut some toasted bread into small triangles; spread with a little French mustard; dip in melted butter; then roll in grated cheese; sprinkle with salt, pepper, and dash of cayenne, and place in a hot oven for a few minutes to soften the cheese. Serve at once on a hot dish.

### 4. WELSH RAREBIT No. 1

1 pound cheese,  $\frac{1}{2}$  cup ale or beer, dash cayenne,  $\frac{1}{2}$  teaspoon dry mustard,  $\frac{1}{2}$  teaspoon salt, slices of toast.

Grate or cut into small pieces fresh American cheese. Place it in a saucepan or chafing-dish with  $\frac{3}{4}$  of the ale. Stir until it is entirely melted; then season with the mustard, salt, and pepper, and pour it over the slices of hot toast, cut in triangles or circles. Everything must be very hot, and it must be served at once, as the cheese quickly hardens. Some use a scant teaspoon of butter (more will not unite), a few drops of onion-juice, and the beaten yolks of 2 eggs, added just before serving. The egg makes it a little richer and prevents the cheese hardening so quickly. Milk may be used instead of ale to melt the cheese, in which case the egg should also be used. If any of the cheese fondu is left, it can be heated again with the rest of the ale for the second helping.

#### 5. WELSH RAREBIT No. 2

1 lb. cheese, chopped fine;  $1\frac{1}{2}$  cups milk, 1 tablespoon cornstarch. Worcestershire sauce, red pepper, mustard and salt, as desired. Pour milk into saucepan and when hot add cornstarch wet with cold milk, then add the cheese and stir until creamy, then the Worcestershire sauce, red pepper, mustard and salt. Serve on toast or soda biscuits. This never fails—good for a luncheon dish.

#### 6. GOLDEN BUCK

Make Welsh rarebits as directed above, and place on each one a poached egg.

#### 7. SWISS RAREBIT

Four slices stale or baker's bread, spread thick with butter, cut into squares. Place one layer in buttered baking dish, grate cheese over thickly, add layers of bread squares and cheese until dish is full. Beat 3 eggs well, season with salt and pepper and pour over. Fill the dish with sweet milk and bake  $\frac{3}{4}$  hour. Cover with a saucer to keep bread down at first, then remove saucer and brown. Serve hot.

#### 8. CHEESE STRAWS

Mix with one cup of flour,  $\frac{1}{2}$  cup of grated Parmesan cheese, a dash of cayenne,  $\frac{1}{2}$  teaspoon of salt, and the yolk of one egg; then add enough water to make a paste sufficiently consistent to roll. Place it on a board and roll to  $\frac{1}{4}$  inch thickness. Cut it into narrow strips, and roll so each piece will be the size and length of a lead pencil. Place them in a baking-tin and press each end on the pan so they will not contract. Bake to a light brown in a moderate oven. Serve with salad. These straws will keep for several days, and should be heated just before serving.

#### 9. CHEESE STRAWS No. 2

Take bits of puff paste; roll them to  $\frac{1}{2}$  inch thickness; cut them into strips one inch wide and three inches long; sprinkle them with grated cheese

and bake; or, the pastry may be rolled to  $\frac{1}{4}$  inch thickness; then spread with cheese, doubled over, and then cut into strips, leaving the cheese between two layers of paste.

#### 10. CHEESE PATTIES

Make some small round croustades as directed. Dip them in butter and toast them in the oven to a delicate color. Fill the centers with a mixture of 2 ounces of grated cheese,  $\frac{1}{2}$  tablespoon butter, one tablespoon milk, a little salt and pepper. Place the croustades again in the oven to melt the cheese. Serve very hot.

#### 11. COTTAGE CHEESE

Place a pan of milk which has soured enough to become thick, or clabbered, over a pan of hot water. Let it heat slowly until the whey has separated from the curd; do not let it boil, or the curd will become tough; then strain it through a cloth and press out all the whey; stir into the curd enough butter, cream, and salt to make it a little moist and of good flavor. Work it well with a spoon until it becomes fine grained and consistent, then mold it into balls of any size desired.

#### 12. CHEESE FONDU

One cup bread crumbs, dry and fine, 2 cups sweet milk, 1 cup grated or chopped cheese, 2 eggs beaten very light, small piece of butter, pinch of soda in milk, pepper and salt to taste. Put into buttered baking dish and bake 20 minutes.

#### 13. RICE PATTIES WITH CHEESE

One cup boiled rice,  $\frac{1}{2}$  cup sweet milk, 2 eggs,  $\frac{1}{2}$  cup grated cheese, salt. Add milk to rice and let come to boiling point. Remove from fire and when cool add the eggs beaten separately and very light, then the cheese and salt to taste. Bake on hot buttered griddle.

#### 14. STEAMED BREAD WITH CHEESE

Pieces of bread should be cut as if for the table, thinly buttered and placed in a frying pan. Sprinkle salt over them and add a thick layer of grated cheese, then another layer of bread and salted cheese, and when the pan is full pour over a coffee cup of good rich milk. Cover closely and stand on the side of the stove where it will simmer slowly for  $\frac{1}{2}$  hour, turn on a hot platter and serve at once. This is an excellent luncheon or tea dish.

#### 15. CHEESE OMELET (For four persons)

4 eggs, beaten separately, 2 tablespoons grated cheese,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon red pepper, 1 cup milk.

Mix eggs after they are thoroughly beaten, sprinkling in the cheese as you mix. Add salt and pepper in same way; then milk, and bake in very hot oven in a buttered pudding dish for 15 minutes.

#### 16. CHEESE BALLS (with nuts) No. 1

Take one package of Philadelphia cream cheese, roll into balls size of large marble; press between halves of English walnuts. Nice to serve with a salad.

#### 17. CHEESE BALLS No. 2

Take Neuchatel or Philadelphia cream cheese, mix with a little sweet cream if not moist enough, salt and add chopped English walnuts. Roll in small balls, and just before serving roll in parsley chopped very fine. To be served with salad.

#### 18. CHEESE BALLS No. 3

Whip white of one egg very stiff, add a pinch each of salt, red pepper and dry mustard; add sufficient grated cheese to make into little balls. Fry a golden brown, in hot deep lard, and serve at once with salad.

#### 19. HAM-AND-CHEESE SAVORY

Melt two tablespoons of butter; in it cook 2 tablespoons of flour, and  $\frac{1}{4}$  teaspoon each, of salt and paprika, then add one cup of thin cream or rich milk and stir constantly until boiling; add  $\frac{1}{2}$  cup of grated cheese and stir until melted, then add one cup of cooked ham, chopped fine; mix thoroughly and let stand over hot water until the whole is very hot. Serve on toasted crackers.

#### 20. SAVORY CHEESE

Beat  $\frac{1}{2}$  cup of butter to a cream; gradually beat into it  $\frac{1}{2}$  lb. grated American cheese, 6 olives, 1 chili pepper chopped exceedingly fine,  $\frac{1}{2}$  onion grated, 1 tablespoon Worcestershire sauce, 1 tablespoon fine-chopped parsley, 2 tablespoons tomato catsup and salt as needed. Mix all thoroughly together and press into a cup or mold. If the mixture be not soft enough to hold together in good shape, add a tablespoon or more of thick cream. Turn out and let become chilled. Serve with toasted crackers, or pulled bread and crisp celery, or lettuce with French dressing.

#### 21. BOILED RICE. CHEESE SAUCE

Let the rice boil rapidly in plenty of water until tender; drain and dry out in the oven. Prepare a cup or more of white sauce, using broth or milk. When the sauce boils stir in a cup or more of grated cheese. Stir without boiling till the cheese is melted. Serve on the hot rice.

## CHAPTER VIII

### SAUCES

#### 1. GENERAL DIRECTIONS

“There are many sauces besides hunger.”

The basis of most sauces is butter and flour cooked together, which makes a roux or thickening. If for a white sauce, the flour is not colored; if for a brown sauce, the flour is cooked until brown. To this basis are added the flavor and seasoning suited to the dish with which it is to be served. For meats, it is the flavor of meat, vegetables, spices, and herbs; for entrées, it is the flavor of meat or chicken, and cream; for vegetables it is butter, cream or milk, and eggs; for fish, the same, with a little lemon-juice or vinegar to give piquancy. The basis of pudding sauces is butter and sugar.

Sauces are easily made, and greatly improve the dishes they accompany. Many dishes depend upon sauces to make them palatable, and many made-over dishes are very acceptable when served with a good sauce. The first and most simple one to learn is the white sauce, and this is used for very many dishes. It is made by melting a tablespoon of butter, and then adding a tablespoon of flour. To this roux is added a half pint (one cup) of milk for white sauce, or of cream for cream sauce. If a cup of stock (or half stock and half milk) is used it becomes a Béchamel sauce; then, if a couple of egg-yolks are added, it makes a poulette sauce, which is the one generally used with chicken, sweet-bread, oysters, etc.

The superiority of French cooking is largely in the variety of their sauces, to the preparation of which much care is given. It cannot be too strongly urged that every housekeeper will give attention to this important branch of cooking.

Every kitchen can produce a stock made from odds and ends unsuitable for other purposes than the stockpot, and this stock is most useful in preparing sauces, giving a flavor not obtained in specially prepared stock.

A French cook keeps at hand the different essences required to combine in sauces, such as a Mirepoix (vegetable flavor), which is made by cutting into dice an onion, carrot, and turnip, celery, parsley, bay-leaf and bits of meat, frying them in fat pork or butter, then adding a little water, and simmering an hour, or until the flavor of the vegetables is extracted; a Spanish sauce, made by adding stock instead of water to the fried vegetables; a veal or white stock; a brown and a white roux, and glaze.

The flavor of vegetables can easily be obtained by frying them in the butter used in making the roux, before the flour is added. In preparing sauces with milk, use a double boiler, or set a small saucepan into a larger one containing water. The milk will be scalded when the water boils in the double boiler. Brown sauces need long slow cooking to blend the flavors. If the butter rises to the top add a little more stock or milk; stir it well until it boils, and it will then become smooth again. Do this just before serving. Have always a small strainer at hand, and strain sauces so there will be no lumps in them. If stock is not at hand, substitute beef extract, which comes in jars, using it in the proportion of one teaspoon of extract to a cup of hot water. In this case fry vegetables in the roux.

## 2. GLAZE

Glaze is much used in high-class cooking. It gives to meats a smooth and polished surface. Cold meats to be garnishes for suppers are much improved in appearance by being glazed. Glaze is also added to sauces to give them richness and flavor.

To make glaze: Take good consomme of beef (or a white stock, when it is to be used for fowls or white meat), clear it, and reduce it to one quarter (or one quart of stock to one cup). It will quickly boil down in an open saucepan and become like a thick paste. It will keep some time if closed in a preserve jar and kept in a cool place. When used, heat it in a double saucepan and apply it with a brush.

## 3. ROUX FOR SAUCES

One tablespoon of butter; one tablespoon of flour.

Roux is used for thickening, giving body to sauces, etc. It is made by cooking together an equal quantity of butter and flour for about five minutes, or until the flour has lost the raw taste. When the roux is cooked, draw the saucepan to a cooler part of the range, and add the liquor (stock or milk) slowly, in the proportion of one cup of liquor to one tablespoon each of butter and flour, and stir until smooth. If the roux is for white sauce do not let the flour color. If for brown sauce, let it cook until brown, but be careful that it does not burn. If more flavor is wanted, fry a few slices of onion or other vegetables in the butter before adding the flour. Sauces thickened in this way are much better than those in which uncooked flour is used. In making roux do not use more butter than flour. Where more butter is required in a sauce, add it, in small pieces at a time, after the other ingredients are mixed with the roux. This will prevent an oily line forming.

## 4. WHITE SAUCE

1 tablespoon butter, 1 tablespoon flour, 1 cup milk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper.

Put one tablespoon of butter in a saucepan. When it bubbles add one tablespoon of flour, and cook, stirring constantly, for five minutes, but do not let it color; draw it to a cooler part of the range and add very slowly, stirring all the time, one cup of cold milk, and stir until perfectly smooth and a little thickened. Season with salt and pepper. Most of the white sauces are simple variations from this sauce. Water may be used instead of milk, and it is then called drawn-butter sauce. It can be made richer by adding a little more butter, in small pieces, one at a time, after the milk is in; also by adding the beaten yolk of an egg. If the egg is added remove the pan from the fire and let it cool a little before adding the egg: then cook for a minute, but do not let it boil, or the egg will curdle.

The secret of making a good white sauce is in cooking the flour until the starch grains have burst, which removes the raw and pasty taste one finds where this care is not used.

There is no difficulty in making it smooth if the milk is turned in slowly, as directed above. A common way of making this sauce is to rub the butter and flour together, and then stir them into the boiling milk, but this does not give as good a result as when a roux is made. The intense heat of frying butter cooks the flour quickly, while milk boiled long enough to cook the flour is changed in flavor. When this sauce is used as the basis of other sauces, the amount of salt and pepper must be varied to suit the requirements of the other ingredients.

#### 5. WHITE SAUCE FOR FISH

Make a white sauce, using with the milk 2 tablespoons of the water in which the fish is boiled. Boil in the water with the fish 5 cloves, 3 bay-leaves, 1 onion, 8 peppercorns, and two tablespoons of salt. This will give flavor to the fish and to the sauce.

#### 6. EGG SAUCE FOR BOILED FISH

To a pint, or 2 cups of white sauce, add 3 hard-boiled eggs cut into slices or small dice, and, if liked, a teaspoon of chopped parsley.

#### 7. CAPER SAUCE (Boiled Mutton)

Add to 2 cups of white sauce, 4 tablespoons of capers.

#### 8. OYSTER SAUCE (Boiled Fish or Fowls)

Scald the oysters in their own liquor until the edges curl. Make a white sauce using oyster-liquor instead of milk, or use half milk and half oyster-liquor. Add the oysters just before serving. One dozen oysters are enough for one pint of sauce.

### 9. CELERY SAUCE (Boiled Fowls)

Cut  $\frac{1}{2}$  cup of celery into small pieces. Boil it in salted water until tender. Add the cooked celery to one cupful of white sauce.

### 10. LOBSTER SAUCE

Chop the meat of a lobster into coarse pieces. Add it to a pint of white sauce. Add also a little of the coral (which has been dried and pounded to a powder), and a little paprika.

### 11. VELOUTÉ AND ALLEMANDE SAUCES (Fish and Vegetables)

Make a white sauce, using chicken or veal stock instead of milk.

*Allemande.* Remove the Velouté from the fire; add 2 yolks beaten with  $\frac{1}{2}$  cup of cream or milk, 1 tablespoon of chopped parsley, and a dash of nutmeg. Put on the fire a moment to thicken, but do not let it boil. Continue to stir for some moments after removing from the fire.

### 12. BÉCHAMEL SAUCE

Make a white sauce, using for liquor  $\frac{1}{2}$  each of rich white stock and milk, or use stock alone. A slice of onion, carrot and turnip should be fried in the butter before the flour is added. A richer Béchamel is made by adding a little cream and chopped mushrooms.

### 13. POULETTE SAUCE

(For Chicken-Breasts, Sweetbreads, and Other Entrées)

Take a pint of white sauce made with chicken or veal stock instead of milk. Beat 4 yolks with a cup of cream. Remove the sauce from the fire, and add it slowly to the eggs and cream, stirring all the time. Put it again on the fire a moment to thicken; but do not let it boil, or it will curdle. Add one tablespoon of butter slowly, a small piece at a time, the juice of half a lemon, a tablespoon of chopped parsley, and a dash of nutmeg. Serve at once. Do not put the sauce together until it is time to serve, as it is likely to curdle after the eggs and lemon-juice are in. Stir constantly, and for a moment after removing from the fire.

### 14. VILLEROI

(To use for Eggs Villeroi, and for Coating Cold Meats that are to be Heated Again)

Put in a saucepan one tablespoon of butter and a slice of onion; fry for a few moments, but not brown. Remove the onion, and add 2 tablespoons of flour; cook but do not brown the flour. Dilute with 2 cups of stock, and

boil, stirring constantly until the sauce is very thick. Season with  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{4}$  teaspoon of pepper, a dash each of cayenne and nutmeg; remove from the fire, and add the yolks of 4 eggs beaten with  $\frac{1}{2}$  cup of cream or milk. Place again on the fire, and let thicken until quite stiff and elastic. Do not let it boil after the eggs are added, or it will curdle; stir constantly. When it is beginning to cool pour it over the articles it is to coat. Chopped parsley, truffles, and mushrooms may be mixed with this sauce, if desired. The thick sauce left from coating the articles may be diluted with stock or milk, and served with them. This amount of sauce is sufficient to coat and to give diluted sauce for a dozen eggs villeroi.

### 15. HOLLANDAISE

(Boiled Fish, Asparagus, Cauliflower)

In a saucepan or bowl rub to a cream  $\frac{1}{2}$  cup of butter; add the yolks of 4 eggs, and beat well together; then the juice of half a lemon,  $\frac{1}{2}$  teaspoon of salt, and a dash of cayenne; then add slowly one cup of hot water; mix well, and set it into a saucepan of hot water. Stir constantly until the sauce becomes like a thick cream. Do not let it boil. Remove from the fire, and continue to stir for a few minutes. It should be creamy and consistent. It is one of the best sauces to use with fish. It is also good with cold fish or meats.

### 16. CHAUDFROID SAUCE

(For Covering Cold Chicken or Meats which are to be served Cold)

Put 2 tablespoons of butter into a saucepan; when it bubbles add 2 tablespoons of flour. Let it cook well, but not brown; stir all the time. Add 2 cups of chicken or of veal stock, and stir until it is well thickened. Season with salt and pepper. Then add a half box, or one ounce, of gelatine which has soaked an hour in a half cup of cold water. Stir until the gelatine has dissolved. Strain the sauce, and let it just begin to stiffen before using it. Put a little on ice to see if it will be of the right firmness. If it is too stiff add a little more stock; if not hard enough, add a little more gelatine. It needs to be only firm enough to hold its place well without running.

A yellow color can be given it by adding the yolks of three eggs just before removing it from the fire. A brown chaufroid, which is used for game and dark meats, is made by browning the roux, diluting it with beef stock; and a deeper color can be obtained with a few drops of kitchen bouquet. This sauce, poured over boned chicken or other meats, gives them a smooth, even surface. They can then be elaborately decorated with truffles, making ornamental cold dishes for suppers. Before covering a galantine with chaufroid fill any irregularities on the surface of the meat with a little of the sauce which has been placed on ice to set. The surface can in this way be made perfectly even, so when the sauce is turned over it the galantine will be smooth.

**17. BROWN SAUCE**

Put a tablespoon of chopped onion and a tablespoon of butter in a saucepan on the fire. Let them both become brown; then add a tablespoon of flour, and brown that also. Stir all the time. Add a cup of beef or brown stock, and cook until the sauce is a little thickened. Season with pepper and salt. Strain it to remove the onion. A sauce poivrade is made by adding to the brown sauce, at the same time that the stock is put in, a cup of claret, 2 cloves, a bay-leaf, a little thyme and parsley. In place of claret, a teaspoon of mustard, the juice of  $\frac{1}{2}$  lemon, and a teaspoon of tarragon vinegar gives a Robert sauce.

**18. ESPAGNOLE**

**(Chops, Cutlets, Croquettes, and Seasoning for Other Sauces)**

$2\frac{1}{2}$  cups stock or consommé, 1 tablespoon gelatine, 4 tablespoons butter, 2 tablespoons chopped onion, 1 tablespoon chopped lean ham, 4 tablespoons flour, 1 tablespoon each chopped carrot and celery, 1 bay-leaf, 1 piece parsley, 1 piece mace, 1 teaspoon salt, 3 cloves,  $\frac{1}{2}$  teaspoon pepper.

Soak the gelatine in a half cupful of stock. Put the butter in a saucepan; when hot add the chopped vegetables and ham, and let them brown; then add the flour, and let that brown. Stir constantly so it will not burn. When well browned add slowly the stock, then the herbs, spices, salt, and pepper, and let cook for 5 minutes. Cover the saucepan. Set it into a larger one containing hot water. Draw it to the side of the range to simmer slowly for 2 hours. Then stir in the soaked gelatine, and let stand another half hour. When ready to serve skim off the fat and strain. If a stock made with knuckle of veal is used, the gelatine will not be needed. It is used to give smoothness. This is the richest of the brown sauces, and in French cooking is used as the basis, or seasoning, for them all. If too thick dilute with stock.

**19. CHAMPAGNE SAUCE**

**(Ham)**

Put in a saucepan one cup of champagne, 2 cloves, 6 peppercorns, 1 bay-leaf, 1 teaspoon sugar. Let them infuse for five minutes over the fire; then add a cup of Espagnole or of brown sauce, and a little mushroom liquor if convenient. Let it simmer for ten minutes and strain.

Any white wine may be used instead of champagne.

**20. PIQUANTE SAUCE**

**(Baked Fish, Roast and Broiled Meats)**

2 cups brown stock, 4 tablespoons butter, 2 tablespoons flour, 4 tablespoons vinegar, dash of cayenne, 1 tablespoon chopped onion, 1 tablespoon chopped capers, 2 tablespoons chopped pickle, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon tarragon vinegar.

Put the butter in a saucepan, and when it begins to brown add the flour, and stir until it is well browned, but do not let it burn. Draw to a cooler place on the range, and slowly add the stock, stirring constantly, add salt and cayenne, and let simmer for ten minutes. In another saucepan boil the vinegar, onion, and sugar rapidly for five minutes; then add it to the sauce, and at the same time add the capers, pickle and tarragon vinegar. Stir well, and let cook for two minutes to heat the pickle. If the sauce becomes too thick dilute it with a little water. For piquante sauce No. 2, to two cups of Espagnole sauce add capers and pickles.

### 21. SOUBISE SAUCE

(For Chops)

Fry 3 or 4 onions until soft in a tablespoon of butter; press them through a strainer, and mix with a cup of brown sauce.

### 22. HORSERADISH SAUCE

(Roast or Boiled Beef)

Mix together 2 tablespoons of soft white crumbs of bread and 2 tablespoons of grated horseradish. Cover them with cream or milk, and let soak for 2 hours. Then rub them through a sieve, and add  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoonful sugar, and 2 tablespoons vinegar. Enough milk should be used to give it the consistency of cream. This sauce will keep in a cool place for several days.

### 23. MUSTARD SAUCE

(Corned Beef, Broiled and Roasted Meats)

Make a roux of one tablespoon of butter and one teaspoon of flour. Add to it 1 cup stock, 1 tablespoon French Mustard, 1 tablespoon vinegar, a dash of cayenne, 1 teaspoon dry English mustard,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon sugar, cook slowly for 10 minutes.

### 24. CURRY SAUCE

(For Eggs, Chicken, etc.)

Put a tablespoon butter in a saucepan. When it bubbles add a teaspoon onion-juice, and a tablespoon curry powder mixed with 2 tablespoons flour. Let it cook a few minutes, and add slowly 2 cups milk or water. Stir constantly.

### 25. OLIVE SAUCE.

(Ducks)

1 dozen stoned olives, 1 cup brown stock, 1 tablespoon butter, 1 tablespoon flour, 1 tablespoon each of chopped onion and carrot, 1 clove, 1 teaspoon salt, dash of pepper.

Put the butter in a saucepan; when it bubbles add the chopped onion and carrot and let them brown; then the flour and let that brown. Then add slowly the stock; season with salt, pepper and one clove; let simmer for 20 minutes and strain. Stone the olives, leaving the meat in one piece; boil them in a little water for half an hour. Add the cooked olives to the strained sauce, and cook for 5 minutes; or, dilute a cup of espagnole sauce with a cup of brown stock, and add the cooked olives. If brown sauce is not at hand, use extract of beef from jar (one teaspoon of extract to one cup of hot water). If the sauce gets too thick dilute it with a little stock.

### 26. TOMATO SAUCE (Meats, Croquettes and Entrées)

2 tablespoons butter, 1 tablespoon flour, 1 tablespoon each of carrot and onion,  $\frac{1}{2}$  can tomatoes, parsley, 1 bay-leaf, 3 cloves,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper.

Put one tablespoon of butter in a saucepan; add the chopped onion and carrot, and let slightly brown; add the flour and cook five minutes, stirring constantly. Then add the tomatoes, cloves, bay-leaf, salt and pepper. Cook slowly for half an hour or until the tomatoes are soft and reduced to right consistency. Then add a tablespoon of butter (a small piece at a time to prevent an oily line); strain; add more salt and pepper if necessary.

### 27. MUSHROOM SAUCE (Using Canned Mushrooms)

Make a brown roux, using one tablespoon each of butter and of flour; add a cup of stock and  $\frac{1}{2}$  cup of liquor from the can of mushrooms. Cook for 5 minutes, stirring all the time; then add one can of drained mushrooms, a teaspoon of lemon-juice, a half teaspoon of salt and a quarter teaspoon of pepper. Let the mushrooms become well heated; then remove from the fire and stir in the yolk of one raw egg rubbed with a teaspoon of butter. Stir the hot sauce until the egg is set; add a teaspoon of chopped parsley and serve; or a half teaspoon of kitchen bouquet may be used and the egg and parsley omitted.

This sauce may be served on the same dish with beefsteaks, fowls, etc., and the mushrooms laid evenly, top side up, around the meat as a garnish.

It may be made a white sauce by making a white roux, using white stock and leaving out the kitchen bouquet. The mushrooms are sometimes cut into halves or quarters.

### 28. MAÎTRE D'HÔTEL SAUCE (Broiled Fish and Steaks)

2 tablespoons butter, 1 tablespoon chopped parsley, 1 tablespoon lemon juice,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper.

Rub the butter to a cream; add salt, pepper, and parsley chopped very fine; then the lemon-juice slowly. Spread it on broiled meat or fish: let the heat of the meat melt the butter. The dish must not be put in the oven after the sauce is spread, or the parsley will lose its freshness and color. This sauce, which greatly improves as well as garnishes broiled meat, can be mixed and kept for some time in a cool place. Soften a little before using so it will spread evenly, and be quickly melted by the hot meat.

### 29. MINT SAUCE (Spring Lamb)

1 bunch mint; 1 tablespoon sugar;  $\frac{3}{4}$  cup vinegar. Rinse the mint in cold water, chop it very fine. Dissolve the sugar in the vinegar; add the mint and let stand for an hour, to infuse before using. If the vinegar is too strong, dilute it with cold water. If the sauce is wanted hot, heat the vinegar and sugar, and stir in the chopped mint just before serving.

### 30. BREAD SAUCE (Partridges, Quail, Grouse)

Sift 2 cups of dry but not brown bread-crumbs. Put on the fire a pint of milk and a small onion sliced. When the milk is scalded remove the onion, and add enough of the fine crumbs to thicken it. Season with a tablespoon of butter, a half teaspoon of salt, a dash of pepper and of nutmeg. Put the coarse crumbs into a pan with a tablespoon of butter and sauté them a light brown, stirring all the time; add a dash of paprica; serve the fried crumbs on the dish with the game; serve the sauce in a boat.

### 31. JELLY SAUCE (Game and Mutton)

Melt in a saucepan one tumbler of currant or of grape jelly; add slowly one tablespoon of butter. Let boil one minute; remove, and just before serving add one tablespoon of sherry or of red wine.

### 32. APPLE SAUCE (Goose and Pork)

Peel, quarter, and core six tart apples. Put them in a porcelain-lined or granite-ware saucepan, and cover with water. Boil until tender, then press them through a colander; add a teaspoon of butter, a dash of nutmeg or cinnamon, and sweeten. When used with meats apple sauce should be tart.

### 33. BÉARNAISE

This is a very good sauce to use either hot or cold with meats and fish. It is very like Mayonnaise.

Yolks of 4 eggs,  $\frac{1}{2}$  teaspoon salt, dash of cayenne, 4 tablespoons salad oil, 1 tablespoon hot water, 1 tablespoon tarragon vinegar.

Beat the yolks; add the oil and water; stand the bowl in boiling water and stir until the eggs thicken; remove and add salt, pepper, and vinegar. It should be creamy and of the consistency of Mayonnaise. A few chopped capers, olives, and gherkins make it a good tartare sauce; and a little tomato purée will make it a red Mayonnaise to use with cold boiled fish.

### 34. MAYONNAISE

Yolk of 1 egg,  $\frac{1}{2}$  teaspoon of salt, dash of cayenne, 1 cup salad oil,  $1\frac{1}{2}$  teaspoons lemon-juice.

Let the oil and egg be thoroughly chilled before beginning to make Mayonnaise. In summer it is well to stand the soup plate in which the dressing is being mixed in a dish of cracked ice; stir constantly with a silver fork or a wooden spoon. Have the yolk entirely free from any white of the egg; add drop by drop the oil. The success depends on adding the oil slowly at first. It is well to spend half the time in incorporating the first two spoons of oil; after that it can be added in larger quantities. After the dressing has become a little thick, alternate a few drops of lemon-juice or of vinegar with the oil; a little tarragon vinegar gives good flavor. If mustard is liked, add  $\frac{1}{4}$  teaspoon of dry mustard. Add the salt and pepper last. If the sauce curdles, take another yolk, and add slowly the curdled Mayonnaise. A few drops of ice water or a small bit of ice added to the mixture when it begins to curdle will sometimes bring it back.

This dressing will keep for some time in a closed jar in the ice-box. The proportions given are right, but it is usually desirable to make a larger quantity. With care more oil can be added to the egg, which will give more sauce.

A very safe mixture, and one recommended for summer, is made by using the yolk of a hard-boiled egg with a raw yolk. With this the dressing is more quickly made and seldom curdles. Lemon-juice makes a whiter dressing than vinegar, but it also makes it a little softer.

### 35. WHITE MAYONNAISE

Just before serving add to the above quantity of Mayonnaise  $\frac{1}{2}$  cup of very stiff whipped cream, or the white of  $\frac{1}{2}$  an egg whipped very stiff.

### 36. GREEN MAYONNAISE

Take some green herbs, such as chervil, tarragon, chives, parsley, a leaf of spinach, lettuce or watercress, and pound them in a mortar with a little lemon-juice. Express the juice and add it to the Mayonnaise. It is then called Ravigote sauce. Mashed green peas may be used to give color

and also more consistency to the sauce when it is to be used to cover cold fish. A little vegetable green coloring can be added if the color is not sufficiently deep, but a delicate color is preferable.

### 37. RED MAYONNAISE

Dry some lobster coral; pound it to a powder and rub it through a sieve; mix it with a little lemon-juice and add it to the Mayonnaise. Use a little carmine color if deeper shade is wanted. Or, color with well-strained tomato purée.

### 38. JELLY MAYONNAISE

Instead of yolks of eggs, use aspic jelly as a medium to hold the oil; mix the sauce the same as the ordinary Mayonnaise. Or, to a cup of aspic jelly or chicken aspic add a cup of oil, one tablespoon of vinegar (half being tarragon if convenient), a few drops of lemon-juice, salt, pepper, and cayenne; stir together all at once, the jelly being warmed enough to be liquid. Place it on ice and stir until it begins to set; keep it in a cool place. This jelly softens easily. It is used to coat fish or meats, and should be put on when a little soft. It will then make a smooth and polished surface. Keep the meats coated with the jelly on ice until ready to serve. It is used also for salads in forms, or Russian salads.

### 39. MAYONNAISE WITH ARROWROOT

Smooth a tablespoon of arrowroot in cold water; stir it over the fire until it becomes smooth, clear and firm like starch; when a little cooled, add salt, pepper, mustard, and two or three yolks, and beat until smooth; when cold add oil as in regular Mayonnaise. This mixture will not curdle.

### 40. TARTARE (Fish and Cold Meats)

To a cup of Mayonnaise made with mustard, add one tablespoon of capers, 3 olives, and 2 gherkins, all chopped very fine; also the juice expressed from some pounded green herbs, as in green Mayonnaise or Ravigote, or chop the herbs fine and mix them in the dressing. A good Tartare sauce can be made by using tarragon vinegar and a little onion-juice when mixing the Mayonnaise, and adding parsley and capers, both chopped very fine, just before serving it.

### 41. AGRA DOLCE

(An Italian Sauce used with Venison, Sweetbreads, Calf's Head, and Mutton)

Mix together 2 heaping tablespoons of brown sugar,  $\frac{1}{4}$  bar of grated chocolate, one tablespoon each of shredded candied orange and lemon-peel, 10

blanched almonds shredded,  $\frac{1}{2}$  cup of currants, and one cupful of vinegar. Let them soak for 2 hours. Then pour it over the cooked meat, and simmer for 10 minutes.

**42. BEURRE NOIR OR BROWN BUTTER SAUCE**  
(Eggs, Calf's Head, Calf's Brains, Fish)

Put  $\frac{1}{4}$  pound of butter in a saucepan and let it cook slowly until it has browned, then add 3 tablespoons of hot vinegar, one tablespoon of chopped parsley, and a dash of pepper and salt.

## CHAPTER IX

### ENTRÉES

#### 1. CROQUETTES

##### General Directions

Croquettes are simply minced meat mixed with a thick sauce, then rolled into shape and fried. Any kind of cooked meat, fish, shell fish, hard boiled eggs, and some kinds of vegetables may be served with croquettes. Croquettes may be plain, using one kind of meat alone or made richer by combining with it sweetbreads, brains, mushrooms, truffles, etc. Whatever meat mixture is used, the rules for sauce, moulding and frying are the same. The croquettes may be shaped like cylinders, pyramids or chops. The meat should be chopped very fine.

They should be very soft and creamy inside and should be fried to a light golden color only. Serve them on a napkin and garnish with parsley.

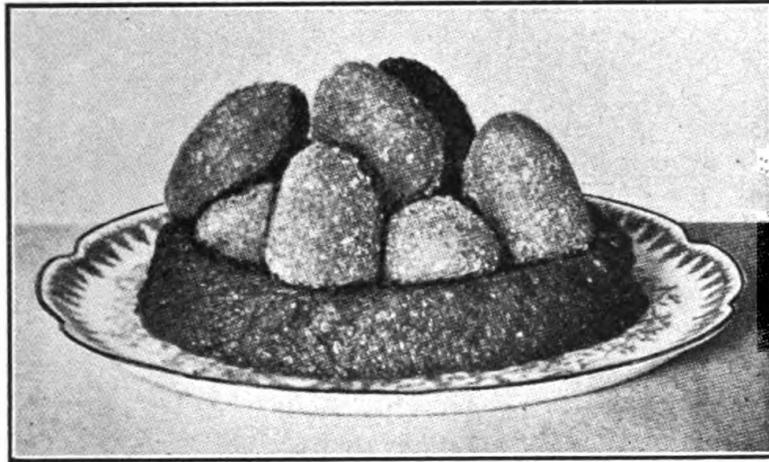
#### 2. SAUCE FOR CROQUETTE MIXTURE

(To this amount of sauce add 2 cups meat)

1 tablespoon butter, 2 tablespoons flour, 1 cup milk or cream, 1 egg, 1 teaspoon of onion-juice, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, dash of cayenne, dash of nutmeg.

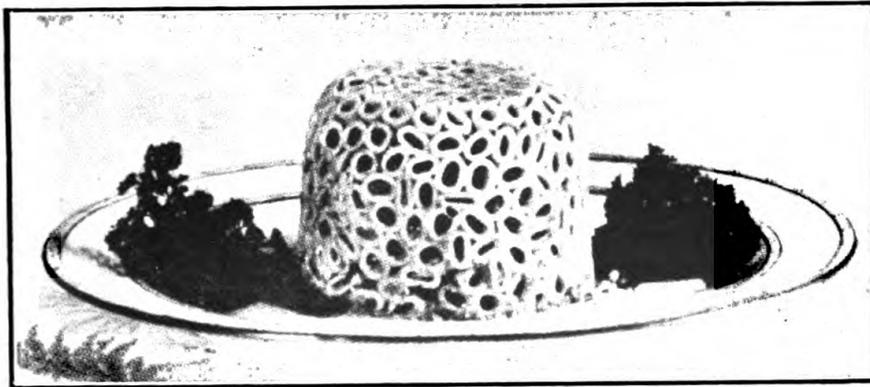
Put the cream or milk in a double boiler and scald it. Rub the butter and flour together. Take this paste on a spoon and stir it in the scalding milk until it is dissolved from the spoon, and the sauce has become thickened and consistent. Add the seasoning; then remove from the fire and stir in a beaten egg (the egg may be omitted if desired). Place it again on the fire for a minute to cook the egg, but do not let it boil, and add 2 cups of meat minced very fine.

Pour this mixture on a flat dish, and set it away for two or more hours. It will then be stiffened and can be easily molded. If a mixture is used which absorbs the sauce, add more than the quantity given in recipe. The softer the mixture, the more creamy, and therefore the better will be the croquettes, and if allowed to stand long enough the molding will not be difficult.



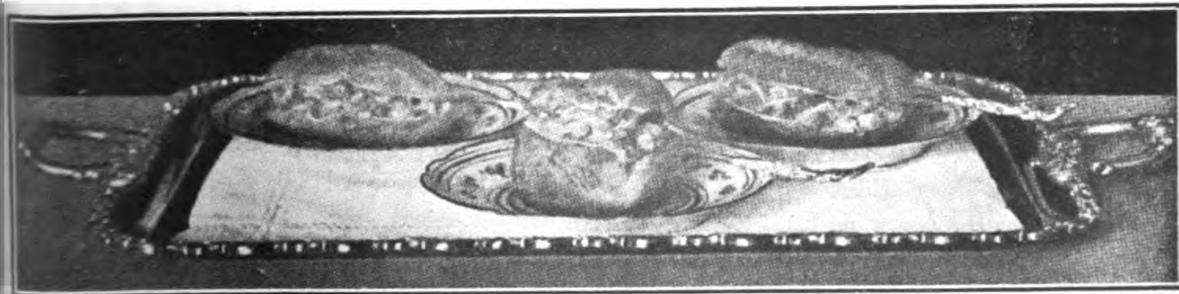
菠菜窩蛋克羅開

Egg Croquettes in Spinach Nest.

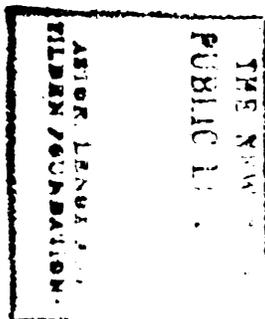


蜂窩汀薄爾

Honeycomb Timbale.



Creamed Chicken in Cream-Puff Cases. 雞油奶園夫帕油奶



### 3. TO MOLD CROQUETTES

Take a tablespoon of the mixture (this will make a croquette of the right size; large ones are likely to crack open in frying); roll it lightly between the hands into a ball. Have a plentiful supply of bread-crumbs spread evenly on a board; roll the ball lightly on the crumbs into the shape of a cylinder, and flatten each end by dropping it lightly on the board; put it in the egg (to each egg add one tablespoon of water, and beat together), and with a spoon moisten the croquette completely with the egg; lift it out on a knife-blade, and again roll lightly in the crumbs. Have every part entirely covered, so there will be no opening through which the grease may be absorbed. Where a light yellow color is wanted, use fresh white crumbs grated from the loaf (or rubbed through a purée sieve) for the outside, and do not use the yolk of the egg. Coarse fresh crumbs are used for fish croquettes, which are usually made in the form of chops, or half heart shape. A small hole is pricked in the pointed end after frying, and a sprig of parsley inserted. For lobster croquettes a small claw is used instead of the parsley. Cracker-crumbs are used where a smooth surface is wanted. Have all the croquettes of perfectly uniform size and shape, and lay them aside on a dish, not touching one another, for an hour or more before frying. This will make the crust more firm.

The white of an egg alone may be used for egging them, but not the yolk alone. Whip the egg with the water, just enough to break it, as air-bubbles in the egg will break in frying, and let the grease penetrate.

### 4. TO FRY CROQUETTES

Let the fat become smoking hot; then test it with a piece of bread. If the bread colors while you count forty (twenty seconds), it is right. It is well to put the frying-pot on the fire before it is needed, so it will be hot, and ready to be raised quickly to the right degree. After dipping the frying-basket in the fat to grease it, lay in it four croquettes so that they do not touch one another, and immerse them in the fat. Cook only long enough to attain a delicate color. Let them drain a moment over the hot fat; then lift them from the basket with the hand (if done quickly the hand will not be burned) and place on a brown paper on the hot shelf or in the open oven until all are ready. Do not fry more than four at one time, as more would reduce the heat of the fat too much. Let the fat become smoking hot before each immersion of croquettes. Hang the basket on a long iron spoon so the hand will not be burned by the spattering fat.

### 5. MATERIALS USED FOR CROQUETTES

#### Chicken Croquettes

Chop the chicken very fine, using the white meat alone, or the dark meat alone, or both together. Season with salt, pepper, onion-juice, and

lemon-juice. Chopped mushrooms, sweetbreads, calf's brains, tongue, ham or truffles are used with chicken, and a combination of two or more of them much improves the quality of the croquettes.

#### 6. VEAL CROQUETTES

Veal is often mixed with chicken, or is used alone as a substitute for chicken. Season in same manner and make the same combinations.

#### 7. SWEETBREAD CROQUETTES

Cut the boiled sweetbreads into small dice with a silver knife. Mix with mushrooms, using half the quantity of mushrooms that you have of sweetbreads. Use two eggs in the sauce.

#### 8. OYSTER CROQUETTES

Scald the oysters; cut them into small pieces with a silver knife.

#### 9. MEAT AND BOILED HOMINY CROQUETTES

Equal proportions.

#### 10. MEAT, RICE, AND TOMATO CROQUETTES

Equal proportions of meat and boiled rice: moisten with tomato purée.

#### 11. MACARONI CROQUETTES

Boil the macaroni in salted water until tender; let it cool; then cut into pieces  $\frac{1}{4}$  inch long, forming rings. To a cup of the rings add one tablespoon of grated cheese.

The sauces to serve with croquettes are brown, Béchamel, Poulette, and tomato.

### TIMBALES

#### 12. GENERAL DIRECTIONS

Timbales are forms of pastry or of forcemeat filled with salpicon. They are made in individual, border, or cylinder molds. The recipes below give the rules for making the pastry, forcemeat, and salpicon, and the combinations. For forcemeat, the raw meat is used, and may be used alone or mixed with panada: in the latter case it is called Quenelle forcemeat. Cut the meat or fish in pieces (excepting chicken, which is scraped), and pound it in a mortar to separate the flesh from the fiber, then press it through a purée sieve. Do not chop the meat, as the fiber is not then so easily separated. If the meat pulp is mixed with panada, press it through the sieve again so the paste will be perfectly smooth and fine. Truffles are used in decorating the molds and in the salpicon. The little bits left from the decoration are chopped and used in the salpicon or in a sauce.

### 13. TRUFFLES

Truffles can be bought in tins, and as very little is used at a time they are not as expensive as at first appears. To preserve truffles left over in an opened can, drain them from the liquor and roll them in melted paraffine or in melted suet. With the air-tight covering which either of these things gives, the truffles can be kept in the refrigerator for an indefinite time.

### 14. CREAM CHICKEN FORCEMEAT

Cut the breast from a chicken or turkey, also the white meat from the wings; remove the skin and fat, and with a knife scrape the meat so as to free it from the sinews. Place the scraped meat in a mortar and pound it to a paste; incorporate into it gradually, while pounding, the white of an egg; this will moisten it a little so it will pass more easily through the sieve. After it is thoroughly macerated, take a little at a time and with pestle or spoon rub it through a sieve; it passes through better when a little is worked at a time. Put the pulp in a bowl, season it with salt, pepper, and a dash of nutmeg. Set the bowl on cracked ice and stir in slowly (as you add oil to Mayonnaise) one, or  $1\frac{1}{2}$  cups of thick cream—some mixtures take more cream than others; stir continually, using a wire whip if convenient. When it is a consistent paste, try it by dropping a half teaspoon in hot (not boiling) water and let it poach; if it is too thick add more cream, if too thin add a little beaten white of egg. The sample should poach for 10 minutes, and when cut should be smooth and firm, but not tough.

### 15. FISH CREAM FORCEMEAT

Scrape, pound, and pass through a sieve one pound of firm white fish. Put the pulp in a bowl, season with salt, pepper and cayenne; whip into it the whites of 2 eggs, and add slowly, beating all the time, about  $1\frac{1}{2}$  cups of cream. Poach a small piece to see if right: if too thick add more cream, if too thin add more white of egg. A pretty decoration for fish timbale, especially when made of salmon, is lobster coral, dried and pounded to powder, and sprinkled on the buttered mold. Fish timbale is usually made in a solid piece and served as a fish course. With white fish serve a tomato sauce; with salmon a Poulette or a cream sauce, or Mayonnaise.

### 16. QUENELLE FORCEMEAT

To one cup of meat-pulp, after it is rubbed through the sieve, add  $\frac{1}{2}$  cup of panada,  $\frac{1}{4}$  cup of butter, yolks of 3 eggs, salt, pepper, and dash of nutmeg. Stir well together and pass again through the sieve. Place on ice and add slowly one cup of cream. Try by poaching a small piece to see if it is of the right consistency. A good white sauce or tomato purée may be substituted for the cream in some cases. This forcemeat is used the same as cream forcemeat.

### 17. BREAD PANADA

Soak the crumbs of bread; express the water and place the bread in a saucepan on the fire. Stir it to a paste with milk or stock, and continue to stir until it leaves the sides of the pan.

### 18. FLOUR PANADA

Put a little water, milk or stock in a saucepan; add a little butter and salt, and stir in as much flour as will absorb the liquid. Stir constantly until it leaves the sides of the pan.

### 19. TO MOLD AND COOK TIMBALES

Rub the mold well with butter; ornament it with truffle, tongue, ham, or hard-boiled egg. Cut the truffle, or other article used for the decoration, in very thin slices and stamp it into fancy shapes with a cutter, or cut it with a knife. Arrange the pieces in some design on the mold; they will stay in place if the mold is well buttered. Put in the forcemeat carefully with a knife, press it well against the sides to force out any air-bubbles, and have a care not to displace the decoration. If the timbale is to be filled with salpicon, make a layer of the forcemeat from a quarter to three quarters of an inch thick, according to the size of mold, using enough to give stability to the form when unmolded; make it a little thicker at the base than at the top and leave a smooth surface inside; fill it with the salpicon and cover the top with forcemeat, pressing from the sides towards the center; draw the knife across the top so it will be smooth and even, and stand straight and firm when unmolded. Stand the mold or molds in a pan of water, covering them one half or a little more. Cover them with a greased paper and let them poach in a slow oven 10 to 15 minutes for small, and 20 minutes for large molds. If the center feels firm to the touch they are done. The water must not be allowed to boil; slow cooking is necessary to have them tender. Let the molds stand a minute in the water, then invert on a cloth to let the moisture drain off, and unmold them on the dish on which they are to be served.

### 20. SALPICON

Cooked veal, chicken, game, sweetbreads, calf's brains, livers, fish, oysters, lobster, mushrooms, truffles, tongue, etc., when cut into dice and mixed with a rich sauce is called salpicon. It is used for filling timbales, vol-au-vent, patties, crustades, etc. It may also be served in paper boxes, or shells, or fontage cups. It may be made of one kind of meat, but is usually a mixture of two or more, with mushrooms and truffles. The meats are cut into small dice and warmed with a sauce which goes well with the meats used. The

sauce must be reduced until quite thick, and enough of it used to make the mixture very creamy. For dark meat use an Espagnole, brown or mushroom sauce; for white meat, Béchamel, Allemande or Poulette sauce.

### 21. FONTAGE CUPS

(Used for Oyster-Crabs, Salpicon, Creamed Sweetbreads, etc.)

Make a batter of  $\frac{1}{2}$  cup of flour, yolk of one egg,  $\frac{1}{4}$  teaspoon of salt, one teaspoon of salad oil, and enough milk or water to make the batter thin. Let it stand for an hour or two. Beat it well together, and have the batter very smooth; strain it if there are any lumps. Have a pot of hot fat; place the fontage iron in the fat until it is thoroughly hot, then dip it in the batter, and hold it there a moment until a coating of batter has adhered; place it again in the hot fat until the cup is cooked a delicate color, and can be detached from the iron. Repeat the operation until all are made, and keep them in a warm dry place until used. This amount of batter will make twelve cups.

### 22. PAIN DE VOLAILLE

Make a chicken cream forcemeat. Butter individual timbale molds, decorate them with truffles, fill with forcemeat, and poach 10 to 15 minutes in slow oven. Serve with an Allemande sauce.

Or, line the molds with forcemeat; fill them with salpicon made of the dark meat of the chicken and mushrooms; mix with Espagnole or a good brown sauce; cover the top well with forcemeat, and poach as directed.

Or, use a charlotte russe mold; line it a half inch thick with forcemeat, and use the same salpicon, adding small egg balls or quenelles, a few pieces of tongue, and a truffle chopped very fine.

Or, use a border mold for the forcemeat, and fill the center of the ring, when unmolded, with the salpicon.

### 23. QUENELLES

These are quenelle forcemeat formed into small balls, the balls rolled in flour and poached, then used in salpicon; or, with two tablespoons, the forcemeat may be molded into egg-shaped pieces, poached in hot salted (not boiling) water, and ranged on a socle; or they may be placed on a dish in a circle. The two latter forms or quenelles are served with a sauce as an entrée. Fish quenelles with tomato sauce make a very good dish. Large quenelles for decorating dishes may be made by molding the forcemeat into fancy shapes with a knife on buttered white paper (the paper will become detached while they are poaching). The quenelles may be ornamented with truffles or tongue, using white of egg to make the decoration adhere. Use salted water for poaching them, and do not let it boil.

**24. PALMETTES**

Press forcemeat into rings or outlet molds; partly poach them. Unmold, roll in egg and crumbs, and fry in hot fat. Serve with a sauce.

**25. CELESTINES À LA MAINTENON**

Take some quenelle forcemeat. Add to it a little juice from a can of truffles, one truffle chopped fine, 2 tablespoon of mushrooms chopped fine, and a few bits of ham, or tongue. Mix well together, and stir in enough cream to make it quite soft. Butter some outlet molds, or some rings. Fill them with the mixture; smooth them with a knife, and place them on the bottom of a large saucepan. Pour enough boiling water to cover them carefully on the sides of the pan, so it will go into the pan without defacing the forcemeat; let them poach for 5 minutes without the water boiling. The outlets will leave the molds, and rise to the top. Lift them out with a skimmer, and place on an inverted pan to cool. When perfectly cold, dry them lightly with a napkin, and cover each one with Villeroi sauce. Set aside to let the sauce harden. Sprinkle with bread-crumbs; moisten with egg and cover with fresh crumbs grated from the loaf. Use a broad knife to handle them with when crumbing. Fry in hot fat, like croquettes, to an amber color. Serve with Béchamel or Poulette sauce.

**26. BOUDINS ROUENNAIS**

Line well-buttered individual molds with a cream forcemeat made of veal or chicken; fill the center with a forcemeat made of duck or any game. Cover the top with a white forcemeat, and smooth it off even with the mold. Poach them for 10 minutes. Unmold, and let them cool; then cover with egg and fresh bread crumbs, and fry in hot fat to an amber color. Serve with them an Espagnole or a brown sauce.

**27. MACARONI TIMBALE**

Cook until tender in salted water long pieces of spaghetti, or fine macaroni. Put it into the water slowly, and it can then be turned so it will not break. Lay the pieces straight on napkin to cool. Butter well a dome-shaped mold. Wind the spaghetti around the mold, holding it in place, as you proceed, with a layer of forcemeat. Fill the center with boiled macaroni and cheese, mixed with a well-reduced Béchamel sauce; or fill the timbale with a salpicon of sweetbreads and mushrooms. Make the layer of forcemeat thick enough to give the timbale stability. Cover it with a greased paper, stand it in a pan of hot water, and poach in a slow oven for 30 minutes. This timbale may also be made in individual molds.

### 28. HONEY-COMB TIMBALE (A Very Simple Luncheon Dish)

Boil in salted water large-sized macaroni. When cold cut it into pieces  $\frac{1}{4}$  inch long, making rings. Butter a plain dome-shaped mold, and cover it with rings. Fill the mold with minced uncooked chicken, turkey, or veal, mixed with cream sauce. Add 3 or 4 eggs to the creamed mince just before putting it into the mold. Unless the eggs are added, it will not have stiffness enough to hold in shape. Cover the mold with a greased paper. Place it in a pan of hot water, and poach in a slow oven for thirty minutes.

This timbale may also be made of any cooked meat as follows; Put the meat through a chopper. Make a sauce, using 2 tablespoons each of butter and flour, a cup of milk, and a cup of stock. After the liquid is added to the roux put in a slice of onion and two dried mushrooms, one teaspoon of salt, and  $\frac{1}{4}$  teaspoon pepper. Let it cook until a little thickened. Add half the strained sauce to the minced meat. Stir it over the fire until the meat is heated; remove from the fire, add 2 beaten eggs, and turn it into a quart timbale mold, which is lined with macaroni in any form desired. Cover the mold with a greased paper. Place it in a pan of hot water, and poach for 20 minutes. Serve the rest of the sauce with the cooked timbale.

### 29. PASTRY TIMBALE

Make a paste, using to one pound of flour,  $\frac{3}{4}$  pound of butter, 4 yolks,  $\frac{1}{2}$  teaspoon of salt, and  $1\frac{1}{2}$  cups of water. Work it well, roll it  $\frac{1}{4}$  of an inch thick, cover, and set it aside for one hour. Butter a timbale-mold, and line it with the paste. If ornamentation is wanted, cut some noodle paste into fancy forms. Arrange the pieces in some design on the bottom and sides of the mold, and brush them with a little water before putting in the paste. With a cutter or knife stamp out a circle in the paste on the bottom of the mold, but do not remove it. Then with a buttered paper cover the whole inside surface of the paste. Fill the center with flour. Cover the top with buttered paper, buttered side up; then a layer of paste, and press it to the paste of the sides. Set it aside for half an hour. Bake it in a hot oven for 50 minutes. Unmold, take off the circle which was cut in the paste; remove the paper and flour. Brush the timbale all over, inside and out, with yolk of egg, and place it in the oven to brown. Fill it with salpicon.

### 30. POTATO AND FISH TIMBALE (For Luncheon or Breakfast)

Butter a plain mold. Sprinkle it with white bread-crumbs. Fill it with mashed potato which has been seasoned and mixed with two or more egg yolks and some grated cheese. Bake it for 40 minutes in a moderate oven. With a pointed knife cut around the top  $1\frac{1}{2}$  inches from the edges; lift off the

piece, and with a spoon scoop out the potato, leaving a lining  $1\frac{1}{2}$  inches thick. Brush the inside with egg, and place it again in the oven to dry and brown. Fill the center with creamed fish; replace the top piece, and fill the cut with potato so as to confine the fish. Place a dish over the top, invert the mold, and let it stand a few minutes. It will then come out of the mold. Serve with a white sauce.

### 31. VOL-AU-VENT OF CHICKEN,

1 lb. puff paste,  $\frac{1}{2}$  a pint Béchamel or Supreme sauce, 6 ozs. cooked chicken, 2 ozs. cooked ham or tongue, 2 truffles, 6 mushrooms, salt and pepper, aromatic spice.

When the paste has had 6 turns, roll it out to about  $\frac{3}{4}$  of an inch in thickness, and cut it into either a round or oval form, as may be desired and place on a baking tin. Brush over the top of the paste shape with beaten egg, make an inner ring, cutting the paste to about half its depth, and bake in a quick oven. Meanwhile, cut the chicken and ham into dice shapes or small cubes, cut the mushrooms and truffles into small slices, stir the whole into the hot Béchamel sauce, season with salt, pepper and aromatic spice, and make thoroughly hot. When the vol-au-vent case is sufficiently baked, remove the lid, scoop out the soft inside, fill with the prepared ragout, put on the cover, and serve hot.

### 32. PATTIES

Prepare patty shells as directed in puff paste recipe. Fill them with oysters, with lobster, or with any salpicon.

### 33. RISSOLES

Roll puff paste one eighth of an inch thick. Place on it at intervals of 3 inches from the edge and 5 inches apart, a teaspoon of salpicon, or of creamed minced meat. Moisten with a wet brush the paste, and fold it over the balls of meat. With the finger press the paste together lightly around the meat, inclosing it like a small pie. Then with a patty or biscuit-cutter stamp out the rissoles in shape of half-circles, the ball of meat being on the straight side, and a border of paste an inch or more wide on the rounded side. Egg and bread-crumbs them or not, and fry in hot fat. Serve on a folded napkin.

### 34. TO PREPARE SWEETBREADS

Soak the sweetbreads in cold water for an hour or more. Change the water several times, so that all the blood will be extracted, and leave the sweetbreads very white. Put them on the fire in cold water, and simmer (not boil) for 20 minutes. Then immerse them again in cold water. This is to parboil and blanch them. Remove all the pipes, strings, and fibers it is possible to do

without breaking the sweetbreads to pieces. When half cold tie each one in a piece of cheese-cloth, drawing it tightly into an oval form, and place them under a light weight until cold. They will then be smooth and a uniform shape, and may be larded with fine lardoons if desired. Use a silver knife for cutting sweetbreads.

### 35. BAKED SWEETBREADS

Take parboiled larded sweetbreads, and place them on slices of salt pork in a baking-pan. Add enough stock to cover well the pan. Cook them in a hot oven for 20 minutes, basting frequently. Serve with a brown or with a mushroom sauce.

### 36. BRAISED SWEETBREADS

Place in a baking-pan a bed of vegetables cut in small dice, and a few pieces of salt pork. Lay parboiled sweetbreads on it. Add enough water or stock to cover the vegetables. Close the pan tight, and cook for 40 to 45 minutes. Uncover the pan the last 15 minutes to let the sweetbreads brown. Paint them with glaze. Strain the liquor from the pan; thicken it with a brown roux, and serve it on the dish under the sweetbreads.

### 37. SAUTÉD SWEETBREADS

Cut the parboiled sweetbreads in slices and sauté them in butter; serve with green peas.

### 38. FRIED SWEETBREADS

Roll the sweetbreads (either whole or cut in slices) in egg and crumbs; let them stand for a time, then fry in hot fat; dress them on a folded napkin and serve with them a Béchamel sauce. They may also be dipped in fritter batter and fried.

### 39. SWEETBREADS À LA POULETTE

Simmer the sweetbreads for 30 or 40 minutes; blanch them, then cut or break them in pieces and place them on a dish. Pour over them a Béchamel or a Poulette sauce. Mushrooms and chopped truffles may be added if desired.

### 40. CHAUDFROID OF SWEETBREADS

Simmer the sweetbreads until cooked; blanch and tie them in cloth as directed above, or place them in muffin-rings under pressure until cold; cover them with a Chaudfroid sauce. Place fancy bits of truffle on the top lightly, and when the sauce has set, paint it over with liquid aspic. Arrange them on a socle or on a mound of salad, and serve with them a Mayonnaise sauce and lettuce.

#### 41. CALF'S BRAINS

Soak the brains for an hour in cold water; then simmer in water containing a tablespoon of vinegar for 20 minutes; an onion, thyme, bay-leaf, salt and peppercorns in the water also will improve the flavor of the brains; place again in cold water to blanch; remove the skin and fibres, and cook by any of the recipes given for sweetbreads. The boiled brains may also be served with any of the following sauces poured over them: a plain white sauce; a white sauce with chopped mushrooms; a white sauce seasoned with mashed yolks of hardboiled eggs, a little mustard, tarragon vinegar and chopped parsley, and a tablespoon of chopped pickle added just before serving; a Vinaigrette sauce; a Hollandaise sauce; a tomato sauce; or a sauce made of browned butter and a dash of vinegar.

#### 42. MARINADE OF BRAINS

Boil the brains; remove the skin and veins; cut them into pieces the size of half an egg; let them stand an hour in a marinade of oil, vinegar, onion, pepper and salt; then wipe and dip them into fritter batter and fry in hot fat. Arrange them on a napkin and serve with tomato sauce.

#### 43. OYSTER CASES

Line buttered paper cases, or china individual cups, with a layer of fish quenelle forcemeat or with the fish preparation given in recipe for fish pudding; scald some oysters in their own liquor until the gills curl; cut each oyster into 4 pieces and fill the center of the cup with them; pour over them a tablespoon of Béchamel sauce, made with oyster-liquor in place of stock; cover the top with forcemeat, brush it over with butter and bake in a moderate oven for 15 minutes.

Cases of other combinations may be made in the same way; using mashed potato for the lining and any creamed meat for filling; or use hominy or rice with chicken, mushrooms, etc.

#### 44. LIVER LOAF, OR FALSE PÂTE DE FOIE GRAS

Cut a calf's liver in pieces; pound it in a mortar and press it through a sieve; add to one cup of liver pulp  $\frac{1}{4}$  cup of flour panada, one teaspoon each of butter and salt;  $\frac{1}{2}$  teaspoon of pepper; dash each of cayenne and of nutmeg and allspice, and 2 eggs. Mix well together and pass it again through the sieve. Put the mixture into a well-buttered pint mold; place it in a pan of hot water in the oven for 45 minutes or more. An ice-cream brick-mold makes a loaf of convenient shape. It may be served hot with a brown sauce;

but is better cold with salad, or used like *pâte de foie gras*. A loaf of any game may be made in the same way. The loaf may be made very ornamental by decorating it with pieces of truffle, ham, and white of hard-boiled eggs cut into diamond shapes and fitted together to look like blocks. To arrange this decoration use two molds of the same size; butter one of them and apply carefully the decoration; line the other with thin slices of larding pork and cook the liver or game mixture in it; when it is cold remove the pork, and this will leave it small enough to fit into the decorated mold. Fill the space between them with aspic jelly and let it become well set before unmolding the form.

#### 45. FRIED FROGS LEGS

Dip the skinned frogs' legs in milk; sprinkle with salt and pepper, and roll them in flour. Immerse in smoking hot fat until cooked to a delicate color. Serve on a napkin.

#### 46. FROGS' LEGS À LA POULETTE

Saute the skinned frogs' legs in butter; cook some fresh mushrooms in the pan at the same time if convenient. Place on a hot dish with the mushrooms, and pour over them a Poulette sauce.

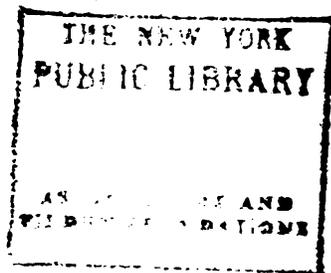
#### 47. NUT CUTLETS

Chop fine one cup of nut meats. Pecan-nut meats are particularly good, but any nuts, as hickory, butternut, walnut, etc., may be used. Press enough bread, from the center of the loaf, through a colander to measure 2 cups. Melt 2 tablespoons of butter; in it cook 2 tablespoons of flour and  $\frac{1}{4}$  teaspoon each, of salt and pepper; add a cup of milk and stir until boiling; add one egg, beaten light, and let cook, without boiling, until the egg is set, then add the nut meat, crumbs and a tablespoon of onion juice. Mix thoroughly and turn onto a plate to cool. When cold form into cutlet shapes; dip these in an egg, beaten with 2 tablespoons of cold water, then roll in sifted bread crumbs and fry in deep fat. Serve with bread or tomato sauce.

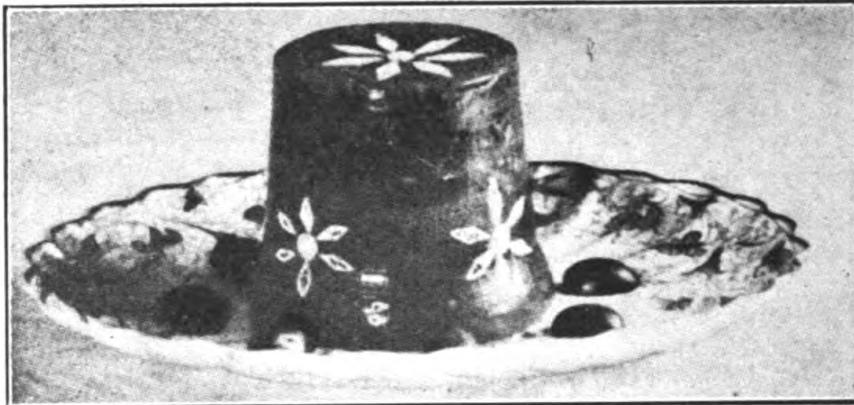
#### 48. COOKING MUSHROOMS

The simplest way of cooking mushrooms is usually the best, and this may be broiling, sautéing in butter, or stewing in a little cream sauce. These simple ways may be varied by seasoning with sherry, Madeira, or lemon-juice. Any meat stock may be used to stew them in, but many of the mushrooms are very juicy, and their flavor must not be lost by diluting them with too much liquor. They may be cut in pieces when used for sauces. When dried and powdered they make an excellent seasoning for sauces. Dried ceps may be bought at grocers' and are very useful to stew in sauces.

It is better to cook mushrooms as soon as they are peeled, and to rinse them only as much as is necessary, as they lose some flavor by soaking. When they are to be used for garnishing, they are thrown into water with lemon-juice, one tablespoon of juice to a quart of water, and are afterward boiled in the same water; this keeps them white. The water they are boiled in should be saved to use in sauces. Again, they may be put into a saucepan with butter and lemon-juice, and cooked (stirring frequently) for about five minutes. They are then covered to keep them moist and white until ready for use. Lemon-juice keeps them white, but the flavor of the mushroom is somewhat destroyed by it, and so it is not recommended for general practice. The French peel the caps with a fluted knife to make them more ornamental, but it is a difficult operation, and does not repay the trouble.

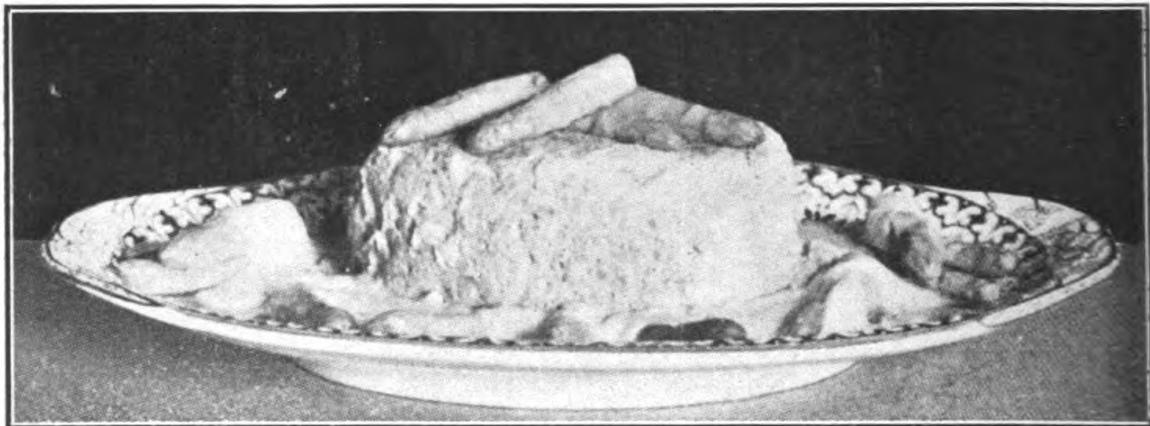


成花飾碟以橄欖切半飾



愛斯匹凍舌片以烩硬蛋片

Slices of Tongue in Aspic (en Bellevue)  
Decorated with Hard-boiled egg in daisy design.  
Dish Garnished with olives cut in halves.



蘆筍配雞饅頭

Chicken Loaf, with Asparagus.

模子製以烩硬蛋作花飾碟以芫荽飾



愛斯匹凍小鳥倚堆圖小鳥用起槽

BONED BIRDS IN ASPIC AROUND SOCLE

The boned birds are molded in fluted individual molds and decorated with hard-boiled egg in daisy design as directed. Dish garnished with parsley.

## CHAPTER X

### ASPIC JELLY, FANCY MOLDING, SUPPORTS

#### 1. GENERAL DIRECTIONS

Aspic is very useful in the preparation of cold dishes, and much care should be given to having it perfectly clear and well flavored. The second one of the two recipes given below is so simple that the most inexperienced cook can easily make it. With aspic, cold meats and salads can be made into most attractive dishes; and it is well worth while learning to ornament with it.

#### ASPIC

1 fowl, 1 shin of beef, 1 knuckle of veal, 4 cloves, 1 bay-leaf, 2 onions, 1 carrot, 1 stock of celery, 1 turnip,  $\frac{1}{2}$  package gelatine, 1 cup of sherry or Madeira.

Put the chicken, beef, and veal in a pot. Cover them well with cold water, and let simmer for 5 or 6 hours, with the pot covered closely. An hour before removing from the fire, add the carrot cut into dice, the cloves, and bay-leaf. Fry in butter the onions and celery (cut into pieces) to a dark brown, and add them to the stock at the same time. Remove from the fire, strain, and add  $\frac{1}{2}$  package of gelatine (which has been soaked for an hour in a cup of water) and one cup of sherry or Madeira. Stir until the gelatine is dissolved. Set away until the next day. There should be 2 quarts of jelly. If it is not solid enough to stand, more gelatine may be added at the time of clearing. Boiling down jelly will not make it more firm.

#### 2. TO CLEAR ASPIC

Remove all the grease from the top of the jelly, and wipe it with a cloth wet in hot water, so every particle of grease will be removed. Stir into the cold jelly the beaten whites and the shells of 3 eggs (do not froth the egg). Put it on the fire, and continue to stir until it boils. Let it boil for 5 minutes; then strain it through a double cloth. If not perfectly clear, strain it a second time. Let the jelly drain through the cloth without pressure.

#### 3. QUICK ASPIC

Put into a saucepan  $1\frac{1}{2}$  cups of cold water, a tablespoon each of chopped carrot and celery, a slice of onion, sprig of parsley, one bay-leaf,

and 3 cloves; add also one teaspoon of beef extract (obtained in jars) dissolved in one cup of hot water. Cover, and let simmer for  $\frac{1}{2}$  hour; then add  $\frac{1}{2}$  box of gelatine, which has been soaked in  $\frac{1}{2}$  cup of cold water for one hour. Stir until the gelatine is dissolved. Season with salt and pepper. A tablespoon of sherry improves the flavor. If a deeper color is wanted add a few drops of kitchen bouquet or of caramel. Strain through a double cloth. If it is for molding it can be used at once, as there is no grease to be removed. If for garnishing, turn it into a shallow pan to set. It can be stamped or cut into fancy shapes more easily if cooled in layers of the right thickness. Gelatine added to a good, clear consommé will give the same results. Observe always the proportion of one box, or  $1\frac{1}{2}$  ounces, of gelatine to  $1\frac{1}{4}$  quarts (5 cups) of liquor. This simple method of making aspic is very quick, and is entirely satisfactory.

#### 4. CHICKEN ASPIC OR JELLY

Boil a fowl as directed for chicken stock or boil a chicken or knuckle of veal, as directed for white stock. Let the stock cool, take off the grease, then clarify the stock. If veal has been used, no gelatine will be needed. If chicken only has been used in making the stock, add to each quart of hot clarified stock  $\frac{3}{4}$  of a box of gelatine which has been soaked one hour in a half cupful of cold water. Stir until the gelatine is dissolved. This will make a very clear, light-colored jelly, good for molding, salads, chicken, etc.

#### 5. ASPIC CROÛTONS

When jelly is to be used for garnishing, pour it into a square shallow pan  $1\frac{1}{2}$  inches deep. When it has thoroughly set, turn it onto a slightly dampened napkin spread on a board in a cool place. Dip a knife into hot water. Wipe it dry, and cut the jelly in strips the same width as the thickness of the jelly; then cut it straight across, making squares, or diagonally across, making diamonds, or into triangles. These croûtons will stand upright, and can be used for borders. If it is to be laid flat on the dish the strips need be cut only  $\frac{1}{4}$  of an inch thick, and can be stamped with cutters into fancy shapes. Small molds may also be used for getting fancy forms of aspic.

#### 6. TO CHOP JELLY

Place the jelly on a cold plate, and with a knife cut it very slowly until it is of the right size. The chopped jelly is used to cover the top of meats, or to place like a wreath around it on the dish. It may be either fine or coarse, but each piece should be separate and distinct, and can be kept so if cut slowly in a cool place, and not allowed to become warm.

### 7. TO MOLD JELLY

Where the mold is to be only coated with jelly, first paste a piece of paper over the top of the mold; when it is firm, cut an opening in the paper, and pour in some cold, but liquid, jelly; and turn the mold on ice slowly, so that every part may be coated. Pour off any of the jelly that has not adhered to the sides; remove the paper, and lay in the material which is to fill the center of the mold. This method is employed where only a thin coating of jelly is required. Where it is to be an inch or more in thickness it is better to use a double mold as explained below.

When molding jelly have a pan of cracked ice, and set the mold into it. The jelly will then quickly harden. The mold must be perfectly firm and upright, or the jelly will not stand straight when unmolded. Do not oil or grease a mold used for jelly.

### 8. TO UNMOLD JELLY

Dip the mold quickly into warm (not hot) water; wipe it dry, place the dish over the top of the mold, and turn them over together. If the jelly fails to slip out, rub the mold with a cloth wrung out of hot water. It takes only a low degree of heat to melt jelly, and if too much is used the fine points and edges will be destroyed. Do not unmold jelly until it is time to serve it. Do not shake the mold in trying to get it free, or the jelly is likely to break.

### 9. TO ORNAMENT MOLDS

Lay whatever fancy pieces are used for the decoration carefully in place on the bottom of the mold. With a spoon add only enough jelly to moisten them; if too much is used, the pieces will float out of place. Let the jelly harden and fix the decoration; then add as much as will make a layer  $\frac{1}{2}$  inch thick; let that set; then place the material which is to fill the center. If it is a bird, or anything in one piece, add a little jelly to fix it in place; then fill up the mold. If the material is a soft substance, set in the double mold; or, if one is not at hand, add a few spoonfuls at a time of the filling, leaving a space of  $\frac{1}{2}$  inch around the sides, and fill this with jelly. Proceed in this way until the mold is full, having the top covered with jelly, so that when unmolded it will form a complete case. If ornament is used on the sides of the mold, arrange the decoration when the mold is filled to the right height; dip the pieces in jelly to make them adhere, and cover them very slowly at first, so they will not float off. When the filling is to be in alternate layers with jelly, proceed in the same way, adding one layer at a time, and letting each one harden before the next is placed. The mold should not be moved while being filled; one layer should not become too hard before the next one is added, and no dampness

### 17. A POTATO SUPPORT FOR HOT MEATS

Add slowly to 2 cups of well-mashed sweet or white potato, beating all the time over the fire, one cup of hot milk, a tablespoon of butter,  $\frac{1}{4}$  teaspoon of pepper, a teaspoon of salt, and lastly, 3 beaten eggs. Butter well a plain mold of the shape desired; sprinkle over it as many bread-crumbs as will stick to the butter; turn in the purée of potatoes, place the mold in a pan of water, and bake for 30 minutes. Turn the molded potato in the center of a dish, and arrange chops or birds around and against it.

### 18. CROUSTADES OF BREAD

Take a loaf of bread two days old, which was baked in a round or a square tin; pare off the crust, and carve it with a sharp-pointed knife into vase or cup-shape. Fry it in hot fat to gold color. Paint the inside with white of egg to prevent its soaking up the sauce of the filling. Fill with mushrooms, chicken livers, creamed chicken or any salpicon. Do not put the filling in until ready to serve, and heat the croustade before adding it.

### 19. ROLL CROUSTADES

Cut off the tops of rolls, or of home-made biscuits of any size. Remove the crumb from the inside; butter the rolls inside and out, and set in the oven to brown. Fill with any creamed meat or salpicon.

## CHAPTER XI

### BREAD

#### 1. YEAST RECIPE No. 1

Peel 9 good-sized potatoes, and boil them with a large handful of loose hops tied in a thin muslin bag. Use enough water to cover them well. When the potatoes are tender strain off the water. Mash the potatoes, return them to the water in which they were boiled, and mix them well together. Add 2 tablespoons of flour,  $\frac{1}{2}$  cup granulated sugar, and 1 tablespoon salt. Cook it for a few minutes, adding sufficient flour to make a thin batter. Set it aside until lukewarm; then add a yeast-cake, or a cup of liquid yeast. Mix it well and place in a stone jar. Let it stand for 12 hours in a warm place. Stir it three times during this period. Place a weight on the lid of the jar, and set it in a cool place.

#### 2. YEAST RECIPE No. 2

6 grated raw potatoes, 1 cup brown sugar,  $\frac{1}{2}$  cup salt, 2 quarts of flour.

Mix these together, and add enough water to make a batter as thick as that used for griddle cakes.

Pour 2 quarts of boiling water on as many hops as can be held in the hand. Let them boil for 5 minutes. Strain off the water, and while hot add it to the batter. When it is lukewarm add a cupful yeast, or a yeast cake. Let it stand several hours in a warm place until it rises, or the top is covered with bubbles. Then place in glass preserve jars, and keep in a cool place. Use a granite-ware saucepan and a wooden spoon when making yeast, in order to keep a good color.

#### 3. SOFT YEAST. No. 3

Boil 4 good sized potatoes until soft, add 1 tablespoon salt, sugar and shortening. Beat or strain through a sieve and add two cups cold water. When cool enough add  $\frac{1}{2}$  yeast cake which has been soaked in a little water. Set in a warm place until light, and then in a cool place. This yeast will keep sweet for several days.

#### 4. WHAT TO DO WHEN YEAST IS NOT OBTAINABLE TO START THE FERMENTATION IN MAKING YEAST

Mix a thin batter of flour and water, and let it stand in a warm place until it is full of bubbles. This ferment has only half the strength of yeast, so double the amount must be used.

### PROPORTIONS OF RAISING MATERIALS TO USE, AND OTHER ITEMS

One cake of compressed yeast is equal to one cup of liquid yeast.

Baking-powder is a mixture of soda, cream of tartar, and cornstarch, or rice flour.

Use one level teaspoon of baking-powder to each cup of flour.

Use one even teaspoon of soda and two full teaspoons of cream of tartar to a quart of flour.

When sour milk is used, take one even teaspoon of soda to a pint of milk, and omit the cream of tartar.

When molasses is used, omit the cream of tartar, and use one teaspoon of soda to each cup of molasses.

Mix powders with the flour, and sift them together, so as to thoroughly mix them.

Mix dry materials in one bowl and liquids in another; combine them quickly, and put at once into the oven.

The oven for baking bread should be hot enough to brown a teaspoon of flour in 5 minutes. For biscuits it should brown in one minute.

Rubbing the crust with butter just before it is taken from the oven will make it crisp.

Rolls brushed with milk just before baking will have a brown crust.

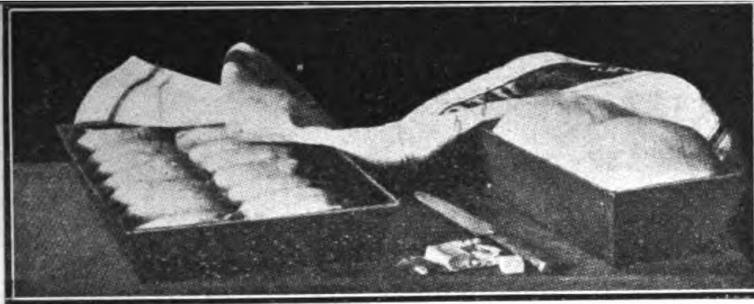
### 5. GENERAL DIRECTIONS FOR MAKING BREAD

Time  
required  
for making  
bread

Bread is often mixed the night before it is to be baked, and left to rise from eight to ten hours; but the whole process of bread-making, from the mixing to the serving, can be done in  $2\frac{1}{2}$  hours if sufficient yeast is used. In hot weather it is desirable to complete the work in a short time, in order to prevent fermentation or souring, which occurs if left too long a time. Four hours and a half is ample time for the whole process, using the ordinary amount of yeast; two hours for the mixing and rising of the sponge or dough; one-half hour for the kneading and molding; one hour for the loaves to rise in the pans, and one hour for the baking.

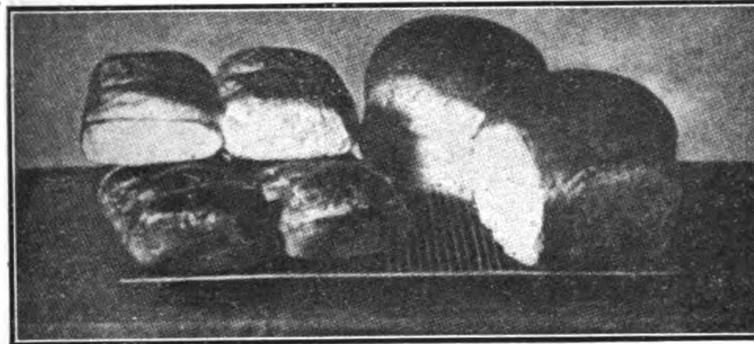
Raising  
the bread

A thin batter called a sponge may be made at night, and the rest of the flour added in the morning, or the dough may be mixed and kneaded at night and only molded into loaves in the morning; but a better way, especially in summer, is to set the bread early in the morning and have it baked by noon. It needs to rise twice, once either in the sponge or in the dough, and again after it is molded into loaves. The old way of letting it rise three times is unnecessary, and increases the danger of souring. If the dough gets very light before one is ready to work it, it should be cut away from the sides of the pan and pressed down in the center with the knife. This liberates some of the gas



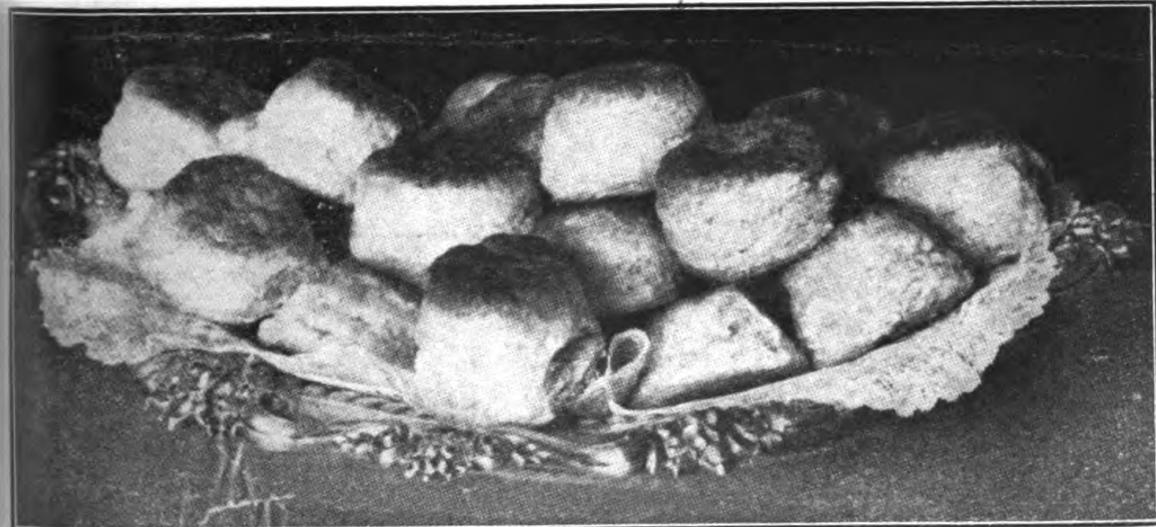
預備入爐之饅頭

Bread Ready for the Oven.



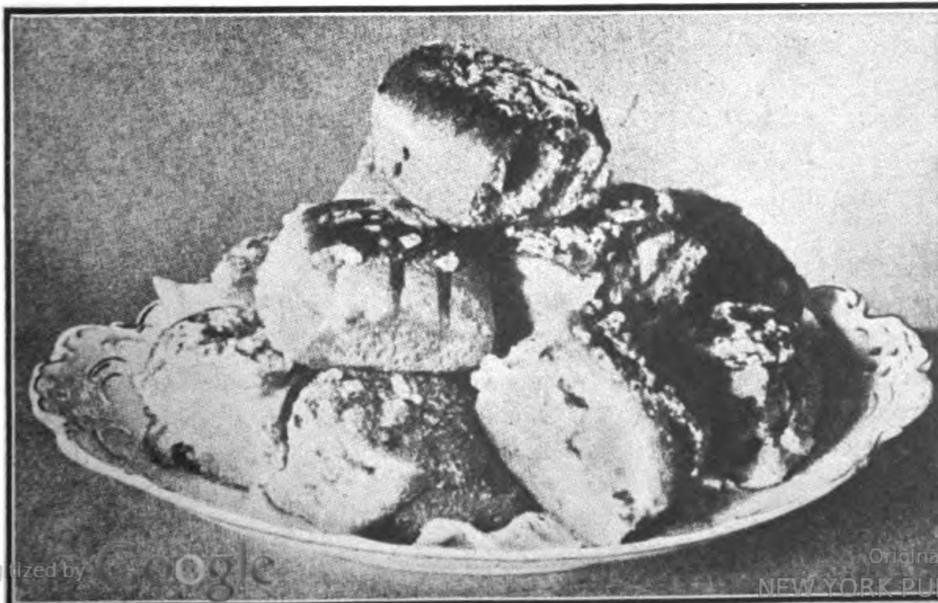
烘後饅頭

Bread after Baking.\*

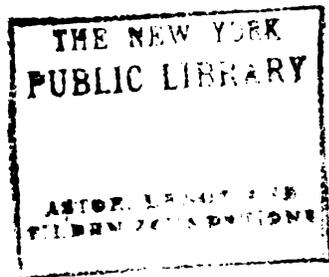


司侂即倍肯粉饅頭

Scones or Baking Powder Biscuit.



上霜之嘉倫小饅頭



and retards the fermentation. This can be done several times. If it rises too high it will collapse, which means souring, but before that it loses its best flavor, and so should not be allowed to more than double its bulk.

The proportions of flour, liquid, and yeast cannot be given exactly, as flour of different qualities and degrees of dryness will absorb more or less liquid, and the amount of yeast to be used depends both upon the time allowed and the temperature. **Proportions of materials**

Two cups of liquid will take six to seven cups of sifted flour, and this will make two small loaves. One half a compressed yeast cake will raise this amount in two hours if kept in a warm place. The other ingredients for this quantity are one teaspoon of salt, one tablespoon of sugar, and one tablespoon of butter, lard, or cottolene, if shortening is desired.

Bread made with milk instead of water, and with shortening, is more tender than when water alone is used. Boiled potatoes are sometimes added, and give a more moist bread.

Dissolve the yeast in a part of the tepid water; in the rest of the water mix the salt, sugar, and butter, add the dissolved yeast, and then stir in enough flour to make a soft dough which will not stick to the hands. If the flour is cold, warm it. If milk is used, scald it, then allow it to become tepid before mixing it with the yeast. Place the pan in a warm place free from draughts. When the dough is to be made into rolls or fancy forms, it needs to be a little stiffer than for loaves. **Mixing**

A sponge is a thin batter made by mixing only a little flour with the other ingredients. This is left to stand until filled with large bubbles. The rest of the flour is then added, to make the dough. **Making a sponge**

When bread is to be made in a short time, it is better to set a sponge instead of making a dough at first; for in this way the second rising will be a little quicker.

When a dough is mixed and set aside to rise, cover the pan with several thicknesses of cloth to exclude the air and so prevent a crust forming on the top. It helps also to keep the dough at an even temperature. If a crust forms it is difficult to mix it in so thoroughly that it does not leave hard spots and lines in the bread. There is a breadpan made with close-fitting cover, which is recommended. **The crust on dough**

When the dough is made, it should be kneaded for twenty to thirty minutes. Turn it from the pan onto a board, and work it by drawing it forward with the fingers and pushing it away with the balls of the hands, turning it all the time. This stretches the gluten and changes it from a sticky paste to a smooth, elastic substance. Use as little flour on the board as possible, and work it until it no longer sticks. The more it is worked the finer will be the grain, and the less flour used the better will be the bread. **Kneading and molding**

- Baking** When dough is made at the first mixing, return it to the pan after it is kneaded and let it rise to double its size (not more), and then work it down, mold it into loaves, and let it rise a second time in the baking-pan. When a sponge is made, knead the dough when the flour is added to the sponge, and put it at once into the baking-pan.
- Divide the dough evenly and shape it to the pans as well as possible, filling the pans only half full. Cover and set them in a warm place free from draughts. When they have doubled (not more) in size, put them in the oven. The loaf rises a little more in the oven. If it is too light, it is likely to fall, which means it has soured, and for this there is no remedy. The loaf in the pan should rise in one hour.
- The fire** Care in baking is even more essential than care in mixing and raising the bread. Test the oven by putting in a teaspoon of flour. If it browns the flour in five minutes the heat is right. Have the fire prepared so it will not need replenishing during the hour required for the baking. The bread rises after it goes in the oven, and is likely to rise unevenly if the oven is hotter on one side than the other; therefore it should be watched and turned carefully if necessary. At the end of 10 to 15 minutes the top should be browned, and this will arrest the rising. If the oven is too cool, the bread is likely to rise so much as to run over the pan, or to have a hole in the center. If the oven is too hot it will make a crust too soon, the center be underdone, and the crust be too thick. One hour is the time required for baking the ordinary sized loaf.
- Time** When the bread is taken from the oven turn it out of the pans and support the loaves in such a way that the air will reach all sides. If the loaves stand flat the bottom crust will become moist. If wrapped in cloth it will do the same and give a soft crust, which, however, some prefer to have. It should not be put in the bread-box until entirely cold.
- Care of bread after it is baked** For baking rolls the rule is different from that for bread. Rolls should rise to be very light, more than double their original size, and the oven be hot enough to form a crust at once. It should brown flour in one minute and bake the rolls in 15 to 20 minutes.
- Baking bread rolls** The ordinary white flour of best quality is nearly all starch, the nourishing parts of the wheat having been mostly all removed by the bolting to make it white. The whole wheat flour makes a much more nourishing and health-giving bread, and when the habit of eating it is once formed, bread made of the white flour is no longer liked.
- Flour** There is a variety of bread-pans giving loaves of different shapes to be used for different purposes. Besides the square tin which gives the ordinary square loaf, there is a sheet iron rounded pan open at the ends. The dough for this pan is made into a long roll a little thicker in the middle than at the ends. It gives the shape of the Vienna loaf. After the bread has risen cut it across the top in three diagonal slashes with a sharp knife; when it is nearly
- Pans**

baked brush over the top with a thin boiled cornstarch, and it will further resemble the Vienna loaf. For dinner bread, there is a pan a foot long of two flutes, about two inches each across and open at the ends; for this roll the dough long and round, or make two smaller rolls and twist them together; bake in a hot oven like biscuits. This gives a long, round crusty loaf like the French bread. A pan of small flutes is used for dinner sticks or finger rolls, giving a pencil of bread  $\frac{3}{4}$  of an inch thick and 5 inches long. Bread made in different shapes gives a pleasant variety and often seems like a different article when baked so as to give more or less crust.

Different  
shapes for  
variety

#### 6. WATER BREAD No. 1 (Two Small Loaves)

2 cups tepid water, 1 teaspoon salt,  $\frac{1}{2}$  compressed yeast cake, 6 to 7 cups flour.

#### 7. WATER BREAD No. 2 (Two Small Loaves)

2 cups tepid water,  $\frac{1}{2}$  cake of compressed yeast, 1 teaspoon salt, 6 to 7 cups flour, 1 tablespoon sugar, 1 tablespoon butter, lard, drippings, or cottolene.

For mixing, kneading, and baking, see general directions given at head of chapter.

#### 8. WATER BREAD No. 3 "In Morning Bread"

Two tablespoons flour, 1 tablespoon salt, 8 tablespoons sugar. Pour over this 1 pint boiling water and when cool, add 1 yeast cake soaked in warm water. Set in a warm place to rise. At noon boil 4 medium sized potatoes, mash thoroughly and when cool add them with one quart of the water in which they were boiled, to the first mixture, and let them rise over night. In the morning add flour and 1 tablespoon lard, knead well, let rise and knead into loaves and rise again.

#### 9. WATER BREAD No. 4 "Bread That Never Fails"

One teaspoon salt, 1 tablespoon sugar, 6 cups sifted flour, 1 quart scalded milk and water, half and half, 1 cake compressed yeast. Mix together and add gradually 6 more cups flour and knead thoroughly. Let stand over night and in the morning put immediately into pans with as little handling as possible. This makes 4 pound loaves which require 25 minutes baking.

#### 10. MILK BREAD

Make the same as Water Bread No. 2, but use milk in place of the water, or use half milk and half water.

**11. POTATO BREAD**

Add one medium-sized mashed boiled potato to the sponge of any of the foregoing recipes. Potato gives a more moist bread, which retains its freshness longer.

**12. ONE LOAF OF BREAD OR ONE PAN OF BISCUITS TO BE MADE IN TWO HOURS**

1 cup scalded milk,  $\frac{1}{4}$  cup butter, 3 yeast cakes, 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon salt; white of one egg, 3 to 4 cups flour.

Make a sponge; let it stand in a warm place in a pan of warm water until full of bubbles; then add the flour, knead it for 20 minutes, mold into loaf, and let it rise in the baking-pan until double in size, and bake.

**13. BREAD MADE WITH BAKING-POWDER**

Add to 4 quarts of flour, a teaspoon salt and six teaspoons baking-powder. Sift them 3 times so as to thoroughly mix them, and then add slowly a quart of cold water, or enough to make a dough of the right consistency. Mold it quickly into 4 loaves, and put at once into a moderate oven for  $1\frac{1}{4}$  hours.

**14. BREAD MADE OF WHOLE WHEAT FLOUR**

Dissolve a yeast cake in 2 tablespoons tepid water. Put into a bowl a pint of milk; add to it a pint of boiling water, and let it stand until it is lukewarm; then add the dissolved yeast, a teaspoon salt, and enough whole wheat flour to make a thick batter. The batter should drop, but not run off the spoon. Beat this batter with a spoon for 15 minutes. It becomes quite soft and liquid by beating. Add enough more flour to make a dough; turn it onto the board and knead it a few minutes; return it to pan, and let rise for 3 hours, or until light. Mold it into small loaves; let it rise again, and bake in moderate oven 30 to 45 minutes.

**15. GRAHAM BREAD No. 1**

Dissolve  $\frac{1}{2}$  teaspoon soda in a cup of lukewarm water. Put a tablespoon of butter into  $1\frac{1}{2}$  tablespoons of molasses, and let them warm until the butter is melted. Add to it the dissolved soda and water, and  $\frac{1}{2}$  teaspoon of salt. Stir this mixture into a cup of light white bread sponge, and add enough Graham flour to make a stiff batter, or very thin dough. Turn into a greased pan. Let it rise until even with the top of the pan, and bake in a moderate oven one hour to  $1\frac{1}{4}$  hours. Use a spoon, and not the hands, for mixing Graham flour. A little white flour may be mixed with the Graham flour if a lighter colored and dryer bread is preferred.

**16. GRAHAM BREAD No. 2**

1 egg,  $\frac{1}{2}$  cup sugar, butter size of an egg, salt, 1 cup sour milk, 1 level teaspoon soda, 1 tablespoon molasses and enough Graham flour to make it about the consistency of a loaf cake.

Stir very little, just enough to get the flour in. Add nuts and raisins if desired. Bake in rather a slow oven.

**17. GLUTEN BREAD**

Pour a pint of boiling water into a pint of milk; add a teaspoon of butter and a teaspoon of salt. Let it stand until it is lukewarm; then add a well-beaten egg, a quarter of a yeast-cake dissolved, and enough gluten to make a soft batter. Cover and stand in a warm place to rise; then add enough gluten to make a soft dough, and knead it well. Form it into 4 loaves, and let rise again. Bake for one hour.

Gluten bread requires less yeast and less time to rise than ordinary bread.

**18. BOSTON BROWN BREAD No. 1**

2 cups white cornmeal, 2 cups yellow cornmeal, 2 cups Graham flour or of rye meal or of white flour, 1 cup molasses, 2 cups milk (one of them being sour milk, if convenient), 2 cups boiling water, 1 teaspoon salt, 1 teaspoon soda.

Mix well the flour, meal, and salt; add to them the boiling water. Mix the sweet milk and molasses together, and add them to the scalded meal. Dissolve the soda in the sour milk, and add it last. Turn the mixture into a covered cylindrical mold or into a covered pail, and steam it for 3 hours; then uncover and bake in the oven for  $\frac{1}{2}$  hour. Slices of this bread toasted, buttered, and covered with cream make a good breakfast or luncheon dish.

**19. BOSTON BROWN BREAD No. 2**

One cup corn meal, 1 cup Graham flour, 1 cup sour milk,  $\frac{3}{4}$  cup warm water,  $\frac{1}{2}$  cup molasses, 1 teaspoon soda, a little salt. Pour in a greased mould, cover securely and steam, 3 or 4 hours.

**20. BOSTON BROWN BREAD No. 3**

1 cup milk,  $\frac{1}{2}$  cup molasses, 1 level teaspoon soda, enough Graham or whole wheat flour to thicken until it drops easily from the spoon.

Beat the soda thoroughly into the molasses, and mix in the order given. Steam for 3 hours, then take off the cover and dry in oven for 10 minutes.

**21. TOAST**

Cut the bread in even slices  $\frac{1}{4}$  inch thick. Cut off the crust and trim the pieces into even and uniform shape. There is no waste in this, as the scraps of bread can be dried and crumbed. If the bread is fresh, let it dry a few minutes in the oven. Place it on a wire toaster, and turn often until well dried through; then hold it over the coals a minute to take an even golden color. Toast requires careful watching, or it will burn or be unevenly colored. Toast should not be served until the moment it is required. A few pieces only should be served at a time, and the plate should be hot. If wrapped in a napkin, or piled up, it quickly becomes damp and loses its crispness. If a soft toast is wanted, color the bread at once without drying it; the center will then be only heated. Toast used under game or meats is made dry, buttered, and sprinkled with salt; then softened with a little boiling water.

**22. MILK TOAST**

Make a dry toast; spread it with butter, and sprinkle it with salt. Place it in the dish in which it is to be served, and pour over it a little boiling water; cover it, and place in the oven a few minutes to steam and soak up the water. It should have enough water to entirely soften it, but not lose its shape. Put one teaspoon of butter in a saucepan. When it bubbles, stir in a teaspoon of flour, and let it cook a minute without coloring. Add slowly, stirring all the time, one cup of milk. Cook until it is slightly thickened; add a saltspoon of salt. Pour this thickened milk over the softened toast just before serving. Bread for milk toast should be cut in even slices  $\frac{1}{2}$  inch thick, thoroughly dried in toasting, evenly colored, and steamed until tender. When cream is used, it is scalded and poured over the softened toast.

Many prefer to use the hot milk and butter not thickened with flour.

**23. PANADA**

Split water biscuits in two; sprinkle salt or sugar between them, and place together again; or, use two large soda biscuits, or pilot bread, or Passover bread. Place them in the dish in which they will be served; pour over enough boiling water to cover them. Cover the dish, and place it in the open oven, or on the hot shelf, until the biscuits have become soft like jelly; pour off any water that has not been absorbed, using care not to break the biscuits. Sprinkle again with salt or sugar. A little cream or hot milk can be added if desired.

**24. PULLED BREAD**

Break off irregular pieces of the crumb of fresh bread, and dry it in a very slow oven until lightly colored. The inside of fresh biscuits left over can

be treated in this way, and will keep an indefinite time. They should be heated in the oven when served, and are good with chocolate, or coffee, or bouillon. The crusts of the biscuits may be used as cups for creamed meats or vegetables, or for eggs.

#### 25. ZWIEBACK

Cut rusks into slices  $\frac{1}{8}$  inch thick, and dry them in a very slow oven until dried through, and of a deep yellow color. Slices of Vienna bread can be used in the same way.

#### 26. BREAD FRITTERS

Take pieces of raised bread-dough the size of an egg, drop them into smoking hot fat, and fry to a gold color, the same as doughnuts. Drain and serve on a napkin for breakfast, or sprinkle them with powdered sugar and ground cinnamon mixed, and serve them for luncheon.

#### 27. BREAD ROLLS

For one pan of rolls take as much raised bread-dough as will make one loaf of bread. Use any kind of bread-dough, but if no shortening has been used, add a tablespoon of butter to this amount of dough. Add also more flour to make a stiffer dough than for bread. Work it for 10 minutes so as to give it a finer grain. Cut it into pieces half the size of an egg, roll them into balls, and place in a pan some distance apart. If enough space is given, each roll will be covered with crust, which is the best part of hot breads. If, however, the crumb is preferred, place them in the pan near enough to run together in rising. Let the biscuits rise to more than double size, and bake in a quick oven 20 to 30 minutes.

When removed from the oven rub the crusts with a little butter, and wrap the rolls in a cloth until ready to serve. This will give a tender crust. If a deep color is liked, brush the rolls with milk or egg before placing them in the oven. A glaze is obtained by brushing them with sugar dissolved in milk when taken from the oven, then replacing them in the oven again for a moment to dry.

#### 28. CRESCENTS

Add to bread-dough a little more sugar, and enough flour to make a stiff dough. Roll it to  $\frac{1}{8}$  inch thickness. Cut it into strips 6 inches wide, and then into sharp triangles. Roll them up, commencing at the base; the point of the triangle will then come in the middle of the roll. Turn the points around into the shape of crescents. Place on tins to rise for  $\frac{1}{2}$  hour, brush the tops with water, and bake until lightly colored. When taken from the oven brush the tops with thin boiled cornstarch water, and place again for a minute in the oven to glaze.

**29. BRAIDS AND TWISTS**

Take any bread or biscuit dough. Roll it one inch thick, and cut it into strips one inch wide. Roll the strips on the board to make them round. Brush the strips with butter. Braid or twist the strips together, making them pointed at the ends, and broad in the middle. Let them rise a little, but not so much as to lose shape, and bake in a quick oven. Glaze the tops the same as directed for crescents.

**30. CLEFT ROLLS**

Make the dough into balls of the size desired. After the rolls have risen cut each roll across the top about an inch deep, with a sharp knife. If cut twice it makes a cross roll. Glaze the tops as directed for crescents, or brush them with milk and sugar.

**31. LUNCHEON AND TEA ROLLS**

2 quarts flour, 3 cups boiled milk, 3 tablespoons sugar, 1 teaspoon salt,  $\frac{1}{2}$  cup butter, whites of 2 eggs,  $\frac{1}{2}$  yeast cake.

Boil the milk, dissolve in it the sugar and salt, and add the butter to melt it. When this mixture becomes tepid, add the beaten whites of the eggs and the yeast, dissolved in 2 tablespoons of water; then stir in the flour, and knead it for 20 to 30 minutes; cover it well, and put it aside in a warm place free from draughts to rise over night. If to be used for breakfast, mold the rolls to any shape desired; let them rise to more than double their size, and bake for 30 minutes. If they are to be used for luncheon, cut down with a knife the raised dough in the morning, and keep it in a cool place until  $1\frac{1}{2}$  hours before the time for serving the rolls; then mold, raise, and bake them. If they are to be used for tea, do not set the dough until morning. In summer allow  $4\frac{1}{2}$  hours for the whole work, the same as directed for bread.

**32. PARKER HOUSE ROLLS**

2 quarts flour, 2 tablespoons butter, or lard, or cottolene, 1 teaspoon salt, 1 pint milk,  $\frac{3}{4}$  teacup good yeast,  $\frac{1}{2}$  cup sugar (scant).

Put the salt into the flour, and work in the shortening thoroughly. Scald the milk, and dissolve the sugar in it after it is taken off the fire. When the milk is lukewarm, mix the yeast with it. Make a hollow in the center of the flour, and pour into it the milk and yeast mixture. Sprinkle a little of the flour over the top. Cover the pan well, and leave it to rise. If this sponge is set at five o'clock, at ten o'clock stir the whole together thoroughly with a spoon. Do not beat it, but stir it well, as it gets no other kneading. In the morning turn the dough onto a board, work it together a little, and roll it evenly  $\frac{1}{2}$  inch thick. Lift the dough off the board a little to let it shrink a,

it will before cutting. Cut it into rounds with a good-sized biscuit-cutter. Place a small piece of butter on one side, and double the other side over it, so the edges meet. Let them rise for two hours, and bake in a quick oven for 20 minutes. If the rolls are to be used for luncheon, cut down the dough in the morning, and keep it in a cool place until the time for molding them. If for tea, set the sponge in the morning, using one cup of yeast.

Place the rolls far enough apart in the pan to give room enough for them to rise without running together.

### 33. SCONES MADE WITH BAKING POWDER No. 1

4 cups sifted flour, 3 teaspoons baking-powder, 1 teaspoon salt, 1 tablespoon butter.

Add the salt and baking-powder to the flour and sift them. Rub in the butter well. With a fork stir in lightly and quickly sufficient milk to make a soft dough. The dough must be only just stiff enough to roll. Flour the board well, turn the dough onto it, and lightly roll it to  $\frac{1}{4}$  inch thickness. Cut it into small circles, brush the tops with milk, and bake in a quick oven for 20 to 30 minutes.

### 34. SCONES MADE WITH SOUR MILK No. 2

1 quart flour, 1 teaspoon soda, 1 teaspoon salt, 1 tablespoon butter or lard, milk.

Mix the soda and the salt with the flour, and sift them several times so they will be thoroughly mixed. Rub in the butter evenly. Stir in lightly with a fork enough sour milk to make a dough just stiff enough to roll. The dough can be left very soft if the board is well floured and the rolling-pin is used very lightly, patting the dough rather than rolling it. Roll it out quickly an inch thick. Cut it into small rounds. Bake in a quick oven 20 to 30 minutes. The dough can be rolled  $\frac{1}{2}$  inch thick, and two rounds placed together with a small bit of butter between. They are then called twin biscuits. These biscuits may be made of sweet milk, in which case 2 rounding teaspoons of cream of tartar must be used with the soda and mixed with the flour.

### 35. DROP SCONES No. 3

2 tablespoons flour, 2 teaspoons sugar, 2 teaspoons Paisley flour and sufficient milk to mix, 1 saltspoon salt, 1 egg.

Mix all the ingredients together with the egg well beaten and milk, and fry in boiling fat.

### 36. CORN BREAD No. 1

2 cups flour,  $1\frac{1}{2}$  cups cornmeal (yellow or white),  $\frac{1}{2}$  cup sugar, 1 saltspoon salt, 3 teaspoons baking powder,  $1\frac{1}{2}$  cups milk, 1 tablespoon butter or lard melted, 2 eggs.

Mix the flour, meal, salt, and baking-powder together thoroughly. Beat together the eggs and sugar; add the butter, then the flour mixture, and lastly mix in quickly the milk and turn into a flat pan to bake. Sour milk can be used instead of sweet milk, in which case a teaspoon of soda dissolved in  $\frac{1}{4}$  cup of hot water is used, and baking-powder is omitted.

### 37. CORN BREAD No. 2

1 cup fine cornmeal sifted,  $1\frac{1}{2}$  cups milk, 2 eggs, 1 tablespoon butter, 1 teaspoon baking powder, 1 teaspoon sugar.

Scald the milk and pour it onto the sifted meal. Let it cool, then add the melted butter, salt, sugar, baking powder, and yolks of the eggs. Stir it quickly and thoroughly together, and lastly fold in the whites of the eggs beaten to a stiff froth. Bake in a flat pan in a hot oven for 30 minutes.

### 38. PUFFS OR POP-OVERS No. 1

2 cups milk, 2 cups flour, 2 eggs (whites and yolks beaten separately) 1 teaspoon salt.

Mix the salt with the flour. Mix the beaten yolks with the milk, and add them slowly to the flour to make a smooth batter. Lastly fold in the whipped whites. Put the batter at once into hot greased gem-pans, filling them half full, and put into a hot oven for 30 minutes. Serve at once, as they fall as soon as the heat is lost.

### 39. POP-OVERS No. 2

Whip 2 eggs and add 2 cups milk, 2 cups flour, 2 teaspoons baking powder. Add half the milk then half the flour, then remainder of milk and flour. Bake in hot oven and serve at once.

### 40. GRAHAM GEMS

2 cups Graham flour, 1 cup milk, 1 cup water, 2 eggs,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon sugar.

Mix the dry ingredients together; beat the eggs separately. Mix the milk with the salt and sugar; add the water, then the flour, and lastly fold in the whipped whites, and put at once into very hot greased gem-pans, filling them half full. Bake in a hot oven 30 minutes.

### 41. CORN GEMS

2 eggs, 1 cup corn flour,  $\frac{1}{2}$  cup white flour, 1 tablespoon butter, 1 cup milk, 1 teaspoon salt, 1 teaspoon baking-powder.

Break the yolks of the eggs; add to them milk, salt, and melted butter; mix them well together, then add the two kinds of flour. Beat the whites of the eggs to a stiff froth; when they are ready, add the baking-powder to the flour mixture and then fold in lightly the whipped whites. Turn at once into warm gem-pans, a tablespoon of batter into each one, and bake in a hot oven for 15 minutes. This recipe can be used for any kind of flour.

#### 42. CORN MEAL MUFFINS No. 1

1 cup flour,  $\frac{1}{2}$  cup yellow corn meal,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  teaspoon salt, 3 teaspoons baking powder, 1 cup milk, 1 egg, 1 tablespoon melted butter, which should be poured in hot the last thing.

#### 43. CORN MEAL MUFFINS No. 2

$\frac{1}{2}$  cup cornmeal,  $\frac{1}{2}$  cup white flour, 1 egg,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon sugar, 1 tablespoon butter, 1 heaping teaspoon baking powder.

#### 44. MUFFINS No. 1

2 cups flour, 1 cup milk, 1 level tablespoon butter, 2 eggs (beaten separately)  $\frac{1}{2}$  teaspoon salt, 2 even teaspoons baking powder.

Mix thoroughly the baking-powder and salt with the flour. Stir the milk and yolks together; add the butter, melted; then the flour, and lastly fold in the whipped whites. Turn into hot gem-pans, and bake at once in a very hot oven for 15 to 20 minutes. Serve immediately.

#### 45. MUFFINS No. 2

$\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  cup milk, 1 egg,  $\frac{1}{2}$  teaspoon vanilla extract, 2 tablespoons butter, 2 heaping teaspoons baking powder, flour enough to make cake batter.

#### 46. JUST A DOZEN MUFFINS No. 3

One egg, 1 tablespoon sugar, 1 tablespoon melted butter, 1 cup sweet milk, 2 cups flour, 2 teaspoons baking powder.

#### 47. RAISED MUFFINS No. 1

1 pint milk, scalded,  $\frac{1}{2}$  compressed yeast-cake, 2 tablespoons butter, 1 tablespoon sugar, 1 teaspoon salt, about  $2\frac{1}{2}$  cups flour.

Scald the milk, and add the butter, sugar and salt. When it has become lukewarm, add the yeast dissolved in a quarter cup of lukewarm water. Stir in enough flour to make a drop batter, cover it well, place it in a warm place free from draughts, and let rise over night. In the morning stir it down, grease some muffin-rings, place them on a hot greased griddle, fill the rings half full of batter. It will rise to the top. Turn the muffins with a

pancake turner and bake them on both sides until a thin brown crust is formed. Two eggs may be added to the batter in the morning if desired. If so, beat the yolks and whites separately and add the whites last.

#### 48. RAISED MUFFINS No. 2

Two cups sweet milk scalded, 1 cup melted butter,  $\frac{3}{8}$  cup yeast, 1 egg well beaten, 1 teaspoon sugar, 1 teaspoon salt, flour enough for stiff batter. Sponge at night and in the morning dip the batter into muffin rings or gem pans and bake at once.

#### 49. ENGLISH MUFFINS OR CRUMPETS

Use the recipe for raised muffins, No. 1, omitting the sugar and eggs. Do not bake them so much. Turn them before the crust becomes brown. When cold, pull them apart and toast them.

#### 50. SALLY LUNN

This is the same as the recipe for Muffins No. 1, using 3 eggs instead of 2 and baking it in a cake-tin instead of gem pans. In this form it is served for luncheon or for tea.

#### 51. WAFFLES

2 cups flour, 1 teaspoon baking-powder,  $1\frac{1}{4}$  cups milk, 1 tablespoon butter, or lard, or cottolene,  $\frac{1}{2}$  teaspoon salt, 3 eggs beaten separately.

Mix the flour, baking-powder, and salt thoroughly together. Mix the yolks with the milk; then the melted butter, the flour, and lastly the beaten whites. Have the waffle-iron very clean; let it be thoroughly heated on both sides. Rub it over with a piece of salt pork, or with a piece of butter tied in a clean rag. Close the iron, and turn it so the grease will cover every part. Put enough batter into each section of the iron to fill it  $\frac{3}{4}$  full. Shut the iron, and cook the waffles a minute or longer on each side. Serve the waffles hot, using with them syrup or powdered sugar mixed with ground cinnamon.

#### 52. OAT CAKE

Mix oatmeal, which is ground fine, with a little salt and enough water to make a stiff dough. Roll it on a floured board to  $\frac{1}{8}$  inch thickness, and bake it in one sheet in a slow oven without browning, until dry and hard. It should be gray in color. When done, break it into irregular pieces. This is a Scotch dish, and in Scotland is made with a fine oat flour.

#### 53. BRAN BISCUITS

1 pint bran,  $\frac{1}{2}$  pint flour,  $\frac{1}{8}$  pint milk, 6 tablespoons molasses, 1 even teaspoon baking soda.

Mix the bran, flour, and soda together; mix the molasses and milk together, and add the flour mixture. Bake in gem-pans. Two of these biscuits eaten at each meal act as a laxative and cure for constipation. The recipe is furnished by a physician.

#### 54. BREAD STICKS

Any bread-dough may be used, though that with shortening is preferred. After it is kneaded enough to be elastic, cut it into pieces half the size of an egg, roll it on the board into a stick the size of a pencil and a foot long. Lay the strips on a floured baking-tin or sheet. Let them rise a very little, and bake in a moderate oven, so they will dry without browning. Serve them with bouillon or soups, or with tea.

#### 55. RUSKS

1 cup milk scalded, 2 tablespoons butter, 3 tablespoons sugar, 2 eggs,  $\frac{1}{2}$  cake compressed yeast,  $\frac{1}{2}$  teaspoon salt, flour.

Make a sponge (see directions at head of chapter), using the milk, salt, and yeast. When it is full of bubbles, add the butter, sugar, and well-beaten eggs. Stir in enough flour to make a soft dough. Knead it for 20 minutes. Let it rise to double its bulk; then mold it into balls the size of half an egg. Place them rather close together in a baking-tin, and let them rise until very light. When they are ready to go into the oven, brush over the tops with sugar dissolved in milk, and sprinkle the tops with dry sugar. Bake in a hot oven about  $\frac{1}{2}$  hour. Rusks must be well kneaded and be very light before being baked. A part of the dough set for bread may be made into rusks by adding to it an egg, sugar, and butter.

#### 56. DRIED RUSKS

Cut rusks that are a day old into slices  $\frac{1}{2}$  inch thick, and dry them in a slow oven until a fine golden color.

#### 57. CINNAMON BREAD

In the morning take a pint of bread dough; add to this 2 tablespoons sugar, yolks 2 eggs, 1 tablespoon butter, 3 tablespoons milk; add flour, and let it rise to twice its size. Then roll out and put in a buttered tin. Spread with melted butter and a cup of brown sugar; sprinkle well with ground cinnamon.

#### 58. SWEDISH ROLLS

Scald 1 pint of milk; pour over  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar, and 1 teaspoon salt. When cool, add 1 yeast cake, which has been dissolved in a small quantity of lukewarm water. Then add 2 well beaten eggs,  $1\frac{1}{2}$  dozen cardamon seeds, ground fine, and between 5 and 6 cups of flour; knead. Let rise over night; knead again; shape and let rise in tins. Bake 20 minutes.

**59. BATH BUNS**

4 cups flour, 1 cup milk,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  nutmeg grated,  $\frac{1}{2}$  compressed yeast-cake, 3 eggs.

Mix the salt, sugar, and grated nutmeg with the flour. Scald the milk and melt the butter in it. Dissolve the yeast in  $\frac{1}{4}$  cup of lukewarm water. When the scalded milk has become lukewarm, add to it the dissolved yeast and the eggs, which have been well beaten, the yolks and whites separately; then add the flour. Use more flour than given in the recipe, if necessary, but keep the dough as soft as possible. Knead it on a board for 20 minutes. Let it rise over night in a warm place, well covered. In the morning turn it on to the molding-board, roll it and rub it lightly with butter, then fold it several times, cut it into pieces the size of a large egg, and mold it into balls. The folding is to make it peel off in layers when baked, but may be omitted if desired. Press into the side of each bun, after it is molded, a piece of citron and lump of sugar wet with lemon-juice. Place the buns in a baking-tin and let them rise to more than double their size. Brush the tops with egg diluted with water to give a brown crust. Bake in a moderate oven for  $\frac{1}{2}$  hour. When baked, brush over the tops with sugar dissolved in milk, and return to the oven for a few minutes to glaze. Sprinkle a little powdered sugar over the tops as soon as they are removed from the oven.

**60. COFFEE CAKE**

Take 2 cups of bread sponge, add one egg well beaten,  $\frac{1}{2}$  cup of sugar, a tablespoon of butter, and a cup of tepid water. Mix them well together, then add enough flour to make a thin dough. Let it rise until double in size. Turn it on a board, and roll it out an inch thick. Place it in a baking-tin, cutting it to fit the tin, and let it rise again until light. Just before placing it in the oven, spread over the top an egg beaten with a teaspoon of sugar. Sprinkle over this some granulated sugar, and a few split blanched almonds. If preferred, the dough may be twisted and shaped into rings instead of being baked in sheets. This cake, which is a kind of bun, is, as well as bath buns, a good luncheon dish to serve in place of cake; or either of them, served with a cup of chocolate, makes a good light luncheon in itself.

**61. BRIOCHE**

Brioche is a kind of light bun mixture much used in France. It has many uses, and is much esteemed. It will not be found difficult or troublesome to make after the first trial. The paste once made can be used for plain brioche cakes, buns, rings, baba, savarins, fruit timbales, cabinet puddings, etc.

1 cake compressed yeast,  $\frac{1}{4}$  cup lukewarm water, 1 quart flour, 7 eggs,  $\frac{3}{4}$  pound butter,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons sugar.

Dissolve the yeast-cake in  $\frac{1}{4}$  cup of lukewarm water. Stir it so it will be thoroughly mixed; then add enough flour to make a very soft ball of paste. Drop this ball into a pan of warm water (the water must not be hot, or it will kill the yeast plant). Cover, and set it in a warm place to rise, which will take about an hour. This is for leaven to raise the brioche. The ball of paste will sink to the bottom of the water at first, but will rise to the top later, and be full of bubbles.

Put the rest of the flour on a platter, and make a well in the center of it. Into this well put the butter, salt, sugar, and four eggs. Break the eggs in whole, and have the butter rather soft. Work them together with the hand, gradually incorporating the flour, and adding 2 more eggs, one at a time. Work and beat it with the hand until it loses its stickiness, which will take some time. When the leaven is sufficiently light, lift it out of the water with a skimmer, and place it with the dough. Work them together, add one more egg, the last of the seven, and beat it for a long time, using the hand. The longer it is beaten the better and the finer will be the grain. Put the paste in a bowl, cover, and let it rise to double its size, which will take 4 to 5 hours; then beat it down again, and place it on the ice for 12 or 24 hours. As beating and raising the paste require so much time, the work should be started the day before it is to be used.

After taking the paste from the ice, it will still be quite soft, and have to be handled delicately and quickly. It softens more as it becomes warm.

### 62. TO MAKE A BRIOCHE ROLL WITH HEAD

Take up carefully a little of the paste, and turn it into a ball about 3 inches in diameter; flatten it a little on top, and with a knife open a little place on top, and lay a small ball of paste into it. Let it rise to double its size, and bake in moderate oven for 20 to 30 minutes. If a glazed top is wanted, brush it over with egg yolk diluted  $\frac{1}{2}$  with water, before putting it in the oven. Serve hot or perfectly fresh.

### 63. TO MAKE A BRIOCHE CROWN OR RING

Mold the paste into a ball, roll it down to a thickness of  $\frac{1}{2}$  inch, keeping the form round. Cut it several times through the middle, and twist the paste into a rope-like ring. Let it rise, brush the top with egg, and bake in a well-heated oven for about  $\frac{1}{2}$  hour.

### 64. TO MAKE BUNS

Roll the paste into small balls, glaze the tops when ready to go into the oven, and bake about 20 minutes.

### 65. BRIOCHE FOR TIMBALE, OR CABINET PUDDINGS

When the brioche is to be used for timbales, or cabinet puddings, turn the paste into a cylindrical mold, filling it half full. Let it rise to the top of the mold, and bake in a hot oven for about  $\frac{1}{2}$  hour.

### 66. PANCAKES

The batter for pancakes should be smooth, and thin enough to run freely when turned onto the griddle. In order to have all the cakes of the same size an equal quantity of batter must be used for each cake. It should be poured steadily at one point, so the batter will flow evenly in all directions, making the cake perfectly round. An iron spoonful of batter makes a cake of good size; but if a larger one is wanted, use a ladle or cup; for if the batter is put on the hot griddle by separate spoonfuls, the first becomes a little hardened before the second is added, and the cake will not be evenly baked, or have so good an appearance. Lastly, the baking is of great importance. The cakes must be well browned on both sides, the color even and uniform on every part. To effect this the griddle must be perfectly clean and evenly heated. A soap-stone griddle is the best, as it holds the heat well, and as it requires no greasing. The cakes baked thus are by some considered more wholesome. The griddle should stand on the range for some time before it is needed in order to get thoroughly and evenly heated. Where an iron griddle is used, it should also be given time to become evenly heated; and while the cakes are baking it should be moved so the edges may in turn come over the hottest part of the range. It must be wiped off and greased after each set of cakes is baked. A piece of salt pork on a fork is the best thing for greasing, as it makes an even coating, and too much grease is not likely to be used. An iron griddle is often allowed by careless cooks to collect a crust of burned grease around the edges. When in this condition, the cakes will not, of course, be properly baked. The griddle should be hot enough to hiss when the batter is turned onto it. Serve the cakes as soon as baked, in a folded napkin on a hot plate. Two plates should be used, so while one is being passed the next griddleful may be prepared to serve.

### 67. PLAIN PANCAKES

Stir 2 cups of milk into 2 beaten eggs; add enough flour to make a thin batter. Add  $\frac{1}{2}$  teaspoon of salt and a heaping teaspoon of baking-powder. Sour milk can be used, in which case omit the baking-powder and add  $\frac{1}{2}$  teaspoon of soda. The baking-powder or soda should not be put in until just before beginning to bake the cakes. The cakes will be lighter and better if the eggs are beaten separately, and the whipped whites added the last thing.

### 68. FLANNEL CAKES

1 tablespoon butter, 1 tablespoon sugar, 2 eggs, 2 cups flour, milk, 1 teaspoon baking-powder.

Rub the butter and sugar to a cream, add the beaten eggs, then the flour, in which the baking-powder has been sifted. Add enough milk to make a smooth, thin batter.

### 69. RICE PANCAKES

Make the same batter as for plain cakes, using half boiled rice and half flour. Any of the cereals—hominy, oatmeal, cracked wheat, etc.—can be used in the same way, utilizing any small quantities left over; a little butter is sometimes added.

### 70. BREAD PANCAKES

Soak stale bread in hot water until moistened; press out the water. To 2 cups of softened bread, add 2 beaten eggs, a teaspoon of salt,  $\frac{1}{2}$  cup of flour, and enough milk to make a thin, smooth batter; add, the last thing, a teaspoon of baking-powder, or use soda if sour milk has been used in the batter.

### 71. CORNMEAL PANCAKES

Pour a little boiling water on a cup of cornmeal, and let it stand  $\frac{1}{2}$  hour. Add a teaspoon of salt, a tablespoon of sugar, one egg and two cups of flour. Add enough milk to make a smooth batter, and a teaspoon of baking-powder just before baking. Instead of white flour rye meal may be used: one cup of rye to one of cornmeal, a tablespoon of molasses instead of the sugar, and soda in place of baking-powder.

### 72. BUCKWHEAT CAKES

Scald a cup of yellow meal or white flour in a quart of boiling milk. Add  $\frac{1}{2}$  teaspoon of salt; when cold add  $\frac{1}{4}$  of a compressed yeast-cake, and enough buckwheat flour to make a soft batter. Beat it well together. Let it rise over night. In the morning stir in a tablespoon of molasses and a teaspoon of soda. Although the above method is the old and better way, these cakes can be made in the morning, and baking-powder used instead of yeast; in which case divide the batter, and add the baking-powder, one half at a time.

### 73. ADIRONDACK PANCAKES

Bake several pancakes as large as a plate. Butter, and cover them with maple syrup. Pile them one on another, and cut like a pie.

## CHAPTER XII

# SANDWICHES AND SALADS

### SANDWICHES

#### 1. GENERAL DIRECTIONS

Sandwiches are always acceptable if well made and attractively served. Where they are to be kept some time, as in traveling, they should be wrapped in oiled or paraffin paper, for this will keep them perfectly fresh.

Sandwiches may be made of white, Graham, or brown bread, or of fresh rolls, and may be filled with any kind of meat, with fish, with salads, with eggs, with jams, or with chopped nuts.

#### Shapes

They may be cut into any shapes, the square and triangular ones being the usual forms, but a pleasant variety may be given by stamping them with a biscuit-cutter into circles, or by rolling them, and these forms are recommended for sandwiches made of jams or jellies, as it gives them a more distinctive character.

#### How to prepare the meat

The meat used in sandwiches should be chopped to a fine mince, seasoned with salt and pepper, mustard, if desired, and moistened with a little water, stock, cream or milk, or with a salad dressing, using enough to make the mince spread well. Fish can be pounded to a paste, then seasoned. Potted meats can also be used. Slices of anything that has a fibrous texture make the sandwich difficult to eat, and as knives and forks are not usually at hand when sandwiches are served, it is desirable to make the primitive way of eating as little objectionable as possible.

#### Butter

The butter for sandwiches should be of the best, and should be soft enough to spread easily without tearing the bread. The butter may sometimes be worked into the meat paste. What are called "sandwich butters" are frequently used. They are made by rubbing the butter to a cream, combined with anchovy paste, with mustard, with chopped parsley and tarragon, with *pâte de foie gras*, etc.

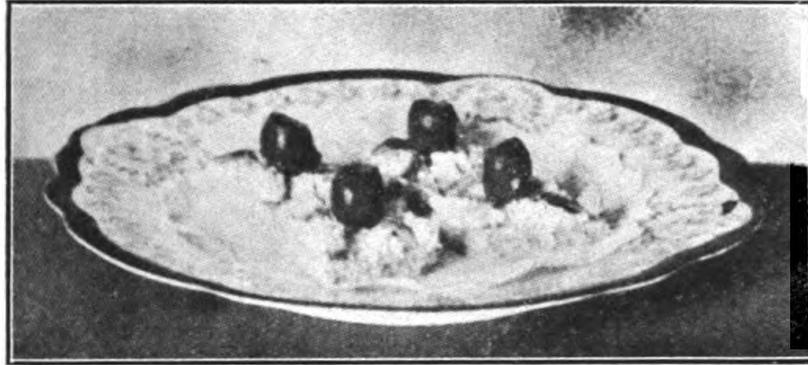
These butters are used to spread the bread for meat sandwiches, using with the butter any flavoring that will go well with the meat.

#### Rolls

When rolls are used for sandwiches, they should be very fresh, should be small, and have a tender crust. The finger rolls are good for the purpose, also Parker House rolls, when made in suitable shape. Graham bread makes excellent sandwiches.

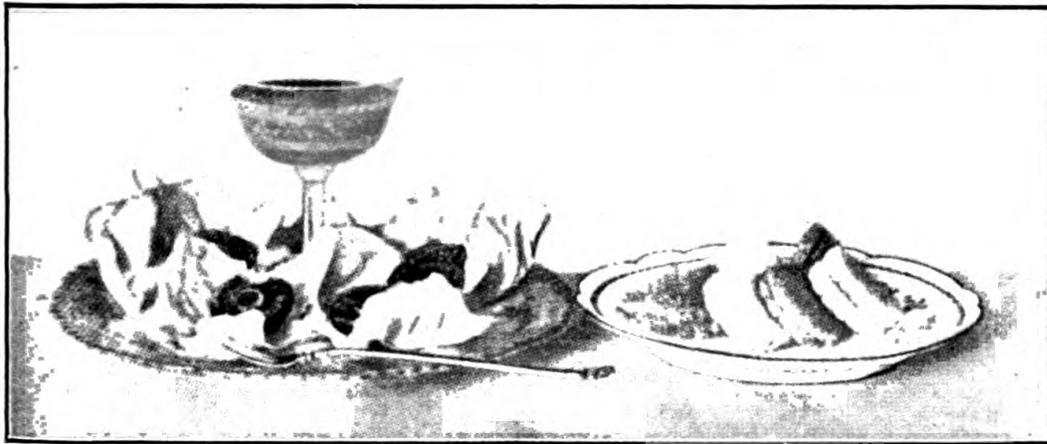
#### How to prepare the bread

Bread for sandwiches should be of fine grain and a day old. The crust should be cut off, and the loaf trimmed to good shape before the slices are cut. The crust and trimmings can be dried for crumbs, so they are not wasted, and



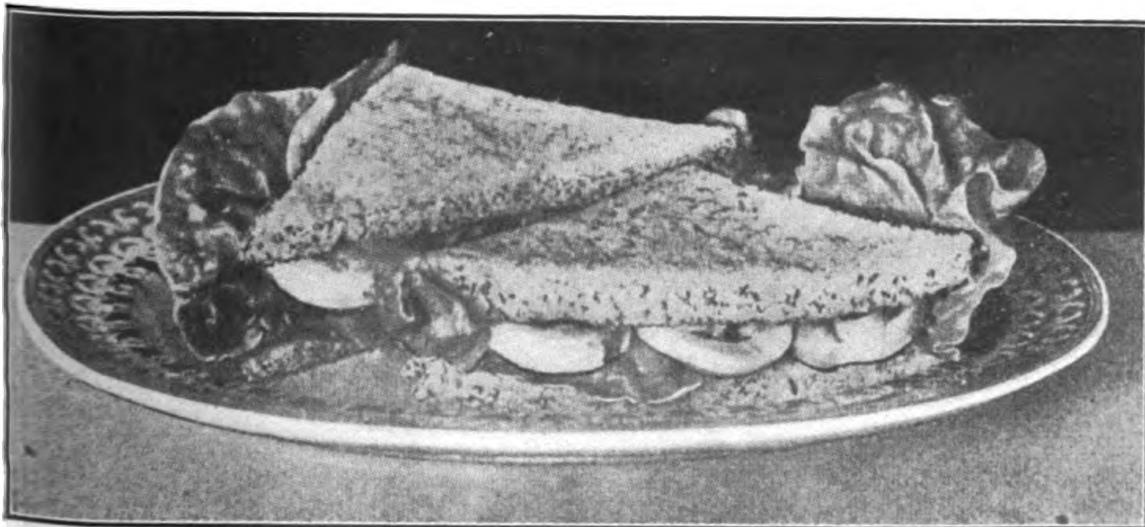
鰵醬克納披與披莫勒

Anchovy Canapés with Pimolas.



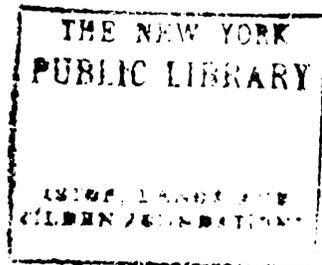
蠟黃壳推爾配小珊畏治

Oyster Cocktail, with Tiny Sandwiches.



蛋沙洛珊畏治

Egg-Salad Sandwiches.



no butter is lost in spreading bread which will afterward be trimmed off. When the bread is ready, the butter should be spread on the loaf, and then a slice cut off evenly  $\frac{1}{8}$  inch thick. The next slice will have to be cut off before being spread, in order to have it fit exactly on preceding piece. After the first slice is covered with the filling, lay the second slice on it. In many cases the second slice of bread does not need spreading with butter. Cut the sandwich to the desired shape. One cut across the loaf will make two square, or four triangular, sandwiches.

Poultry, game, ham, beef, and tongue can be prepared as directed above, or they may be mixed with a French or a Mayonnaise dressing. Chicken pounded to a paste, then well mixed with a paste made of the yolks of hard-boiled eggs mashed, a little milk or cream, and a little butter, then seasoned with salt, pepper, and a few drops of onion-juice, makes a delicious chicken sandwich. **Meat sandwiches**

Anchovies, sardines, or any fresh boiled fish may be used for sandwiches. It is better pounded to a paste. Moisten sardines with a little lemon-juice. **Fish sandwiches**

Fresh fish should be well seasoned with salt and pepper, and moistened with a white or any other sauce, or with Mayonnaise. A little chopped pickle may be added. Shad roe, mashed with a fork to separate the eggs, and seasoned in the same way, makes excellent sandwiches.

## 2. EGG SANDWICHES

No. 1.—Cut hard-boiled eggs into slices; sprinkle with salt and pepper plentifully, and spread the bread with butter mixed with chopped parsley.

No. 2.—Lay the sliced eggs between crisp lettuce leaves, and spread the bread with butter, then with Mayonnaise.

No. 3.—Chop the hard-boiled eggs fine. Mix with Mayonnaise and spread on the buttered bread, or mix them with well-seasoned white sauce.

## 3. PEANUT SANDWICH

One pint of freshly roasted peanuts, chopped fine. Add sufficient salad dressing to enable the mixture to be spread between thin slices of buttered bread.

## 4. CUCUMBER SANDWICH

Butter thin slices of wheat bread and spread over them a Mayonnaise dressing. Pare and slice a cucumber very thin and lay between the slices of bread. A lettuce leaf may be used instead of cucumber.

## 5. BANANA SANDWICH

Butter thin slices of bread and spread with Mayonnaise dressing and thin slices of banana.

**6. CHEESE SANDWICH No. 1.**

Cut bread in very thin slices and butter. Slice new cheese and put between bread with a little red pepper on cheese. Fry in hot melted butter.

**7. CHEESE SANDWICH No. 2.**

Take fresh cream cheese grated, moisten with very little sweet cream, then mix with finely chopped English walnuts. Spread between thin slices of buttered bread.

**8. HAM AND EGG SANDWICH**

Chop one cup boiled ham and 3 hard boiled eggs together, season to taste and spread between thinly cut slices of bread.

**9. BROWN BREAD SANDWICH**

Fry thin slices of bacon till crisp. Chop fine, add finely chopped onion, moisten with lemon juice or vinegar. Spread between thin slices of buttered brown bread.

**10. WINE SANDWICH**

2 cups raisins, stoned, 1 cup Brazil nuts, chopped very fine, mix with 2 tablespoons sherry wine. Serve between slices of brown bread.

**11. SARDINE SANDWICH**

$\frac{1}{2}$  pound box sardines, yolks of 6 hard boiled eggs,  $1\frac{1}{2}$  tablespoons butter, 1 tablespoon lemon juice, 1 tablespoon chopped parsley, salt. Remove skin and bones from sardines and mince all together. Will make 28 sandwiches.

**12. BAKED BEAN SANDWICH**

Mash cold baked beans to a paste, season with onion juice, a little mustard, add some finely chopped celery and parsley and spread between buttered bread, either brown or white.

**13. CHEESE AND WALNUT SANDWICH**

$\frac{1}{2}$  pound cheese,  $\frac{1}{4}$  pound English walnuts, saltspoon salt, mix with Mayonnaise dressing until soft enough to spread between two slices of buttered bread.

**14. PIMENTO SANDWICH**

Cut one can of pimentos into small strips, using none of the liquor. Add two small cucumber pickles chopped fine, and mix with Mayonnaise dressing. Nuts or celery may be combined with pimento instead of the pickle. Spread on buttered bread.

**15. GREEN PEPPER SANDWICHES**

Remove the seeds from 3 green peppers, add 3 or 4 little spring onions and chop as fine as possible. Spread a very little bit with a sprinkling of salt on the buttered bread; then spread mayonnaise dressing over that.

**16. CLUB SANDWICH (For luncheon)**

3 slices bread, crisp lettuce, cold white meat of chicken or turkey, thin slices of bacon and Mayonnaise dressing. Toast the bread an even brown, butter it while hot, and immediately place on one slice a leaf of crisp lettuce, then slices of chicken or turkey (white meat only) cut very thin, and a slice of the bacon fried, and a little Mayonnaise dressing, cover with second slice of toast and repeat the filling, and place third slice on top of this, pressing down gently. Everything should be ready for the sandwich and then put together quickly so it may be quite hot when served. Garnish with small pickle, olives, etc.

**17. ONION SANDWICH**

Cut Spanish onions into thin slices, dip in vinegar, and sprinkle with salt and pepper. Lay these upon a thin slice of bread and butter, pour over it a little tomato catsup, and cover with another slice of bread and butter.

**18. HOT HAM SANDWICH**

Chop ham very fine, mix with it pepper, mustard and enough butter to make a soft paste. Spread between very thin slices of entire wheat bread, cut off the crusts and cut in triangles. Beat one egg in  $\frac{1}{2}$  cup milk, put small pieces of butter in chafing dish, and when hot dip the sandwiches in the milk and fry quickly.

## CANAPÉS

### 1. GENERAL DIRECTIONS

Canapés are slices of bread toasted or fried in hot fat, or dipped in butter, and browned in the oven. The slices are then covered with some seasoned mixture. They are served hot, and make a good first course for luncheon. The bread is cut  $\frac{1}{4}$  inch thick, then into circles  $2\frac{1}{2}$  inches in diameter, or into strips 4 inches long and 2 inches wide. They are sometimes used cold, and are arranged fancifully with different-colored meats, pickles, egg, etc.

### 2. CHEESE CANAPÉS

Cut bread into slices  $\frac{1}{4}$  inch thick, 4 inches long and 2 inches wide. Spread it with butter, and sprinkle it with salt and cayenne or paprika. Cover the top with grated American cheese, or with grated Parmesan cheese, and bake in the oven until the cheese is softened. Serve at once, before the cheese hardens.

### 3. HAM CANAPÉS

Cut bread into slices  $\frac{1}{4}$  inch thick, then with a small biscuit-cutter into circles; fry them in hot fat, or sauté them in butter. Pound some chopped ham to a paste; moisten it with cream or milk. Spread it on the fried bread; dust with cayenne, sprinkle the top with grated Parmesan cheese, and place in a hot oven until a little browned.

### 4. ANCHOVY CANAPÉS

Spread strips of fried bread with anchovy paste. Arrange in lines, on top, alternate rows of the white and yolks of hard-boiled eggs chopped fine.

### 5. SARDINE CANAPÉS

Spread circles of fried bread with a layer of sardines pounded to a paste. Arrange on top, in circles to resemble a rosette, lines of chopped hard-boiled egg and chopped pickle.

### 6. CANAPÉ LORENZO

2 tablespoons butter, 2 tablespoons flour, 1 slice onion, 1 cup stock, 1 cup crab meat, 1 tablespoon milk,  $2\frac{1}{2}$  tablespoons grated Parmesan cheese,  $2\frac{1}{2}$  tablespoons Swiss cheese, salt, pepper, and cayenne.

Put in a saucepan one tablespoon of butter, and fry in it one slice of onion chopped fine, but do not brown; then add one tablespoon of flour and cook, but do not brown; add the stock slowly, and when smooth add the cooked crab meat. Season highly with salt, pepper, and cayenne, and let simmer for 6 or 8 minutes.

Put into another saucepan one tablespoon of butter; when melted, add one tablespoon of flour and cook, but not brown; then add the milk and stir in the cheese, and let cook just long enough to soften the cheese. Remove from the fire and let cool; then form the cheese mixture into six balls. Have ready 6 slices or circles of buttered toast, or bread fried in butter, and cover them with a layer of the crab mixture, and in the center of each piece place a ball of the cheese. Place in a hot oven for 5 minutes.

This is a good supper dish, and may be made of lobster, fish, or chicken.

## SALADS

### 1. GENERAL DIRECTIONS

Nearly all the meats, vegetables, and fruits may be served as salads. The essential thing is to have the salad fresh and cold; and if green, to have the leaves crisp and dry. If any water is left on leaves, the dressing will not adhere to them, but will run to the bottom of the dish, and both the salad and the dressing will be poor. All greens should be carefully washed in cold water to free them from dust and insects, and to make them crisp. After they have stood fifteen to twenty minutes in cold or ice water, filtered free them from moisture by swinging them in a wire basket, or dry, without bruising, each leaf carefully with a napkin. The dressing is added only at the moment of serving, as the salad wilts if allowed to stand after the dressing is added. The green salads are the most simple of any, and are especially worthy the little care required to make them perfect.

**Drying  
the salad**

Meat of any kind used for salads should be cut into dice, but not smaller than  $\frac{1}{2}$  inch, or it will seem like hash. It should be marinated before being mixed with the other parts of the salad. Meat mixtures are usually piled in cone-shape on a dish, the Mayonnaise then spread over it, and garnished with lettuce, capers, hard-boiled eggs, gherkins, etc.

**Cutting  
the meat**

To Marinate.—Take one part of oil and three of vinegar, with pepper and salt; stir them into the meat, and let it stand a couple of hours; drain off any of the marinade which has not been absorbed, before combining the meat with the other parts of the salad. Use only enough marinade to season the meat.

**Marinat-  
ing**

Where celery is used place in boiling water, then in ice water for ten minutes.

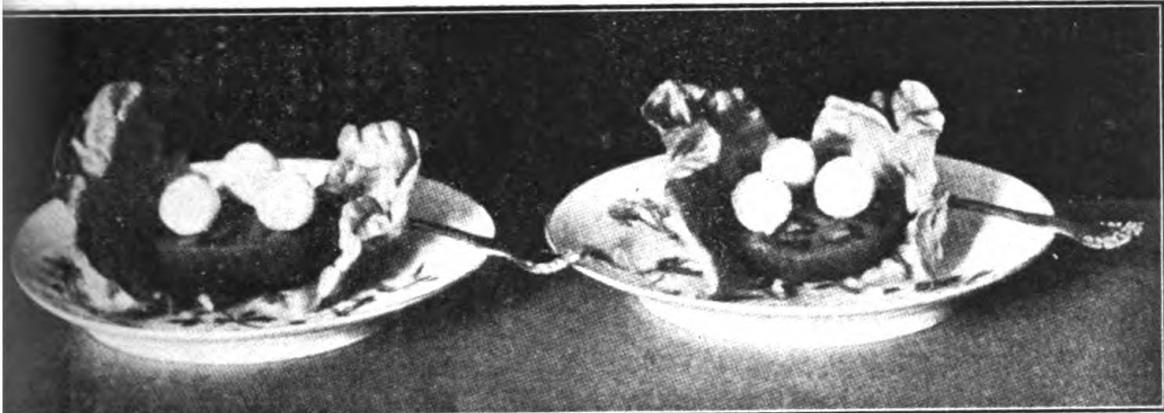
French dressing is used with green vegetable salads, and either Mayonnaise or French dressing with potato and tomato salads.

Lettuce, water-cress, or other leaf salads are better with French dressing. A boiled fish can be served whole as a salad for suppers or luncheons, or in hot weather as a fish course for dinner. It may be covered, all but the head and tail, with a thick coating of green or red jelly Mayonnaise and elaborately decorated with capers, olives, gherkins, hard-boiled eggs, and lettuce. Salmon or any firm fish serves this purpose. Fish may also be cut into cutlets of equal size and shape, and covered with jelly Mayonnaise garnished in the same way.

**Fish  
salads**

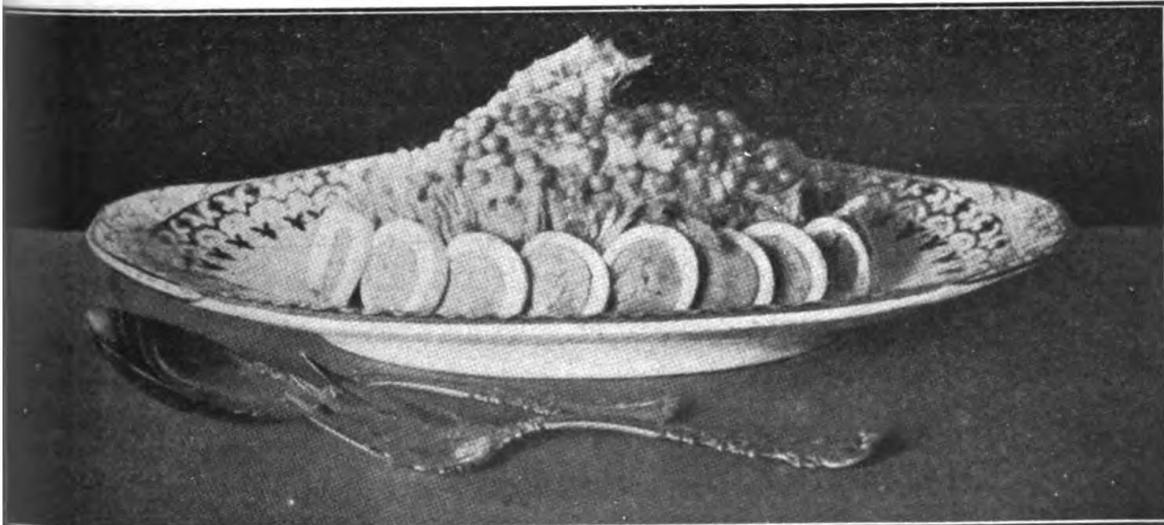
### 2. MAYONNAISE

The yolks will whiten by being stirred before the oil is added, and lemon-juice, used instead of vinegar, also serves to whiten the dressing; so it is not always necessary to add whipped cream, although the cream gives



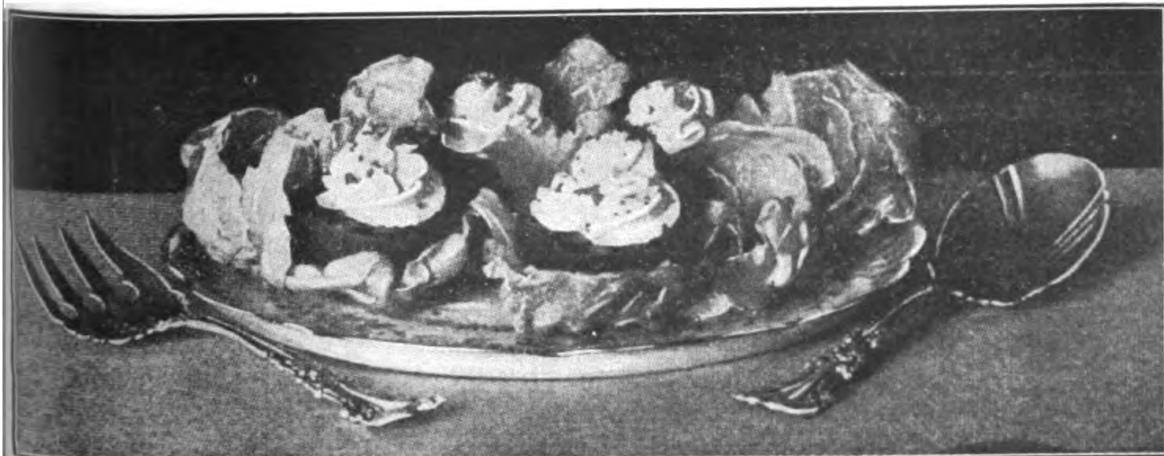
番茄知斯撒勒

Tomato-and-Cheese Ball Salad.



番茄撒勒上蓋奶油汁撒剝皮杏仁

Tomato Salad with Cream Dressing Piped on top and Sprinkled with Chopped Blanched Nuts.



子雞撒勒用青豆蛤硬蛋爲飾

Chicken Salad, Spring Style Garnished with Green Peas and Hard-boiled Eggs.

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ASTOR, LENOX AND  
TILDEN FOUNDATION

a very delicate and delicious Mayonnaise. The jelly Mayonnaise is used for molded salads, and will be found very good, as well as useful, for the class of salads served at suppers, etc.

### 3. FRENCH DRESSING

This dressing is the most simple, and the best one to use with green salads for dinner. The proportions are one tablespoon of vinegar or lemon to three of oil,  $\frac{1}{2}$  teaspoon of salt, and  $\frac{1}{4}$  teaspoon of pepper. Mix the salt and pepper with the oil; then stir in slowly the vinegar, and it will become white and a little thickened, like an emulsion. Some like a dash of paprica or red pepper. When intended for lettuce salad it is much improved by using a little tarragon vinegar with the wine vinegar. More oil may be used if preferred, but the mixture should be so blended as to taste of neither the oil nor the vinegar.

### 4. WINE SALAD DRESSING

Boil  $\frac{1}{2}$  cup sugar with  $\frac{1}{4}$  cup water three minutes, cool and add slowly  $\frac{1}{8}$  cupful sherry and  $\frac{1}{4}$  cup apricot brandy. Chill and pour over prepared fruits.

### 5. CLUBMAN'S DRESSING \*

Rub the bowl with a cut clove garlic, put in one teaspoon salt,  $\frac{1}{4}$  teaspoon black pepper, less than  $\frac{1}{8}$  teaspoon cayenne. Add slowly 6 tablespoons olive oil, one tablespoon Worcestershire sauce, and 2 tablespoons tarragon vinegar. Stir ingredients with a piece of ice and egg-whip until dressing is chilled and thickened.

### 6. ROQUEFORT SALAD DRESSING

Mash  $\frac{1}{3}$  cup Roquefort cheese, rub to a cream and gradually add 6 tablespoons olive oil,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon paprica, less than  $\frac{1}{8}$  teaspoon cayenne and 2 tablespoons vinegar while beating constantly. If a richer dressing is required add 2 tablespoons rich cream, omitting 2 tablespoons olive oil. This dressing is particularly tasty when served with all kinds of tomatoes, cucumbers, etc., but is not properly served with meat or fish salads.

### 7. SALAD DRESSING No. 1

Yolks of 4 eggs, 6 tablespoons milk, 4 tablespoons vinegar, 1 tablespoon sugar, butter size of a walnut,  $\frac{1}{2}$  teaspoon mustard, pinch of salt. Cook until thick.

### 8. SALAD DRESSING No. 2. (One Quart)

Yolks of 5 eggs, well beaten, 5 tablespoons vinegar, butter size of an egg, juice of 1 lemon,  $\frac{1}{2}$  pint whipped cream. For seasoning, mix together

6 teaspoons salt, 4 teaspoons mustard,  $\frac{1}{2}$  teaspoon red pepper; sift this 6 times. Stir the eggs into the boiling vinegar, cook until smooth and thick; while hot stir in the butter, strain and set away to cool. When wanted add the cream, lemon and one teaspoon of above seasoning (more if desired). To be used with shrimp, lobster or chicken.

### 9. SALAD DRESSING No. 3

Beat the yolks of 5 eggs, add 1 tablespoon mustard, 2 tablespoons sugar, 1 teaspoon salt and a pinch of cayenne pepper; add 1 cup boiling vinegar with a tablespoon melted butter, beat until thick, reduce with whipped cream or milk.

### 10. LETTUCE SALAD

Use only the tender leaves. Let them stand  $\frac{1}{2}$  hour in cold water to become crisp. Rub the inside of the salad bowl lightly with an onion. Wipe the lettuce leaves perfectly dry without bruising them, and arrange them in the bowl in circles, the heart leaves in the center. Sprinkle over them a teaspoon of mixed tarragon, parsley, and chives, chopped fine; pour over the French dressing, and toss them lightly together. French lettuce salads always have chopped herbs mixed with them, and they are a great improvement to the salad. If all of them are not at hand, any one of them may be used alone. The salad should be put together only just before being served, or its crispness will be lost. Nasturtium blossoms, small radishes cut into flowers, or a few white chicory leaves may be used with plain lettuce salad.

### 11. CUCUMBER AND TOMATO SALAD

Slice cucumbers and tomatoes into pieces of equal thickness, and lay them alternately around a bunch of white lettuce leaves. Pass separately either a French or Mayonnaise dressing, or both.

### 12. CUCUMBER SALAD TO SERVE WITH FISH

Peel the cucumbers, and place them in cold filtered water to become crisp. Do not use salt in the water, as is sometimes recommended, as it wilts and makes them indigestible. Cut the cucumbers in two lengthwise, and lay them, with the flat side down, on the dish on which they are to be served. Slice them without destroying their shape, and pour on them a French dressing.

### 13. STRING-BEAN SALAD

Cut each bean in four strips lengthwise; lay them evenly together and boil in salted water until tender. Remove them carefully and drain. When they are cold and ready to serve, pile them on a flat dish, trim the ends even, and pour over them slowly a French dressing. Garnish with parsley, white chicory leaves or nasturtium leaves.

#### 14. BEAN SALADS

Boiled navy beans, flageolets, or Lima beans may be mixed with French or Mayonnaise dressing, and garnished with hard-boiled eggs and parsley.

#### 15. CAULIFLOWER SALAD

Break the vegetable into flowerets; season with salt, pepper, and a little vinegar and oil. Pile them in a pyramid on a dish, and pour over them a white Mayonnaise. Arrange around the base a border of carrots or beets, cut into dice or fancy shapes, to give a line of color. Place a floweret of cauliflower on the top of the pyramid.

#### 16. MACEDOINE SALAD

This salad is composed of a mixture of vegetables. The vegetables are boiled separately; the large ones are then cut into dice of equal size. The salad is more attractive when the vegetables are cut with fancy cutters or with a small potato-scoop. Peas, flageolets, string beans, flowerets of cauliflower, beets, celery roots, asparagus points, carrots, and turnips—all, or as many as convenient, may be used. Mix them lightly with French dressing or with Mayonnaise. If the latter, marinate them first. Be careful not to break the vegetables when mixing them. Arrange lettuce leaves like a cup, and place the macedoine in the center.

#### 17. POTATO SALAD

Boil the potatoes with the skins on; when cold remove the skins and cut them into slices  $\frac{3}{8}$  inch thick, or into dice  $\frac{3}{8}$  inch thick, or cut the potatoes into balls with a scoop; sprinkle them with a little grated onion and parsley, chopped very fine. Turn over them a French dressing. They will absorb a great deal. Toss them lightly together, but do not break the potatoes, which are very tender. A Mayonnaise dressing is also very good with marinated potatoes. A mixture of beets and potatoes with Mayonnaise is also good. Garnish with lettuce, chopped yolk of hard boiled egg and capers. In boiling potatoes for salad, do not steam them after they are boiled, as they should not be mealy. New potatoes are best for salad.

If desired hard boiled eggs may be chopped and mixed with the potatoes.

#### 18. TOMATO SALADS

To remove the skins from tomatoes, place them in a wire-tray, and plunge them into boiling water for a minute. This is better than soaking them, soak in the water, which softens them if left too long.

**19. TOMATO SALAD No. 1**

Select tomatoes of the same size and shape; peel, and place them on ice until ready to use; then cut each one in two and place on each piece a teaspoon of Mayonnaise. Dress them on a bed of lettuce leaves; or, slice the tomatoes without breaking their form, place each on a leaf of lettuce, cover the tomato with Mayonnaise, and sprinkle over a little parsley chopped fine; or scoop out a little of the center from the stem end and fill it with dressing.

An attractive salad is made of the small yellow tomatoes which resemble plums. Remove the skin carefully; let them get thoroughly cold; then pile them on a dish the same as fruit, garnish with leaves of lettuce, and pour over them a French dressing.

**20. STUFFED TOMATOES No. 2.**

Select round tomatoes of equal size; peel and scoop from the stem end a part of the center. Place them on ice until ready to serve; then fill them with green peas and broken pecan nuts, mixed with Mayonnaise. Let it rise above the top of the tomato. Put a little Mayonnaise on small lettuce leaves, and place a stuffed tomato on the dressing in the center of each leaf. Arrange them in a circle on a flat dish. Tomatoes may be stuffed in the same way with chopped veal, celery and veal or chicken, celery and sweetbreads, or chopped hard-boiled eggs and shredded lettuce.

**21. TOMATOES AND EGGS No. 3**

Prepare the tomatoes as above; partly fill them with Mayonnaise, and press into each one the half of a hard-boiled egg, letting the rounded top rise a little above the tomato. Serve on lettuce as above.

**22. MOLDED TOMATOES No. 4**

Select small round tomatoes. Stuff them in any way directed above, but do not let the filling project beyond the opening. Place individual molds on ice. Small cups will do; pour in  $\frac{1}{8}$  inch of clear aspic or chicken aspic when it has set, place in each one a tomato, the whole side down; add enough jelly to fix the tomato without floating it. When that has set, add enough more to entirely cover it (see Fancy Molding). Turn each molded tomato onto the plate on which it is to be served, and arrange around it a wreath of shredded lettuce. Pass Mayonnaise dressing separately.

**23. TOMATO JELLY No. 5**

$\frac{1}{2}$  can or 2 cups tomatoes, 3 cloves, 1 bay-leaf, 1 slice of onion,  $\frac{1}{2}$  teaspoon thyme, 1 teaspoon salt, 1 teaspoon sugar,  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{2}$  box or  $\frac{1}{2}$  ounce of gelatine, soaked in  $\frac{1}{2}$  cup of water.

Boil together the tomatoes, spices, and onion until the tomato is soft; then add the soaked gelatine, and stir until the gelatine is dissolved; then strain and pour it into a border or ring-shaped mold to set. Serve with the center of the jelly-ring filled with celery cut into pieces, into straws, or curled, and mixed with Mayonnaise. Form outside the ring a wreath of shredded lettuce.

This jelly may also be molded in a solid piece and surrounded by the celery.

#### 24. FROZEN TOMATO SALAD No. 6

Take 1 can tomatoes, heat and strain, season with salt and cayenne pepper. Freeze, not too stiff, and serve with Mayonnaise dressing.

#### 25. TOMATO AND CHEESE BALL SALAD No. 7

Peel tomatoes and cut each into 2 slices, or, if smaller tomatoes be at hand, cut out the centers to make cases. For half a cream cheese take five or six olives and half a chili pepper; chop these very fine and mix through the cheese. Roll the cheese into small balls  $\frac{1}{2}$  inch in diameter and dispose two or three balls on a slice of tomato, resting on two heart leaves of lettuce. Pour 2 or 3 tablespoons of French dressing over the articles on each plate and serve at once.

#### 26. ASPARAGUS SALAD No. 1

Serve the small, bleached, canned asparagus spears in fagots, each bound with a narrow strip of red or green pepper. Place carefully on plates and serve with French or Mayonnaise dressing.

#### 27. ASPARAGUS SALAD IN BEET RINGS No. 2

Trim the stalks of asparagus to even lengths of 3 or 4 inches, tie these in bunches and set them upright in a kettle of boiling salted water; cover and let boil until tender, between 20 and 30 minutes. When tender remove from the water (use this for soup) and let become chilled. Put about 4 stalks through rings cut from slices of cooked beet. Set these on lettuce hearts, pour over a French dressing and serve at once. Crackers and cheese may accompany this salad.

#### 28. NEW BEETS STUFFED WITH ASPARAGUS TIPS No. 1

Stew asparagus, cut into small pieces, in a very little salted water, until tender; drain off the liquid and use it with the uncooked, tough stalks in making a soup. Set the asparagus aside to become chilled. Have ready small, new beets, cooked tender, with skins removed and centers taken out to make cups. Pour over these a French dressing made of equal measures of oil and vinegar, and let them stand until ready to use.

Tinned asparagus may be used if desired.

When about ready to serve dress the asparagus with French dressing, in which 1 teaspoon of vinegar is used to 3 or 4 of oil. Set the beet cups on heart leaves of dressed lettuce, and fill them with the dressed asparagus.

### 29. BEET SALAD No. 2

Boil young beets till tender, leaving some of the greens on, skin and cut into dice shape; to this add  $\frac{1}{2}$  as much English walnuts, broken in small pieces. A little time before serving add a small amount of Mayonnaise dressing to which cream or milk has been added. Just on sending to table add remainder of dressing. Serve on lettuce leaves.

### 30. EGG SALAD No. 1

Cut hard-boiled eggs into thick slices or into quarters. Use a sharp knife so the cuts will be clean. Arrange each portion on a leaf of lettuce partly covered with Mayonnaise, and arrange the lettuce in a circle on a flat dish, the stem of the leaf toward the center of the dish. Place a bunch of nasturtium flowers or a bunch of white chicory leaves in the middle.

### 31. EGG SALAD No. 2

Cut hard-boiled eggs in two, making the cut one third from the pointed end. Remove the yolks without breaking the whites; mash them and mix with chicken, chopped fine, and enough Mayonnaise to bind them. Fill the large half of the egg with the mixture, rounding it on top like a whole yolk. Invert the small pieces of white. Cut the pointed ends of both pieces flat, and stick them together with raw white of egg. Place the vase-shaped eggs on a flat dish, and fill the spaces with shredded lettuce. Pass Mayonnaise, as that put in the yolks will not be sufficient.

### 32. CHICKEN SALAD

Cut cold cooked chicken into dice  $\frac{1}{2}$  inch square, or into pieces of any shape, but not too small. Use only the white meat, if very particular as to appearance, but the dark meat is also good. Veal is sometimes substituted for chicken. Wash and scrape the tender stalks of celery. Cut them into small pieces, and dry them well. Use  $\frac{2}{3}$  as much celery as chicken. Marinate the chicken as directed at the head of chapter. Keep it in a cold place until ready to serve; then mix with it the celery, and add lightly a little Mayonnaise. Place the mixture in a bowl, smooth the top, leaving it high in the center; cover it with Mayonnaise. Garnish with hard-boiled eggs, the whites and yolks chopped separately; also with sliced pickle, stoned olives, capers, lettuce-leaves, celery-tops, etc. Arrange any or all of these in as fanciful design as desired. Shredded lettuce may be used instead of celery if more convenient. Celery may be scalded and put on ice, after being freshened in cold filtered water.

### 33. SWEETBREAD SALAD

One pound of sweetbreads, peeled, cooked and broken into small pieces, 1 can French peas, 1 can button mushrooms broken into small pieces, put together with plenty of Mayonnaise dressing.

### 34. LOBSTER SALAD

Cut the boiled lobster into one inch pieces or larger. Marinate it, and keep in a cool place until ready to serve; then mix with it lightly a little Mayonnaise. Place it in the salad bowl; smooth the top, leaving it high in the center. Mask it with a thick covering of Mayonnaise. Sprinkle over it the powdered coral of the lobster. Place on top the heart of a head of lettuce, and around the salad a thick border of crisp lettuce-leaves, carefully selected.

Shad roe, canned salmon, or any firm white fish mixed with Mayonnaise, and garnished with lettuce, may be served as a salad.

### 35. OYSTER SALAD

Scald the oysters in their own liquor until plump and frilled. Drain, and let them get very cold and dry. If large oysters, cut each one with a silver knife into four pieces. Just before serving mix them with Mayonnaise or Tartare sauce, and serve each portion on a leaf of lettuce. Celery may be mixed with oysters, and served the same way.

### 36. BOUILLI SALAD

Cut beef that has been boiled for soup into half-inch dice. Marinate it, using a little grated onion with the marinade. Mix it lightly with some cold boiled potatoes cut into half-inch dice, and some parsley chopped fine. Pour over it a French dressing, or Mayonnaise. Garnish with hard-boiled eggs and lettuce.

### 37. RUSSIAN SALAD, No. 1

Fill the outside of a double mold with clear aspic jelly, and the center with a macedoine of vegetables, or with celery, or with any one vegetable. Marinate the vegetables; then mix them with Mayonnaise made with jelly instead of eggs. Cover the top with jelly so the vegetables will be completely enclosed (see directions for double molding). Turn the form of salad on a flat dish, and garnish with shredded lettuce.

### 38. INDIVIDUAL RUSSIAN SALAD, No. 2

Ornament the bottom of small timbale-molds with carrot cut into fancy shape in the center, and a row of green peas around the edge. Add enough clear aspic or chicken jelly to fix them, then fill the mold with jelly; when it has hardened, scoop out carefully with a hot spoon some of the jelly from the

center, and fill the space at once with a mace-doine of vegetables mixed with jelly Mayonnaise as above. Serve each form on a leaf of lettuce. Pass Mayonnaise separately.

Note.—Molds of salad in aspic may be elaborately decorated with rows of different-colored vegetables, or they may be arranged in layers like the aspic of pâte.

Individual salads, when served for suppers, buffet lunches, etc., may be placed around graduated socles in a pyramid. Decorations of capers and parsley, also of truffles and tongue, are suitable for Russian salads.

### 39. BIRDS-NEST SALAD

Rub a little green coloring paste into cream cheese, giving it a delicate color like birds' eggs. Roll it into balls the size of birds' eggs, using the back or smooth side of butter-pats.

Arrange on a flat dish some small well-crimped lettuce leaves; group them to look like nests, moisten them with French dressing, and place five of the cheese balls in each nest of leaves. The cheese balls may be varied by flecking them with black, white, or red pepper.

The nests may be made of shredded lettuce if preferred.

### 40. GRAPE FRUIT, ORANGE OR POMELO SALAD

Use for this salad sour oranges; if these cannot be obtained, strain over sweet oranges after they are sliced a little lemon juice. Cut the oranges in thick slices, remove the seeds carefully, arrange them in rows, and turn over them a dressing made of one tablespoon of lemon juice to 3 of oil, with salt and cayenne, or paprika to taste. Serve with game.

Grape fruit or pomelo may be used the same way, and walnut meats used with either.

### 41. ENDIVE AND ORANGE SALAD

Wash the bleached endive, dry and set aside to chill. When ready to serve dispose the endive in a salad bowl; above set peeled oranges, sliced lengthwise of the orange, and over all pour a French dressing, made of 6 tablespoons oil, 2 tablespoons lemon juice, 2 tablespoons claret wine and  $\frac{1}{2}$  teaspoon salt. Toss together and serve. This is particularly good with game, or with any roast meat.

### 42. ORANGE AND BRAZIL NUT SALAD

Select fine heavy oranges, remove the peel and every particle of the white skin, and cut crosswise in half inch slices, discarding the seeds and white core. Slice Brazil nut meats, blanched, over each portion. Arrange on plate, and place a rose of Mayonnaise in center of each service. Sprinkle thickly with finely chopped Brazil nut meats without blanching. This is a particularly good salad to serve with game.

**43. APPLE AND DATE SALAD**

Pare and core 3 apples, cut into straws. There should be 2 cups. Sprinkle with lemon juice to prevent discoloration. Clean  $\frac{1}{2}$  lb. dates, remove skins and stones, cutting each date into four strips. Mix apples and dates and marinate with French dressing; let stand one hour. Add  $\frac{1}{2}$  cupful blanched almonds, cut in shreds lengthwise. Mix well and serve. **Mask with Mayonnaise dressing.**

The salad may be served in nests of lettuce heart leaves.

**44. PEAR SALAD**

Drain canned pears from liquor. Cut in eighths lengthwise, pour over French dressing and garnish with red pepper ribbons. Cut a slice from the stem end of sweet red peppers, remove the seeds and veins, then cut peppers in very narrow strips, beginning at the open end and working around and around the pepper, using sharp scissors or a sharp paring knife. Cover peppers with boiling water, let stand three minutes, drain and chill in ice water. Use as directed above.

The pears may be arranged in nests of lettuce heart leaves.

**45. FRUIT SALAD No. 1**

Take equal parts, pineapple cut into dice, cherries, bananas and English walnut meats. Pour over a French or Mayonnaise dressing.

**46. FRUIT SALAD No. 2**

2 pomeloes cut into small pieces after removing all skin, 4 oranges, cut small; 2 small apples, cut small; 5 bananas cut small; 1 tin pineapple cut small—no juice; a few chopped walnuts; a few red cherries.

Mix all together, and stir in the Mayonnaise dressing just before serving. It should not stand too long before using.

**47. BANANA AND PIMENTO SALAD**

Peel, scrape (with a silver knife) three large bananas. Cut in three pieces crosswise, then cut each piece lengthwise in nine strips. Sprinkle with lemon juice to prevent discoloring. Arrange in nests of lettuce leaves, and strew over them thread-like strips of pimento. Garnish with Mayonnaise.

**48. GRAPE FRUIT SALAD**

Remove the skin and tough fibre covering pulp, arrange pulp in cup shaped lettuce leaves and cover with white grapes cut in halves and seeded. Allow one cup of prepared grapes to each grape fruit. Serve with Mayonnaise tinted green. This may be served in baskets made from peel of fruit.

**49. BANANA SALAD**

Peel and scrape bananas with a silver knife, cut in three pieces crosswise, then cut each piece in strips lengthwise, and roll strips in finely chopped pecan nuts, delicately seasoned with salt and paprica. Arrange prepared strips on thin slice of orange (skin and seeds removed), set in a nest of lettuce heart leaves. Pour over cream salad dressing or Mayonnaise.

**50. SALAD INDIENNE**

Rice cooked in salted water flavored with lemon, well cooled. Season with salt, pepper, butter, lemon juice, oil. Add the same quantity of chopped apples and stir well into the rice.

It should be prepared 3 or 4 hours before required and served very cold. Vinegar must not be used.

**51. SALAD VALENCIENNES**

Rice, nuts, peas, sweet red pimentos, salt, black pepper, oil, vinegar and cayenne pepper.

**52. SPANISH SALAD**

Cut a cream cheese into  $\frac{1}{2}$  inch cubes. Cut Spanish pimentos into  $\frac{1}{2}$  inch squares. There should be about twice as many cubes of cheese as squares of pimento. Dispose the cheese and pimento on washed and dried heart leaves of lettuce with a generous allowance of Mayonnaise above. A suitable salad for a luncheon party.

**53. CHEESE PUFFS**

**To serve with salad**

Two tablespoons butter, 4 tablespoons flour, 4 tablespoons grated cheese, 1 cup water,  $\frac{1}{2}$  teaspoon salt, little cayenne pepper, 2 eggs. Put butter and water on stove, mix cheese, flour, salt, pepper and stir into water. Cook for three minutes, stirring all the time. Let this mixture get cold, then add eggs one at a time. Beat this batter 5 minutes, and drop on buttered pan in teaspoonfuls, bake in moderate oven 20 minutes. Serve hot.

**54. VANITIES**

**To serve with salad**

One egg, a little salt, beat very light, add enough flour to roll, using as little as possible, roll out as thin as paper, they cannot be too thin. Cut in fancy shapes and drop in hot lard until they are a delicate brown. Sprinkle with salt, while hot.

**55. CHEESE BALLS****To serve with salad**

One pint grated cheese, sprinkle with cayenne;  $\frac{1}{2}$  teaspoonful salt, whites two eggs well beaten, mix thoroughly and roll in balls the size of a large marble. Roll in bread crumbs, then in egg, then in crumbs and fry in basket in hot lard. To be served hot with salad.

**56. NUT BALLS****To serve with salad**

Mix smoothly one cup grated cheese, one cup ground peanuts, one tablespoonful orange juice or sufficient of latter to moisten the mixture so that it can be formed into balls the size of a hickory nut.

CHAPTER XIII  
COLD PUDDINGS AND JELLIES  
COLD PUDDINGS

1. MATERIALS

Isinglass comes in thin sheets, is very clear, and makes a brilliant jelly. There are  $8\frac{1}{2}$  sheets of the white and 13 sheets of the red, to an ounce. For dissolving and proportions, see directions, Sweet Jellies.

**Chocolate** Unsweetened chocolate is usually divided into squares weighing one ounce each. Sweetened chocolate is usually divided into bars, each weighing a little less than  $1\frac{1}{4}$  ounces.

**To melt chocolate** Break the chocolate into pieces, and put them into a dry pan on the fire, where the heat is moderate. The chocolate melts quickly, and must be carefully watched, or it will burn. Add a few spoonfuls of milk to melted chocolate to dissolve it before adding it to custards.

**To whip eggs** Do not let a particle of the yolk get into the whites. Add a little salt, and they will whip more quickly.

**Sweetening** One tablespoon of powdered sugar to the white of one egg is the right proportion for sweetening meringue. Add but one spoonful of sugar at a time, place it on the side of the dish, and beat it in gradually from below. This will destroy the air-cells less, and leave the egg lighter than sprinkling the sugar over the top.

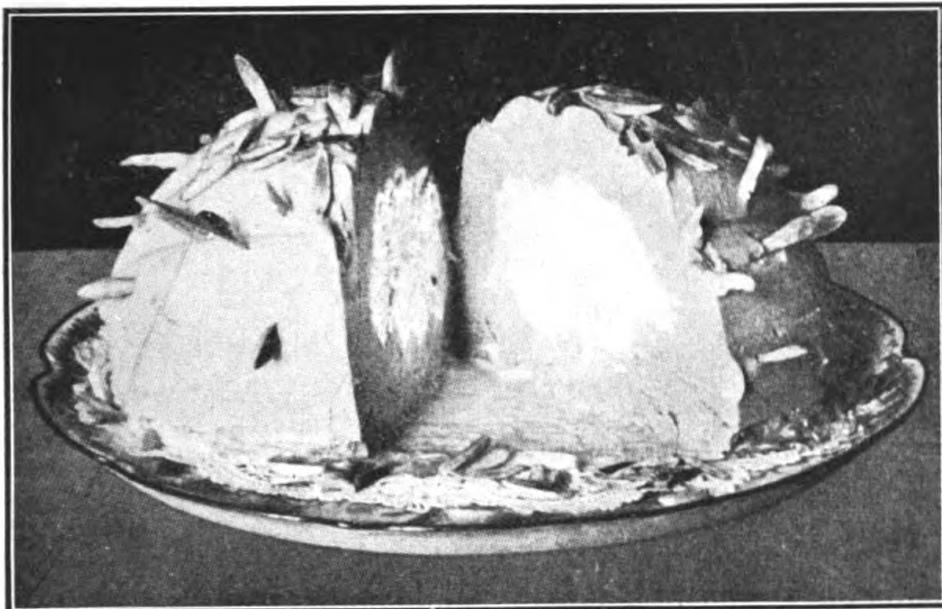
**Milk** Milk is scalded when the water in the outside double kettle boils.

**Raisins** Raisins are more easily stoned if soaked a few minutes. Roll raisins and currants in flour before adding them to cake or puddings. If added the last thing they will then hold in place, and not sink to the bottom.

**Thickening** Use arrowroot to thicken fruit juices. It cooks perfectly clear, and does not destroy the color or cloud the transparency of the fruit.

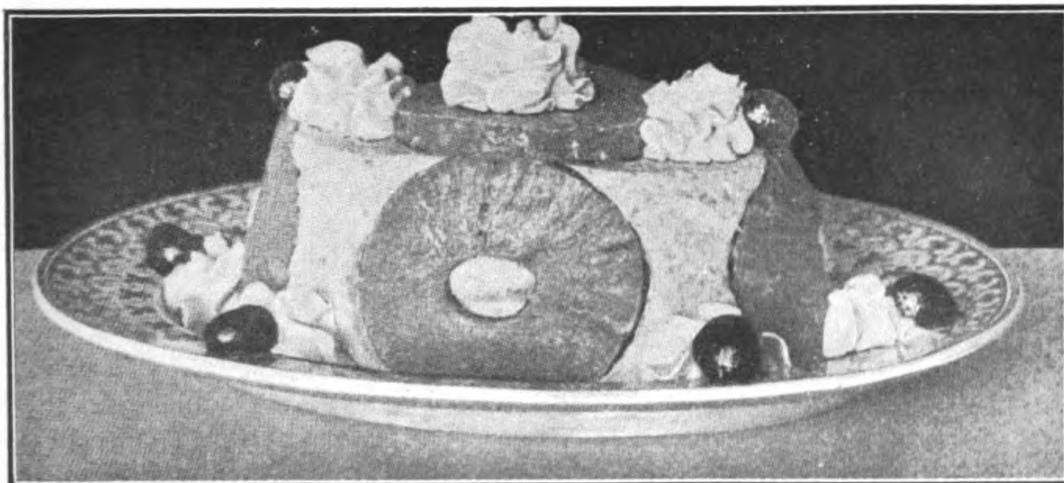
**Flavoring** Where essences or wine flavorings are used they are put in the last thing, and after the mixture is cooked. For cold desserts the mixture should be partly or entirely cold before adding them.

**Molding** In molding mixtures be careful that bubbles of air do not form on the sides of the molds, as they leave holes and destroy the smoothness and beauty of the form. This can be prevented by pouring the mixture very slowly into the center of the tin.



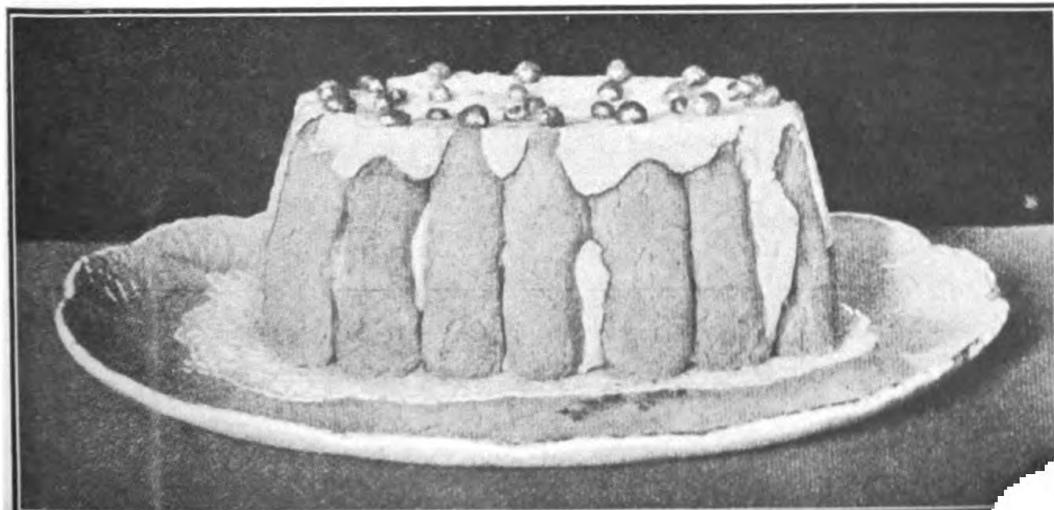
克拉麥爾糖邦欠攪黃杏仁

Caramel Bombe Glacé, Fillets of Blanched-and-Browned Almonds.



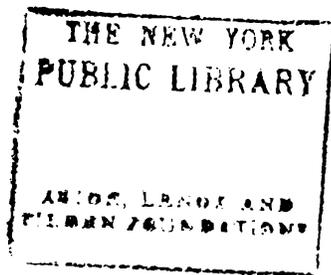
波羅巴非利恩奶油

Pineapple Bavarian Cream.



大黃沙洛魯斯

Rhubarb Charlotte Russe.



### FLAVORS

Vanilla has long held first place in cooking as flavoring, but is no longer highly esteemed, and by many it is considered injurious. The essences of fruits, flowers, and nuts, are preferable.

Cordials or liqueurs give by far the most delicate and pleasant flavor to jellies, creams, and many other desserts. They are rich syrups of different flavors, and contain only enough spirits to preserve them. Maraschino has the flavor of bitter cherry, curaçao of orange-peel. **Liqueurs**

Kirsch, rum, and sherry are also much used in high-class cooking, and, like the liqueurs, need not be excluded from use on the score of temperance. **Wines** The slight flavor they impart to cooked dishes does not suggest the drink or create a taste for liquors. Wine augments the flavor of salt, and so the latter should be used sparingly until after the flavoring is added.

### COLORING

Vegetable coloring pastes, which are entirely harmless, can be obtained. The green and the red, or carmine, are the colors generally used for icings, creams and jellies. The orange is used for orange-cake icing and candies. Very little should be used, as the colors should be delicate. To guard against using too much it is well to dilute it with a little water and add only a few drops at a time to the mixture.

The various shades of red to pink are obtained by using more or less carmine.

Fruit juices impart both color and flavor. They should be filtered before using, or they give a muddy color. **Fruit Juices**

### GARNISHING

To decorate cold sweet dishes, use fancy cakes, icings, fruits either fresh, candied, compote or glacé; jellies or blanc-mange molded, or made into a layer and then cut into fancy shapes. Spun sugar makes a fine decoration, and can be formed into nests, wreaths, balls, or simply spread irregularly over a dish.

Candied fruits are very useful and beautiful for both cold and hot desserts, and are not expensive, as but little is used at a time, and they keep indefinitely in closed jars. Cherries are used whole, the other fruits are cut into pieces. **Candied California fruits**

Angelica is also very effective for decoration. It is cut into thin strips and then into diamond-shaped or triangular pieces, and used to simulate **Angelica** leaves. The combination of cherries and angelica is especially pretty.

A mold sprinkled with currants makes a good garnish for hot or cold **Currants** puddings.

- Raisins and almonds** Raisins and almonds also make an effective garnish for either hot or cold desserts.
- Nuts** Almonds, pistachio nuts, filberts, English walnuts and chestnuts are employed in many ways, as see recipes.
- Fresh flowers** Fresh flowers and green leaves may be used with good effect on many cold dishes. Pink roses lend themselves particularly to this purpose. Violets, pansies, geraniums, sweet-peas and others are often appropriate. Nasturtiums with salad are good for both decoration and flavor.
- Colored sugars** Colored sugars and small candies called "hundreds and thousands" are used to sprinkle over icings, meringues, creams and whips. To color sugar, sift coarse granulated sugar, spread the coarse grains on stiff paper, and drop on it a few drops of coloring fluid. Roll it under the hand until evenly tinted, then leave to dry on the paper. Keep in corked bottles.
- Sauces** Sauces for cold sweet dishes are custards, whipped cream, canned or preserved fruit, fresh fruit juices, or purées. The purées are crushed fruit sweetened to taste (with syrup at 30° if convenient). They are improved with a little flavoring of Maraschino, Kirsch, curaçao, or with orange or lemon juice.
- Peach** Peach is improved in appearance if slightly colored with carmine.
- Canned fruits** Canned fruits are now very inexpensive, and many of them are fresh in taste as well as appearance. They are useful in a variety of desserts, and often suit the purpose as well as fresh fruits.

### THE STORE-CLOSET

**Garnishing and flavoring** The various articles needed for garnishing, flavoring, etc., should be kept in glass preserve jars, and labeled. The store-closet, once furnished with the requisites for fancy dishes, will tempt the ordinary cook to a higher class of work, and contribute to the desirable end of presenting dishes that please both sight and taste, and so raise the standard of everyday cooking. It is very easy to garnish a dish or decorate a mold, and the habit once formed will lead to more ambitious attempts.

### BEATEN WHITES OF EGGS OR BOILED CUSTARD MAY BE SUBSTITUTED FOR WHIPPED CREAM

#### 2. BOILED CUSTARD No. 1

2 cups, or one pint, of milk, yolks of 3 eggs,  $\frac{1}{2}$  saltspoon salt,  $\frac{1}{2}$  teaspoon vanilla, 3 tablespoons sugar.

Boiled custard is the basis of many puddings, ice-creams and sauces. It requires care to get it just right, for the cooking must be arrested at the right point; a moment too soon leaves it too thin, a moment too long curdles and spoils it. It should have the consistency of thick cream, and be perfectly smooth. It is safer to make it in a double boiler. Bring the milk to the scalding-point without boiling; then take from the fire, and pour it slowly into the eggs and sugar, which have been beaten together to a cream; stir all the

time; replace on the fire, and stir until the custard coats the spoon, or a smooth creamy consistency is attained; then immediately strain it into a cold dish, and add the flavoring. If vanilla bean, peach leaves, or lemon zest are used for flavoring, they can be boiled with the milk. If by accident the custard begins to grain, arrest the cooking at once by putting the saucepan in cold water; add a little cold milk, and beat it vigorously. Five egg yolks to a quart of milk will make a good boiled custard, but 6 or 8 make it richer. It is smoother when the yolks only are used, yet the whole egg makes a good custard, and in the emergency of not having enough eggs at hand a little cornstarch may be used.

Boiled custard may be flavored with vanilla, almond, rose, maraschino, noyau, caramel, coffee, chopped almonds, grated cocoanut, or pounded macaroons. The cocoanut makes a delicious custard, but must be rich with eggs and stiff enough to keep the cocoanut from settling to the bottom.

### 3. BOILED CUSTARD No. 2

Make a boiled custard (see preceding recipe), using a pint of milk, 3 yolks, 3 tablespoons of sugar, dash of salt, and any flavoring preferred. Let it get entirely cold; just before serving mix in lightly the whites of 3 eggs beaten to a stiff froth. This will give a sponge-like texture, and make a very delicate custard. As the whites are not cooked it will not keep long after they are added. Ornament the top with bits of jelly on small pieces of the whipped egg.

### 4. BOILED CUSTARD No. 3

Scald  $1\frac{1}{2}$  cups of milk; stir one level teaspoon of cornstarch with 1 or 2 tablespoons of cold milk, then cook in the hot milk 10 minutes. Beat the yolks of 2 eggs; add a scant  $\frac{1}{4}$  cup of sugar and a few grains of salt, mix thoroughly and stir into the hot milk; continue to stir until the mixture thickens a little, then strain into a cold dish.

### 5. FLOATING ISLAND

Whip the whites of 2 or 3 eggs very stiff; add a tablespoon of powdered sugar to each egg; flavor with essence of almond, and add a few chopped almonds. Turn it into an oiled pudding-mold which has a fancy top; cover and place it in a saucepan of boiling water to poach for 20 minutes. Leave enough room in the mold for the meringue to swell. Let it stand in the mold until cold; it will contract and leave the sides. When ready to serve, unmold the meringue and place it on boiled custard served in a glass dish.

### 6. CHOCOLATE CUSTARD

Make a boiled custard No. 1, using the whites as well as the yolks of the eggs; add one bar of melted chocolate. Mix thoroughly and strain into cups.

### 7. BAKED CUSTARD

Use the same proportions as for boiled custard. Beat the eggs, sugar, and salt together to a cream; stir in the scalded milk; turn into a pudding-dish or into cups; grate a little nutmeg over the top; stand it in a pan of hot water, and bake in a moderate oven until firm in the center. Test by running a knife into the custard. If it comes out clean, it is done; if milky, it needs longer cooking; but it must be carefully watched, for it will separate if cooked too long.

A custard, to be smooth and solid, must be baked very slowly. The holes often seen in baked custard are caused by escaping bubbles of steam, which rise through the mixture when the heat reaches the boiling-point.

### 8. CARAMEL CUSTARD

Put a cup of granulated sugar into a small saucepan with a tablespoon of water; stir until melted; then let it cook until a light brown color (see caramel). Turn half the caramel into a well-buttered mold which has straight sides and flat top, and let it get cold. Into the rest of the caramel turn  $\frac{1}{2}$  cup of hot water, and let it stand on the side of the range until the caramel is dissolved. This is for the sauce.

Stir 4 yolks and 2 whole eggs, with 3 tablespoons of sugar, and  $\frac{1}{2}$  saltspoon of salt, to a cream, but do not let it froth; add a pint of scalded milk and  $\frac{1}{2}$  teaspoon of vanilla. Strain this into the mold onto the cold hardened caramel. Place the mold in a pan of hot water, and bake in a very moderate oven until firm in the center; test by running in a knife (see baked custard), and watch it carefully. The water in the pan must not boil and the oven should be so slow that it will take at least an hour to cook the custard. It will then be very firm and smooth. Unmold the custard when ready to serve. It will have a glaze of caramel over the top, and some will run down the sides. Serve the caramel sauce in another dish.

### 9. CHOCOLATE CREAM CUSTARD

Use the same proportions as for caramel custard. Add  $1\frac{1}{2}$  ounces of melted chocolate. Strain it into a buttered mold, and bake slowly the same as caramel custard. Unmold when cold, and serve with or without whipped cream.

Both the caramel and the chocolate cream custards may be baked in individual timbale-molds, if preferred.

### 10. RENNET CUSTARD

Sweeten and flavor the milk; heat it until lukewarm; then turn it into the glass dish in which it is to be served. Add to each quart of milk a tablespoon of liquid rennet (which comes prepared for custards), and mix it thoroughly. Let it stand where it will remain lukewarm until a firm curd is

formed; then remove carefully to a cold place. If jarred the whey is likely to separate. Brandy or rum make the best flavoring for this custard, but any flavoring may be used. It may be served without sauce, but a whipped cream, colored pink, improves it, and also takes away the suggestions of soured milk which curds give.

## CORN-STARCH PUDDINGS

### 11. A PLAIN CORN-STARCH PUDDING No. 1

1 pint milk, 2 heaping tablespoons of corn-starch, 3 tablespoons sugar. whites of 3 eggs,  $\frac{1}{2}$  teaspoon vanilla.

Beat the eggs to a stiff froth. Dissolve the corn-starch in a little of the cold milk. Stir the sugar into the rest of the milk, and place it on the fire. When it begins to boil, add the dissolved corn-starch. Stir constantly for a few moments. When it becomes well thickened, stir in the beaten whites of the eggs, and let it remain a little longer to cook the eggs. Remove from the fire; flavor with vanilla, and turn it into a mold.

This pudding is quickly and easily made. It gives about a quart of pudding, or enough to serve 6 to 8 persons. It may or may not be served with a custard made of the yolks of the eggs, but it requires a good sauce and flavoring, or it is rather tasteless. Several variations of this recipe are given below.

### 12. CORN-STARCH WITH CANNED FRUIT No. 2

When the corn-starch is sufficiently set to hold the fruit in place, stir into it lightly one half can of well-drained fruit (cherries, raspberries, strawberries, or any other fruit), and turn it into a mold to harden. Serve the juice of the fruit with it as a sauce.

### 13. COCOANUT PUDDING No. 3

When the corn-starch is removed from the fire, and partly cooled, add half a coconut grated. Mix it well together and turn into a mold; serve with a custard or, better, with whipped cream. Sprinkle sugar over the half of the grated coconut not used, and spread it on a sieve to dry. It will keep for some time when dried.

### 14. CHOCOLATE PUDDING No. 4

When the corn-starch is taken from the fire and flavored, turn one third of it into a saucepan, and mix with it one and a half ounces or squares of chocolate melted, a tablespoon of sugar if unsweetened chocolate is used, and  $\frac{1}{2}$  cup of stoned raisins. Let it cook one minute to set the chocolate. Turn into a plain cylindrical mold half of the white corn-starch. Make it a smooth, even layer, keeping the edges clean; then add the chocolate;

smooth it in the same way; then add the rest of the white corn-starch, making 3 even layers, alternating in color; after each layer is in wipe the sides of the mold so no speck of one color will deface the other.

### 15. CORN-STARCH CHOCOLATES (Very Simple, and Quickly Made)

Scald a pint of milk and 4 tablespoons sugar; add an ounce of chocolate shaved thin, so it will dissolve quickly; then add 2 heaping tablespoons of corn-starch which has been diluted with a little of the cold milk. Stir over the fire until the mixture is thickened, add  $\frac{1}{2}$  teaspoon of vanilla, and turn it into small cups to cool and harden. Unmold the forms when ready to serve, and use sweetened milk for a sauce. By using a little less corn-starch, this mixture will be a smooth, thick custard, and may be served in the cups.

### 16. BLANC-MANGE, OR WHITE JELLY

$\frac{1}{2}$  box, or 1 ounce, of gelatine,  $3\frac{1}{2}$  cups milk,  $\frac{3}{4}$  cup sugar, 1 teaspoon of vanilla, or other flavor.

Scald 3 cups of milk with the sugar; then add and dissolve in it the gelatine, which has soaked for  $\frac{1}{2}$  hour in  $\frac{1}{2}$  cup of milk. Remove from the fire, add the flavoring, and strain into a mold. Blanc-mange may be flavored with any of the liqueurs, and it may have incorporated with it, when stiffened enough to hold them suspended, chopped nuts or fruits, or raisins, currants, and citron.

### 17. PLUM PUDDING JELLY

$\frac{1}{2}$  box, or 1 ounce of gelatine soaked  $\frac{1}{2}$  hour in 1 cup cold water,  $1\frac{1}{2}$  ounces of chocolate, 1 cup sugar, 1 pint milk, 1 cup raisins stoned,  $\frac{1}{2}$  cup currants,  $\frac{1}{4}$  cup sliced citron.

Dissolve the sugar in the milk, and put it in a double boiler to scald. Melt the chocolate on a dry pan; then add a few spoons of the milk to make it smooth, and add it to the scalded milk. Remove from the fire, and add the soaked gelatine. Stir until the gelatine is dissolved; then strain it into a bowl. When it begins to set, or is firm enough to hold the fruit in place, stir in the fruit, which must have stood in warm water a little while to soften. Flavor with  $\frac{1}{2}$  teaspoon of vanilla, or a few drops of lemon. Turn it into a mold to harden. Serve with it whipped cream, or a sauce made of the whipped white of one egg, one tablespoon of powdered sugar, a cup of milk, and a few drops of vanilla.

## BAVARIAN CREAMS

### 18. GENERAL DIRECTIONS

Bavarian Creams are very wholesome, light, and delicious desserts. They are easily made, and are inexpensive, as one pint of cream is sufficient to make a quart and a half of Bavarian. They are subject to so many variations that they may be often presented without seeming to be the same dish. Bavarian creams may be used for Charlotte Russe.

General Rules.—Have the cream cold; then whipped, and drained (see whipping cream), and do not add the whipped cream to the gelatine mixture until the latter is beginning to set.

Have the gelatine soaked in cold water one hour. It will then quickly dissolve in the hot custard. How to  
make

Do not boil the gelatine.

### 19. PLAIN BAVARIAN CREAM

1 pint of cream whipped, 1 pint of cream or milk,  $\frac{1}{2}$  cup sugar, yolks of 4 eggs,  $\frac{1}{2}$  saltspoon salt,  $\frac{1}{2}$  box, or 1 ounce, of gelatine soaked in  $\frac{1}{2}$  cup of water,  $\frac{1}{2}$  vanilla bean, or 1 teaspoon of vanilla extract.

Whip one pint of cream, and stand it aside to drain. Scald one pint of cream or milk with the vanilla bean split in two; remove it from the fire, and turn it slowly, stirring all the time, on the yolks, which have been beaten with the sugar and salt to a cream. Return it to the fire a moment to set the egg, but take it off the moment it begins to thicken. Add the soaked gelatine and flavoring (if the bean has not been used). Stir until the gelatine has dissolved, then pass it through a sieve. When it is cold, and beginning to set, whip it a few minutes with an egg beater and then mix in lightly the whipped cream, and turn it into a mold to harden. Avoid using any of the cream which has returned to liquid. This cream should have a spongy texture.

### 20. CHOCOLATE BAVARIAN

Use the recipe given above for plain Bavarian. Melt two ounces of chocolate, and dissolve it in a little milk; add this to the custard mixture before the gelatine.

### 21. ITALIAN CREAM, OR BAVARIAN WITHOUT CREAM

Make a custard of one pint of milk, the yolks of 3 eggs, and 3 tablespoons of sugar; add a dash of salt. When it is cooked enough to coat the spoon, add an ounce of gelatine, which has soaked for  $\frac{1}{2}$  hour in some of the cold milk. As soon as the gelatine is dissolved, remove from the fire, and when it begins to stiffen fold in carefully the whites of 3 eggs whipped to a stiff froth, and turn it into a mold to set.

## 22. FRUIT BAVARIAN

Mash and press through a colander any fresh or canned fruit. If berries are used, press them through a sieve to extract the seeds. Sweeten to taste, and flavor with a little orange and lemon-juice, curaçao, or maraschino. To a pint of fruit juice or pulp add  $\frac{1}{2}$  box or one ounce of gelatine, which has soaked an hour in  $\frac{1}{2}$  cup of cold water, and then been dissolved in  $\frac{1}{2}$  cup of hot water. Stir the fruit and gelatine on ice until it begins to set, otherwise the fruit will settle to the bottom. Then stir in lightly a pint of cream whipped and well-drained, and turn it into a mold to harden. Strawberries, raspberries, pineapple, peaches, and apricots are the fruits generally used. With fruits it is better to use a porcelain mold if possible, as tin discolors. If a tin one is used, coat it with jelly using a little of the dissolved gelatine (sweetened and flavored) prepared for the fruit.

## 23. RICE BAVARIAN, OR RIZ À L'IMPERATRICE

Put into a double boiler  $1\frac{1}{2}$  pints of milk and a few thin cuts of lemon-  
zest; when it boils stir in  $\frac{1}{2}$  cup of well-washed rice and a saltspoon of salt. Cook until the rice is perfectly tender. The milk should be nearly boiled away, leaving the rice very moist. Then add or mix in carefully  $\frac{1}{2}$  cup of sugar and  $\frac{1}{4}$  of a box, or  $\frac{1}{2}$  ounce, of gelatine, which has soaked in  $\frac{1}{2}$  cup of cold water for one hour, and then melted by placing the cup containing it in hot water for a few minutes. When the mixture is partly cold add 3 table-  
spoons each of maraschino and of sherry, or of sherry alone, or of any other flavoring. When it is beginning to set, stir in lightly  $\frac{1}{2}$  pint or more of well whipped cream, and turn it into a mold. This is a very white dish, and is a delicious dessert. It may be served alone, or with orange jelly cut into croûtons, or with orange compote or with plain or whipped cream.

## 24. BAVARIAN PANACHEE

Make a plain Bavarian; flavor with vanilla; divide it into three parts before the cream is added. Into  $\frac{1}{3}$  stir one ounce of melted chocolate. Into another third mix 2 tablespoons of pistachio nuts chopped fine, and color it green. Arrange the three parts in layers in a mold, beginning with the white, and stir into each one, after it has begun to set, and just before putting it into the mold,  $\frac{1}{3}$  of the whipped cream. By keeping it in a warm place the Bavarian will not set before it is wanted, and it can then be made to set quickly by placing it on ice.

## 25. BAVARIAN EN SURPRISE

Line a mold with chocolate Bavarian one inch thick. Fill the center with vanilla Bavarian mixed with chopped nuts, or line the mold with vanilla Bavarian, and fill with fruit Bavarian.

**26. DIPLOMATIC PUDDING**

This is molded in a double mold, and made of very clear lemon, orange, or wine jelly for the outside, and a Bavarian cream for the inside. With candied fruits make a design on the bottom of the larger mold; fix it with a very little jelly, then add enough more to make a half or three-quarters inch layer of jelly. When it is set put in the center mold. Make a layer of fruit and a layer of jelly alternately until the outside space is filled, using fruits of different colors for the different layers or strips. When it is set, remove the small mold, and fill the space with Bavarian, using a flavor that goes well with the one used in the jelly—maraschino with orange; sherry, noyau, or almond with lemon.

**27. DIPLOMATIC BAVARIAN**

Take 6 lady-fingers; open, and spread them with apricot, or with peach jam. Place them together again like a sandwich. Moisten them with maraschino, and cut them in one inch lengths. Boil until softened  $\frac{1}{2}$  cup of stoned raisins and  $\frac{1}{2}$  cup of currants; drain them, and moisten them with maraschino. Make a plain Bavarian flavored with kirsch. When it is beginning to set and ready to go into the mold, mix it lightly with the cake and fruit, and turn into a mold to harden.

**28. CHARLOTTE RUSSE**

Charlotte Russe is simply a cream mixture, molded, with cake on the outside. It is easily made and always liked. Charlotte pans are oval, but any plain, round mold, or a kitchen basin with sides not too slanting, or individual molds may be used.

**Forms**

First place on the bottom of the pan an oiled paper which is cut to fit it neatly; then arrange lady-fingers evenly around the sides, or instead of lady-fingers use strips of layer sponge cake, or of Genoese. Cut the strips one or one and a half inches wide, and fit them closely together. Fill the center with any of the mixtures given below, and let it stand an hour or more to harden.

**General directions**

A sheet of cake cut to fit the top may, or may not, be used. If cake is used it is better to place it on the Charlotte after it is unmolded and the paper removed. The layer cake should be  $\frac{1}{4}$  or  $\frac{3}{8}$  of an inch thick only. Charlottes can be ornamented in many ways, and made very elaborate if desired. A simple decoration is obtained by having the strips of cake in 2 colors, alternating the upper, or browned, with the under, or white, side of the cake. For the top, cut a piece of cake to the right shape. Then cut it transversely, making even, triangular pieces, with the width at the base the same as the side strips. Turn over each alternate piece to give the two colors; or, ice the strips and the top

**Ornamentation****Cake in two colors**

**Icing in two colors** piece of cake with royal icing in two colors. Let the icing harden before placing it in the mold. Have the sides, as well as the bottom, of the mold lined with paper. Arrange the strips in the mold with the colors alternating. Instead of using cake for the top, some of the filling mixture can be put into a pastry-bag, and pressed through a tube over the top in fancy forms. Meringue or whipped cream may also be used for decorating the top.

**Decorating the top**

### 29. CHARLOTTE RUSSE FILLING No. 1

Whip a pint of cream to a stiff froth. Soak  $\frac{1}{2}$  ounce of gelatine in 3 tablespoons of cold water for  $\frac{1}{2}$  hour; then dissolve it with 2 tablespoons of boiling water. Add to the whipped cream a tablespoon of powdered sugar (or a little more if liqueurs are not used for flavoring), and 2 dessertspoons of noyau or other liqueur, or a teaspoon of vanilla. Then turn in slowly the dissolved gelatine, beating all the time. When it begins to stiffen turn it into a mold which is lined with cake.

### 30. CHARLOTTE RUSSE FILLING No. 2

Beat well together 2 yolks of eggs and  $\frac{1}{2}$  tablespoon of sugar. Scald  $\frac{1}{2}$  cup of milk, and stir it into the beaten yolks; add a dash of salt, and return it to the double boiler. Stir it over the fire until it coats the spoon, thus making a plain boiled custard. Add to the hot custard a level tablespoon of gelatine, which has soaked for  $\frac{1}{2}$  hour in 4 tablespoons of cold water; stir until the gelatine is dissolved, then strain it into a bowl; add 2 tablespoons of sherry (or use any flavoring desired) and the whipped whites of two eggs; beat until it just begins to thicken, then mix in lightly a pint of cream whipped to a stiff froth, and turn into the mold.

### 31. CHARLOTTE RUSSE FILLING No. 3 (Fruit)

Soak an ounce of gelatine in  $\frac{1}{2}$  cup of cold water for  $\frac{1}{2}$  hour. Make a syrup of one cup of sugar,  $\frac{1}{2}$  cup of lemon-juice, and 2 cups of orange-juice. When it has become a light syrup, turn it slowly onto the beaten yolks of four eggs, beating all the time. Return it to the double boiler, and cook until it is a little thickened, then add the gelatine. When the gelatine is dissolved, strain and beat until it is cold; add the whites of four eggs, and beat until it stiffens, then turn it into the mold. A pint of whipped cream may be used instead of the whipped whites of the eggs if convenient. In place of orange and lemon-juice, any fruit may be used. Stew the fruit until tender, add enough sugar to sweeten, and cook it to a light syrup; then press the fruit through a sieve, and to  $2\frac{1}{2}$  cups of fruit syrup or of fruit pulp add the four eggs, and proceed as directed for the orange filling.

### 32. CHARLOTTE RUSSE FILLING No. 4

Use any of the plain or fruit Bavarian creams.

**33. CHARLOTTE RUSSE FILLING No. 5**

Use whipped jelly plain, or whipped jelly with fruits, called macedoine of fruits.

**34. TIMBALE OF BRIOCHE**

Bake a brioche in a cylindrical mold. Cut a straight slice off the top about one inch thick; replace the cake in the tin, and carefully pick out the center of the loaf, leaving a thickness of one inch of the brioche. Spread the inside with a layer of jam. Put in a saucepan the liquor from a can of apricots or peaches. Stir into it 2 tablespoons of arrowroot, moistened with a little water, and stir over the fire until the juice is thickened and clear. Fill the center of the brioche with the drained fruit, mixed with blanched almonds and raisins; pour over it the thickened syrup, replace the cover. When set turn it onto a dish; spread the outside with a little jam, and sprinkle with chopped blanched almonds. This makes a very simple and wholesome sweet.

**35. CHARLOTTE PRINCESSE de GALLES**

Take 8 Carlsbad wafers of oblong shape. Stand them on end around the outside of a cylindrical mold, and carefully stick the edges together with sugar cooked to the crack, or with royal icing. Make the octagon as regular as possible. When the edges are well set place it on a foundation either of puff-paste or of layer cake cut to the shape of the form. Ornament it with dots of royal icing pressed through a pastry-bag and tube onto the edges. Just before serving fill the center with whipped cream, or with czarina cream, or with whipped jelly and fruits, or whipped jelly and meringue, or with any of the mousses. The wafers quickly lose their crispness, so the form must not be filled until the moment of serving.

A filling may also be made for this Charlotte of any of the Charlotte Russe mixtures, molding them in a form smaller than the form of wafers and, when unmolded the ornamental form placed over it, and whipped cream piled on top. In this way the wafers will not be softened.

**36. STRAWBERRY CHARLOTTE**

Cut large firm strawberries in two lengthwise; dip them in liquid gelatine, and line a plain mold, placing the flat side against the mold. If the mold is on ice the jelly will harden at once, and hold the berries in place. Fill the center with Charlotte filling No. 1, or with Bavarian cream, or with pain de fraises.

**37. GÂTEAU ST. HONORÉ**

This is a combination of puff-paste, cream cakes, glacé fruits, and whipped cream. It is said to be the triumph of the chef's art, yet one need

not fear to undertake it when one has learned to make good pastry and to boil sugar. It is an ornamental, delicious pudding, and one that can be presented on the most formal occasions. **First** : Roll thin a very short or a puff-paste, so when baked it will be  $\frac{1}{4}$  of an inch thick only. Cut it the size of a layer-cake tin; place it on a dampened baking-tin, and prick it with a fork in several places. **Second** : make a cream-cake batter; put the batter in a pastry-bag with half inch tube, and press out onto and around the edge of the paste a ring of the batter. With the rest of the batter make a number of small cakes (two dozen), forming them with the tube into balls  $\frac{1}{2}$  inch in diameter. Brush the ring and balls with egg, and bake in a quick oven; then fill them with St. Honoré cream (see below). **Third** : boil a cup of sugar to the crack, and glacé some orange sections and some white grapes (see glacé fruits). **Fourth** : with some of the sugar used for the fruits stick the small cream cakes onto the ring, making an even border; on top of each cake stick a grape, and between them a section of orange. Place a candied cherry on each piece of orange, and one below it, if there is room. Other candied fruits and angelica may be used also, if desired, and arranged in any way to suit the fancy. **Fifth** : make a St. Honoré cream as follows: scald one cup of milk in a double boiler; turn it slowly onto the yolks of 6 eggs, which have been well beaten with  $1\frac{1}{2}$  tablespoons of corn-starch and a cup of powdered sugar. Return to the fire until it begins to thicken or coats the spoon, then remove, and flavor with one teaspoon each of vanilla and noyau, and stir in lightly the whites of 8 eggs beaten very stiff. Cook it one minute to set the whites, beating all the time. When cold, turn it into the gâteau. Whipped cream may or may not be piled on top of the St. Honoré cream.

### 38. CROQUENBOUCHE OF MACAROONS

Oil the outside of a dome-shaped mold. Beginning at the bottom, cover it with macaroons, sticking the edges of the macaroons together with sugar boiled to the crack, or with royal icing. Just before serving turn it off the mold, and place it over a form of plain or fruit Bavarian cream, which has been hardened in a smaller mold of the same shape. There should be an inch or more of space between the two, the outer one covering the other like a cage.

A croquenbouche can also be made of little cakes cut from a layer cake with a small biscuit-cutter, and iced in two colors with royal icing, or with glacé oranges, or with chestnuts. The latter are difficult to make, but are very good with ice-creams.

## WHIPPED CREAM

### 39. GENERAL DIRECTIONS

One half pint of double or very rich cream may be diluted one half, giving a pint of cream as called for in the recipes. Cream should be placed on the ice for several hours before it is whipped. It is essential to have it very cold,

otherwise it will not whip well; and also, if rich cream, it will form particles of butter. If not lower than 60° it will all go to butter. Place the bowl containing the cream in a larger bowl containing cracked ice, and with a cream churn, egg beater, or wire whip, whichever is convenient, whip it to a stiff froth; continue to whip until it all becomes inflated. If the cream is cold it will take but a few minutes. This gives a firm, fine-grained cream, which is used for Bavarians, mousses, ice-creams, etc. When a lighter and more frothy cream, called syllabub, is wanted for whips and sauces, dilute the cream more, and remove the froth from the top of the cream as it rises while being whipped, and place it on a fine sieve over a bowl to drain. That which drips through the sieve replace in the whipping-bowl to be again beaten. The flavoring and sweetening are added after it is whipped for the first method; but it is better to add it before for the latter, as mixing breaks down the froth. Whipped cream, like beaten whites of eggs, added to gelatine or custard mixtures, gives them a sponge-like texture. It should be drained, and added only when the mixtures are cold and ready to be molded or frozen. It is then cut in lightly, not stirred. Some judgment must be used about diluting the cream, and it must stand several hours on ice to insure success.

Temperature

Texture

Time for adding

Draining

Cream whipped by the first method is the one recommended for all purposes. When it is added to other things, any liquid cream that may have dripped to the bottom of the bowl should not be put in.

### PUDDINGS OF WHIPPED CREAM

Preserves and jams served with whipped cream make an excellent dessert.

#### 40. WHIPS

Flavor a pint of cream with a dessertspoon of maraschino, kirsch, or rum, or with a teaspoon of essence of vanilla, rose, or almonds, or flavor it with black coffee. Color it pink, or green, or leave it white. Sweeten with 3 scant tablespoons of powdered sugar. Whip it to a stiff froth and drain. Let it stand on ice until ready to use; then with a spoon pile it high on a glass dish. If the cream is white sprinkle it with colored pink and green sugar mixed. Or, skim off the foam which first rises, placing several spoonfuls of it on a sieve to drain. Color the rest a delicate pink, and whip it until it all becomes firm and of fine grain. Turn this into a glass dish, and with a spoon place the white froth upon it.

#### 41. CZARINA CREAM

1 pint of cream,  $\frac{1}{4}$  box of gelatine,  $\frac{1}{3}$  cup sugar,  $\frac{1}{4}$  cup blanched almonds, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon rosewater, 4 table-spoons sherry.

Put a bowl containing the cream on ice; whip it to a stiff froth; add slowly the sugar, then the gelatine (which has first been soaked an hour in  $\frac{1}{4}$  cup of cold water, and then dissolved by placing the cup in hot water),

beating all the time. Add the vanilla and rosewater, and enough green coloring to give it a delicate color. When it begins to stiffen add the sherry, and lastly the almonds chopped fine. When the cream is quite firm put it in round paper boxes, and sprinkle over the top a little colored sugar, or chopped pistachio nuts and granulated sugar mixed. Let it stand an hour or more on ice before serving.

#### 42. CHESTNUT PURÉE WITH CREAM

Boil a pound of shelled chestnuts a few minutes; then drain, and remove the skins. Boil them again until tender; drain, and mash them through a purée sieve, sweeten, flavor with vanilla, and moisten them with a little cream. Put the purée in a saucepan, and stir over a slow heat until dry; then press it through a colander or potato-press onto the dish in which it is to be served. Form it into a circle, using care not to destroy the light and vermicelli-like form the colander has given it. Serve whipped cream in the center of the ring.

#### 43. CHESTNUT WITH CREAM

After removing the shells and skins from some chestnuts, boil them until tender in water, then in sugar and water, until clear. Let them lie in the syrup until cold; then drain, and pile them on a dish. Boil the syrup down to a thick consistency, and pour it over the nuts. Serve cold with whipped cream.

#### 44. PINEAPPLE CREAM

1 tin pineapple, 6 yolks eggs, 6 teaspoons sugar, 3 leaves gelatine, 1 pint thick fresh cream.

Beat eggs, add sugar and half the cream. Put on stove and stir continually until almost boiling (it must not boil).

Boil 3 leaves gelatine in pineapple juice. When cold stir it into the yolks of eggs. Add pineapple and other half of cream, whipping stiff. Serve cold.

#### 45. MARSHMALLOW CREAM

Dissolve 1 rounded tablespoon granulated gelatine in  $\frac{1}{2}$  cup of cold water and stir over fire till thoroughly dissolved.

Add  $\frac{1}{2}$  cup of cold water to the hot gelatine and let it stand a few minutes to cool.

Separate the whites of 4 eggs and beat with a tiny pinch of salt till they are very stiff.

Pour the dissolved gelatine very slowly into the beaten whites, beating all the time while pouring in the gelatine. Sprinkle in 1 cup granulated sugar and keep on beating. Flavor with lemon or vanilla as desired. Divide into two parts, tinting one part pink, and pour into flat molds. Put chopped nuts between the layers and serve with custard.

## USED FOR STALE CAKE

## 46. PINE CONES

With a biscuit-cutter, cut slices of stale cake or bread into circles. Moisten them with sherry, maraschino, or merely with a little hot water. Chop some fresh or canned pineapple into small pieces, and pile it on the cakes. With a knife press each one into the form of a cone or small pyramid. Place them in a shallow tin close together, but not touching. Put the pineapple liquor into a saucepan, and thicken it with arrowroot (which has first been wet with water), using a teaspoon to a cup of liquor. Cook until the arrowroot becomes clear and begins to stiffen; then pour it slowly over the cones. It will cover them with a jelly. When cold, trim them carefully so the base of each one will be round, and lift them carefully from the tin.

## 47. CAKE WITH CUSTARD

Spread slices of stale cake or cottage pudding with jam; place them in a glass dish, and cover with boiled custard; or first moisten the cake with sherry, then cover with custard.

## 48. TRIFLE (Esther)

Slice in two 6 square sponge cakes (layer cake cut in squares will do), spread with jam or jelly (a tart jelly is best), and put them together like sandwiches. Moisten them in a mixture of  $\frac{1}{3}$  brandy and  $\frac{2}{3}$  sherry. Put them in a glass dish, and pour over them a custard made of one pint of milk, 3 eggs, and 3 tablespoons of sugar; put together as directed for boiled custard No. 2. Blanch and cut in fine strips  $\frac{1}{2}$  cup of almonds, and stick them into the top cakes standing upright. Cover all with a half pint of whipped cream, or whites of eggs beaten to a stiff froth with 2 tablespoons powdered sugar. Drop about  $\frac{1}{2}$  spoon of jelly at intervals on top.

## 49. BANANA TRIFLE (Martha)

$\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup water, 1 heaping teaspoon corn-starch, 1 even teaspoon sugar,  $\frac{1}{2}$  saltspoon salt, 2 bananas, 6 lady-fingers,  $\frac{1}{2}$  pint of cream, or the whipped white of one egg.

Slice the bananas, and lay them in a glass dish in alternate layers with four lady-fingers split in two. Put the milk and water in a saucepan; add the sugar, salt, and the corn-starch diluted in a little cold water. When it has thickened pour it over the bananas, and let it stand until cold and ready to serve; then cover the top with whipped cream, or if that is not convenient use the whipped white of one egg sweetened with one tablespoon of sugar. Split and break in two the remaining lady-fingers, and place them upright around the edge.

**50. VANILLA SPONGE**

$\frac{1}{4}$  package gelatine, 2 tablespoons cooking sugar, 5 whites of eggs, 1 teaspoon vanilla essence.

Cover the gelatine with cold water and allow it to stand  $1\frac{1}{2}$  hours. Then warm slowly.

Beat the whites of the eggs from  $\frac{1}{4}$  to  $\frac{1}{2}$  of an hour. Add sugar and beat 5 minutes. To this add the melted gelatine, very slowly beating all the time, when it is very stiff add the vanilla.

Wet mould and fill with mixture, then place it in a basin of cold water or ice.

**51. BANANA SPONGE**

Soften one teaspoon of gelatine in 3 or 4 tablespoons of cold water. Press enough bits of banana through a ricer to fill a cup, stir and cook the cup of pulp, the juice of  $\frac{1}{2}$  lemon and  $\frac{1}{2}$  cup of sugar over the fire until boiling throughout, and add the gelatine; let cool in ice and water; when beginning to set fold in the whites of two eggs, beaten dry. When cold enough to hold its shape dispose in glass cups. Decorate with whipped cream or with blanched pistachio nuts, chopped fine.

**52. LEMON SPONGE No. 1**

3 lemons;  $\frac{1}{2}$  pint of water; 1 oz. gelatine;  $\frac{1}{2}$  lb. sugar; white of 1 egg. Soak the gelatine in a little water, take a thin peel from the lemons, put the gelatine, juice and pieces of lemons and water into a small saucepan, bring slowly to the boil and strain over sugar. Set it aside to cool. Beat the whites of eggs to a stiff froth. When the juice is cold whisk the white into it and keep whisking till it becomes white and begins to set. Put into a mould wet with cold water and turn out when wanted. It may be colored.

**53. LEMON SPONGE No. 2**

An economical recipe.

Soak  $\frac{1}{2}$  oz. gelatine in  $\frac{1}{4}$  pint cold water for  $\frac{1}{2}$  hour. Dissolve in another  $\frac{1}{4}$  pint of boiling water; add  $\frac{1}{4}$  lb. loaf sugar and peel of  $\frac{1}{2}$  lemon. Simmer  $\frac{1}{2}$  hour. Strain and let stand till cool, but not set. Add the juice of 1 large lemon and beat until quite white. Put into mould, stand till next day.

**54. ORANGE AND PINEAPPLE SALPICON IN ORANGE SHELLS, DAISY FASHION**

Cut a slice from the stem end of an orange and remove the pulp from the orange in as neat pieces as possible; reserve these with the juice. With the cover of a tin spice box and a plain pastry tube score two rounds, one inside the other, on each of the 4 sides of the orange. Remove the rings of rind

between the 2 scorings, cut the edges in points and return each to its proper place, white side out. In scoring and removing the rings of skin and, also, in taking out the pulp, be careful and not cut too deep or the shell will not hold the liquid. Cut slices of choice canned pineapple in cubes; add the liquid from the can and mix with the orange pulp and juice, and use to fill the shell. Use one for each service. Set in place on small plates covered with paper doilies before announcing the meal, that they may serve as a part of the table decoration.

#### 55. A DAINTY RICE PUDDING

One cup of thoroughly cooked rice, 1 cup sugar, 1 cup pineapple (chopped fine), and one cup of cream, beaten stiff.

Mix rice, sugar and pineapple thoroughly and lightly fold in the whipped cream. Put in glasses and chill.

This will be sufficient to serve six people.

#### 56. RICE AND ALMONDS

Shelled almonds are a blessing to a housekeeper. They help in a dozen different ways in completing puddings and adding to vegetable dishes. Biled rice combines well with blanched almonds. After cooking a few minutes in water, let the rice simmer in milk, which it will absorb, then sweeten and put in a handful of blanched almonds. Put into molds to stiffen, when cold serve with cream or hot chocolate sauce poured over mold.

#### 57. APPLE PUDDING

Make a syrup of  $\frac{3}{4}$  of a pound of sugar ( $1\frac{1}{2}$  cups) and a scant pint of water. In this cook until tender 12 medium-sized apples, pared and cored. When cooked lift them carefully upon a plate to cool and in the syrup cook one pound of apples, peeled and cut into thin slices. When cooked press through a sieve, stir in one teaspoon of orange extract or the grated rind of an orange, and set aside to cool. Have ready one ounce of raisins, seeded, and one ounce of prepared cocoanut. Put these through the chopper twice, then put them into the centers of the cooked apples. Make a pyramid of the apples on a flat dish, pile the apple sauce around the base and in the spaces between the apples. Then set in a cool place. At serving time beat the whites of 2 eggs and 4 tablespoons of sugar to a stiff froth. Place this around the base of the apples, partly covering the sauce. Above this put a row of bright jelly and serve. This is a very pretty and a delicious preparation of apples.

#### 58. PINEAPPLE DAINTY

Dispose a square of angel food in a tall glass and above this set a round of canned pineapple. Cook the juice from the can with a little sugar and lemon juice; let cook, add enough maraschino from the cherry bottle to

tint the syrup (or tint with color paste or red raspberry juice) and pour it over the pineapple and cake. Pile whipped cream above the pineapple and finish with a cherry. Serve at any time when ice cream would be served.

#### 59. PEACH OR PRUNE PUDDING

6 whites of eggs beaten stiff, 8 fresh peaches sliced and put into a baking dish.

Take one peach and beat lightly into the whites of eggs, adding  $\frac{1}{2}$  cup sugar until quite stiff. Pour this over the peaches and bake for about a half hour. Serve cold with cream or whipped cream.

#### 60. CARMEL BOMBE GLACÉ

Cook one cup of sugar over a hot fire, stirring constantly, until the sugar is melted and becomes caramel; add half a cup of water and cook to a thick syrup, then add, to one quart of rich creamy milk, one cup of double cream and  $\frac{1}{2}$  cup of sugar. Stir and let heat to nearly 100 degrees Fahr., then add a tablespoon of vanilla extract and one junket tablet, crushed and dissolved in a tablespoon of cold water. Mix thoroughly and let stand in a warm room until the milk, etc., jellies. When cold freeze as usual. Have a 3 pint melon mold set in equal measures of salt and crushed ice. Line the mold with the frozen mixture, fill the open center with a Charlotte Russe mixture and cover this with some of the frozen mixture, filling the mold to overflow. Lay a paper over the top, press the cover in place and finish packing with ice and salt. When unmolded sprinkle with blanched almonds, sliced and browned in the oven.

## SWEET JELLIES

### 1. GENERAL DIRECTIONS

With different flavors, colors, and combinations, a great variety of attractive puddings can be made with gelatine. They are inexpensive, require no skill, and the work is accomplished in a very few minutes.

**Points to Observe in Making Jellies.**—Have jellies perfectly transparent and brilliant. Use the right proportions, so the jelly will hold its form, but not be too solid. Mold the jelly carefully.

**Dissolving.**—Gelatine should be soaked in cold water in a cold place (one cup of water to a box of gelatine) for one or more hours; then dissolved in a little hot water, or added to the hot mixture. Treated in this way it will dissolve quickly, and be free from taste or smell. If soaked in warm water in a warm place it will have a disagreeable taste and odor, requiring much flavoring to overcome.

It does not need cooking. If the jelly is not sufficiently firm, add more gelatine; boiling down will not effect the purpose.

**Proportions.**—Observe the quantity of gelatine stated on the box, as some brands do not contain 2 ounces. Two ounces will take  $1\frac{3}{4}$  quarts of liquid, including that used for soaking and flavoring. The directions given on the boxes usually give the proportion of one ounce to a quart of liquid, but this will not insure a jelly which will stand firm, and it is safer to use less liquid.

For this amount 2 cups of sugar will give about the right sweetening, but must be modified to suit the flavoring used. In summer, or if the jelly will have to stand any length of time after it is unmolded, it is better to use but  $1\frac{1}{2}$  quarts of liquid to 2 ounces of gelatine.

**Clarifying.**—Most of the brands of gelatine are already clarified, and need only to be passed through a sieve to remove the lemon-zest and any particles of gelatine that may not have dissolved. Any fruit juices used should be passed through a filter-paper before being added to the jelly: straining the jelly once or twice through a felt or flannel will usually give perfectly limpid and beautiful jelly. When, however, they need to be clarified, or a particularly brilliant jelly is required, stir into the mixture when it is cool the whites of two eggs, well broken but not too much frothed; add also the shells; stir it over the fire until it boils; let it simmer a few minutes and strain it, twice if necessary, through a bag, without pressure. A piece of flannel laid over a sieve or strainer may be substituted for a bag if more convenient.

**Molding for Fancy Jellies.**—Place the mold in a bowl containing cracked ice; the jelly will then quickly harden, and the process of fancy molding not be tedious. Have the mold perfectly even, so the jelly will stand firm and straight when unmolded; also, do not move the mold while

filling, as jarring or shaking is likely to separate the layers and cause them to fall apart. Have the jelly mixture cold, but not ready to set, or it will take in bubbles of air and cloud the jelly. Pour in one layer at a time and let it harden before adding the next. Do not, however, let it become too firm or gather moisture, or it will not unite, and also will be clouded.

Plain jellies are more transparent when molded in forms having a cylindrical tube in the center, like cake-tins.

The space left can be filled with whipped cream or with fruits, which gives a pretty effect.

Double molding can be used with good effect in sweet jellies in combination with whipped jelly, Bavarian creams, fruit jellies, etc.

Unmolding.—See chapter on molding.

Serving.—Jellies are improved by serving with them whipped cream, custard, or purée of fruits. It may be poured around, not over, the jelly on the same dish. When a sauce is not used, have a lace paper under the jelly. Jelly is more attractive when served on a flat glass dish.

For fruit jellies it is well to use a china mold, or else coat the tin one with clear jelly, as tin is likely to discolor it.

To Clarify Fruit Juices.—Pass the fruit juice through filter-paper laid in a funnel. If filter-paper is not at hand, soak unsized paper to a pulp. Wash it in several waters; press it dry; and spread it on a small sieve or in a funnel, and drain the juice through it. If orange, lemon, or other fruit juices are first clarified, it will often obviate the necessity of straining the jelly.

## 2. WINE JELLY

1 ounce of gelatine,  $\frac{1}{2}$  cup cold water, 2 cups boiling water, 1 cup sugar, juice of 1 lemon,  $\frac{3}{4}$  cup of sherry, or 3 parts sherry, 1 part brandy.

Soak the gelatine in  $\frac{1}{2}$  cup of cold water for one hour or more. Put the boiling water, the sugar, and a few thin slices of lemon-peel in a saucepan on the fire. When the sugar is dissolved, add the soaked gelatine, and stir until that also is dissolved; then remove, and when it is partly cooled add the lemon-juice and the wine. Strain it through a felt or flannel, and turn it into the mold. If the jelly has to be clarified do it before adding the wine. Any wine or liqueur can be used for flavoring. This will make one quart of jelly.

## 3. LEMON JELLY

1 ounce of gelatine,  $\frac{1}{2}$  cup cold water, 2 cups boiling water, 1 cup sugar, juice of 2 lemons, filtered, thin slices of lemon-rind. Put together as directed for wine jelly.

## 4. ORANGE JELLY

1 ounce of gelatine,  $\frac{1}{2}$  cup cold water, 1 cup boiling water, juice of 1 lemon, 1 cup sugar, 2 cups orange-juice, filtered. Combine the same as directed for wine jelly.

A stronger flavor and color of orange can be obtained by soaking with the gelatine the grated yellow rind of one or two bright-skinned oranges. In this case the juice need not be filtered, for the mixture will have to be passed through flannel. Putting it through several times gives a clearer and more brilliant jelly.

### 5. CHAMPAGNE JELLY

1 ounce gelatine soaked in  $\frac{1}{2}$  cup cold water, 1 cup boiling water, 1 cup sugar, 1 teaspoon lemon-juice filtered, 1 cup champagne.

Combine the same as wine jelly, and do not add the champagne until the jelly is cold. This will give  $1\frac{1}{2}$  pints of jelly. It is very clear and transparent, and well suited to fancy molding.

### 6. CHAMPAGNE JELLY WITH FLOWERS

Place on ice a broad round mold (a basin will serve the purpose); arrange, on a very thin layer of jelly, some pink rose petals in rosette form, or to simulate an open rose; add carefully a very little jelly with a spoon to set the decoration; when it has hardened, add a very little more, and so continue to do until the petals are half enveloped; then place in right position some angelica cut in diamond shaped pieces to simulate leaves; add a little jelly at a time until the mold is full. The petals will be bent out of shape if the jelly is not added very slowly. When unmolded place around it some green rose-leaves and a few loose pink rose-petals. A little rose-water or essence should be used with the champagne to flavor the jelly. Violets and angelica can be used in the same way, or a spray of roses with leaves can be put in a deeper mold, and when secured in position cut the stems so it will fall apart when served.

When flowers are used they must be very fresh.

### 7. WHIPPED JELLY OR SNOW PUDDING

Make a wine or lemon jelly. Place it in a bowl on ice; when it is cold, but before it begins to harden, beat it until it becomes white and a mass of froth. Turn it into a mold to harden. Serve with it a sauce made of boiled custard, or any preserve that will go well with the flavoring, or a compote of orange or any fruit.

### 8. JELLIES WITH FRUITS (Macedoine)

Berries or any fresh fruits, peeled and quartered, may be placed in layers, or irregularly through the entire mold, or a mixture of fruits may be used in the same way, when it is called a macedoine. The jelly may be clear or whipped. Strawberries, raspberries, currants (red and white), cherries, peaches, plums, pears, apricots, and pineapples are suitable for this use. Preserved or canned fruits well drained may also be used.

Candied fruits are especially good, but should be cut into pieces, and softened in maraschino. Jellies to be used with fruits are best flavored with kirsch or maraschino.

### 9. RUSSIAN JELLIES

For these double molds are used.

No. 1. Make the outside layer of any transparent jelly. When hard remove the inner mold and fill the space with the same jelly whipped until foamy. No. 2. The outside a transparent jelly, the inside one of different flavor and color, such as champagne and maraschino colored pink, orange and strawberry, lemon and coffee. No. 3. The outside champagne jelly, the inside whipped jelly mixed with macedoine of fruits. No. 4. The outside wine or maraschino jelly, the filling pain de fraises. No. 5. The outside fruits in clear jelly, the inside Bavarian cream. No. 6. Maraschino jelly, center Bavarian cream mixed with crushed peaches or with apricot jam.

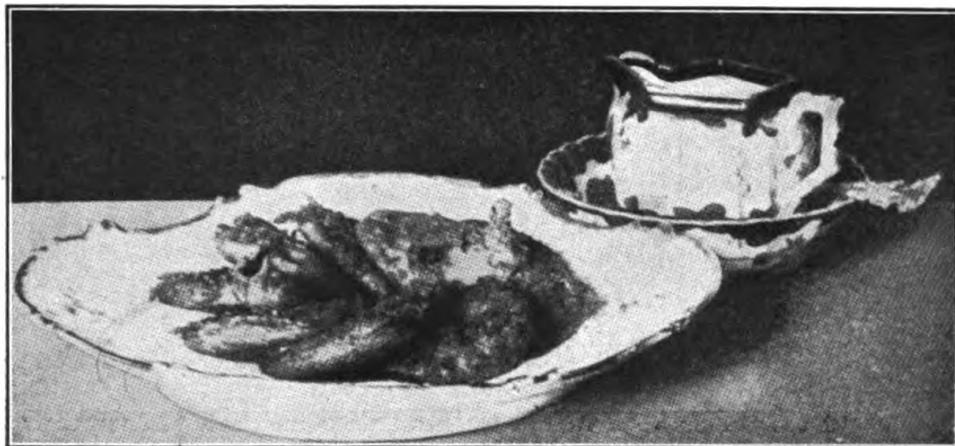
### 10. RIBBON JELLY

Make a plain jelly; divide it into three parts; flavor one with maraschino; the second with strawberry-juice, and deepen the color with a little carmine; the third with orange, noyau, or any other flavor, and whip it until foamy. Put it into mold in layers, beginning with the lightest.

### 11. WHAT TO DO WITH JELLY LEFT OVER

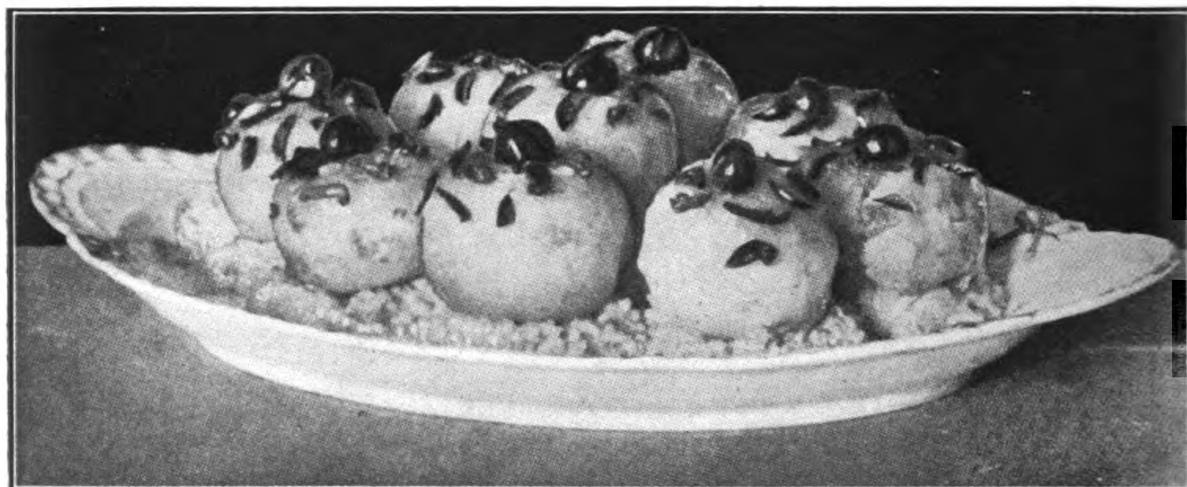
Add a little lemon-juice, and beat the jelly until it becomes entirely white, which will take some time; turn it again into a mold to set. If there is not enough jelly for this, cut the jelly into fine dice with a knife and beat into it lightly an equal quantity of meringue. This should be prepared in a cold place.

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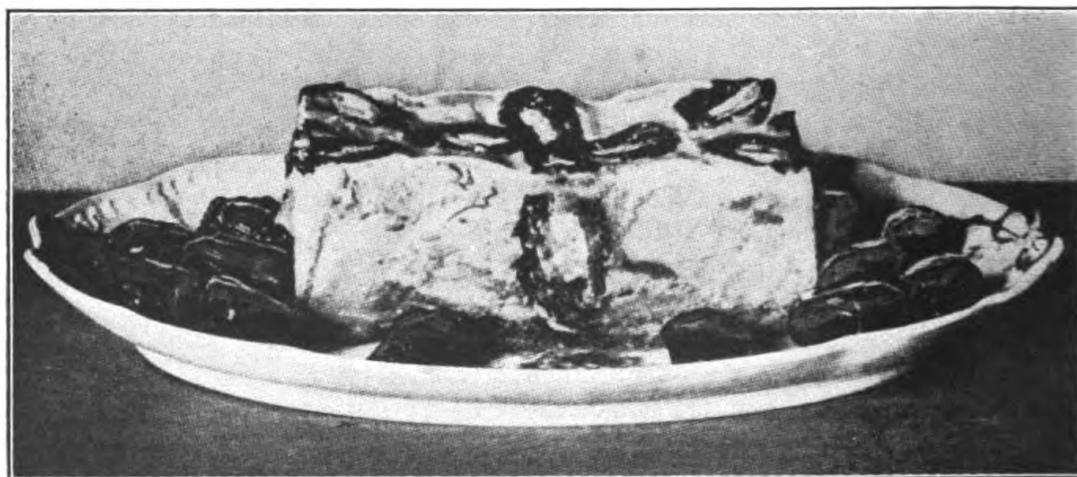


罐頭波羅弗列太

Canned Pineapple Fritters.



Apples with Rice, Winter Style.



梅子內閣布丁

Cabinet Pudding with Prunes.

**CHAPTER XIV**  
**HOT PUDDINGS AND SWEET SAUCES**  
**HOT PUDDINGS**

**1. SOUFFLÉS**

The preparation of soufflés is exceedingly simple, the only difficulty being in serving them soon enough, as they fall very quickly when removed from the heat. They must go directly from the oven to the table, and if the dining-room is far removed from the kitchen the soufflé should be covered with a hot pan until it reaches the door. The plain omelet soufflé is the most difficult. Those made with a cooked foundation do not fall as quickly, but they also must be served at once. In order to insure the condition upon which the whole success of the dish depends, it is better to keep the table waiting, rather than suffer the result of the omelet being cooked too soon. Have everything ready before beginning to make a soufflé, and see that the oven is right. In adding the beaten whites "fold" them in, that is, lift the mixture from the bottom, and use care not to break it down by too much mixing.

**2. OMELET SOUFFLÉ**

Whites 6 eggs, yolks 3 eggs, grated zest  $\frac{1}{2}$  lemon, 3 round tablespoons powdered sugar, sifted, 1 tablespoon lemon-juice.

Whip the whites of the eggs, with a pinch of salt added to them, to a very dry stiff froth. Beat to a cream the yolks and the sugar, then add the lemon. Fold in the beaten whites lightly (do not stir) and turn the mixture into a slightly oiled pudding-dish. If preferred, turn a part of it onto a flat dish, and with a knife shape it into a mould with a depression in the center. Put the rest into a pastry-bag, and press it out through a large tube, into lines and dots over the mound; sprinkle it with sugar and bake it in a very hot oven eight to ten minutes. Serve at once in the same dish in which it is baked (see soufflés above). The flavor may be vanilla, or orange if preferred.

**3. VANILLA SOUFFLÉ**

1 cup of milk, 2 tablespoons flour, 3 tablespoons sugar, 2 tablespoons butter,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon vanilla, 4 eggs.

Put the milk into a double boiler with the salt; when it is scalded add the butter and flour, which have been rubbed together. Stir for 10 minutes to cook the flour and form a smooth paste; then turn it onto the yolks of the

eggs, which, with the sugar added, have been beaten to a cream. Mix thoroughly, flavor, and set away to cool; rub a little butter over the top, so that no crust will form. Just before time to serve, fold into it lightly the whites of the eggs, which have been beaten to a stiff froth. Turn it into a buttered pudding-dish and bake in a moderate oven for 30 to 40 minutes; or, put mixture into buttered paper cases, filling them half full, and bake 10 to 15 minutes. Serve with the soufflé foamy sauce. This soufflé may be varied by using different flavors; also by putting a layer of crushed fruit in the bottom of the dish, or by mixing  $\frac{1}{2}$  cup of fruit-pulp with the paste before the whites are added. In this case the whites of two more eggs will be needed to give sufficient lightness. Serve at once after it is taken from the oven.

#### 4. CHOCOLATE SOUFFLÉ

3 ounces of chocolate, 1 heaping tablespoon sugar, 2 rounded tablespoons flour,  $\frac{1}{2}$  cup milk. Yolks of 3 eggs. Whites of 4 eggs, 1 rounded tablespoon butter.

Melt the butter in a small saucepan; stir into it the flour and let it cook a minute, but not brown, then add slowly the milk and stir until smooth and a little thickened; remove it from the fire and turn it slowly onto the yolks and sugar, which have been beaten to a cream; mix thoroughly and add the melted chocolate; stir for a few minutes, then set it away to cool; rub a little butter over the top so a crust will not form. When ready to serve, stir the mixture well to make it smooth and fold into it lightly the whites of the eggs, which have been whipped until very dry and firm. Turn the mixture into a buttered tin, filling it  $\frac{2}{3}$  full. Have the tin lined with a strip of greased paper which rises above the sides to confine the soufflé as it rises. Place the tin in a deep saucepan containing enough hot water to cover one half the tin. Cover the saucepan and place it where the water will simmer for 30 minutes, keeping it covered all the time. Place the tin on a very hot dish and serve at once. Cover the top with a hot tin until it reaches the dining-room if it has to be carried far.

#### 5. PRUNE SOUFFLÉ

$\frac{1}{2}$  pound of prunes, 3 tablespoons powdered sugar, 4 eggs, 1 small teaspoon vanilla.

Beat the yolks of the eggs and the sugar to a cream, add the vanilla, and mix them with the prunes, the prunes having been stewed, drained, the stones removed, and each prune cut into four pieces. When ready to serve fold in lightly the whites of the eggs, which have been whipped to a stiff froth, a dash of salt having been added to the whites before whipping them. Turn it into a pudding-dish and bake in a moderate oven for 20 minutes. Serve it as soon as it is taken from the oven. A few chopped almonds, or meats from the prune-pits, may be added to the mixture before the whites are put in if desired.

### 6. APPLE SOUFFLÉ

Boil some peeled and cored apples until tender; press them through a colander; season with butter, sugar, and vanilla. Place the purée in a granite-ware saucepan and let it cook until quite dry and firm. To  $1\frac{1}{4}$  cups of the hot reduced apple purée, add the whites of 4 eggs, whipped very stiff and sweetened with 3 tablespoons of powdered sugar. Mix the purée and meringue lightly and quickly together and turn it into a pudding-dish; smooth the top into a mound shape; sprinkle with sugar and bake in a slow oven 20 to 25 minutes. This soufflé does not fall. Serve with a hard, a plain pudding, or an apricot sauce.

## SWEET OMELETS

These puddings are quickly made, are always liked, and serve well in emergencies.

### 7. ORANGE OMELET

3 eggs, 3 tablespoons powdered sugar, 1 orange, using the grated rind and 3 tablespoons of juice.

Beat the yolks of the eggs with the sugar to a cream; add the grated zest of the rind and the orange juice; then fold in lightly the beaten whites of the eggs. Have a clean, smooth omelet or frying-pan; put in a teaspoon of butter, rubbing it around the sides as well as bottom of the pan. When the butter bubbles, turn in the omelet mixture and spread it evenly. Do not shake the pan. Let it cook until it is a delicate brown and seems cooked through, but not hard. Fold the edges over a little and turn it onto a flat hot dish; sprinkle it plentifully with powdered sugar; heat the poker red hot and lay it on the omelet four times, leaving crossed burnt lines in the form of a star. This ornaments the top and also gives a caramel flavor to the sugar.

### 8. JAM OMELET

Make a French omelet using 4 to 6 eggs; omit the pepper and add a little powdered sugar. When the omelet is ready to turn, place in the center 2 tablespoons of any jam (apricot is particularly good) and fold. Turn the omelet onto a hot dish and sprinkle it with sugar.

### 9. RUM OMELET

Make either a French omelet, or a beaten omelet, using a little sugar and omitting the pepper. Place the dish holding the omelet on a second and larger dish to prevent accident from fire. When ready to place on the table pour over the omelet a few spoons of rum or brandy and light it. It is better not to touch the match to it until it is on the table.

**10. SWEET PANCAKES**

3 eggs, 1 cup milk,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon sugar,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  tablespoon oil.

Beat the yolks and whites of the eggs separately; mix them together and add the salt, sugar, and half the milk; stir in the flour, making a smooth paste; then add the rest of the milk, and lastly the oil; beat well and let it stand an hour or more before using. Bake on a hot griddle in large or small cakes as desired; spread each cake with butter and a little jam or jelly, then roll them, sprinkle with sugar, and serve at once. Any pancake batter may be used. Those made of rice or hominy are good. The batter can be made of a consistency for thick or thin cakes by using more or less milk. Currant or tart jelly is better to use than a sweet preserve.

**FRITTERS**

With fritter batter a number of good puddings are made, which, if properly fried, will be entirely free from grease, and perfectly wholesome.

**11. FRITTER BATTER**

2 eggs, 1 tablespoon oil, 1 cup flour,  $\frac{1}{2}$  cup cold water, 1 saltspoon salt. If for sweet fritters, 1 teaspoon sugar and 1 tablespoon brandy.

For clam or oyster fritters use one tablespoon of lemon juice or vinegar, salt and pepper to taste, and the liquor of the clams or oysters instead of water.

Stir the salt into the egg-yolks; add slowly the oil, then the brandy and the sugar; the brandy may be omitted if desired, and if so, use 2 tablespoons of oil instead of one. When well mixed stir in slowly the flour, and then the water, a little at a time. Beat it well and set it aside for 2 hours (it is better to let it stand longer); when ready to use, stir in the whites of the eggs beaten to a stiff froth. The batter should be very thick and of the consistency to coat completely the article it is intended to cover. If not soft enough add the white of another egg.

**12. APPLE FRITTERS**

Cut firm apples crosswise into slices  $\frac{1}{4}$  inch thick. With a biscuit-cutter stamp them into circles of uniform size; sprinkle them with orange sugar, and moisten them with brandy. Let them stand to soak for 10 minutes, then dry one or two at a time on a napkin; dip them in batter, using care to have them completely coated, and drop them into hot fat. Fry to an amber color; lift them out on a skimmer and dry on paper in an open oven until all are fried; then roll them in sugar and serve on a folded napkin, the slices overlapping. Fry only two at a time, so they can be kept well apart. Serve with a sauce flavored with brandy or sherry.

**13. PEACH OR APRICOT FRITTERS**

Cut the fruit in half; sprinkle with sugar moistened with maraschino, and roll them in powdered macaroons before dipping them in the batter. Fry as directed above. Well-drained canned fruit may also be used for fritters.

**14. ORANGE FRITTERS**

Cut the oranges in quarters; take out the seeds and run a knife between the pulp and peel, freeing the orange and leaving it raw. Roll them in powdered sugar and dip in batter before the sugar has time to dissolve; fry as directed for apple fritters.

**PUDDINGS MADE OF APPLES****15. SNOW APPLE PUDDING**

Fill a pudding-dish half full of apple purée or sauce, well seasoned with butter, sugar, and nutmeg. Pour over it a batter made of  $1\frac{1}{2}$  cups of flour mixed with 2 heaping teaspoons of baking powder,  $\frac{1}{2}$  teaspoon of salt, and a tablespoon of chopped suet or of lard. Moisten it with about  $\frac{3}{4}$  of a cup of milk, or enough to make a thick batter. It should not be as stiff as for biscuits, (scones). Cook in a steamer about  $\frac{3}{4}$  of an hour, and serve at once with a hard, foamy, sabayon, or any other sauce. The top will be very light and white. This quantity is enough to serve 6 people.

**16. BROWN BETTY**

In a quart pudding-dish arrange alternate layers of sliced apples and bread-crumbs; season each layer with bits of butter, a little sugar, and a pinch each of ground cinnamon, cloves, and allspice. When the dish is full pour over it  $\frac{1}{2}$  cup each of molasses and water mixed; cover the top with crumbs. Place the dish in a pan containing hot water, and bake for  $\frac{3}{4}$  of an hour, or until the apples are soft. Serve with cream or with any sauce. Raisins or chopped almonds improve the pudding.

**17. BAKED APPLE DUMPLINGS**

Make a short pie-crust; roll it thin and cut it into squares large enough to cover an apple. Select apples of the same size; pare them; remove the core with a corer, and fill the space with sugar, butter, a little ground cinnamon, and nutmeg. Place an apple in the center of each square of pie-crust; wet the edges with white of egg and fold together, the points meeting on the top; give the edges a pinch and turn, making them fluted. Bake in a moderate oven about 40 minutes, or until the apples are tender, but not until they have lost their form. If preferred, the crust may be folded under the apple, leaving it round. It must be well joined, so the juices will not escape. Brush the top with egg, and 10 minutes before removing from the oven dust them with a little sugar to give them a glaze.

Serve with hard sauce.

**18. APPLE CHARLOTTE**

Cut bread into slices  $\frac{1}{4}$  inch thick; then into strips  $1\frac{1}{2}$  inches wide, and as long as the height of the mold to be used; cut one piece to fit the top of mold, then divide it into 5 or 6 pieces. Butter the mold; dip the slices of bread into melted butter, and arrange them on the bottom and around the sides of the mold, fitting closely together or overlapping. Fill the center entirely full with apple sauce made of tart apples stewed until tender, then broken into coarse pieces, drained, and seasoned with butter and sugar. A little apricot jam can be put in the center if desired; chopped almonds also may be added. Cover the top with bread, and bake in a hot oven about thirty minutes. The bread should be an amber color like toast. Turn it carefully onto a flat dish. Serve with a hard sauce or any other sauce preferred.

**19. APPLES WITH RICE No. 1**

Boil half a cup of rice with a saltspoon of salt in milk until tender; sweeten it; drain it if the milk is not all absorbed; press it into a basin; smooth it over the top; when it has cooled enough to hold the form, turn it onto a flat dish. This will be a socle, and should be about  $1\frac{1}{2}$  to 2 inches high. Pare and core as many apples as will stand on the top of the socle; boil them slowly until tender in sugar and water; remove them before they lose shape. Boil the sugar and water down to a thick syrup. Arrange the apples on the top of the rice, and pour over them a little of the thickened syrup; then fill the center of each apple with jam; place a candied cherry on each one, and a pointed piece of angelica between each apple. The syrup should give enough sauce, but Richelieu sauce is recommended instead. Serve hot or cold.

**20. APPLES WITH RICE No. 2**

Boil the rice as above; sweeten it and flavor it with a few drops of orange-flower water, almond, or other essence, and mix into it a few chopped blanched almonds. Turn it onto a flat dish, and press it into a mound or cone. Cut some apples of uniform size in halves, cutting from the stem to the blossom; remove the core with a vegetable scoop, and pare off the skin carefully; stew the apples slowly until tender, but still firm enough to hold their shape; before removing them add a few drops of carmine to the water, and let them stand until they have become a delicate pink; then drain and place them evenly and upright against the form of rice. Put some meringue in a pastry-bag, and press it in lines or dots around the apples and over the top of the rice, making it as ornamental as desired. Dust it with sugar, and place for one minute in the oven to slightly color the meringue, but not long enough to dry the surface of the apples. Serve with whipped cream, with fruit sauce, Richelieu sauce, or wine sauce.

Whipped cream may be substituted for the meringue, in which case place the apples overlapping one another around the rice in wreath shape; flatten the top of the rice, and pile the whipped cream on it. Another form may be made by putting the rice in a border-mold to shape it, filling the center of the rice with a well-seasoned apple purée, and finishing as directed above.

### 21. APPLES WITH CORN-STARCH (Felice)

Pare and core as many apples as will be used, having them of uniform size. To a quart of water add  $\frac{1}{2}$  cup of sugar and the juice of  $\frac{1}{2}$  lemon; boil the apples in this until tender, but remove them before they lose shape; drain and place them in regular order on the dish in which they are to be served. Boil the water down one half; then stir into it one tablespoon of corn-starch or arrowroot moistened in a little water; let it cook until the starch is clear; remove from the fire; flavor with lemon, almond, kirsch, or anything preferred; let it stiffen a little; then pour it over the apples; sprinkle with sugar and place in the oven a moment to brown, or, omitting the browning, sprinkle them with green and pink sugar, or stick them full of split almonds.

### 22. FLAMING APPLES

Pare and core the apples; stew them in sugar and water until tender, but still firm enough to hold their shape. Remove them carefully to the serving-dish; fill the centers with apricot or raspberry jam; boil down the liquor to a thick syrup and pour it over the apples; just before serving pour over them a few spoons of rum or brandy, and light it with a taper after it is on the table. Serve with fancy cakes.

### 23. BAKED APPLES (For Breakfast)

Select apples of equal size; wash and polish them; remove the core. Place them in a baking-tin a little distance apart, and put a little water in the bottom of the pan. Bake in a moderate oven about 30 minutes; baste frequently, so they will not burn or blacken. Serve with sugar and cream.

### 24. BAKED APPLES (For Luncheon)

Pare and core the apples; fill the centers with butter and sugar. Let them bake in a pan with a little water until tender, but still in good shape; baste frequently, letting them become only slightly colored. After removing from the oven sprinkle them with granulated sugar and a little powdered cinnamon or nutmeg.

**25. TAPIOCA PUDDING**

Arrange evenly in a buttered dish 6 apples which have been pared and cored. Any other fruit may be used—canned peaches are good. Soak a cupful of tapioca in hot water for an hour or more; sweeten and flavor it to taste and pour it over the fruit. Bake in a moderate oven for an hour.

**26. CHRISTMAS PLUM PUDDING**

$\frac{3}{4}$  pound of suet chopped very fine; mix with it, while chopping, a tablespoon of flour,  $\frac{3}{4}$  pound of raisins seeded,  $\frac{3}{4}$  pound of currants,  $\frac{3}{4}$  pound of sugar,  $\frac{3}{4}$  pound of fresh bread-crumbs, grated zest of one lemon,  $\frac{1}{4}$  pound candied orange-peel and citron cut into thin shavings,  $\frac{1}{2}$  teaspoon each of ground cinnamon, cloves, nutmeg, and allspice.

Mix the dry materials together thoroughly, and then add 6 eggs, one at a time, and  $\frac{1}{2}$  cup of brandy; add another egg if too stiff, and more crumbs if too soft. Wet a strong cloth in cold water, wring it dry, butter it, and dredge it well with flour; turn the mixture into the center and draw the cloth together over the top, leaving room for the pudding to swell a little, and tie it firmly; give it a good round shape. Put it into a pot of boiling water, having it completely covered with water; cover the pot and boil 4 to 5 hours. Do not let the water fall below the pudding, and in adding more let it be hot, so as not to arrest the boiling. After it is removed from the water let it rest in the bag for 10 minutes to harden a little, then cut the string and turn it carefully onto a dish. Cut a small hole in the top of the pudding and insert a paper bonbon case; trim it so it does not show. Pour rum or brandy onto the dish and also into the paper box on top; place it on the table and touch it with a lighted taper. Serve with a brandy sauce. The amount given will serve 12 to 14 persons. The mixture may be divided and boiled in small puddings if it is too much to use at one time. It will keep for a long time, and the puddings can be warmed when used. Slices of cold plum pudding may be steamed and served with a sauce; or they may be rolled in egg and crumbs and fried in hot fat, and be served as fruit croquettes.

**27. COTTAGE PUDDING, RAISIN SAUCE**

Beat  $\frac{1}{2}$  cup of butter to a cream; gradually beat into this 1 cup of sugar, then the beaten yolks of 3 eggs (or use one whole egg and the yolk of another beaten without separating the white and yolks) and, alternately, 1 cup of milk and 2 cups of flour, sifted with  $\frac{1}{4}$  teaspoon of salt and 3 level teaspoons of baking-powder. Bake in a shallow pan about  $\frac{1}{2}$  hour. Serve cut in squares with the following sauce.

**SULTANA RAISIN SAUCE**

Simmer  $\frac{1}{2}$  cup of Sultana raisins in a cup of boiling water until tender (an hour will be none too long); add a level tablespoon cornstarch mixed with  $\frac{1}{2}$  cup of cold water and let simmer 10 minutes; add a cup of sugar and a teaspoon of vanilla or 2 or 3 tablespoons of cooking sherry.

**28. CABINET PUDDING WITH PRUNES**

Cut about  $\frac{1}{4}$  lb. of cooked prunes into halves, lengthwise, removing the stones. Line a quart brick-mold or a small, brickloaf bread pan with paper, and butter thoroughly; decorate with halves of prunes with half a blanched almond in the center of each; press slices of stale sponge cake against the decorations; add more prunes, then cake, until the mold is filled. Beat 3 eggs; add  $\frac{1}{2}$  teaspoon of salt and  $\frac{1}{3}$  cup of sugar, mix, and add  $1\frac{3}{4}$  cups of milk; mix again and pour over the cake and prunes in the mold. Set in a dish on many folds of paper (a kitchen holder is often convenient for this purpose), and surround with boiling water. Let cook until firm in the center. It will take about an hour. Serve with stewed prunes or with hard sauce into which a cup of prune pulp and juice has been beaten.

Citron peel, cherries, candied fruits cut into dice, etc., etc. may be used in place of the prunes.

**29. SILK PUDDING**

Put 2 cups of water and a glass of jam or jelly in a double boiler; add the juice of half a lemon and when hot stir in  $\frac{1}{2}$  cup of fine tapioca; let cook until the tapioca is transparent. Add a scant teaspoon of salt and serve hot with cream and sugar. For a more elaborate dish, just before serving fold in the whites of 2 eggs, beaten dry. Serve with cream or with a boiled custard made of the yolks.

**30. MARMALADE PUDDING No. 1**

Take 4 ozs. breadcrumbs; 4 ozs. suet, finely cut; 4 ozs. powdered sugar; 2 good tablespoons marmalade and 1 egg.

Mix well and boil in a mold for 4 hours.

**31. MARMALADE PUDDING No. 2**

$1\frac{1}{2}$  cups flour;  $\frac{3}{4}$  cup marmalade;  $\frac{1}{2}$  cup suet or a tablespoon butter; 1 teaspoon soda in a cup of milk. Boil 4 hours; fill basin  $\frac{3}{4}$  full.

**32. GINGER PUDDING No. 1**

Butter a pudding basin and line it with thin slices of preserved ginger; then a layer of sponge cake; a layer of sliced ginger; sponge cake, and so on, until the mold is nearly full; whip 3 eggs; add a little sweetened milk;

a tablespoon of ginger syrup; pour this over the sponge cakes until all are well moistened. Steam for 1 hour and a quarter. Serve with ginger syrup poured over it and chopped ginger around.

The same pudding may be varied by substituting for ginger, preserved citrons, Angelica or candied cherries.

### 33. GINGER PUDDING No. 2

1 lb. flour;  $\frac{1}{2}$  lb. suet; 1 teaspoon of ground ginger; 1 teaspoon baking powder;  $\frac{1}{2}$  cup treacle;  $\frac{1}{2}$  cup milk; a little salt. Mix all together and steam for 4 hours, leave plenty of room to swell, serve with sauce or cream.

### 34. A DELICIOUS QUICK PUDDING

This is a recipe for a quick and delicious pudding, of Spanish origin, which will surely please the lover of dainty desserts, and can be made at any season of the year.

Break  $\frac{1}{2}$  lb. or a little more of any stale cake into very small pieces; cut up sufficient fruit to make one pint; the less juicy kinds are preferable, such as pineapples, peaches, or bananas; butter a baking dish, one quart size or larger; put in a layer of fruit, a layer of cake, until all is used, having the top cake; beat one egg light; stir into the egg  $\frac{1}{2}$  pint of cold water, and pour it by spoonfuls over the mixture in the dish; let it stand ten minutes, then bake  $\frac{1}{2}$  hour in a quick oven.

Serve hot in the baking dish, with liquid or hard sauce as an accompaniment.

Whipped or plain cream, slightly sweetened, is also exceedingly nice.

### 35. ORANGE PUDDING No 1

Peel 3 sweet oranges, slice them lengthwise of the fruit into a pudding dish and sprinkle lightly with sugar. Scald one pint of milk, add 3 level tablespoons of cornstarch with a little cold milk and stir into the hot milk; stir until the preparation thickens, then cover and let cook 15 or 20 minutes. Beat the yolks of 2 eggs; beat again with  $\frac{1}{2}$  cup of sugar and  $\frac{1}{4}$  teaspoon of salt and stir into the hot mixture; cook until the egg is "set," then when cooled a little pour over the oranges. Beat the whites of the 2 eggs until dry; gradually beat in 2 tablespoons of sugar, spread this over the pudding, dredge with sugar and let cook about 12 minutes, when the meringue should be delicately tinted.

### 36. ORANGE PUDDING (Steamed) No. 2

Pour  $1\frac{1}{2}$  cups of scalded milk over one cup of grated bread crumbs. Add 2 tablespoons of butter and let stand 15 minutes. Beat 4 eggs with  $\frac{1}{4}$  cup of sugar; add the grated rind and juice of 1 orange and  $\frac{1}{2}$  a lemon and

stir into the bread mixture; add 2 tablespoons of chopped nuts (almonds preferred) and turn into buttered timbale moulds. Steam one hour. Serve with hard sauce.

### 37. FIVE MINUTES' PUDDING

1 teaspoon baking powder; 2 ozs. flour; 2 eggs;  $1\frac{1}{2}$  ozs. of sugar; any flavoring and a little raspberry jam. Put flour and sugar into basin, make a hole, break in eggs, beat well, pour at once into a tin lined with greased paper, and bake in a hot oven for about 5 minutes, turn on to a sugared board, spread jam over, roll up at once and serve.

### 38. COCOA PUDDING

6 ozs. breadcrumbs; 1 pint milk; 3 eggs; 2 tablespoons sugar; 1 tablespoon cocoa; 1 teaspoon essence of vanilla; 2 ozs. butter; a pinch of salt. Boil the milk and pour over the breadcrumbs, add butter, sugar and cocoa, which must be mixed to a smooth paste with about a tablespoon of boiling water, adding a teaspoon of sugar to it before pouring on the water, as this keeps it from being lumpy. Beat the yolks of the eggs and add to the mixture with the essence of vanilla. Pour into a buttered pie dish and bake for about  $\frac{1}{2}$  hour. Beat the whites to a stiff froth, sweeten well, and flavor with vanilla, put on top of the pudding as unevenly as possible, return to the oven to brown. Serve at once.

Pieces of stale bread put through the mincing machine answer for this pudding. It may also be made with chocolate.

### 39. CHOCOLATE PUDDING (French)

2 eggs, equal quantities of chocolate, sugar, and butter, 2 tablespoons of flour. Dissolve the chocolate in a little water, add the yolks of the eggs and butter.

The flour and whites of eggs to be well beaten with sugar—mix well together and put in a well buttered mold, in the oven.

Serve hot with cream sauce flavored with vanilla.

### 40. PUDDING À LA ST. CHARLES

6 oz. sugar, 1 lb. flour,  $\frac{1}{2}$  lb. butter. Mix all together, roll out, and line a pudding dish.

Mixture to fill in:

For every two pounds apples which must be strained after boiling, add 1 tablespoon Maraschino or any other flavoring, 3 yolks of eggs, 4 ozs. sugar, 2 ozs. butter. Mix well together and pour into the lined dish, cover with pastry, bake and turn out, sprinkle with sugar, and serve hot.

**41. ROLY-POLY PUDDING**

Make a biscuit (scone) dough, and roll it out  $\frac{1}{4}$  inch thick; spread it with any kind of berries or jam. Then roll it and tie it in a cloth, leaving room for the pudding to expand, and boil or steam it for an hour. Serve with any sauce.

**42. BATTER PUDDING (Boiled) No. 1**

3 eggs, 1 oz. butter, 1 pint milk, 3 tablespoons flour, a little salt.

Put flour in basin and add sufficient milk to moisten it; carefully rub down all the lumps with a spoon, then pour in remainder of milk and stir in the butter which should previously be melted; keep beating the mixture; add the eggs and pinch of salt, and when batter is quite smooth put into a well buttered basin, tie it down very tightly, and put it into boiling water. Move the basin about for a few minutes after it is put into the water, to prevent the flour settling in any part, and boil for  $1\frac{1}{4}$  hours. This pudding may also be boiled in a floured cloth that has previously been wetted in boiling water (hot water) and will then take a few minutes less to cook than when cooked in a basin. Send to table very quickly. Serve with sweet sauce, hard sauce, or fruit-jam. When jam is used a little may be placed around dish as a garnish.

Sufficient for five or six persons.

**43. BATTER PUDDING (Baked) No. 2**

$1\frac{1}{2}$  pint milk, 4 tablespoons flour, 2 ozs. butter, 4 eggs, a little salt.

Mix flour with small quantity of cold milk, make remainder hot and pour it on the flour, keeping the mixture well stirred; add butter, eggs and salt. Beat all well and put the pudding into a buttered pie dish (deep); bake for  $\frac{3}{4}$  hour, and serve with sweet sauce or hard sauce. Or may be baked in small cups.

Sufficient for 5 or 6 persons.

**44. APPLE CAKE PUDDING**

Sift together 2 cups of flour,  $\frac{1}{2}$  teaspoon salt and  $3\frac{1}{2}$  level teaspoons of baking-powder. With the tips of the fingers work in  $\frac{1}{4}$  cup of butter. Beat one egg (the yolks of two "left over" may be substituted), add  $\frac{3}{4}$  cup of milk and stir into the dry ingredients. Spread the mixture in a shallow baking pan. Have ready, pared and cored neatly, 4 or 5 apples. Press these, in even rows, down into the dough, leaving an edge of dough all around the apples; sprinkle the apples with dried currants and the edge of dough quite thickly with powdered sugar. Bake about 25 minutes. Serve hot with sugar and cream, or with hard sauce.

**45. SYRUP PUDDING**

$\frac{3}{4}$  lb. flour,  $\frac{1}{2}$  lb. syrup, 6 ozs. suet, 2 eggs,  $\frac{1}{4}$  lb. sugar, 1 teaspoon ground ginger, 1 teaspoon cinnamon, cup milk and a little carbonate of soda.

Mix well and boil in a buttered mold.

**46. TREACLE PUDDING**

$\frac{1}{4}$  lb. flour;  $\frac{1}{4}$  lb. breadcrumbs;  $\frac{1}{2}$  lb. treacle; a little suet; 2 dessertspoons brown sugar; 1 teaspoon baking powder and a little salt. Mix with milk to a stiff batter. Put in buttered mold and steam 3 hours.

**47. FIG PUDDING**

$\frac{1}{4}$  lb. figs, 3 ozs. flour, 3 ozs. bread crumbs, 2 ozs. minced apples, 2 ozs. suet, 2 ozs. sugar, 1 gill milk.

Chop suet and figs finely, then add them to the flour, bread crumbs, apples and sugar. Mix with the milk, put in a greased mold and steam for  $2\frac{1}{2}$  hours.

**48. DATE PUDDING**

2 lbs. dates, stoned and chopped;  $\frac{1}{2}$  lb. breadcrumbs;  $\frac{1}{4}$  lb. flour; a little grated nutmeg;  $\frac{1}{4}$  lb. suet; 3 ozs. sugar; 2 eggs; milk to mix; 1 teaspoon cream of tartar. Steam  $1\frac{1}{2}$  hours.

**49. DATE PUDDING No. 2.**

$\frac{1}{2}$  lb. bread crumbs,  $\frac{1}{2}$  lb. dates, 6 ozs. sugar,  $\frac{1}{4}$  lb. suet, 2 ozs. flour, 2 eggs, 1 wineglass milk, a little nutmeg.

Mix the dry ingredients, having first chopped the suet and cut the dates into small pieces. Add the eggs and milk well beaten together. Fill a greased pudding basin with the mixture, cover with a floured cloth and boil three hours.

**50. DATE TAPIOCA**

1 pint milk, 1 heaping tablespoon minute tapioca. Cook in double boiler 15 minutes or until tapioca is cooked. Sweeten, and after removing from fire, add one egg (yolk and white beaten separately) and one cup of dates, stoned, and cut into several pieces.

**51. CARROT PUDDING (Very Good)**

1 cup grated carrots, 1 cup grated potatoes, 1 cup sugar, 1 cup flour,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup currants,  $\frac{1}{2}$  cup butter or suet,  $\frac{1}{2}$  teaspoon each of cloves cinnamon and nutmeg.

Stir one teaspoon of soda into the grated potatoes and flour raisins before putting into the mixture. Steam 3 hours in a greased pail.

Serve with hard sauce.

**52. RICE PUDDING No. 1**

In a quart pudding dish put 2 heaping tablespoons well-washed rice; fill the dish with milk, and add  $\frac{1}{8}$  teaspoon salt. Let it cook in the oven for  $\frac{1}{2}$  hour, stirring it 2 or 3 times, then add 2 tablespoons sugar and a scant teaspoon vanilla; also  $\frac{1}{2}$  cup stoned raisins if desired. Grate nutmeg over the top and return to oven and cook slowly for 2 hours or longer; as the milk boils down, lift the skin at the side and add more hot milk. The pudding should be creamy, and this is attained by slow cooking and the use of plenty of milk.

**53. RICE PUDDING No. 2**

Scald  $1\frac{1}{2}$  pints of milk; add 1 tablespoon cornstarch which has been softened with a little of the cold milk; cook it for a few minutes; then remove from the fire and stir in 3 cups of boiled rice, a cup or more of sugar, and the beaten yolks of 2 eggs. Return to the fire and cook until thickened, stirring carefully and constantly. Turn into a dish and cover top with meringue and place in the oven for a few minutes to brown.

**54. RICE AND RAISINS**

Mix with 2 cups of boiled rice  $\frac{1}{2}$  or  $\frac{3}{4}$  cup raisins. The raisins should be soaked in hot water until plump and the seeds removed. Press the mixture into a bowl to give it shape then turn on to a flat dish. Grate nutmeg over the top. Serve with sweetened milk flavored with vanilla or almond or only nutmeg.

**55. BREAD PUDDING**

2 cups milk, 1 cup bread crumbs or broken bread, 1 tablespoon sugar, 2 egg yolks, 1 egg white,  $\frac{1}{2}$  teaspoon vanilla, 1 saltspoon salt.

Soak the bread in milk until soft; then beat it until smooth and add the rest of the ingredients except the white of egg. Turn it into a pudding-dish, place this in a pan of hot water, and bake in slow oven for 15 or 20 minutes or only long enough to set the custard without its separating. Cover the top with a layer of jam or tart jelly, and place in the center a ball of meringue made with the white of one egg; dust with sugar, place in the oven a minute to brown the meringue. Serve hot or cold.

The jelly and meringue serves as a sauce.

**56. BREAD AND BUTTER PUDDING**

Cut stale bread in thin slices; remove the crusts, dip in melted butter, and arrange them in square cake tin in layers, alternating with layers of stoned raisins. When the tin is full, pour over it a mixture of 1 pint of milk, the yolks of 2 eggs, and 2 tablespoons sugar. Only use as much as the bread will absorb. Bake in moderate oven 20 to 30 minutes. Turn it onto a flat dish and serve with a plain pudding sauce. The bread should be dry and crisp and hold the shape of the mold.

## PUDDING SAUCES

### 1. GENERAL DIRECTIONS

pudding sauces are quickly made. They call for but few materials, and, like other sauces, often give the whole character to the dish. Serving the same pudding with a different sauce, makes it a different dish; therefore it is well to vary as much as possible the combination. Farina pudding can be served with almost any of the sauces given below. Cake, cornstarch, rice, apple, or bread puddings can also be served with almost any sauce, if the flavorings are the same, or such as go well together. Hot puddings can be served with cold sauces. Jellies, creams, and blanc-manges can be served with whipped cream, the fruit sauces, or the whipped egg sauces.

Stewed prunes or compote of orange are good to serve with plain boiled rice, or with sweetened hominy or farina molded in cups.

### 2. PLAIN PUDDING SAUCE No. 1 (Hot)

$\frac{3}{4}$  cup sugar, 2 cups boiling water, 1 teaspoon butter, zest of lemon, 1 tablespoon cornstarch, flavoring of vanilla or any essence, or brandy, rum, or wine.

Dilute the corn-starch with a little cold water, and stir it into the boiling water; add the sugar and stir until the starch becomes clear; then add the butter and flavoring. If the sauce becomes too thick, dilute it with a little boiling water; the whipped white of one egg may be added, but is not essential.

### 3. PLAIN PUDDING SAUCE No. 2 (Cold)

Stir a heaping teaspoon of corn-starch, which has been moistened with a little cold milk, into a pint of boiling milk, and stir for five minutes, or until it is well cooked; add  $\frac{3}{4}$  cup sugar, and remove from the fire. When the mixture is cold flavor it, and just before serving beat in the whipped whites of two eggs and serve at once.

### 4. RICH PUDDING SAUCE (For Fruit Puddings or Fritters)

3 tablespoons butter, 3 tablespoons powdered sugar, 2 tablespoons hot water,  $\frac{1}{2}$  cup sherry, juice of  $\frac{1}{2}$  lemon, 2 egg yolks, dash of nutmeg.

Cream the butter; add the sugar, and cream again thoroughly; then add the yolks and beat until light; add the hot water and the nutmeg. Place it in a saucepan of hot water, and beat, adding slowly the lemon-juice and the wine. The sauce should be foamy.

### 5. FOAMY SAUCE (Steamed and Baked Puddings)

$\frac{1}{2}$  cup butter, 1 cup powdered sugar, 1 teaspoon vanilla,  $\frac{1}{4}$  cup boiling water, 2 tablespoons sherry, 1 egg white.

Cream the butter and sugar; add the vanilla and wine, and beat them well. Just before serving stir in the boiling water; add the whipped white of one egg, and beat until foamy.

### 6. BRANDY, RUM, OR KIRSCH SAUCE (Fruit or Plum Puddings)

Put in a saucepan 2 cups of water with one cup of sugar. When the sugar is dissolved and the water boils, add slowly a heaping tablespoon of corn-starch or arrowroot diluted with a little cold water; stir until the corn-starch is clear; then remove from the fire, and add 2 tablespoons of the liquor. Serve it hot.

### 7. SABAYON No. 1

4 egg yolks, 4 tablespoons wine, 4 tablespoons powdered sugar.

Beat in a small saucepan the eggs and sugar to a light cream; add the wine. When ready to serve, place the saucepan in another one containing hot water, and beat until the sugar is melted and the egg beginning to thicken.

### 8. SABAYON No. 2

Put 1 cup sugar,  $\frac{1}{2}$  cup sherry, and one egg all together in a saucepan and whip over the fire until it is a little thickened.

### 9. SYRUP SAUCE

Put 2 cups sugar and 3 tablespoons water into a saucepan on the fire, and stir until the sugar is dissolved; then let it boil without touching until it is a light syrup, and remove from the fire; add a teaspoon of butter and flavoring, which may be fruit juice, liqueur, brandy, or flavoring extract.

### 10. FRUIT SAUCES

Canned fruits, preserves, or jams make good sauces for blanc-mange, corn-starch, rice, or boiled puddings.

The juice of canned fruit, boiled and thickened a little with arrowroot, and flavored or not with liqueur or essence, makes a good hot sauce.

### 11. APRICOT SAUCE

Dilute  $\frac{1}{2}$  cup of apricot jam with  $\frac{1}{2}$  cup of hot water; sweeten if necessary; strain and flavor with vanilla or one teaspoon of Madeira or maraschino.

## 12. PUREE OF FRUIT SAUCES

Strawberries, raspberries, peaches and apricots make excellent pudding sauces. Mash the fruit and press it through a colander or coarse sieve; sweeten serve hot or cold; if hot, let it come to the boiling-point and thicken with arrowroot, using one teaspoon to a cup of purée.

## 13. PINEAPPLE SAUCE

Chop the pineapple (fresh or canned) fine; sweeten and thicken with arrowroot. Serve with fritters, corn-starch, rice, or batter puddings.

## 14. BOILED CUSTARD SAUCE

Yolks of 2 eggs, 1 cup milk, 2 tablespoons sugar,  $\frac{1}{4}$  teaspoon vanilla.

Beat the yolks and sugar to a cream; pour over them the scalded milk; return to the fire to cook the eggs, but let it only slightly thicken; remove; add the flavoring and beat with a wire whip to make it light and foamy. When served with plum pudding add rum or brandy to flavor it. Almonds chopped fine improve it for hot puddings.

## 15. CHOCOLATE SAUCE

Put  $\frac{1}{2}$  cup each of sugar and water in a saucepan and let boil 5 minutes. Let the syrup cool, then stir it slowly into 4 ounces of unsweetened chocolate melted; add  $\frac{1}{2}$  teaspoon of vanilla. Let it stand in a pan of hot water until ready to serve; then add  $\frac{1}{2}$  cup of cream or of milk.

If it is to be used for ice cream, use water in the place of milk or cream.

## 16. BISCHOFF SAUCE

Put in a saucepan 1 cup white wine, 1 cup hot water, and sugar add the zest of  $\frac{1}{2}$  an orange and  $\frac{1}{2}$  lemon; let it come to the boiling-point; remove from the fire; take out the orange and lemon peel and add  $\frac{1}{2}$  cup seedless raisins, 1 tablespoon shredded almonds, and a tablespoon of finely shredded candied orange and lemon peel; cover and let stand a half-hour. When ready to serve let it again come to the boiling-point. Serve with cabinet puddings.

## 17. RICHELIEU SAUCE

Put one cup of sugar into a saucepan with one cup of boiling water; let it boil 5 minutes; add one teaspoon of arrowroot moistened with a little water, and cook until clear; then remove from fire. Flavor with one tablespoon of kirsch and add 2 tablespoons of shredded almonds and candied cherries cut into small pieces.

**18. LEMON SAUCE**

Two tablespoons butter, 1 cup sugar creamed together until very light, 1 tablespoon flour, 2 eggs beaten separately, juice and rind of 1 lemon,  $\frac{1}{2}$  cup boiling water. Stir over boiling water one half hour.

**19. MERINGUE SAUCE**

Whip the whites of 2 or 3 eggs to a very stiff froth. Take as many tablespoons of sugar as there are egg-whites; add a little water and let it cook to the ball, or so that when dropped into water it will roll into a ball between the fingers. Turn this hot syrup slowly onto the whipped eggs, beating all the time; then beat it over the fire for a minute where the heat is moderate. This is called Italian meringue. Remove it from the fire and add a little lemon-juice or kirsch to take away the excessive sweetness; or a little currant jelly can be used, also grated orange-peel and shredded candied peel; serve it at once. This is a good sauce for soufflés or light puddings.

**20. HARD SAUCE No. 1**

Beat together  $\frac{1}{2}$  cup of butter and one cup of sugar until they are very white and light; flavor with vanilla, wine, or brandy. The success of this sauce depends upon its being beaten a long time. It may be varied by beating with it the yolk of an egg, or adding the whipped white of an egg after the butter and sugar are beaten. Let it stand on ice to harden a little before serving.

**21. HARD SAUCE No. 2**

1 cup powdered sugar, butter the size of an egg, 1 tablespoon boiling water, cream well.

Add yolk of one egg and nutmeg, drop in 3 tablespoons brandy, and if wanted very rich add a little whipped cream.

**22. HARD SAUCE FOR PLUM PUDDING No. 3**

Beat 1 cup butter to a cream; gradually beat in 2 cups sugar, and when very light beat in the whites of one or two eggs, beaten dry. Dispose on a flat dish and grate a little nutmeg over it.

**23. LIQUID SAUCE FOR PLUM PUDDING**

Boil 2 cups of sugar and 1 cup of water 6 or 8 minutes; stir in 3 level teaspoons of arrowroot, mixed with a little cold water, and let simmer five or six minutes, then add  $\frac{1}{2}$  cup of candied cherries, cut in halves, and  $\frac{1}{4}$  cup of blanched pistachio nuts, cut in quarters. Flavor.

**24. STRAWBERRY SAUCE**

Make a hard sauce as directed above; add the whipped white of one egg and a cupful of strawberries mashed to a pulp. Any fruit-pulp may be added in the same way and makes a good sauce for fruit puddings.

**25. COCOANUT SAUCE**

Make a hard sauce as directed above; add the yolks of 2 eggs; when it is very light and creamy add the whipped whites and a cup of grated cocoanut.

**26. COLD JELLY SAUCE**

Stir  $\frac{1}{2}$  glass of grape, currant, or any jelly until smooth; then beat into it lightly the whipped whites of 2 eggs. Serve with any light pudding or with jelly.

## CHAPTER XV

### PIES AND PUFF PASTE

#### GENERAL DIRECTIONS

The secret of success in making Puff Paste is to have cold paste and a hot oven. It is well to have a marble slab to roll it on, but this is not positively essential. A warm, damp day should be avoided. The paste will keep on ice for a day or two before it is baked, and for several days in a dry place after it is baked, and if placed in the oven for a few moments just before serving, it will have the same crispness as when just baked. If there is no room colder than the kitchen to work in when mixing the paste, stand by an open window or in a current of air, for it is necessary to keep the paste cold during the whole time of preparing it. Use pastry flour if convenient.

#### 1. PUFF-PASTE

$\frac{1}{2}$  pound or 1 cup of butter,  $\frac{1}{2}$  pound or 2 cups of flour,  $\frac{1}{8}$  teaspoon of salt,  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of ice-water.

1st. Put the butter in a bowl of ice-water, and work it with the hand until it becomes smooth and flexible; then place it in a napkin and knead it a little to free it from moisture. Pat it into a flat square cake, and place it on the ice until ready to use.

2nd. Sift the flour and salt together on a board or marble slab; reserve a little flour to be used for dusting the slab. Make a well in the center, and pour in a part of the water. Work in the flour, and use enough water to make a smooth paste. The exact amount of water cannot be given, as at certain times the flour absorbs more than at others. Gather in all the crumbs, and work the paste as you would bread dough until it becomes smooth. Roll it in a napkin, and place it on ice for 15 minutes, that it may become thoroughly cold.

3rd. Sprinkle the slab lightly with flour. Roll the cold paste into a square piece; place the cold butter in the center, and fold the paste over it, first from the sides and then the ends, keeping the shape square, and folding so the butter is completely incased, and cannot escape through the folds when rolled. This must be absolutely guarded against at all times, and can be prevented if the paste is rolled evenly and folded properly. Turn the folded side down, and with a rolling-pin roll it lightly away from you into a long, narrow strip, keeping it as even as possible. Fold it over, making three

even layers of paste. This is called "giving it one turn"; then roll the folded strip again, and fold as before. This must be repeated until it has had six turns, which is as many as it should receive to give it its greatest lightness. After each turn, if it shows signs of softening, otherwise after each two turns, wrap the paste in a napkin, and place it in a pan, which should be placed between two other pans containing cracked ice, and let it remain there twenty to thirty minutes. Great care must be used in rolling the paste to keep the edges even, so that the layers will be even, and to roll lightly and always away from you, so as not to break the air-bubbles which give the lightness to the paste. The rolling is made easier by lightly pounding as well as rolling the paste. After each folding press the edges gently with the rolling-pin to shut in the air, and turn the paste so as to roll in a different direction. The paste should slip on the slab. If it does not, it sticks, and must be put on the ice at once. When it has had six turns cut it into the desired forms, and place again on the ice for twenty to thirty minutes before putting it in the oven. The trimmings, put together and rolled, make a good bottom crust for tart bands, or a top crust for mince pies.

The baking of puff-paste is as important a matter as the rolling. The oven must be very hot, with the greatest heat at the bottom, so the paste may rise before it begins to brown; therefore put it on the bottom of the oven and lay a paper on the shelf for a few minutes. Do not open the door for the first five minutes. It is essential to have the oven very hot. It must not, however, scorch the paste, and if it scorches open draughts at once, and place a basin of ice-water in the oven to lower the temperature. The amount given in this recipe makes about six pâté shells or one vol-au-vent case.

## 2. PÂTÉ SHELLS

Roll puff-paste which has had 6 turns to  $\frac{1}{4}$  inch thickness; cut it into circles with a fluted or plain cutter  $2\frac{1}{4}$  inches in diameter. It should be icy-cold when cut, for if it sticks on one side it will not rise evenly. From half the circles cut a hole in the center with a cutter one inch in diameter. Moisten the edges of the whole circles, and place on them the rings. Brush over the top with egg. (This is to glaze them, and the egg must not touch the edges.) Place them on the ice for  $\frac{1}{2}$  hour, then bake in hot oven for 20 minutes. Bake the small circles cut from the center on a separate tin, as they do not require as much time; when baked pick out from the center any uncooked paste. Use the small pieces for covers after the cases are filled. If preferred, roll the paste  $\frac{1}{2}$  inch thick, and with the small cutter cut half-way through the paste. When baked lift off the inner circle, and remove the uncooked paste from the interior.

## 3. TARTLETS

Cut puff-paste into rings the same as for pâté shells. Use tart paste for the under crust. After they are baked fill the center with pineapple, with any preserves, or with apple purée covered with apricot jam.

#### 4. TO GLAZE PASTRY

Take an egg and one tablespoon of water, and beat the egg enough to break it, but not enough to make it froth. The yolk alone may be used with the water, but the white alone will not give it color. Brush it lightly over the pastry, using a brush or quill-feather, and dust it with a very little sugar. This will give a brown and polished surface to the pastry.

When two layers of pastry are to be stuck together, brush the top of one with water, and lay the other on it before baking them.

### AMERICAN PIES

#### PIE KINKLETS WORTH KNOWING

1st. First of all, to be successful in pie making, one must have good materials, and manipulate them judiciously; no matter how much shortening is used, if too much moisture is added, the crust will be hard and tough.

2nd. Put water in by the spoonful rather than risk having it wet; pie crust should be so dry that it is really difficult to roll, then it will be light and flaky when baked, and it also browns.

3rd. Next time you make crust, add  $\frac{1}{2}$  a teaspoon of baking powder, and one tablespoon of sugar to the flour for each pie.

4th. Before baking fruit pies with a cover on, put a tiny funnel made of white writing paper in the opening; the juice cooks up through it, and does not run out over the pie or oven.

5th. Another good idea is to sprinkle over the fruit one tablespoon of sago, or manioca, before the cover is put on; it absorbs the liquid, and makes the pie quite rich.

6th. The next time you make apple pie, put bits of butter on the lower crust before the apples are put in, instead of on top of the apples; pour over the apples half a cup of very weak tea instead of plain water, then a thin coating of brown sugar and a slight grating of nutmeg, then the upper crust, and you will never make it any other way.

7th. Seedless or seeded raisins are a great addition to cocoanut pies; sprinkle  $\frac{1}{2}$  cup of them over the crust, then pour in the cocoanut mixture; they impart a delicious flavor.

8th. Brush the lower crust of rhubarb and berry pies with unbeaten white of egg, and it will not get so wet and "soggy," and thus be much more palatable and digestible.

#### 5. PLAIN PASTRY FOR PIES

1 quart flour, 1 cup butter, 1 cup cold water, 1 teaspoon salt, or use  $\frac{1}{2}$  butter and  $\frac{1}{2}$  lard or cottolene.

This quantity gives enough for three or four pies. Cottolene makes good pastry. The shortening may be mixed, but the flavor is better where butter alone is used. The richness of pastry depends upon the amount of shortening used.

Sift the salt and flour together, reserving a little flour for the board. With a knife, cut the butter into the flour. Add the water a little at a time, and mix it in lightly with the knife; turn it onto the board, and roll it twice that is, after it is rolled out once, fold it together and roll it again. If the paste is wanted richer for the top crust, put bits of butter over the paste when rolled; fold and roll it again several times. Fold the paste and put it in the ice-box for an hour before using, keeping it covered. In making pastry everything should be cold, the handling light, and the hands used as little as possible. Pastes will keep several days in a cool place, but should be rolled in a napkin, so it will not dry and form a crust.

To put a Pie Together.—Roll the paste  $\frac{1}{8}$  inch thick, and a little larger than the tin. Dust the pan with flour; place the paste on it, letting it shrink all it will. Lift it from the sides to fit it into place, and press it as little as possible. Cut a narrow strip of paste, and lay around the edge; moisten it so it will stick. Brush the top of the bottom crust with white of egg, so the filling will not soak in and make it heavy. Put in the filling, and cover with another sheet of pastry. Moisten the top of the strip of pastry so the top crust will adhere to it; this gives three layers around the edge. Trim and press them lightly together. Cut several slits in the top crust to let the steam escape in cooking.

#### 6. PASTRY FOR ONE PIE

1 heaping cup flour, 1 saltspoon salt, 1 saltspoon baking powder,  $\frac{1}{2}$  cup butter and lard mixed.

Mix the baking powder and salt with the flour and chop in the lard with a knife. Mix quite stiff with cold water. Roll out. Put the butter on the paste in little pieces and sprinkle with flour. Fold over and roll out. Roll up like a jelly roll. Divide in two parts and roll to fill the plate.

#### 7. PLAIN PASTRY FOR ONE PIE

One cup flour, one saltspoon salt, one heaping tablespoon lard. Place the lard on ice until very cold, then cut into flour. Mix with just enough ice water to roll.

#### 8. PASTRY FOR TARTS OR OPEN PIES

2 cups flour,  $\frac{3}{4}$  cup butter,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon sugar, yolks of 2 eggs, water.

Sift the flour, salt, and sugar together. Cut in the butter as directed above. Mix in the beaten yolks, then enough water to make a paste which is not very stiff; roll it two or three times, then wrap it in a cloth, or cover it closely, and put it in the ice-box for an hour. This gives enough paste for four small tart pies.

### 9. TART PIES (Apricot, Plum, Apple, Berry)

Roll the paste  $\frac{1}{8}$  of an inch thick, lay it on a deep pie-dish; let it shrink all it will, and use as little pressure as possible in fitting it to the tin. Cut the paste an inch larger than the dish, and fold it under, giving a high twisted edge. Prick the paste on the bottom in several places with a fork. Lay over it a thin paper, and fill the tart with rice, dried peas, beans, cornmeal, or any dry material convenient. Brush the edge with egg, and bake it in a moderate oven. When done remove the rice, or other filling, and the paper. Brush the bottom with white of egg. This will insure a dry under crust. If apricots or peaches are to be used, peel and cut them in halves, lay them evenly over the tart with the center side up.

Place the half of a blanched almond in each one to represent the pit. Put the juice of the fruit into a saucepan on the fire; if there is no juice use a cup of water. Sweeten and when it boils add to each cup of juice one teaspoon of arrowroot dissolved in a little cold water, and let it cook until clear; then pour it around the fruit, but not over it, as the fruit should lie on top and show its form. Place in the oven only long enough to cook the fruit tender. If canned fruit is used, cook the juice and arrowroot until a little thickened and clear; then pour it around the fruit, and let cool. It will not need to be put in the oven.

When plums or cherries are used, remove the pits carefully, and place the fruit close together, with the whole side up. For apple tarts, cut the apples in even quarters or eighths; stew them in sweetened water, with a little lemon-juice added, until tender. Lay them overlapping in even rows or circles in the tart. To a cup of water in which the apples were stewed add a teaspoon of arrowroot, and cook until clear; pour it over the apples, sprinkle with sugar, nutmeg, and cinnamon. With berries, the fruit may be stewed or not before being placed in the tart; then strips of paste are laid across it, like lattice-work, and the paste brushed with egg. Bake long enough to cook the fruit and the strips of paste. When cold place a fresh berry on each piece of crust where it crosses; or place a drop of meringue on the crusts, and the berries in the openings.

The canned fruits make very good pies. One can of fruit will make two pies. Tart rings are better to use than pie-tins, as the sides are straight. Place them on a baking-sheet, or tin, before lining them with pastry.

### 10. A PLAIN APPLE PIE

Fill a pie with apples sliced thin, using enough to make the pie at least an inch thick when done. Add a little water to the apples, and cover with a top crust which is a little richer than the under one. This is done by rolling out a part of the same paste, covering it with bits of butter, folding it together, and rolling it again, repeating the operation two or three times. Cut a few slits in the paste to let out the steam while cooking. Brush the top with beaten yolk of egg.

When the pie is baked, and while it is still hot, lift off carefully the top crust; add sugar, nutmeg, and a little butter, and mix them well with the apples. Replace the top crust, and dust it with powdered sugar. Apple pies seasoned in this way are better than when seasoned before being baked.

### 11. PUMPKIN OR SQUASH PIES

Cut a pumpkin into small pieces; remove the soft part and seeds. Cover and cook it slowly in its own steam until tender; then remove the cover and reduce it almost to dryness, using care that it does not burn. Press it through a colander. To  $2\frac{1}{2}$  cups of pulp add 2 cups of milk, one teaspoon each of salt, butter, cinnamon, and ginger, one tablespoon of molasses, 2 eggs, and sugar. Add the beaten eggs last and after the mixture is cold. Pour it into an open crust and bake slowly 40 to 50 minutes. Squash pies are made in the same way, but are not the same in flavor, although they are often given the name of pumpkin pies.

### 12. MINCEMEAT No. 1

3 pounds of lean boiled beef chopped fine, or half beef and half boiled tongue,  $1\frac{1}{2}$  pounds suet chopped fine, 3 quarts apples chopped not very fine, 1 quart stoned raisins, 2 cups cleaned currants,  $\frac{1}{4}$  pound citron cut into thin slices, 1 cup candied orange and lemon peel shredded, 1 teaspoon each of cloves, allspice and cinnamon, grated zest and juice of 2 oranges and 2 lemons, 2 nutmegs grated, 1 tablespoon salt, 1 cup molasses, 3 cups sugar, 3 cups brandy, 1 cup sherry, 1 cup cider.

Mix the meat and suet together; then add all the dry ingredients and then the liquids. Pack in an earthen jar. It should stand several days before using, and will keep an indefinite time.

The pies should be made of good puff paste for the upper crust and tart paste for the under one, the edge having three layers as directed. The filling of mince meat should be  $1\frac{1}{2}$  inches thick. Paint the top crust with egg and trace with a pointed knife some simple design on it cutting the paste very slightly. Bake for  $1\frac{1}{4}$  hours. Glaze the top by sifting a very little powdered sugar over it a few minutes before removing it from the oven.

**13. MINCEMEAT No. 2**

Grated rind and juice of 3 large lemons, 3 large apples (bake and use pulp only), 1 lb. stoned raisins,  $\frac{1}{2}$  lb. currants, 1 lb. suet chopped, 2 lbs. moist sugar, 3 ozs. candied peel, 1 teacup brandy, 2 tablespoons marmelade. Stir all well together, put in large jar with close fitting lid. Put the brandy in last. Will keep for months.

**14. SQUASH PIE**

Two cups boiled squash, 3 eggs,  $\frac{3}{4}$  cup sugar, 2 tablespoons molasses, 1 tablespoon melted butter, 1 tablespoon ginger, 1 teaspoon cinnamon, 2 cups milk, a little salt. Instead of ginger, nutmeg and vanilla may be used.

**15. CHOCOLATE PIE No. 1**

Three heaping tablespoons cornstarch, 3 tablespoons grated chocolate 1 cup white sugar moistened with a very little cold water, pour on a pint of boiling water, cook in a double boiler; have yolks of 3 eggs well beaten stir into the starch with a pinch of salt. Have a nice pastry crust ready baked, flavor the filling with vanilla, have the three whites beaten to a stiff froth with a little sugar, spread over the pie, set in oven to get a nice light brown.

**16. CHOCOLATE PIE No. 2**

$\frac{1}{2}$  cup sugar, 2 tablespoons grated chocolate, 1 cup sweet milk, butter size of walnut, 1 tablespoon flour, yolks of two eggs, (a pinch of salt, salt never hurts anything).

Mix sugar, chocolate and flour together dry, stir in butter and yolk of eggs, then add the milk slowly. Cook until thick. Be careful not to get too much flour. When the mixture is slightly chilled pour into pie crust previously baked, cover with the whites of the eggs beaten stiff to which has been added a tablespoon of sugar and place in oven to brown.

**17. RHUBARB PIE**

A delicious rhubarb pie is made from this rather odd recipe.

Bake in two crusts the following mixture: 1 cup chopped and peeled rhubarb, 1 egg, 1 cup of sugar, 1 rolled cracker and butter the size of a walnut. The result is scarcely discernible from lemon.

**18. CRANBERRY PIE**

Chop one cup of cranberries and  $\frac{1}{2}$  cup of seeded raisins together into small pieces; add to them a cup of sugar,  $\frac{1}{2}$  cup of water, a tablespoon of flour and a teaspoon of vanilla. Bake with an upper and under crust. This resembles cherry pie.

**19. ORANGE PIE**

Stir 2 tablespoons flour into 1 cup sugar and add 1 whole egg and the yolks of 2, the juice and grated rind of 1 large orange, 1 tablespoon butter and 1 cup boiling water. Cook in double boiler stirring constantly. Put it in the baked crust and frost with whites of the two eggs.

**20. LEMON PIE No. 1**

One cup sugar, 1 cup water, 1 lemon, 2 tablespoons flour, yolks of 2 eggs, take whites for frosting. Cook water, a lump of butter, sugar and grated lemon with juice together until it comes to a boil, let cool a few minutes, then stir in flour and eggs beaten together. When done put in crust and frost, having baked the crust first.

**21. LEMON PIE No. 2**

Crust the same as for any pie;  $\frac{1}{2}$  cup sugar sprinkled on the crust in bottom of pan; the grated rind of a lemon, pulp and juice, being careful not to use the white part or the partitions, stale breadcrumbs enough to fill an ordinary pie, bits of butter, another  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup water, and finally top crust; adding ingredients in order named.

**22. LEMON AND RAISIN PIE**

One cup sugar, 1 lemon, 1 heaping tablespoon cornstarch, butter size of walnut, 1 cup cold water. Line a pie tin with rich pie crust, peel the lemon, being careful to remove all the white part of the skin, slice very thin and place in a layer in the crust, with  $\frac{1}{2}$  cup raisins scattered over. Mix the sugar and cornstarch together and sprinkle in, cut the butter into small bits and scatter over, and just before putting on the top crust, put in a cup of cold water. Do not gash the top until it is partly baked and begins to look flaky.

**23. RAISIN PIE No. 1**

One cup seeded raisins, 3 cups water. Let boil until raisins have swollen and add 3 teaspoons cornstarch wet in a little water. Before removing from the stove add  $\frac{3}{4}$  cup sugar, a piece of butter the size of a walnut, let all boil until thick. When removed from fire add a little lemon juice, vinegar, or 2 tablespoons peach pickle juice. Have mixture cold before putting into pie crust. Grate nutmeg over the top of pie before putting on top crust.

**24. RAISIN PIE No. 2**

One cup chopped raisins, 1 lemon, remove the yellow part of the lemon, chop fine, add one cup sugar, mix with water until it is like mince meat. Then roll 1 large cracker or 4 small ones very fine, stir all together, bake with 2 crusts.

**25. GERMAN CREAM PIE**

*Crust.* One cup sifted flour,  $\frac{1}{2}$  saltspoon baking powder, 1 rounding tablespoon sugar,  $\frac{1}{8}$  cup butter, 1 egg. Cut the butter in, as for pie crust.

*Filling.*  $1\frac{1}{4}$  cups milk or cream, 3 rounding tablespoons sugar, 1 rounding tablespoon flour, 3 yolks of eggs,  $\frac{1}{2}$  teaspoon vanilla. Cook in double boiler until thick.

*Meringue.* White of 3 eggs, 3 tablespoons sugar, few drops vanilla. Bake crust first then add filling, then meringue and brown lightly.

**26. CREAM PIE No. 1**

Bake a rich crust in a tin 7 inches in diameter and  $1\frac{1}{4}$  inches deep. When nearly done put 1 cup thick cream in double boiler, when hot add  $\frac{1}{2}$  yolk of egg and 3 whites beaten very stiff, 2 heaping tablespoons sugar, a little vanilla, nutmeg to taste and stir lightly for 2 or 3 minutes. Beat the eggs into the cream, now add to the crust a spoonful at a time without removing from the oven. Let stand 1 or 2 minutes longer.

It may be made richer by adding a meringue of the whites of 2 eggs, a little pulverized sugar and cocoanut.

**27. CREAM PIE No. 2**

3 eggs, 1 cup sugar, 1 teaspoon baking-powder, 1 cup flour.

Sift the flour and baking-powder together; beat the yolks and sugar together; add the flour and lastly the whipped whites of the eggs. Bake this cake mixture in two layers, and place between them when cold, and just before serving, a thick layer of whipped cream. Have the top piece covered with a boiled icing, or use between the cakes a cream filling made as follows:

**CREAM FOR FILLING**

$2\frac{1}{2}$  cups milk, 2 tablespoons flour,  $\frac{3}{4}$  cup sugar, 1 egg, 1 teaspoon vanilla.

Scald the milk; turn it onto the beaten egg; return it to the fire; add the flour moistened with a little milk, and the sugar, and stir until thickened. Let it cool before adding it to the cake. Serve with whipped cream if desired.

**28. FRENCH APPLE PIE**

Six large apples, 1 small cup sugar, 2 eggs, 1 teaspoon vanilla. Stew the apples down to a sauce and add the sugar, beat the yolks of the eggs and add to sauce when cool, then add the vanilla, beat all well together and bake on

one crust. When done add the whites of the eggs whipped to a stiff froth with 4 tablespoons pulverized sugar to the top in any ornamental way and brown in a very slow oven.

### 29. SCOTCH PIE

Pare and slice enough apples to nearly fill a deep pie plate, and cover with the following batter:  $1\frac{1}{2}$  cups flour, 2 tablespoons melted butter,  $1\frac{1}{2}$  teaspoons baking powder, salt, moisten with enough sweet milk to make it spread nicely, and turn over the apples. Bake a rich brown and until the apples are tender; turn out, crust down, sweeten, add a generous amount of butter and nutmeg as for any apple pie. Serve with sweetened cream.

### 30. CUSTARD PIE No. 1

Line a pie plate with nice puff paste and prepare the following filling. In a double boiler heat 1 pint of milk. Beat 3 eggs separately, add the yolks to the hot milk with 3 tablespoons sugar and  $\frac{1}{8}$  of a grated nutmeg, the same amount of salt as nutmeg and remove from fire. Stir in the beaten whites of eggs and pour at once into the pie crust. Bake quickly in a hot oven. Let cool and cover the top with whipped cream which has been sweetened and flavored.

### 31. CUSTARD PIE No. 2

Line a plate with a good crust, pinching an extra brim round the top so that the custard may be the depth of the plate. Grate nutmeg over the bottom until well sprinkled, beat 4 eggs well with  $\frac{3}{4}$  cup of sugar and add 1 pint milk. Bake in moderate oven.

### 32. COCOANUT PIE

One cup milk, 1 cup cocoanut, 2 crackers rolled fine, 4 eggs, butter size of walnut, 1 cup sugar. Save 2 whites for frosting, beat butter and sugar well before putting in and bake with one crust. Beat 2 whites thoroughly and sweeten for frosting, spread over pie after baked, and set in oven until light brown.

## CHAPTER XVI

### CAKE

#### 1. GENERAL DIRECTIONS

**Baking** The most difficult part of cake-making is the baking. Unless the oven is right, the cake will be a failure, no matter how carefully it may have been mixed.

#### RULES

Have everything ready before beginning to mix the cake.  
Have the weights and measures exact.

**Fire** Have the fire so it will last through the baking, and the heat of the oven just right (see below), for on this the success of the cake mostly depends.

Do not mix the cake until the oven is entirely ready for it to go in.  
Sift the flour before measuring it.  
If baking-powder or cream of tartar is used, sift it with the flour.  
Mix in an earthen bowl with a wooden spoon.  
Beat the yolks and whites of the eggs separately.  
Grease the tins with lard, as butter blackens.  
For some cakes it is better to line the pans with paper.

**Fruit** When fruit is used, roll it in flour, and add it the last thing.  
If the fruit is wanted in layers, add it while the mixture is being poured into the tins.

**Salt** Add one quarter teaspoon of salt to all cakes.

**Sugary crust** If a sugary crust is wanted, sprinkle the top with sugar before the cake is baked.

**Cause of cracking** If the cake cracks open as it rises, too much flour has been used.

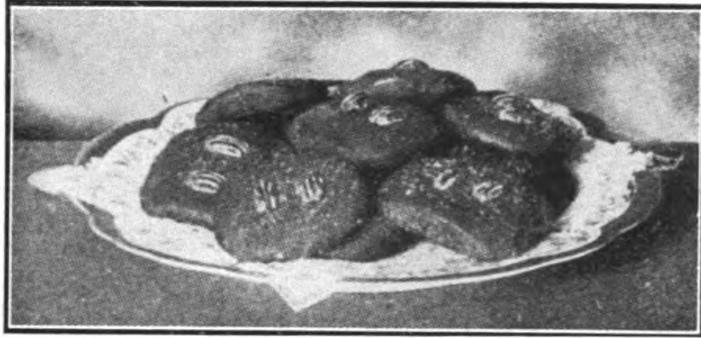
**Uneven rising** If it rises in a cone in the center, the oven is too hot.

**Beating** Beating eggs and butter makes them light, beating flour makes it tough; hence the rule to add it last.

**Adding white of egg** When the whipped whites are added do not stir, but turn or fold them in lightly, so as not to break the air-cells.

**Pans, how filled** In filling the pans let the mixture be a little higher on the sides than in the middle.

**Soda and baking powder** When molasses is used, baking-powder (also cream of tartar) must be omitted, and soda alone used for raising the cake.



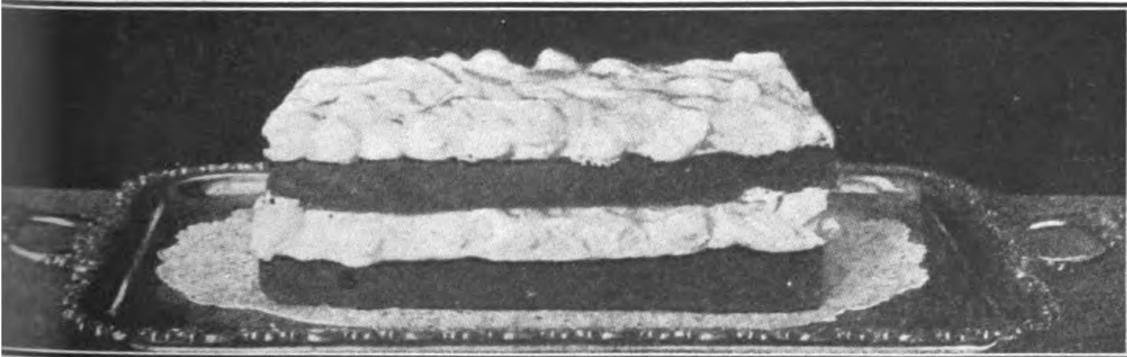
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Plain Ginger Cakes.



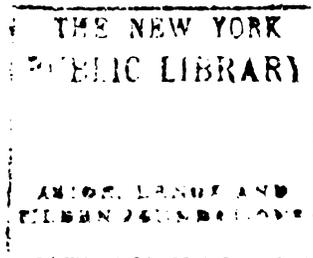
美  
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American Doughnuts.



麥  
許  
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Marshmallow Cake.



One teaspoonful of baking-powder is the equivalent of one teaspoonful of cream of tartar mixed with one half teaspoonful of soda. Equivalents

### HOW TO BEAT EGGS

Place the whites on a flat dish, being careful that not a particle of the yolk gets in. Add a pinch of salt, and with a daisy beater held flat whip the whites with an upward motion to a stiff, dry froth. It will take but a very few minutes if the eggs are fresh and cold. Put the yolks in an earthen bowl, and with a wooden or silver spoon beat them until a lemon color. If sugar is used add it at this time, and stir until the whole becomes light and creamy. Whites  
Yolks

### HOW TO LINE TINS WITH PAPER

Turn the tin bottom side up, lay over it the paper, and grease the circle for the bottom. Cut the paper in several places down to the circular mark, fold it around the pan, and cut away the paper that doubles over. Grease the paper, and fit it neatly inside the pan, leaving an inch of paper rising above the edge.

### HOW TO GREASE PANS

Warm the pan, and with a brush spread evenly the lard or cottolene. For flat tins to be used for small cakes, brush them lightly with oil; then with a paper or cloth rub them dry, and sprinkle with flour. Jar them so the flour will completely cover them; then turn over the tins, and strike them against the table. All the superfluous flour will fall, leaving the tins lightly coated with flour. This will give a clean surface to the bottom of the cake. Flouring tins

### HOW TO BAKE CAKE

The oven should be only moderately hot at first, so that the cake can get heated through, and can rise before forming a crust, the heat should then be increased, so that when the cake has been in the oven one half the time required for baking a light crust will be formed. It should rise evenly, and be smooth on top. When it rises in a cone in the center it is because the oven is too hot, and a crust has formed on the edges before it has had time to rise. Sometimes it rises on one side, showing the oven is hotter on one side than the other, in which case it should be turned or a screen interposed; but it must be done with the greatest care. Moving or jarring the cake before the air-cells are fixed is almost sure to cause it to fall. Do not open the oven door for the first five minutes, and then open and shut it very gently, so as not to jar the cake. Cake takes from fifteen minutes to an hour to bake, according to its kind and thickness. Rising  
Time

hotter oven is needed for a thin cake than for a thick one. It is done when it shrinks from the pan, and makes no singing noise; or when a broom straw run into it comes out clean and smooth. Be sure the cake is done before removing it from the oven. Let it stand a few minutes in the tin, and it will then come out easily. Always handle the cake carefully.

**Tests for the oven**  
The following test for the oven is recommended. Put in a piece of white paper. If at the end of five minutes the paper is a rich yellow color, the oven is right for sponge-cake; if light yellow, it is too cool; if dark brown, too hot. For pound or buttercakes, it should be light yellow at the end of five minutes. For gingerbreads and thin rolled cakes, it should be dark brown.

### MIXING SPONGE CAKE

Beat the yolks till thick and light-colored; gradually beat in the sugar; add flavoring (grated rind of an orange or lemon) and lemon juice, if used, then beat the whites till dry; fold  $\frac{1}{2}$  the whites into the yolks and sugar; fold in half of the flour, the other half of the whites and the other half of the flour. In a sponge cake proper the lightness depends entirely upon the air beaten into the eggs, and great care must be exercised to handle the mixture in such a manner that none of the air cells be broken down. Stirring must be avoided. The cake is mixed entirely by beating and folding, and when ready for the pan will be a delicate, fluffy mass. The long beating of the eggs necessary to insure a light cake renders a sponge cake dry; this may be remedied to some extent by using a greater number of yolks than of whites.

### MIXING CAKE MADE WITH BUTTER

Rub the butter until it is light and smooth. Add the sugar, and stir until creamy. If there is too much sugar to mix with the butter, beat half with the yolks of the eggs. Add the beaten yolks to the creamed butter and sugar. (If only a little butter is used melt it, and add it to the yolks and sugar.) Next add the flavoring, and then the milk and flour alternately, until all are in. Beat the batter a few minutes to give it fine grain; then fold in the whipped whites of the eggs lightly. If fruit is used, flour and add it the last thing. Turn it into the pans, and put it at once into a moderate oven.

#### 2. QUICK SPONGE CAKE No. 1

Beat 3 eggs without separating the whites and yolks; beat in  $1\frac{1}{2}$  cup of sugar and  $\frac{1}{2}$  cup of milk, alternately, with 2 cups of sifted flour, sifted again with  $\frac{1}{2}$  teaspoon of salt and 2 level teaspoons of baking powder.

#### 3. SPONGE CAKE No. 2

6 eggs, 3 cups sugar, 4 cups flour, 1 cup cold water, 2 teaspoons baking powder, juice and grated rind of 1 lemon,  $\frac{1}{4}$  teaspoon salt.

In this case the beaten whites are added last. The baking powder mixed with the flour is added to the yolks, sugar and flavoring.

This is a good cake to use for layer cakes or rolls. It is sufficient for 2 loaves.

#### 4. SPONGE CAKE No. 3

Weigh any number of eggs; take the same weight of sugar and one-half the weight of flour; the grated rind and juice of one lemon to five eggs.

For mixing this cake see directions given above; the mixture should be very light and spongy, great care being used not to break down the whipped whites. The oven should be moderate at first and the heat increased after a time. The cake must not be moved or jarred while baking. Time required 40 to 50 minutes according to size of loaf. Use powdered sugar for sponge cake. Rose water makes a good alternative flavoring. Almonds chopped fine may be mixed with the cake, and orange rind can be grated over the cake before it is frosted.

#### 5. SUNSHINE CAKE

The same as for Angel cake, adding the beaten yolks of 2 eggs before putting in the flour.

#### 6. GENOESE CAKE

Three eggs and the same weight of butter, sugar and flour. Beat the butter and sugar together until very light and creamy; add one saltspoon salt and flavoring ( $\frac{1}{2}$  teaspoon vanilla or almond or 1 tablespoon brandy) then add the eggs one at a time and beat each one well before adding the next. Beat the mixture for 15 to 20 minutes; then stir in lightly the sifted flour and turn it into a pan, filling it three-quarters full.

This cake can be used for layers, rolls, canary pudding, or can be cut into small forms for fancy cakes. Bake slowly about 40 minutes.

#### 7. JELLY ROLLS

Make a layer of Genoese or sponge cake No. 1. Put the mixture on the layer tins in spoonfuls, placing it around the edges; then with a broad knife smooth it over towards the middle, as evenly as possible. The layers should only be  $1\frac{1}{2}$  inches thick when baked and the crust should not be hard. Directly it is removed from the oven, and before it has had time to cool, cut off the hard edges, spread with any jelly or jam, and roll it up evenly; then roll in a paper and tie, so it will cool in a round even shape.

#### 8. ARCHANGEL CAKE

Beat 1 cup butter to a cream and gradually beat in 1 cup granulated sugar. Beat the whites of 8 eggs until dry. Add a little of the beaten eggs to the sugar and butter, then add 2 cups of sifted flour, sifted again with 2

level teaspoons baking powder, the rest of the egg whites and  $\frac{1}{2}$  teaspoon almond extract. Bake in a pan with tube in center or in layers or a sheet. Any frosting may be used but chocolate frosting is the best.

### CHOCOLATE FROSTING

Boil 2 cups of granulated sugar and a cup of water, without stirring, until the syrup dropped from the end of a spoon spins a thread 2 inches in length; add 4 ounces of grated chocolate and a teaspoon of vanilla extract and beat until smooth and thick.

### 9. ANGEL FOOD CAKE

The materials required are 1 cup each egg whites, sugar and sifted flour,  $\frac{1}{2}$  teaspoon cream of tartar and 1 teaspoon vanilla. Beat the whites until foamy. Add the cream of tartar and beat until dry; add the vanilla, beat in the sugar gradually, then cut and fold in the flour. Bake in an unbuttered pan, with a tube in the center, about 50 minutes. The oven should be of a little stronger heat than for yellow sponge cake. When baked the outer surface of the cake should be of a delicate straw color. The pans used for Angel Cake must not be used for other cakes.

### 10. DELICATE WHITE CAKE

Beat  $\frac{3}{4}$  cup of butter to a cream and gradually beat in 2 cups of sugar. Sift together, two or three times, 3 cups of sifted flour and 2 level teaspoons of baking powder; beat the whites of 6 eggs dry; add  $\frac{1}{2}$  cup of milk to the butter and sugar, alternately, with 3 cups of sifted flour. Lastly, add the beaten whites and  $\frac{1}{2}$  teaspoon of almond extract. Bake in 2 or 3 layers. Boiled frosting to be placed between the layers and over the top.

### 11. CHARLOTTE POLONAISE CAKE

The cake to be made by any good recipe for white cake and baked in layer tins.

#### FILLING

Yolks of 3 eggs,  $1\frac{1}{2}$  pints of milk, 3 heaping spoons of sugar (large iron spoons), 1 spoon of sifted flour (large iron spoon).

Boil into a thick custard, and to this when cold add  $\frac{3}{4}$  of a pound of citron cut into very small pieces, and 1 lb. of blanched almonds and  $\frac{1}{2}$  cup sherry. Spread thickly between the layers of cake.

**12. LAYER CAKES: CHOCOLATE, VANILLA, COFFEE, ETC.**

Bake Genoese or sponge cake No. 1 (half the recipe will give three layers) in round layer tins, using three for each cake; when baked spread two of them with filling and pile one on the other. Trim the edges with a sharp knife, evenly. Cover the top with a soft royal icing made of confectioner's sugar and flavored the same as the filling.

**CREAM FILLING No. 1**

Beat well together the yolks of 5 eggs,  $\frac{1}{2}$  cup sugar, 1 heaping tablespoon cornstarch; dilute with 2 cups of boiling milk, and stir over the fire until thickened; remove, add the flavoring and let cool. If coffee flavoring is required, use  $\frac{1}{2}$  black coffee and  $\frac{1}{2}$  milk. If chocolate, melt 3 or 4 ounces and add it to the custard.

**CHOCOLATE FILLING No. 2**

Melt 4 ounces chocolate; dilute with 3 tablespoons milk and add a cup of sugar mixed with a well-beaten egg, and stir until thickened.

Note.—(Tart jelly of any kind, spread thinly on each layer before the filling is put in, gives any layer cake a much better flavor.)

**FRUIT FILLING No. 3**

A delicious filling for layer cakes can be made by using  $\frac{1}{2}$  cup chopped figs, 1 cup chopped raisins, four tablespoons sugar, stewed slowly together in  $\frac{1}{4}$  cup of water until perfectly soft. Then add 1 teaspoon lemon juice and 4 tablespoons chopped black walnut meats.

**ORANGE FILLING No. 4**

Beat the whites of 2 eggs to a stiff froth. Boil  $1\frac{1}{4}$  cups of sugar with  $\frac{1}{2}$  cup of water until it threads. Pour the boiling sugar in a very fine stream onto the whipped whites, beating hard all the time. Add the grated rind and juice of one orange and continue to beat until it is cold and the sugar is stiffened enough to place between the cakes without running.

**13. WHITE LAYER CAKE  
(The Best)**

Beat  $\frac{1}{2}$  cup of butter to a cream; gradually beat in 1 cup sugar, then, alternately,  $\frac{1}{2}$  cup milk and 2 cups sifted flour, sifted again with 3 level teaspoons baking powder. Lastly, beat in the whites of 3 eggs, beaten dry. Bake in two layers. Put the layers together and cover the top and sides with chocolate frosting. Decorate with halves of English walnuts.

**14. MARSHMALLOW CAKE**

Beat  $\frac{3}{4}$  cup of butter to a cream; gradually beat in  $1\frac{1}{4}$  cups of fine granulated sugar. Sift together  $3\frac{1}{2}$  cups of pastry flour and 2 slightly rounding teaspoons of baking powder. Add to the first mixture, alternately, with  $\frac{1}{2}$  cup, each, of milk and water. Add the whites of 5 eggs, beaten dry, and a teaspoon of vanilla or the grated rind of half a lemon. Bake in 2 layers (8 by 12 inches). Use marshmallow icing on top and as filling between the layers.

**MARSHMALLOW ICING**

Boil 2 cups of granulated sugar and  $\frac{1}{2}$  cup of water to 240° Fahr., or until it spins a thread about 3 inches long, then pour in a fine stream over the well-beaten whites of 4 eggs, beating constantly meanwhile. When cool add  $\frac{1}{2}$  pound of marshmallows, each marshmallow cut in four pieces with scissors. The marshmallows should not melt in the icing, which should be exceedingly light and fluffy. Flavor to taste.

**15. NUT LAYER CAKE**

Cream  $\frac{1}{2}$  cup of butter. Add gradually  $1\frac{1}{2}$  cups sugar, then  $\frac{1}{2}$  cup of milk, 1 teaspoon of vanilla extract,  $2\frac{1}{4}$  cups flour, sifted with  $\frac{1}{4}$  teaspoon soda and  $\frac{3}{4}$  teaspoon cream of tartar. Lastly, fold in the whites of 5 eggs. Spread in two layer-cake pans. Press halves of English walnuts into the top of one of the layers, to make lengthwise rows of nut-meats. Sprinkle the whole with white sugar, and bake about twenty minutes. Put the layers together with

**CHOCOLATE NUT FROSTING**

Boil 1 cup sugar and  $\frac{1}{2}$  cup of water, until it forms a thread when tried with a spoon. Pour in a fine stream, beating constantly, on to the beaten yolks of 2 eggs. Then pour this mixture on to a square of melted chocolate, add the chopped meats remaining from a pound of unshelled nuts, and  $\frac{1}{2}$  teaspoon of vanilla extract, and beat until cold enough to spread.

**16. NUT LOAF CAKE**

Cream  $\frac{3}{8}$  cup butter, add  $\frac{3}{4}$  cup sugar and cream well. Mix and sift thoroughly  $1\frac{1}{4}$  cups flour,  $\frac{1}{4}$  teaspoon cream of tartar,  $1\frac{1}{2}$  teaspoons baking powder, and add to the creamed mixture, alternately, with  $\frac{1}{4}$  cup milk. Add  $\frac{1}{2}$  cup walnut meats cut into small pieces, then fold in the stiffly beaten whites of 4 eggs. Pour into a loaf cake pan and bake slowly about 30 to 40 minutes. Cover with Mocha Frosting. Use the yolks for salad dressing.

**MOCHA FROSTING**

Cream  $\frac{1}{4}$  cup butter, add  $1\frac{1}{3}$  cups confectioner's sugar gradually, creaming well; mix 1 tablespoon powdered cocoa with 2 tablespoons hot coffee infusion, and when thoroughly melted add to the sugar mixture. If not thin enough to spread nicely on the cake, add a little more coffee until the desired consistency is reached. If too thin, add more sugar.

**17. WHITE NUT CAKE**

Beat  $\frac{1}{2}$  cup of butter to a cream and gradually beat in  $1\frac{1}{2}$  cups sugar; sift together, two or three times, 2 cups of sifted flour and 2 level teaspoons of baking powder. Add the flour mixture to the butter and sugar, alternately, with  $\frac{3}{4}$  cup of milk. Add 1 cup of chopped nut meats and the whites of 4 eggs, beaten dry.

**18. CHOCOLATE FRUIT CAKE**

Beat  $\frac{1}{2}$  cup of butter to a cream and 2 yolks of eggs until thick and light colored; beat  $\frac{1}{2}$  cup of sugar into the butter and  $\frac{1}{2}$  cup of sugar into the yolks, then beat the two together. Add  $\frac{1}{2}$  cup of hot, mashed potato, one ounce (or square) of chocolate, melted over hot water, then  $\frac{1}{4}$  cup of sweet milk and one cup of sifted flour, sifted again with  $1\frac{3}{4}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon each of cinnamon and mace and  $\frac{1}{4}$  teaspoon of cloves. Add  $\frac{1}{2}$  cup of seeded raisins, cut in pieces, and, lastly, the whites of 2 eggs, beaten dry.

**19. NUT AND RAISIN CAKE**

$\frac{1}{2}$  cup butter,  $1\frac{1}{4}$  cups sugar, 3 eggs,  $\frac{1}{2}$  cup milk. About 2 cups flour, (sometimes a little more is required), 2 teaspoons baking powder,  $\frac{3}{4}$  cup sultanas or seeded raisins, 1 cup chopped walnuts.

Cream the butter and sugar, beat egg yolks and add. Add the milk and flour, sifting the baking powder with the flour three times. Then add the raisins and nuts floured. Beat well, then fold gently in the whites of eggs well beaten.

**20. SULTANA CAKE No. 1**

We can rarely duplicate cakes sold by bakers. The following cake is very satisfactory. Beat  $\frac{1}{2}$  cup of butter to a cream; gradually beat in one cup of granulated sugar, then the unbeaten yolks of 3 eggs and, alternately,  $\frac{1}{2}$  cup of milk and  $1\frac{3}{4}$  cups of sifted flour, sifted again with 4 level teaspoons of baking-powder and  $\frac{1}{2}$  teaspoon of mace. Beat in  $\frac{1}{2}$  cup of sultana raisins, dredged and mixed with 3 teaspoons of flour, and the whites of 3 eggs, beaten dry. Bake in a loaf about 45 minutes.

**21. SULTANA CAKE, No. 2**

1 lb. flour, 6 oz. powdered sugar, 5 oz. candied peel, 1 tablespoon baking powder, 2 or 3 tablespoons milk,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sultanas, 2 lemon rinds, 4 eggs, pinch of salt. Line cake tin with 3 layers of paper.

Cream the butter and sugar together, add eggs, beating each in separately, add flour, baking powder and salt. Then stir in sultanas, chopped candied peel and grated lemon rind. Lastly, add milk, mix well and bake in a moderate oven for about  $1\frac{1}{2}$  hours.

**22. RICH CHRISTMAS CAKE**

$1\frac{1}{4}$  lbs. flour, 14 oz. butter,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb. candied peel,  $\frac{1}{4}$  lb. chopped almonds, 1 teaspoon carbonate of soda,  $\frac{3}{4}$  lb. castor sugar, 1 lb. currants,  $\frac{1}{4}$  lb. preserved cherries, 5 eggs,  $\frac{1}{2}$  teaspoon mixed spice, 1 wineglass milk or brandy.

Beat butter to a cream, add sugar. Beat eggs well for 10 minutes then mix with butter and sugar. Sift flour and spice, then add the fruit, blanched chopped almonds and candied peel. Dissolve carbonate of soda in warm milk. Mix all together thoroughly, bake for 3 hours and when well risen cover top with paper.

This cake should be made 3 or 4 weeks before required for use and be kept in a tightly closed tin box.

When the cake is wanted for use a layer of almond paste should be put on top and iced over.

**23. WEDDING CAKE**

Cream 2 cups butter, add 2 cups sugar gradually, and beat thoroughly. Separate the yolks and whites of 12 eggs, beat the yolks until thick and lemon colored, and the whites until dry and stiff, and add to the sugar and butter. Mix and sift 4 cups flour, 2 teaspoons cinnamon,  $\frac{3}{4}$  teaspoon each nutmeg, allspice, and mace, reserve  $\frac{1}{3}$  cup with which to dredge the fruit, then add the rest to the sugar and butter mixture. Seed and cut into small pieces  $2\frac{1}{2}$  lbs. raisins,  $\frac{1}{2}$  lb. currants, slice very thin and cut into strips 1 lb. citron, chop finely 1 lb. figs and 1 lb. almonds, dredge with the  $\frac{1}{2}$  cup flour and add to the cake, with 2 tablespoons lemon juice and  $\frac{1}{4}$  cup grape juice. Mix well, pour into deep buttered pans, cover the top with oiled paper and steam 3 hours, then bake  $1\frac{1}{2}$  hours in slow oven. Or bake 4 hours in a slow oven. When the cake is steamed, then baked, it seems to be richer than when baked only.

**24. SODA CAKE**

1 lb. flour,  $\frac{1}{2}$  lb. sultanas or currants,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  lb. castor sugar,  $\frac{1}{4}$  lb. butter, 1 teaspoon carbonate of soda, 2 eggs.

Beat sugar and butter to a cream, add eggs, beating each in separately; mix flour and soda and stir into mixture. Lastly, add milk and fruit. Mix all together quickly, pour into tin lined with buttered paper and bake in moderate oven for about  $1\frac{1}{2}$  hours.

### 25. FRUIT CAKE

$\frac{1}{2}$  pound each butter, flour, currants, candied peel and sugar,  $\frac{1}{2}$  a grated nutmeg, a few chopped almonds, the juice and rind of 1 lemon, 4 eggs.

Beat the butter to a cream, add the eggs one by one, then the other ingredients. Bake in a paper lined and greased tin. The oven must not be too hot.

### 26. POTATO CAKE

1 cup sugar, 1 cup flour,  $\frac{1}{2}$  cup mashed potatoes, 1 cup chopped walnuts (not fine),  $\frac{1}{4}$  teaspoon cloves, 2 eggs beaten separately,  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  cup milk, 2 heaping tablespoons chocolate, 1 teaspoon of cinnamon, nutmeg and mace, 1 teaspoon baking powder, 1 pinch salt.

### 27. QUEEN CAKE

1 lb. sifted sugar, 1 lb. flour,  $\frac{1}{2}$  lb. currants carefully washed and picked, a little nutmeg and cinnamon, 1 lb. butter, 8 eggs.

Beat the whites of eggs stiffly, work the butter and sugar to a cream, then add yolks of eggs well beaten, and lastly flour, whites of eggs, currants and flavouring. Bake in a moderate oven.

### 28. CRUMB CAKE

1 lb. butter, 1 lb. sugar, 14 oz. bread crumbs, 2 oz. flour, 12 eggs, 1 teaspoon baking powder,  $\frac{1}{2}$  lb. raisins, 1 lb. almonds, 1 lb. candied peel sliced,  $\frac{1}{2}$  wineglass port or sherry.

Mix butter and sugar well together and add the beaten yolks of eggs, then the crumbs, and flour with the baking powder in it. Beat whites of eggs well and add. Lastly put in the peel, almonds and wine. Bake in greased tin until cooked.

### 29. DATE LOAF CAKE

(Mrs. Yates, wife of the ex-Governor of Illinois, served cake made by this recipe to a party of twenty-six ladies, and all but nine telephoned for the recipe. The cake is easily made and keeps well.)

Stone enough dates to make a pound after stoning, and add one pound of nut meats (English walnut). Leave the dates and nut meats whole; sift over them one cup of pastry flour,  $\frac{1}{2}$  teaspoon of salt and 2 rounding teaspoons of baking powder that have been sifted together three times. Mix thoroughly, add a cup of granulated sugar and mix again. Beat the whites of 4 eggs dry,

and the yolks till light colored and thick. Mix the yolks evenly through the cake mixture, then mix in the whites and a teaspoon of vanilla extract. Bake in a pan, neatly lined with a buttered paper, one hour. The heat of the oven must be moderate. Two brick-loaf bread pans are good for this cake, when a larger pan is not at hand.

### 30. SEED CAKE

1 lb. flour, pinch of salt, 1 tablespoon caraway seeds, 1 teaspoon carbonate of soda, 6 oz. fresh dripping or butter, 1 teaspoon mixed spice, 6 oz. sugar,  $\frac{1}{2}$  pint milk, 1 teaspoon vinegar.

Mix the dry ingredients thoroughly.

Dissolve the carbonate of soda in milk and vinegar and stir into the cake. Beat cake well, put into a buttered tin and bake in a moderately heated oven for about 1 hour.

### 31. BRUNSWICK CAKE

$\frac{1}{2}$  lb. flour, 3 oz. butter, 6 oz. sugar, 2 eggs,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{3}{4}$  teacup milk,  $1\frac{1}{2}$  teaspoons mixed cinnamon, cloves and nutmeg.

Mix butter and sugar well together, add alternately beaten eggs and flour, then the other ingredients. Bake in a moderate oven, and ice the cake when cold.

### 32. MARBLE CAKE

1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk,  $2\frac{1}{2}$  cups flour, 2 teaspoons baking powder, whites of 4 eggs.

1 cup brown sugar,  $\frac{1}{2}$  cup molasses,  $2\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup butter, yolks of 4 eggs,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda, 1 teaspoon each of cloves, allspice and cinnamon.

Originally Marble Cake was baked in a cake pan into which alternate spoonfuls of the white and dark batter were dropped, thus giving the marbled effect when the cake was baked.

A nicer and more effective looking cake is obtained by baking the two mixtures in layer tins and putting red currant jelly between the layers of alternating white and brown.

### 33. POUND CAKE

1 lb. butter, 1 lb. flour, 1 lb. cube sugar, 8 eggs, pinch of salt.

Rub some of the sugar on the rind of an orange or lemon. Beat the butter to a cream, then add the sugar pounded, the flour and the eggs gradually and salt. When all thoroughly mixed, pour into a well buttered mold or, still better, into a hoop lined with buttered paper, and bake.

A variety of cakes may be made by adding to the above currants, stoned raisins, almonds, candied peel, preserved cherries, pistachio kernels, etc.

If a rich cake is desired, a wineglass of brandy can be added to the above quantity.

### 34. CHOCOLATE CAKE

**Mixture:**—One cup sugar, 1 tablespoon molasses,  $\frac{1}{2}$  cup milk, 1 cup grated chocolate, yolks of 2 eggs. Cook on stove until smooth and when cold add 1 teaspoon vanilla.

Cream together 1 cup sugar and  $\frac{1}{2}$  cup butter, add  $\frac{1}{2}$  cup milk, 2 eggs and the whites from the mixture beaten separately, 2 cups flour, sifted before measuring, 1 teaspoon soda. Add mixture and bake.

### 35. ENGLISH CORNSTARCH CAKE

$\frac{1}{2}$  cup butter, 1 scant cup sugar,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup cornstarch, whites of two eggs beaten to stiff froth,  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon vanilla, fold in whites of eggs last.

### 36. RICE CAKE

$\frac{1}{4}$  lb. flour,  $\frac{1}{4}$  lb. ground rice,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{4}$  lb. butter, 2 eggs,  $\frac{1}{2}$  teaspoon lemon extract,  $\frac{1}{2}$  teacup milk,  $\frac{1}{2}$  teaspoon baking powder.

Put butter and sugar into a slightly warm basin, mix to a cream with wooden spoon. Add yolks of eggs one by one, beating well as each goes in, then the milk and lastly the flour, ground rice, baking powder and lemon. Mix thoroughly and put into a well greased tin dusted over with flour, and bake.

### 37. PLAIN BUTTER CAKE

Beat  $\frac{1}{3}$  cup of butter to a cream; gradually beat in 1 cup of sugar and the beaten yolks of 2 eggs. Sift together  $1\frac{1}{2}$  cups of flour,  $\frac{1}{2}$  teaspoon of soda and  $1\frac{3}{4}$  level teaspoons of cream of tartar; add the flour mixture to the first mixture, alternately, with  $\frac{1}{2}$  cup of milk. Lastly add the beaten whites of two eggs.

### 38. YELLOW CAKE

Wash the salt from one cup of butter; beat the butter till white on the edges, then beat in  $1\frac{1}{2}$  cups of sugar and the yolks of 8 eggs, beaten light. Beat the whites of 2 eggs dry; beat in  $\frac{1}{2}$  cup of sugar, then fold the two mixtures together. Sift together  $3\frac{1}{2}$  cups of flour and  $\frac{1}{2}$  teaspoon, each, of soda, cream of tartar and baking powder. Add to the first mixture, alternately, with one cup of milk. Flavor with a teaspoon of vanilla extract or  $1\frac{1}{2}$  tablespoons of preserved orange peel, grated. Bake in a pan nine and a half inches square. Cover with boiled frosting. This is a very tender, fine-grained cake, similar to pound cake. It makes a large sheet of cake, but it is a very simple matter to divide the recipe and make but half of it.

**39. PLAIN CAKE**

2 eggs, 1 cup of sugar, 1 cup of flour,  $\frac{1}{2}$  cup of hot water, 2 teaspoons of baking-powder.

Beat the yolks and whites of the eggs together well, add the sugar, then the flour, in which the baking-powder is mixed, and lastly the water. Put it into the oven at once.

**ECLAIRS AND SMALL CAKES****40. CHOCOLATE, VANILLA AND COFFEE ECLAIRS**

One cup water, 1 tablespoon sugar, 2 tablespoons butter,  $1\frac{1}{2}$  cups flour (pastry flour preferred) 3 or 4 eggs,  $\frac{1}{2}$  saltspoon salt.

Put the water, sugar, salt and butter in a saucepan on the fire. When the butter is melted remove; add the flour and beat until it is a smooth paste; return to the fire and stir vigorously until the paste leaves the side of the pan; then remove and let partly cool, and then add the eggs, one at a time, beating each one for some time before adding the next. When all are in, beat until the batter is no longer stringy. When dropped from a spoon on a tin it should hold its shape without spreading. The batter is better if it stands an hour or two before being used. Put it in a pastry bag with a tube of three-eighths inch opening. Press the batter onto pans oiled and floured, in strips  $3\frac{1}{2}$  inches long, and a little distance apart. Egg the tops and bake in a slow oven about 30 minutes. Cut open one side and fill with cream filling. Make a chocolate icing No. 2; dip the eclairs into it, covering them one half. For vanilla or coffee eclairs use fondant icing. The filling to be flavored the same as the icing.

**41. MADELINES**

Make 2 thin layers of Genoese Cake, flavored with brandy; place them together with a thin layer of jelly or jam. Cut the cake into fancy shapes, squares, diamonds, etc., having them not more than  $1\frac{1}{2}$  inches in diameter and the same thickness. Ice them with fondant flavored with rum, kirsch, or maraschino; or make the cakes of one layer  $1\frac{1}{4}$  inches thick and ice them on top and sides with royal icing or fondant, with different colors and flavors. Place in the center of each cake a piece of candied cherry, angelica or almond.

**42. LADY-FINGERS**

6 eggs,  $\frac{1}{2}$  pound or  $1\frac{1}{4}$  cups of powdered sugar,  $\frac{1}{4}$  pound or 1 cup of sifted flour,  $\frac{1}{2}$  saltspoon of salt. Flavoring of vanilla, lemon, or orange flower water.

Beat the yolks and sugar to a light cream; add the flavoring. Stir in lightly the flour and then the whites of the eggs whipped very firm; the salt is added to the whites before being whipped. Have a sheet of paper on the baking-pan or sheet. Place the mixture in a pastry bag, and press it through a tube having an opening  $\frac{1}{2}$  to  $\frac{3}{4}$  inch wide. Have the strips  $4\frac{1}{2}$  inches long. Cut off the paste from the tube with a knife so the ends will be clean; dust them with sugar and bake in a moderate oven 10 to 12 minutes, or until a light crust has formed. The crust should not be colored. When done, stick two together, using white of egg.

For Biscuit Balls.—Drop the mixture in balls  $\frac{1}{2}$  inch in diameter, and bake the same as fingers. Stick two together with a little jam.

#### 43. BRANDY SNAPS

7 ozs. butter; 7 ozs. flour; 10 ozs. sugar; 12 ozs. golden syrup; 1 oz. ground ginger. Mix well the sugar, flour, and ginger. Melt butter and syrup together and pour on to the dry ingredients. Stir well until smooth. Bake in small pieces, about  $\frac{1}{2}$  teaspoon, in a moderate oven. Curl and fill with whipped cream.

#### 44. SHORT BREAD FINGERS

##### (Real Scotch Recipe)

1 lb. flour;  $\frac{1}{4}$  lb. white sugar;  $\frac{1}{2}$  lb. butter; 2 tablespoons water. Rub the butter and sugar well together, mix the water and shake in the flour gradually. Rub all together, roll out on a board and cut into fingers. Bake in a quick oven till a light brown on both sides, having turned them over once.

#### 45. VIENNA SHORT BREAD

8 ozs. of flour; 6 ozs. of butter; 3 ozs. of sugar, flavored with vanilla; 3 ozs. of ground almonds. Work all together into a paste. Take small pieces the size of a walnut, roll out and form little crescents or half moons with it. Do not cut it. Put them on a baking tin and bake in a very moderate oven. Do not let them color. When done, sprinkle with fine sugar.

#### 46. ROCK CAKES

$\frac{1}{2}$  lb. of butter, 1 lb. flour,  $\frac{1}{2}$  lb. of sugar, 2 eggs, 1 teaspoon of essence of lemon,  $1\frac{1}{2}$  teaspoons baking powder, a little milk.

Rub the butter, flour, baking powder and sugar well together (the flour should be dried and sifted); mix in the eggs well beaten, the essence of lemon, and  $\frac{1}{2}$  a gill of milk. Drop the cake-mixture upon a baking-tin as roughly as possible, and bake  $\frac{1}{4}$  hour in a rather quick oven.

**47. ALMOND MACAROONS**

6 oz. ground almonds, 6 oz. sugar, 2 or 3 whites of eggs, wafer paper, cherries to decorate.

Mix the sugar and almonds in a bowl, add the whites of eggs well whipped, and stir the mixture thoroughly. Roll into biscuits and put on wafer paper, then on greased paper, and bake in an oven that is not too hot. Decorate with cherries when baked.

**48. ENGLISH TEA CAKES**

Sift together  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup sugar, scant  $\frac{1}{2}$  teaspoon salt and 2 level teaspoons baking powder; with the tips of the fingers work in  $\frac{1}{2}$  cup butter; add  $\frac{1}{2}$  cup currants. Beat 1 egg (reserve a tablespoon of egg to glaze the top of the cakes), add about 2 tablespoons milk and mix the dry ingredients to a dough. With the hands roll the dough into balls the size of a walnut. Set the balls in a buttered pan, some distance apart, brush over the tops with the egg, dredge with sugar and bake in a quick oven. Serve hot or cold with tea or cocoa. This recipe makes about 15 cakes.

**49. ALMOND BISCUITS (French)**

1 lb. and 2 oz. of flour, 1 teaspoon of powdered cinnamon, 1 teaspoon of bi-carbonate of soda,  $\frac{3}{4}$  lb. of brown sugar.

Mix well and add  $\frac{1}{2}$  lb. melted butter and 2 eggs.

Divide the paste into 4 parts and roll, then let it remain in a basin for 24 hours.

Cut into rounds and bake in a quick oven, placing an almond in the middle of each round.

**50. SABLES (Biscuits) (French)**

$\frac{3}{4}$  lb. flour,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. butter, one egg, pinch of salt.

Mix the paste well on a board, and spread the whole on a tin, place in a moderate oven, and take out when the biscuits begin to get brown.

**51. AMERICAN DOUGHNUTS No. 1**

1 cup sugar,  $\frac{1}{4}$  cup butter, 1 cup milk, 2 teaspoons baking powder, flour enough to roll, flavor with nutmeg. Fry in beef suet, or crisco, or lard will do.

Select kidney suet from two years old beef. Cook in water slowly about six or eight hours, then strain. When cold the suet should be soft, the consistency of butter, or results will not be satisfactory.

**52. NEW ENGLAND DOUGHNUTS No. 2**

1 egg, 1 cup sweet milk, 2 teaspoons baking powder full measure, 1 cup sugar, 3 tablespoons melted butter.

Sifted flour enough to make smooth dough. Flavor to taste.

Beat one egg very light, add sugar and beat well, add butter to sugar and egg and beat to a light cream, then add sufficient well sifted flour to make a smooth dough, and roll dough to the thickness of  $\frac{1}{4}$  inch.

Cut in small round cakes, make small round hole in centre. Drop in boiling lard until a light brown color. Roll in powdered sugar when cold.

### 53. DOUGHNUTS No. 3

2 eggs, 1 cup of sugar, 1 cup of milk. 4 tablespoons of melted butter, flour enough to make a soft dough, 1 saltspoon salt, 1 teaspoon ground cinnamon,  $\frac{1}{2}$  teaspoon of soda and 1 teaspoon of cream of tartar, or 1 teaspoon of baking powder.

Roll the dough one inch thick. Cut it into small circles, or rings, or strips and twist them. Drop the cakes into smoking hot fat, and fry to light brown; drain, and roll them in powdered sugar while still warm.

## AMERICAN COOKIES

### 54. PLAIN COOKIES

1 cup of butter, 2 cups of sugar, 1 cup of milk, 2 eggs,  $\frac{1}{2}$  teaspoon of vanilla, flour, 2 teaspoons of baking powder.

Mix in the order given. Use enough flour to roll the dough thin. Cut it into circles, and bake in a moderate oven. Brush the tops with white of egg, and sprinkle them with sugar. Caraway seeds may be mixed with the dough, or sprinkled over the tops if liked. For soft cookies do not roll the dough so thin. Stamp them out with a fluted cutter, and remove them from the oven as soon as baked, not leaving them to dry as for crisp cookies.

### 55. WALNUT COOKIES

Beat 1 cup of butter to a cream; beat in  $1\frac{1}{2}$  cups of sugar, 3 well-beaten eggs,  $1\frac{1}{2}$  cups of flour, sifted with 1 teaspoon of soda and  $\frac{1}{2}$  teaspoon of salt, 2 cups of nut-meats broken in pieces or chopped, and a second  $1\frac{1}{2}$  cups of flour. Drop by spoonfuls, some distance apart, on buttered tins; decorate the top of each cookie with a nut, sift granulated sugar over the whole, and bake in a moderate oven.

### 56. OATMEAL COOKIES

One cup hot cooked oatmeal, 2 tablespoons butter or lard, 1 teaspoon salt, 1 cup sugar, 1 teaspoon cinnamon,  $\frac{1}{2}$  cup halved raisins,  $\frac{1}{2}$  cup broken walnut meats,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  teaspoon soda and 2 cups pastry-flour.

Mix in order given, and drop two inches apart on a well-oiled pan. Bake in a moderate oven.

**57. PEANUT-BUTTER COOKIES**

2 cups sugar,  $\frac{3}{4}$  cup peanut-butter,  $\frac{3}{4}$  cup milk, 2 eggs, 5 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt.

Cream together sugar and nut-butter, then add eggs and salt. Mix together the baking powder and 3 cups of the flour and add alternately with milk. Work in the remaining flour, roll thin, shape and bake in a moderate oven about 6 minutes. Each cooky may be brushed over with slightly beaten egg-white and sprinkled with chopped peanuts.

**GINGER-BREAD AND GINGER CAKES****58. COLONIAL GINGER BREAD**

1 cup New Orleans Molasses,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter.

Dissolve 1 level dessertspoon of soda in a cup of boiling water, pour over other ingredients and mix thoroughly. When cool add:

1 cup seeded raisins, 1 cup chopped nuts (not necessary),  $2\frac{1}{2}$  cups flour, 1 teaspoon of ginger, 1 teaspoon of cinnamon. Add 2 well beaten eggs. Bake in shallow tin.

**59. GINGERBREAD**

1 cup butter, 1 cup sugar, creamed together, 1 cup molasses, 1 cup sour milk to which has been added 1 teaspoon soda, 3 eggs, 3 cups flour with 1 tablespoon ginger and 1 tablespoon cinnamon added.

The flour to be sifted before measuring.

If sour cream is used less butter will be required.

Batter can be kept for a week without baking.

**60. SOFT GINGERBREAD (Delicious)**

1 cup sugar, 2 eggs, not beaten,  $3\frac{1}{2}$  or 4 cups sifted flour, 1 teaspoon cinnamon, 2 tablespoons ginger, 1 cup black molasses, 1 cup lukewarm water, 1 cup butter (melted),  $\frac{1}{2}$  teaspoon cloves, 1 teaspoon soda dissolved in water.

Bake in muffin tins. Serve hot or cold with hard sauce.

**61. GRASMERE GINGERBREAD**

8 oz. flour, 5 oz. butter, 3 or 4 chopped almonds,  $\frac{1}{2}$  teaspoon baking powder, 1 teaspoon golden syrup, 4 oz. sugar, 2 yolks of eggs, 1 teaspoon ground ginger.

A little salt and a little grated lemon rind.

Place the butter to warm. Mix the flour, sugar, salt, baking powder and ground ginger in a bowl, then add half the chopped almonds and mix again. Put the syrup and yolks of eggs with the melted butter, and mix all together

until quite stiff, and if too stiff, add a little more syrup or milk. Dredge board rather thickly with flour and put the mixture on it, cutting in two. Roll one half into a square, place on a tin and spread with chopped preserved ginger. Roll out the remainder and lay on the top of the preserved ginger, brushing the top with milk and sprinkling with almonds and sugar. Bake 25 minutes and whilst hot cut into very small squares.

## 62. PLAIN GINGER CAKES

Pour a cup of molasses into a mixing bowl; sift in two level teaspoons of soda and beat together thoroughly; put  $\frac{1}{4}$  cup of butter in a cup, pour over it  $\frac{1}{2}$  cup of boiling water, and, when the butter is melted, pour it into the molasses. Sift together 3 cups of flour,  $\frac{1}{2}$  teaspoon of salt, 1 tablespoon of ginger, 1 teaspoon of cinnamon, and  $\frac{1}{4}$  teaspoon of cloves, and stir into the liquid ingredients with as much more flour as is required to make a dough that can be kneaded. Do not make it too stiff. Roll the dough—a small piece at a time, that it may be handled less stiff—to  $\frac{3}{8}$  inch thick and cut it into rounds; press one or two nut meats into the top of each, dredge lightly with granulated sugar, and bake in a moderate oven. The recipe will make forty cakes.

## 63. GINGER CAKE

4 oz. sugar, 4 oz. butter, 2 oz. preserved ginger cut in pieces, 2 eggs, 1 tablespoon ginger syrup, 4 oz. flour,  $\frac{1}{2}$  teaspoon baking powder.

Work the butter and sugar well together then add the other ingredients. Bake for twenty minutes.

## ICINGS

### 1. ROYAL ICING

Place the white of an egg in a bowl or plate. Add a little lemon-juice or other flavoring, and a few drops of water. Stir in powdered sugar until it is of the right consistency to spread. While the cake is still warm pile the icing on the center of the cake, and with a wet knife smooth it over the top and sides of the cake. It will settle into a smooth and glossy surface. If the icing is prepared before the cake is ready, cover it with a wet cloth, as it quickly hardens. If it becomes too stiff add a few drops of water, and stir it again. Color and flavor as desired. One egg will take about a cup of sugar, and will make enough icing to cover one cake. If a little more is needed add a little water to the egg, and it will then take more sugar. When icing is wanted for decorating a cake, beat the whites to a froth, then beat in the sugar instead of stirring it, and continue to beat until it is firm enough to hold its form. Stirring more sugar into the unwhipped whites will make it firm enough for decorating, but the whipped icing is better. Put it into a pastry-bag with small tube, or into a paper funnel, and press it through into any shape desired. A good icing is made of milk and sugar alone.

### 2. ROYAL ICING WITH CONFECTIONER'S SUGAR

Make this icing the same as the other, using confectioner's sugar, which is finer than the powdered sugar, and use a little water with the egg. This makes a soft, creamy icing; the more water used, the softer it will be. If beaten instead of stirred it will become firm enough to hold in place without so much sugar being used, but in this way it dries sooner and is not so creamy. This is a good icing for layer cakes, fancy cakes, and éclairs.

### 3. BOILED ICING No. 1

Put a cup of sugar into a saucepan with one quarter cup of boiling water and a half saltspoon of cream of tartar; stir till dissolved, then let it boil without stirring until it threads when dropped from the spoon. Turn it in a fine stream onto the white of one egg whipped to a stiff froth. Beat the egg until the mixture becomes smooth and stiff enough to spread, but do not let it get too cold. Pour it over the cake.

### 4. BOILED ICING No. 2

Boil sugar as directed above to the soft ball; then remove from the fire, add the flavoring, and stir it until it looks clouded, and turn it at once over the cake.

### 5. CHOCOLATE ICING No. 1

Melt in a dry saucepan some chocolate; dilute it with a little water and add enough powdered or confectioner's sugar to make it of the right consistency. Use it while warm, as chocolate quickly hardens. Flavor it with vanilla.

### 6. CHOCOLATE ICING No. 2

Melt in a dry pan four ounces of chocolate, or of cocoa. Boil one and three quarter cups of sugar with a cup of water till it threads when dropped from the spoon, the same as for boiled icing. Turn it slowly onto the chocolate, stirring all the time. Use this icing for dipping éclairs and small cakes, and for layer cakes. Chocolate icing loses its gloss when at all stale.

### 7. CHOCOLATE ICING No. 3

Melt one ounce of chocolate; dilute it with two tablespoons of milk; add two tablespoons of sugar and a quarter teaspoon of butter; stir till smooth and spread on the cake.

### 8. ICING FOR SMALL CAKES

Stir into confectioner's sugar enough syrup to dissolve it; add fruit-juice or liqueur to flavor it. When ready to use, heat it, stirring all the time, and stand it in a pan of hot water while the cakes are dipped into it.

### 9. FONDANT ICING

This is the best of all icings. It is soft and glossy, and is used especially for small cakes and éclairs. If the fondant is already made, it gives very little trouble. It will keep in tight preserve jars any length of time. Fondant does not work so well after it has been melted two or three times, therefore it is better to take only the amount to be used for one flavor or color at a time. Place it in a cup and stand it in a pan of boiling water. Stir the fondant constantly while it is melting, or it will become a clear liquid. It will soften at a low degree of heat; add the flavoring and coloring and dip the cakes into it. If it becomes too hard, add a few drops of syrup. When liqueurs are used for flavoring, add a drop or two at a time only, or they will dilute it too much. Should this occur, add a little more fondant to the cup. Maraschino, curacao, kirsch, orange-flower water, rose, almond, and coffee essences make good flavorings for fancy-cake icings.

### 10. ALMOND ICING

To every pound of finely powdered sugar allow 1 lb. of sweet almonds, the whites of 4 eggs, a little rose water. Blanch the almonds and pound them a few at a time in a mortar to a paste, adding a little rose water to facilitate

the operation, whisk the whites of the eggs to a stiff froth; mix them with the powdered almonds, stir in the sugar and beat all together.

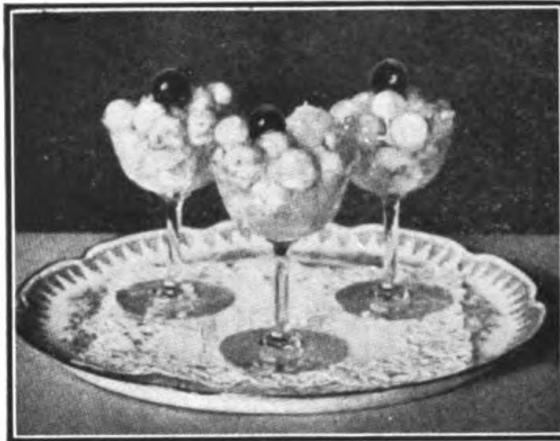
### 11. ORANGE MARMALADE ICING

1 cup of sugar; a quarter of a cup of orange marmalade. Moisten this with boiling water until it is a thin paste, cook until it forms a soft ball in cold water. Remove from fire and beat until creamy. Spread on with a warm knife.

### 12. DIVINITY FROSTING

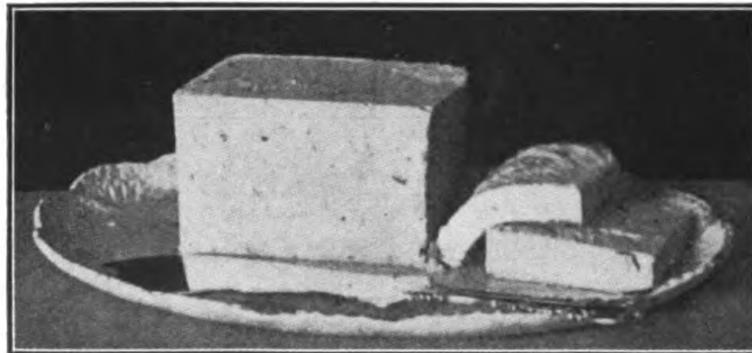
Boil 2 cups sugar (either granulated, brown or maple),  $\frac{1}{2}$  cup Karo corn syrup and  $\frac{1}{2}$  cup water, until a rather firm soft ball is formed when the syrup is tested in cold water. Pour in a fine stream onto the whites of 2 eggs, beaten dry, beating constantly. Beat occasionally until cold; add 1 cup pecan nut meats, broken in pieces,  $\frac{1}{4}$  teaspoon salt and 4 cooked figs cut in thin slices. Flavor as desired.





香蕉壳推爾

Banana Cocktail.



香蕉派非與法國菓子

Banana Parfait with French Fruit.



波羅美食品

Pineapple Dainty

## CHAPTER XVII

# ICE-CREAMS, WATER ICES, PARFAITS PUNCHES, AND COCKTAILS

### CLASSIFICATION OF ICE CREAMS

Philadelphia ice-creams are cream sweetened, flavored, and stirred while freezing.

French ice-creams are custards of different degrees of richness stirred while freezing.

Parfaits, biscuits, and mousses are whipped cream, with or without eggs, frozen without stirring.

Water-ices are fruit-juices sweetened with sugar syrup, stirred while freezing.

Punches and sherbets are water-ices with liquors mixed with them either before or after they are frozen.

These creams, in different degrees of richness and with different flavorings, give an infinite variety, and their combinations and forms of molding give all the fancy ices. **Fancy creams**

### 1. GENERAL RULES FOR MAKING ICE-CREAMS AND TO PREPARE ICE-CREAM MIXTURES

Unless the cream is to be whipped it should be scalded, as it then gives a smoother and better ice; otherwise it has a raw taste. It is scalded as soon as the water in the outside kettle boils. **The cream**

Ices are much better when the sugar is added in the form of syrup. **The sugar**

In custard creams the milk should be scalded, and when a little cool stirred into the beaten yolks (the whites of the eggs are not generally used). The whole is then placed on the fire, and stirred continually until it coats the spoon no longer. The flavoring is then added, and it is beaten until cold. This makes it light and smooth, and increases its bulk. **Custards**

For biscuits and parfaits the custard is made of sugar syrup and yolks of eggs cooked together until it coats the spoon, and is then beaten until cold. **Biscuits and parfaits**

The finer the ice the quicker will be the freezing. Use one part of rock salt to three parts of ice. Place the can in the freezing pail, have the cover on the can, and a cork in the opening on top. Hold the can straight, and fill around it three inches deep of ice; then an inch of salt. Alternate the layers of ice and salt, observing the right proportions, until the packing rises to **Freezing**

**Time** within an inch of the top of the can; pack it down as solid as possible. Adjust the tops and crank, and turn it for 20 to 25 minutes, by which time the cream should be frozen. The crank turns harder when the mixture has stiffened, and it is not necessary to look in order to know it is frozen. If the cream is frozen too quickly it will be coarse-grained. To have it fine-grained it must be turned constantly, and not frozen in less time than twenty minutes.

**Adding fruit, nuts, cream, etc.** Packing.—When the cream is frozen take off the crank. Wipe carefully the top of the can, and see that the ice and salt are well below the lid—so none will get into the cream; lift off the top, take out the paddle, and with a spoon or wooden spatula work down the cream. If fruit, whipped cream, or anything is to be added to the cream, put it in at this time and work it well together. If the cream is to be molded, remove and place it in the molds; if not, smooth the top, and make the cream compact with a potato masher. Replace the top, put a cork in the opening of the lid, draw off the water in the pail by removing the cork from the hole in the side of the pail, add more ice and salt. Cover it with a heavy cloth, and let it stand until ready to use. The cream ripens or becomes blended by standing, so should be made before the time for serving. Look at it occasionally to see that the water does not rise above the opening of the can. If properly watched, and if the packing is renewed as required, the cream can be kept for any length of time.

**Ripening**

**Molding** Molding Ice-Creams.—Put the frozen ice-cream into the mold, filling it entirely full; press it down to force out any air bubbles. Rub butter around the edge where the lid fits on. Lay a wet thin paper over the top, and put on the lid. Fill the edges around the lid with butter or lard. This will harden, and make the joints tight. Too much care cannot be taken to prevent the salt water leaking into the mold. Imbed the mold in ice and salt for from one to six hours. Mousses require four to six hours, and parfaits two to three hours. Watch to see that the water does not rise above the lid of the mold, and draw it off when necessary.

**Precaution**

**Unmolding** To Unmold Creams.—Dip the mold into cold water; wipe it dry and invert it on the dish. If it does not come out at once let it stand a moment, or wring a cloth out of warm water, and wipe quickly around the mold. This must be done quickly, or the sharp edges of the molded cream will be destroyed. With parfaits and mousses it is better not to use a hot cloth, as they melt very easily. It destroys the attractiveness of ices to have the dish swimming in melted cream, or to have the mold soft and irregular in shape, which partial melting produces. Hence the unmolding of creams requires great care.

Ornamental Creams.—A plain ring-mold of ice-cream in any color can be made an ornamental cream, by filling the center with berries or with whipped cream for sauce. The whipped cream may be colored to give pleasing contrast. For instance, a white ice-cream ring filled with pink whipped

cream and a few pink roses laid on one side of the dish, or a ring of pistachio ice-cream filled with white whipped cream or with strawberries, and a bunch of green leaves laid on one side of the dish.

## ICE-CREAMS AND ICES

### 2. PHILADELPHIA ICE-CREAM No. 1

1 quart of cream,  $\frac{1}{2}$  pound, or 1 cup of sugar, 1 tablespoon of vanilla extract.

If the cream is very rich dilute it with a little milk, or the ice-cream will be too rich, and also it may form fine particles of butter while being stirred. Put the cream and the sugar into a double boiler and scald them; when they are cold add the flavoring.

### 3. AMERICAN ICE-CREAM (Very Plain) No. 2

1 quart milk, 1 cup sugar, 3 whole eggs, 1 tablespoon vanilla.

Scald the milk. Beat the eggs and sugar together, stir the scalded milk into them slowly; replace on the fire in a double boiler and stir constantly until the custard coats the spoon; do not let it boil, or it will curdle. Beat it for a little while after taking it off the fire. When it is cold add the flavoring.

Cream will improve this mixture, even if it be only a few spoonfuls. More eggs, also, will give a richer ice-cream. A few raisins, thin slices of citron, or a little fresh or preserved fruit may be mixed in when the dasher is removed, and will much improve the cream.

### 4. FRENCH ICE-CREAM No. 3

1 pint milk, 1 pint cream, 1 cup sugar, 6 egg-yolks, 1 tablespoon vanilla.

Scald the milk in a double boiler. Beat the yolks and sugar together until light and smooth. Stir the scalded milk slowly into the beaten eggs and sugar. Put this into a double boiler and cook, stirring constantly until it thickens enough to coat the spoon. Do not let it boil or cook too long, or it will curdle. Remove the custard from the fire; add the cream and the flavoring and stir until it is partly cooled.

**NOTE 1.**—This makes a solid, fine-grained cream. It can be made with one quart of cream instead of half milk, and 8 to 10 eggs may be used instead of six. The richness depends upon the amount of cream, and the solidity upon the number of yolks used.

**NOTE 2.**—With the whites of the eggs make an angel cake, or keep them until next day, and make an angel cream or an angel parfait.

### 5. CHOCOLATE ICE-CREAM

Use either of the recipes given for vanilla creams, according to the richness and quality of cream desired; add to the custard while it is hot four ounces of melted chocolate. To melt the chocolate break it into small pieces; place it in a small saucepan on the side of the range where the heat is not great. When it is melted add a very little milk or custard to dilute and smooth it before adding it to the ice-cream mixture.

### 6. CARAMEL ICE-CREAM No. 1

1 pint milk, 1 pint cream, 3 whole eggs,  $1\frac{1}{2}$  tablespoons scraped chocolate, caramel.

Scald the milk; add it slowly to the beaten eggs; add the chocolate, and cook in a double boiler, stirring constantly until the custard coats the spoon; then add the hot caramel. When the mixture is perfectly cold add the cream whipped, and freeze.

To make the caramel, put a cup of sugar with a half cup of water into a saucepan; stir until the sugar is dissolved; then, without touching, let it cook until a golden color—not longer, or it will blacken.

### 7. CARAMEL ICE-CREAM No. 2

Add the hot caramel to any of the mixtures given for vanilla creams, omitting the sugar and vanilla. The caramel supplies both sweetening and flavoring. It must be mixed with the custards while hot, as it quickly hardens, and will not then dissolve.

### 8. COFFEE ICE-CREAM No. 1

To any of the recipes given for vanilla cream add  $\frac{1}{2}$  cup of black coffee, and omit the vanilla.

### 9. COFFEE ICE-CREAM No. 2

1 quart milk, 1 quart cream,  $\frac{1}{2}$  cup very black coffee,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  ounce isinglass soaked for half an hour in a little of the cold milk.

Scald the milk; add the coffee and isinglass and sugar. When it is cold add the cream, whipped.

### 10. WHITE OR ANGEL ICE-CREAM

Whites of 6 eggs, 1 cup powdered sugar, 1 pint cream, Italian meringue made of the whites of 2 eggs and 1 tablespoon hot syrup, 2 tablespoons noyau or orange-flower water.

Break the whites of the eggs, but do not beat them to a froth; stir into them the cup of powdered sugar, and then add the cream. Place it in a double boiler, and stir until it is scalded, but do not let it boil; remove

from the fire and stir until it is cold, to make it light. When it is cold add the flavoring. When it is frozen remove the dasher, stir in the Italian meringue, turn it into a mold, and pack in ice and salt for two or three hours. This cream requires a little longer to freeze than the other creams.

### 11. ITALIAN MERINGUE

Whip the whites of eggs to a stiff froth; beat into them slowly some boiling syrup cooked to the ball. This cooks the eggs enough to prevent their separating. The syrup is made by boiling sugar and water until, when a little is dropped into cold water, it will form a ball when rolled between the fingers.

### 12. NEAPOLITAN ICE-CREAM

This cream is molded in brick form in three layers of different flavors and colors. Make a cream after the recipe for vanilla cream No. 3, using 8 or 10 yolks, as it should be solid and of fine grain; omit the vanilla flavoring. Have a pail packed in ice; when the cream is frozen, remove one third of it to the pail and stir in quickly a little vanilla, using the vanilla powder if convenient; put this into the brick-shaped mold, also packed in ice, and smooth it down to an even layer. Take from the freezer one half of the cream remaining in it and put it into the pail; stir into it one ounce of melted chocolate diluted and made smooth with a little cream or milk. Place the chocolate cream in an even layer on the layer of vanilla cream. To the cream remaining in the freezer add an ounce of pistachio nuts, pounded in the mortar to a smooth paste, adding a little cream to prevent oiling. Color it green and add it to the mold for the third layer. Seal the joints of the mold with butter to make it very tight, as directed for molding. Pack in ice and salt for several hours. The molding of this cream must be done quickly, but with care to have the layers even. Strawberry ice is often used for one of the layers instead of chocolate cream.

### 13. PLUM PUDDING GLACÉ

Make a chocolate ice-cream using the French ice-cream mixture. Have a scant  $\frac{1}{4}$  lb. of mixed fruit, composed of seeded raisins and currants boiled until plump, thin slices of citron, a few candied cherries and apricots if convenient. Pour over them a little sherry and let them stand long enough to be a little softened. When the cream is frozen, drain the fruit and mix it into the cream, turning the dasher for a few minutes to get it well mixed and again hardened. Place it in a melon mold and pack in ice and salt. This will make about two quarts of cream. Serve with a sauce placed around it on the same dish. The sauce may be whipped cream flavored with a little kirsch or brandy, or a sauce made as follows:

### SAUCE FOR PLUM PUDDING GLACÉ

Beat the yolks of 2 eggs with 2 tablespoons of powdered sugar to a cream. Stir it over the fire in a double boiler until the egg is a little thickened, but not hard. Continue to beat the egg until it is cold. It will then be light and creamy; add a tablespoon of brandy, or kirsch, or rum, or maraschino; and then mix in lightly  $\frac{1}{2}$  pint of cream whipped to a dry, stiff froth.

### 14. TUTTI-FRUTTI

Make a French vanilla ice-cream. Cut into small dice four ounces each of candied cherries, apricots, and plums; and other fruits may be used if desired. Let them soak until a little softened in maraschino, or kirsch, or sherry. When the cream is frozen, stir in the salpicon of fruit, drained; replace the lid of the freezer and turn it for five minutes. Turn it into a fancy mold and pack in ice and salt until ready to use. The angel ice-cream may be used instead of the vanilla No. 3 if preferred. Serve with the Tutti-Frutti a sauce of whipped cream flavored with kirsch, maraschino, or sherry.

### 15. FRUIT ICE-CREAMS

No. 1.—Berries, or any kind of larger fruit cut into small pieces, may be added to any of the vanilla creams after they are frozen. Remove the paddle of the freezer, mix the fruit in well, then mold and pack in ice and salt for one or two hours. The fruit will become too solid if packed for a long time.

No. 2.—Crush any fruit or berries to a pulp. Sweeten it with a thick sugar syrup. Freeze the same as any ice cream, and pack in ice and salt if molded. This makes a delicious ice. Sugar may be used instead of syrup for sweetening, but the latter gives a better result.

No. 3.—Using canned fruit. Strain the liquor from the fruit; sweeten it if necessary with sugar or with syrup. Mix it with an equal quantity of cream, and freeze. When it is frozen add the drained fruit. Mix it well together. Mold and pack in ice and salt for one or two hours. The fruit will become hard if it is packed too long. Preserved strawberries are a particularly good fruit to use for ice-cream.

Note.—Strawberries, raspberries, cherries, peaches, apricots, plums, pineapples, bananas, and oranges are the fruits generally used for ices and creams.

### 16. FRUIT PUDDINGS

Line a mold one or  $1\frac{1}{2}$  inches thick with vanilla ice-cream; fill the center with fresh strawberries, raspberries, peaches, bananas, or any fruit. Cover the top with cream. Pack in ice and salt for two hours. The fruit may be mixed with whipped cream, if convenient, when it is put in the center of the mold. Whipped cream may also be served as a sauce with this cream.

### 17. NUT ICE-CREAMS

Vanilla ice-cream No. 3, also angel ice-cream, is good with chopped nuts mixed with it after it is frozen and before it is packed. Boiled chestnuts cut into small pieces, chopped English walnuts, filberts, pecan nuts, or almonds may be used. Almonds should be blanched, chopped, and browned; and a caramel or an almond flavoring is better than vanilla for the cream when almonds are used.

## PARFAITS

### 18. GENERAL DIRECTIONS

This class of ice-creams is very easily made, as they are not stirred while freezing. The yolks of eggs are cooked with sugar syrup to a thick smooth cream, then flavored and beaten until cold and light, and mixed with drained whipped cream. They are then simply put into a mold and packed in ice and salt for three or four hours, according to size of mold. They are not solid like the custard ice-creams, but have a sponge-like texture. They should not be frozen too hard. It is because they have no water in them to crystallize that they do not require to be stirred while freezing.

### 19. SUGAR SYRUP

Put two cups of sugar and  $\frac{1}{2}$  cup of water into a saucepan on the fire. Stir until the sugar is dissolved, then let it cook slowly without touching it for about ten minutes, or until it is a clear syrup. The syrup can be made in larger quantities and kept in preserve jars ready for use. To keep well it should be boiled to a rather thick consistency, or should register 32° on the syrup gauge. For parfaits it should be thinner or register 20°. For water ices it should register 32°.

In using syrups by measure, articles may be too much sweetened if the right degree is not designated; but if one has not a syrup gauge the sweetening must be determined by taste. All classes of ice-creams are better sweetened with syrup than with sugar. It seems to give them more smoothness and delicacy.

### 20. VANILLA PARFAIT

Beat the yolks of 5 eggs until light; add one cup of syrup. Place the mixture on a slow fire and stir constantly until the eggs have thickened enough to make a thick coating on the spoon. Turn it into a bowl and beat it with a whip until it is cold; it will then be very light. Add a teaspoon vanilla to the custard when it is taken from the fire. When the custard is cold add a pint

of cream whipped to a stiff froth. (If any liquid has drained from the cream do not let it go in). Stir these lightly together; turn the mixture into a mold holding three pints. Pack in ice and salt for four hours. Make the joints of the mold very tight.

This cream can be varied by using different flavorings in place of the vanilla: a tablespoon of curaçao or of noyau, two ounces of chocolate melted and smoothed with a little cream, etc., etc.

### 21. PARFAIT AU CAFÉ AND CAFÉ PRALINÉ

Put the yolks of 5 eggs into a saucepan; beat them light; add 3 tablespoons of sugar syrup and four tablespoons of strong black coffee. Stir the mixture over a slow fire until it is enough thickened to make a thick coating on the spoon. Turn it into a bowl and beat it until it is cold and light. If making coffee praliné, add three tablespoons of praliné (see below). Mix in lightly a pint of cream whipped to a stiff froth. If any liquid has drained from the cream do not let it go in. Turn the mixture into a mold holding 3 pints and pack in ice and salt for four hours.

### 22. CHOCOLATE PARFAIT AND CHOCOLATE PRALINÉ

Put the yolks of 5 eggs into a saucepan; beat them until light; add 3 tablespoons of sugar syrup. Cook over a slow fire, stirring constantly until it makes a thick coating on the spoon. Turn it into a bowl; add two ounces of melted unsweetened chocolate and beat until it is cold and light. If making chocolate praliné, add 3 tablespoons of praliné powder; stir in lightly a pint of cream whipped to a stiff froth. If any liquid has drained from the cream do not let it go in. Pack in ice and salt for four hours. This makes three pints of cream.

### 23. PRALINÉ POWDER

Put  $1\frac{1}{2}$  cups of sugar and  $\frac{1}{2}$  cup of water into a saucepan on the fire; stir until the sugar is well dissolved; then add a cup of shelled almonds and a cup of shelled filberts without removing the skins. Let it cook, without touching, until it attains a golden color, the caramel stage. Turn it onto a slab or oiled dish. When it is cold pound it in a mortar to a coarse powder. Keep the praliné powder in a closed preserve jar ready for use.

### 24. ANGEL PARFAIT

Whip the whites of 3 eggs to a stiff froth. Put  $\frac{1}{2}$  cup of sugar and  $\frac{1}{2}$  cup of water into a saucepan on the fire. Stir until the sugar is dissolved, then let it cook slowly, without touching, to the ball, or until a little dropped into cold water will form a ball when rolled between the fingers. Pour 3 tablespoons of the boiling-hot syrup slowly onto the whipped whites, beating

constantly. Add a teaspoon vanilla, or maraschino, or sherry, or noyan, or any other flavoring. When the Italian meringue is cold, add a pint of cream whipped to a stiff froth. Do not let any liquid that has drained from the cream go into the mixture. Mold and pack in ice and salt for four hours.

## MOUSSES

### 25. GENERAL DIRECTIONS

Whip a pint of cream very stiff; turn it onto a sieve to drain for a few minutes so it will be entirely dry. Return it to the bowl and whip into it lightly 4 tablespoons of powdered sugar and a tablespoon curaçao, noyan, kirsch, or of very black coffee, or a teaspoon of any flavoring extract, or an ounce of chocolate, melted, and diluted with a little milk or cream, and flavor with a few drops of vanilla. When a liqueur is used for flavoring less sugar is needed than with coffee, chocolate, or essences. Turn the cream into a mold and pack it in ice and salt for four hours. Garnish the dish with small iced cakes.

### 26. FRUIT MOUSSES

Whip a pint of cream very stiff and drain. Mix with it a cup of any fruit-pulp, the juice drained off and the pulp mixed with enough powdered sugar to make it of the same consistency as the whipped cream; a little cochineal added to strawberry or to peach mousse gives it a better color. A little vanilla improves the flavor. Mold and pack in ice and salt for 3 hours.

### 27. GOLDEN MOUSSE (Made without Cream)

3 eggs, 3 tablespoons sherry, 1 tablespoon syrup with the yolks, 2 tablespoons syrup with the whites,  $\frac{1}{2}$  tablespoon of lemon-juice.

Beat the yolks smooth; add a tablespoon of syrup, and cook, stirring constantly until the mixture makes a thick coating on the spoon.

Remove from the fire, add the sherry and lemon-juice, and beat it until it is light and cold; whip the whites of the eggs to a stiff froth; pour into them slowly 2 tablespoons of boiling syrup cooked to the ball; add the Italian meringue to the mixture of yolks, put it into a mold, and pack in ice and salt for four hours. This mousse can be flavored with a tablespoon of kirsch, rum, or brandy instead of sherry. A few white grapes or candied cherries laid in the bottom of the mold before the mixture is put in, makes the dish more ornamental.

## WATER-ICES

### 28. GENERAL DIRECTIONS

Water-ices are made of fruit-juice sweetened with sugar syrup. Sugar may be used, but the result is better with syrup. The liquid mixture should register 20° on the syrup gauge, but it can be sweetened to taste.

A good way of preparing it is to make a syrup of 32° and add enough fruit juice to dilute it to 20°. Freeze the same as ice-cream, and pack in salt and ice. The ices will not get so hard as creams. The following method may also be used:

### 29. ORANGE-ICE

Boil a quart of water and  $2\frac{1}{2}$  cups of sugar for 10 minutes; strain and add the juice of 6 oranges and 1 lemon. When cold, freeze.

### 30. LEMON-ICE

Add to the amount of sugar and water given above the juice of four lemons and one orange.

### 31. STRAWBERRY-ICE

To a quart of syrup made as above, add  $1\frac{1}{2}$  cups of strawberry-juice. Ices may be made of any fruit used in the same proportions.

## PUNCHES AND SHERBETS

### 32. GENERAL DIRECTIONS

**Serving** These ices are served in glasses after the joint or last entrée, and before the game. A quart is enough for twelve portions.

**Liquors** Punches differ from sherbets only in having a little Italian meringue added to them just before serving. They are simply water-ices with liquors added. Roman Punch has a cup of rum added to a quart of lemon-ice. Punches having other names are made in the same way, but have other liquors or mixtures of liquors. These may be kirsch, kirsch and rum, kirsch and maraschino, rum and sherry, or any other combination desired. When champagne is used it is generally added to orange-ice.

Strawberry, raspberry, pineapple, or orange-ices are generally used for sherbets with liqueurs such as curaçao, maraschino, noyau, etc., combined with kirsch, rum, or champagne.

**Mixing in the liquors** The liquors can be added to the ice mixture before it is frozen, in which case it takes them longer to freeze; (in fact, spirits will not freeze at all, and hence these ices are always soft), or the liquors may be poured over the frozen mixture and stirred in with the paddle. Sometimes the water-ice is placed in the glasses and a teaspoon of the liquor or mixture of liquors is poured over each glassful at the moment of serving.

### 33. COFFEE PUNCH

Mix together a quart of black coffee, a cup of cream,  $\frac{3}{4}$  cup of sugar; freeze, and then mix in  $\frac{1}{2}$  cup of brandy or rum, and  $\frac{1}{2}$  pint of cream, whipped, and let it stand  $\frac{1}{2}$  hour. Stir it well before serving.

**34. CAFÉ FRAPPÉ**

Mix a quart of black coffee with a quart of cream and a cup of sugar, or, better, sweeten with syrup. Freeze the same as ice-cream, and serve in glasses. A little brandy may be mixed in just before serving, if desired.

**35. LALLA ROOKH**

Make a vanilla cream No. 3. When it is frozen add a cup of Jamaica rum. Turn the dasher until it is well mixed.

Allow a cup of rum to each quart of cream. Serve in glasses the same as punch.

## FRUIT COCKTAILS

**SERVE AS FIRST COURSE AT LUNCHEON OR DINNER**

### 1. BANANA COCKTAIL

Peel fully ripe bananas and scrape off the coarse threads. Cut out small balls from the prepared bananas and sprinkle with a little lemon juice to prevent discoloration. Add grape fruit pulp or pieces of orange or canned pineapple and place in cocktail glasses. Sprinkle with a little powdered sugar and add candied cherry. Wine must not be used with raw bananas.

### 2. PRUNE COCKTAIL

Soak choice prunes in cold water over night, then set to cook in the same water. When tender and the water mostly absorbed set aside in the liquid to cool. Cut each prune into four pieces discarding the stones. Put about six prunes in each glass, add a little lemon juice and either orange juice or sherry wine and sprinkle with a little sugar.

### 3. PINEAPPLE COCKTAIL

Remove the skin and "eyes" from ripe pineapples and pick the flesh from the core with a silver fork, retaining all the juice possible; sprinkle the pulp and juice with a very little sugar, cover and set aside to become chilled. Serve in glasses at the beginning of luncheon or dinner. The sugar may be omitted and a little rum added if desired.

### 4. FRUIT COCKTAILS WITH CANNED FRUIT

Almost all canned fruits, either one variety alone, or a mixture of several, may be used in cocktails. Peach, pear or apricot are each and all, good combined with pieces of orange. The fruit should be very cold and slightly sweetened. A preserved chestnut is good at the bottom of the glass. The fruit may be moistened with a little of the chestnut syrup and kirsch, maraschino or curaçao if desired.

### 5. PEAR-AND-GINGER COCKTAIL

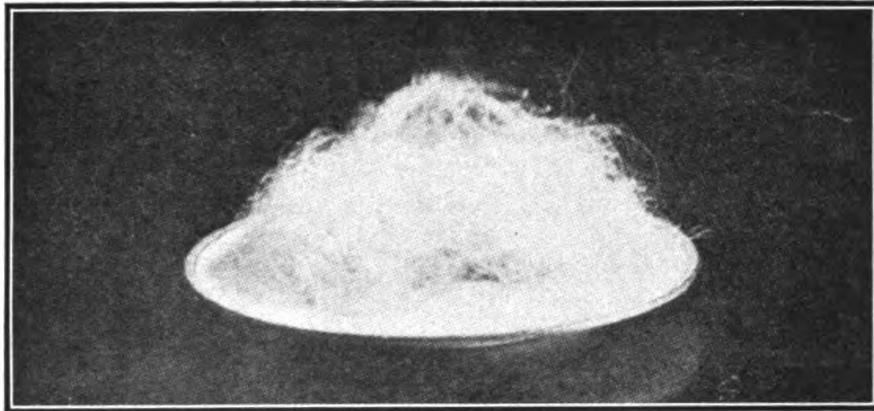
Use very ripe, mellow pears, or canned pears. Cut the pears into small pieces. For 8 glasses take about 4 tablespoons of sliced ginger root, eight tablespoons of syrup from the ginger jar, and 6 or 8 tablespoons of sherry wine or 3 tablespoons of lemon juice; add a very little powdered sugar and mix carefully; make very cold and serve in cocktail glasses as the first course at luncheon or dinner. Do not use too much sugar.

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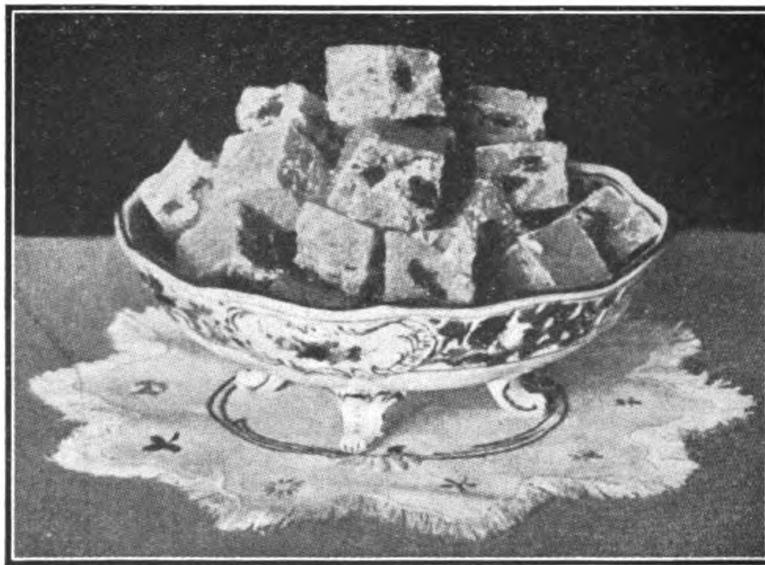
法國  
橙古律  
奶油

French Chocolate Creams.



糖  
葡萄  
上蓋  
紡糖

Glacé Grapes covered with Spun Sugar.



菓  
子  
法  
治

Fruit Fudge.

## CHAPTER XVIII

### SUGAR AND ITS USES

#### BOILING SUGAR AND MAKING CANDIES

##### 1. BOILING SUGAR

With the ordinary ways of testing, it requires much experience to tell the exact point at which to arrest the cooking of sugar, and on this the success depends. The stages named "thread," "blow," "ball," etc., give the different degrees required for different purposes. It passes quickly from one to the other and needs careful watching and close attention. It is difficult to judge by dropping it in water unless experienced, but with a sugar thermometer it can easily be determined with perfect exactness and much less trouble. Ice-creams and frozen fruits are nicer when sweetened with syrup instead of sugar. Water-ices and compotes to be right must measure a certain density, and for this the syrup gauge is employed.

##### GRANULATION

The tendency of sugar, when the water which holds it in solution is evaporated, is to resume its original form of crystals; to prevent this is the chief care: the liquid must not be jarred or stirred after the sugar is dissolved. The grains which form on the sides of the pan as the boiling proceeds must be wiped away; this is done by dipping a cloth or brush into water and passing it around the pan above the sugar. If these crystals are allowed to remain, the whole mass will become granular. Also the sugar has a great affinity for water, and care must be used to have a dry atmosphere. No steam from boiling kettles, etc., must be in the room, and it is useless to attempt confections requiring the ball or crack stages on a rainy or damp day. When the right degree is reached, place the sugar pan in one containing cold water, to prevent the cooking from proceeding any farther. The different stages follow very quickly after the thread; it is therefore well to have a moderate heat and give it undivided attention. A very little cream of tartar (a scant half saltspoonful to a pound of sugar) added at the beginning makes the sugar less liable to grain. If cream of tartar is not used, a few drops of lemon-juice should be added at the crack stage. If the sugar passes the degree desired, add a spoonful of water and continue the boiling. No sugar need ever be wasted unless it becomes burned. In working the sugar, if it begins to grain add a little water and boil it again.

## 2. SYRUPS

**Syrup kept  
in stock**

Syrups can be prepared and kept in air-tight preserve jars until needed for use. It is well to have in stock syrup at 34° for softening fondant when used for icing cakes, eclairs, etc. Water-ices should register 18°-20° on the gauge when ready to freeze. Fruits to be frozen are better when sweetened with syrup at 32° than when sugar is used.

**Making syrup  
without a  
gauge**

To prepare syrup without a gauge the following method can be employed: Put into a saucepan 3½ cups of sugar and 2½ cups of water. Stir it over the fire until the sugar is dissolved. After it has boiled five minutes, counting from the time it is actually boiling, it will register 28°; every five minutes' additional boiling will thicken it one degree.

At the end of 15 minutes it is 30°.

At the end of 25 minutes it is 32°.

At the end of 35 minutes it is 34°.

## 3. SPUN SUGAR

**Three requi-  
sites**

Although spinning sugar has been called the climax of the art of sugar work, with a dry atmosphere, the sugar boiled to the right degree, and care given to prevent graining, it can be accomplished. It is upon these three things alone that success depends. Spun sugar makes a beautiful decoration for ice-creams, glacé fruits, and other cold desserts.

### DIRECTIONS FOR SPINNING SUGAR

Put in a copper or a graniteware saucepan 2 cups (one pound) of sugar; ½ cup of water, and ½ saltspoon of cream of tartar. Boil the sugar as directed for fondant above, letting it attain the degree of crack, or 310°. This is the degree just before caramel, and care must be used. When it has reached the crack, place the sugar pan in cold water a moment to arrest the cooking, for the heat of the pan and sugar may advance it one degree. For spinning, two forks may be used, but a few wires drawn through a cork are better, as they give more points. Have also two iron bars or rods of any kind (pieces of broom handle will do), placed on a table or over chairs so the ends project a little way; spread some papers on the floor under them. Take the pan of sugar in the left hand, the forks or wires in the right; dip them into the sugar and shake them quickly back and forth over the rods; fine threads of sugar will fly off the points and drop on the rods. If the sugar gets too cold it can be heated again. Take the spun sugar carefully off the rods from time to time and fold it around molds, or roll it into nests or other forms desired. Place the spun sugar under a glass globe as soon as made. Under an air-tight globe with a small piece of lime it may keep crisp for a day or two, but it readily gathers moisture, and it is safer to make it the day it is to be used. Do not attempt to make it on a damp or ainy day, and have no boiling kettles in the room.

**Keeping**

#### 4. CANDIES

When making candies observe carefully the rules for boiling sugar. When sugar reaches the candy stage, the water has evaporated, and the tendency is to return to the original state of crystals.

The success of candy-making depends entirely upon boiling sugar to just the right degree. The candy will not harden if boiled too little.

A marble slab is almost requisite in making candy, though greased papers and tins can be used. Candy poured upon a slab cools quickly, has an even surface, and can be easily removed. Four square iron bars are useful to confine the sugar. These can be placed so as to form bays of the size suitable to the amount of sugar used and the thickness required.

Marble  
slab and  
iron bars

#### 5. TO MAKE FONDANT

Place in a copper or a graniteware saucepan 2 cups of granulated sugar, 1 cup of water, and a scant half saltspoon of cream of tartar. Stir until the sugar is dissolved, but not a minute longer. When large bubbles rise it must be carefully watched and tested, as from this time it quickly passes from one stage to another. Have a cup of ice-water and a skewer or small stick; dip it into the water, then into the sugar, and again into the water. If the sugar which adheres to it can be rolled into a soft ball, it is done. This is the stage of small-ball, and the thermometer registers 236°-238°. Have ready a marble slab, very lightly but evenly rubbed over with sweet-oil or butter. If a slab is not at hand, a large platter will serve the purpose. The moment the sugar is done, pour it over the slab and let it cool a few minutes, or until, pressing it with the finger, it leaves a dent on the surface. If stirred while too warm it will grain. If a crust forms, every particle of it must be taken off, or else the boiling must be done again, as it shows it has cooked a little too long. When it will dent, work it with a wooden spatula, keeping the mass in the center as much as possible. Continue to stir until it becomes a very smooth, fine, white, creamy paste, which is soft and not brittle and can be worked in the hands like a thick paste. If the results are not right and the mass becomes grained, the sugar need not be wasted, but can be put in the saucepan with a spoonful of water and boiled again.

Testing

Cooling

Working

#### 6. FONDANT

3 cups Taikoo sugar,  $\frac{1}{2}$  teaspoon vinegar, 1 cup water, a pinch of salt.

Boil until it ropes, pour upon a large flat dish, lightly buttered; leave until cool enough to put your finger to the bottom of the dish, then knead as you would dough, until it is white and creamy. Add any desired flavoring while kneading.

Chopped walnuts kneaded into fondant and cut in squares makes a very nice sweet.

**7. DIVINITY**

2½ cups sugar, ½ teaspoon vinegar, ½ cup golden syrup, a pinch of salt.

Flavor to taste with vanilla, almond or lemon. Add just enough water to keep it from burning, about ½ cup.

Boil until a few drops when dropped into water can be gathered into a soft ball which does not stick to the sides of the glass when tapped against it.

Pour this very slowly into the whites of 3 eggs which have previously been beaten until they are stiff, beating all the while. Then add a cup of chopped black or English walnuts and when the mass suddenly feels heavier stop beating and quickly drop in little heaps upon paraffin paper or buttered dishes.

**8. DIVINITY FUDGE**

3 cups granulated sugar (Taikoo), ¾ cup water, whites of 4 eggs, 1 cup syrup (Lyle's), 1 cup chopped nuts, ½ teaspoon vinegar. Pinch of salt.

Boil sugar, water, syrup, vinegar and salt until a few drops dropped in water makes a soft ball.

Pour off one cup, pour slowly into the whites of the eggs which have previously been beaten stiff, beating all the while. Return the rest of the syrup to the stove and cook until it forms a harder ball when dropped in cold water. Then pour very slowly into the eggs, beating constantly. Add nuts and beat until stiff. Pour into shallow dish and when almost cold cut into disks.

**9. SEA FOAM**

The same as Divinity but without the nuts.

**10. CHOCOLATE DIVINITY**

The same as Divinity but with the addition of two sections of Bakers chocolate melted and boiled with the sugar syrup and vinegar.

**11. COCOANUT DIVINITY**

The same as Divinity, except that grated cocoanut, preferably desiccated, is added at the last moment instead of a cup of chopped walnuts.

**12. NOUGAT No. 1 (For Bonbons)**

Blanch one cup of almonds. Chop them and place them in the oven to dry. They must be watched that they do not brown. Put into a saucepan 2½ cups of powdered sugar and a tablespoon of lemon juice. Place it on the fire and stir with a wooden spoon until it is melted and slightly colored. Let it stand a few minutes so it will be thoroughly melted and not grainy, then turn in the hot almonds, mix them together quickly, not stirring long enough

to grain the sugar, and turn it onto an oiled slab. Spread it out in an even sheet, one eighth of an inch thick, using a half lemon with which to press it. While it is still warm, mark it off into squares or diamonds. Break it into pieces when cold.

### 13. NOUGAT No. 2 (Soft White Nougat)

Put into a saucepan the whites of three eggs whipped to a stiff froth; beat into them one pound of heated strained honey, then add a pound of sugar cooked to the ball, 236°. Continue beating until it attains 290°. A little of the mixture cooled in water will then crumble between the fingers. At this stage add a pound of sugar cooked to the crack, 310°, a pound of whole blanched almonds, and a few pistachio nuts. Pour the mixture into a dish lined with wafers, making the nougat one inch thick. Cover the top with wafers, and when cold cut it into pieces three inches long and one inch wide.

### 14. FRENCH NOUGAT

$\frac{1}{4}$  lb. candied angelica,  $\frac{1}{4}$  lb. blanched and chopped almonds, 1 lb. glucose,  $\frac{1}{2}$  pt. water,  $1\frac{1}{2}$  lbs. sugar, 1 teaspoon almond extract, 2 whites eggs.

Blanch almonds and dry in oven. Put glucose, sugar and water into saucepan and boil to 270°, or till the syrup forms a good hard ball when tested in cold water.

Beat the whites of the eggs to a stiff froth, and gradually add the syrup, beating all the time.

As soon as mixture begins to set, add the almonds, extract and angelica cut in small pieces.

Pour at once in nougat frame lined with wafer paper, place some wafer paper on the top, then a sheet of white paper, a board and a heavy weight to press it flat. Leave it for 12 hours. Cut into strips and wrap each one in waxed paper.

### 15. CHOCOLATE COATING

Break chocolate in pieces and carefully melt it down in a small pan over hot water, stirring all the time until the chocolate is quite smooth. Be careful not to let any water splash into it.

Remove the pan from hot water and stir the chocolate until it is cold and set. Reheat over slow fire till it is thin enough to coat with and stir it well each time before dipping a center.

Drop a center in, turn it around, then lift it out with a dipping fork and drop on a clean sheet of tin.

If it runs thinly off the dipper it is too hot, in which case the candies will be speckled and gray looking. If too cold they will be streaky.

The temperature of the room should be from 60° to 65° F.

**16. CHOCOLATE FUDGE**

2 cups sugar, 1 cup milk, 2 squares Bakers chocolate, 1 piece butter size of egg.

Boil until a few drops dropped into cold water form a soft ball. Add a little vanilla, beat, add cup of chopped nuts if desired, pour into flat dish which has been buttered, and when almost cold cut into squares.

**17. COCOANUT CANDY**

1½ lbs. Taikoo sugar, a pinch of cream of tartar, ½ pint water, a pinch of salt.

Boil until it "hairs," remove from the fire and put in a few drops of almond essence and ¼ lb. of desiccated cocoanut. Beat until thick enough to spread upon a buttered dish.

Then boil the same quantity again. Color with cochineal and pour while hot on the top of the first mixture, cut into squares.

Freshly grated cocoanut can be used, but as it is apt to make the candy too soft it is better to boil the mixture a minute or two longer than when desiccated cocoanut is used.

**18. BURNT ALMONDS**

Put a cup of brown sugar into a saucepan with a very little water. Stir until the sugar is dissolved. Let it boil a minute, then throw in a half cup of almonds and stir over the fire until the sugar granulates and is a little browned. When the nuts are well coated, and before they get into one mass, turn them out and separate.

**19. SUGARED ALMONDS**

Put a cup of granulated sugar in a saucepan with a little water. Stir until it is dissolved, then let it cook to the ball stage without touching except to test. Turn in ½ cup of blanched almonds and stir off the fire until the nuts are well covered with the granulated sugar, but turn them out before they become one mass. Boil another cup of sugar to the ball, turn in the coated almonds and stir again in the same way, giving them a second coating of sugar, but not leaving them in the pan until they are all stuck together. The nuts may be given a third coating in the same way, if a larger size is wanted.

**20. GLACÉ ORANGES AND GRAPES**

Divide an orange into sections; do not break the inside skin, for if the juice escapes in ever so small a quantity the section must be discarded. Let them stand several hours until the surface has become very dry. Remove grapes from the bunch, leaving a short stem attached to each one. Boil some sugar to 340°, or the point just before the caramel stage. Remove the pan

from the fire and place it for a moment in water to arrest the cooking. Drop the orange sections into the sugar, one at a time, and remove them with a candy wire or with two forks, and place them on an oiled slab to dry. With a pair of pincers take each grape by the small stem and dip it into the sugar, and be sure it is entirely coated. Place each separately on the slab to dry. If the day is damp, the sugar not sufficiently boiled, or the fruit at all moist, the sugar will all drain off; therefore the work must be done only under the right conditions. Candied cherries may be treated in this way; first wash them to remove the sugar; let them dry, then pierce them with an artificial stem and dip them carefully so as not to deface the stem.

### 21. CANDIED ORANGE OR LEMON PEEL

Keep the peel of the fruit, as it is used, in a weak brine until enough has collected to preserve. Wash it thoroughly in several waters. Let it boil in plenty of water until tender, changing the water several times. If the peels are fresh they need be boiled in one water only. When they can be pierced with a straw, drain off the hot water. Let them cool, and scrape out the white pulp with a spoon. Make enough syrup to cover the yellow peels, using the proportion of a pound of sugar to a pint of water. When the syrup is boiling, drop in the peels and let them cook slowly until they are clear. Then boil rapidly until the syrup is reduced almost to dryness, using care that it does not burn. Spread the peels on a flat dish and place them in a warm place to dry for twelve hours or more. When perfectly dry pack them into preserve jars. They are cut into shreds and used in cakes, puddings, and wherever raisins and citron are used. They are also used in pudding sauces. It is very little trouble to make the candied peels, and they are a delicious addition to various sweet dishes. The boiled peel can be cut into shreds before being cooked in the syrup if preferred.

## CARAMELS

### 22. CHOCOLATE

Put into a saucepan  $\frac{1}{2}$  cup each of molasses, of white sugar and of brown sugar, a cup of grated chocolate, and a cup of cream or milk. Stir the mixture constantly over the fire until it reaches the hard-ball stage, then add a teaspoon of vanilla and turn it onto an oiled slab between iron bars, or into a greased tin, having the paste an inch thick. Mark it in inch squares and cut before it is quite cold. Wrap each piece in paraffin paper.

### 23. VANILLA, COFFEE, MAPLE

Put into a saucepan one cup of sugar and  $\frac{3}{4}$  cup of cream. Stir constantly over a hot fire until it reaches the hard-ball stage; remove from

the fire, add a teaspoon of vanilla, and turn it onto an oiled slab between iron bars, or into greased tins, the same as directed for chocolate caramels. For coffee caramels use  $\frac{1}{2}$  cup of cream and  $\frac{1}{4}$  cup of strong coffee. For maple caramels use a cup of maple syrup in place of sugar, and omit the vanilla.

## BONBONS OF FONDANT

### 24. HARLEQUIN BALLS

Take several small portions of fondant and color each one a different shade. Do this by dipping a wooden toothpick into the coloring matter and then touching it to the paste. The colors are strong, and care must be used not to get too much on the fondant, for the candies should be delicate in color. For orange balls, color and flavor with orange-juice; for pistachio, color green and flavor with orange-flower water and then with bitter almond; for pink, color with carmine and flavor with maraschino or with rose-water; for chocolate, mix in cocoa powder and flavor with vanilla; for white, flavor with noyau, peach, or anything preferred. When liquid flavors are used, if the fondant becomes too soft, mix in a little confectioner's sugar; use as little as possible, as too much gives a raw taste. Work in the flavorings and colors by hand, and wash the hands between each different color. After the fondant is prepared, roll it into balls the size of filberts, then roll them in almonds chopped fine. The nuts improve them, but may be omitted if desired. Let the balls stand for two or more hours to harden before putting them together. If the balls are wanted of one color on the outside, omit the nuts and dip them in liquid fondant colored as desired.

### 25. NEAPOLITAN SQUARES

Color and flavor fondant in three colors as directed above; roll it into layers one quarter inch thick, and place the layers one on the other; press them together lightly and cut into inch squares.

### 26. NUT CREAMS

Mix chopped nuts of any kind into flavored fondant, then roll into a layer  $\frac{3}{4}$  inch thick, and cut into squares.

### 27. SUGAR PLUMS

Take small pieces of fondant, flavored and colored to taste; form it into olive-shaped balls. Hold one in the palm of the hand, cut it half through and press into it an almond; form the fondant around it, leaving a narrow strip of the nut uncovered, giving the appearance of a shell cracked open, showing the kernel.

### 28. CHOCOLATE CREAMS

Roll fondant flavored with vanilla into small balls; let them stand a few hours to harden. Melt an ounce of unsweetened chocolate, add to it 2 table-spoons of milk, 2 table-spoons of sugar, and  $\frac{1}{4}$  teaspoon of butter. Stir till smooth; drop the balls into it and remove with a fork or candy wire. If the chocolate becomes too stiff, add a few drops of syrup and heat it again.

### 29. COCOANUT CREAMS

Grate some cocoanut fine. Mix it with as much liquid fondant as will bind it well, and flavor with a little vanilla. Spread it in a layer one inch thick and cut into one inch squares, or roll it into balls, and dip the balls into melted chocolate, the same as directed for chocolate creams, or into liquid fondant, flavored and colored as desired.

## CANDIES OF SUGAR BOILED TO THE CRACK

### 30. MOLASSES CANDY

Put into a large saucepan a cup of brown sugar, two cups of New Orleans molasses, and a tablespoon each of butter and vinegar. Mix them well and boil until it will harden when dropped in water. Then stir in a teaspoon of baking-soda, which will whiten it, and turn it into a greased tin to cool. When it can be handled pull it until white and firm; draw it into sticks and cut it into inch lengths.

### 31. PEANUT CANDY

Fill a small square tin  $\frac{1}{2}$  inch deep with shelled peanuts, removing the skins. Boil some sugar to the crack or to the caramel, and pour it over the nuts, just covering them. Cut it into two-inch squares before it becomes quite cold.

### 32. TAFFY

Put into a saucepan  $2\frac{1}{2}$  cups of sugar and  $\frac{1}{2}$  cup of water; stir until it dissolves; then wash the sides of the pan, and let it boil without touching until it reaches the soft-ball stage; add a tablespoon of butter and  $\frac{1}{2}$  teaspoon of lemon-juice, and let it boil to the crack; add a teaspoon of vanilla, and turn it onto an oiled slab or a tin to cool. Mark it off into squares before it becomes cold.

### 33. HELENSBURGH TOFFEE

Dissolve 2 lbs. white sugar,  $\frac{1}{4}$  lb. butter in 1 teacup cold water. While gently simmering add one tin of sweet condensed milk and boil slowly for  $\frac{3}{4}$  hour, stirring constantly.

Add a teaspoon of vanilla essence and pour on a buttered dish.

## CHAPTER XIX

### FRUITS

#### 1. ORANGES, GRAPE-FRUIT

The grape-fruit is served at breakfast, or as a first course at luncheon. The pulp must be separated from the thin bitter skin which separates the sections, with a silver knife. A little sugar is added, and sometimes a teaspoon of sherry, to each portion. The pulp and juice is eaten with a spoon from the peel, one half being served to each person, or it may be served in small glasses.

#### 2. BANANAS SLICED, SAUTÉD, AND FRIED

Bananas sliced and covered with whipped cream make a good light dessert for luncheon. They may be moistened with orange-juice or with sherry before the cream is added. Bananas may be cut in two lengthwise, sautéd in a little butter, and served as a vegetable or as an entrée; or they may be cut in two, the ends cut square, so they will resemble croquettes, then rolled in flour, and fried in hot fat to a light color, and served as a dessert with currant jelly sauce. To make the sauce, dilute the jelly with boiling water; add a few chopped blanched almonds and shredded candied orange-peel.

#### 3. SALPICON OF FRUITS

Mix together lightly an equal proportion of orange-pulp, bananas cut into half-inch dice, and grapes cut in two and the seeds removed. Add sugar if necessary, and a little sherry or liqueur if desired; serve in glasses or in half-orange skins. Grape-fruit may be used in the same way; it may also be combined with the orange salpicon. There should be a good quantity of juice with the mixture.

#### 4. SALTED ALMONDS No. 1

Almonds are served blanched. Peanuts may be salted the same as almonds.

Blanch the almonds by putting them in boiling water for a few minutes; the skins can then be easily rubbed off. Put the blanched nuts into a pan with a small piece of butter, and place them in a moderate oven. Stir them frequently so they will brown on all sides. Sprinkle them freely with salt as soon as they are taken from the oven.

### 5. SALTED ALMONDS No. 2

Blanch the almonds, and when they are thoroughly dry pour a tablespoon of oil on every cup of nuts. Let them stand in the oil for an hour, then add a tablespoon of fine salt to each cup. Stir them and place in a shallow pan in the oven until they are colored a light brown. Stir them occasionally while in the oven, so they will be evenly colored. Turn them onto a paper to dry, and shake off the loose salt before serving.

### 6. SALTED ENGLISH WALNUTS AND FILBERTS

Brown them in the oven with a little butter the same as almonds. Filberts are blanched, but walnuts do not have the skin removed.

A mixture of salted almonds, walnuts, and filberts makes a good combination.

Salted nuts are served at luncheon or dinner, and are eaten at any and all times during those meals.

### 7. SALPICON OF FRUIT PUNCH

This is served in glasses, in place of and in the same way as frozen punch after the roast. Cut a pineapple into small dice; remove the bitter skin carefully from the segments of three grape-fruit and cut them into pieces. Cut in two and remove the seeds from a pound of white grapes; mix the fruit together. Put a cup of rum and a cup of sugar into a saucepan on the fire and let them come to the boiling point, then pour them over the fruit and let stand until cold. The rum will not penetrate the fruit so well if put on cold. Put the mixture into a freezing-can and pack in ice and salt for several hours, or until ready to serve. Stir the mixture together frequently.

### 8. PUNCH OF WHITE CALIFORNIA CANNED CHERRIES

Drain off the liquor; make a rum syrup as above; soak and freeze in the same way.

### 9. JELLIED FRUIT

Cut the pulp of two oranges into small pieces; cut two bananas into dice; cut half a dozen candied cherries into quarters; chop a dozen blanched almonds. Mix all lightly together and turn them into a bowl or a china mold. Soak  $\frac{1}{2}$  ounce of gelatine in  $\frac{1}{2}$  cup of cold water for an hour; dissolve it in a cup of boiling water; add a half cup of sugar and stir over the fire until dissolved; then add the juice of half a lemon, the juice which has drained from the fruit, and a tablespoon of sherry. Turn it into the mold slowly, so it soaks into the fruit, and set aside to cool. Serve with cream if convenient. Any mixture of fresh fruits may be used in the same way; raisins may be used instead of cherries, or both may be omitted. This is a good way to utilize fruits that are going to waste.

**10. FRUIT JUICES**

The juice of oranges, strawberries, currants, or any fruit makes a delicious first course for luncheon in summer time or the fruit season, when prepared as follows.

Take a quart of fruit-juice; this will require about a dozen oranges, or two quarts of strawberries or other juicy fruit; strain it through filter paper to make it clear; put it in an earthenware or porcelain-lined saucepan on the fire, and as soon as it steams, stir in 3 teaspoons of arrowroot moistened in a little cold water. Cook it until clear; then add  $\frac{1}{2}$  cup of sugar (or more if an acid fruit), and as soon as the sugar is dissolved turn it into a bowl to cool. It is served cold in small glasses and eaten with a spoon.

## CHAPTER XX

### COMPOTES, PRESERVES AND PICKLES

#### 1. COMPOTES

Compotes are fresh fruits stewed. They may be served with cake as a pudding. In combination with rice or other molded cereals they are a very wholesome sweet for children.

Make a syrup. When it is boiling drop the fruit in, a few pieces at a time. Let it cook until tender, but still firm enough to hold its form. Remove it carefully with a skimmer. After the fruit is cooked, let the syrup boil down until thick, or about 32°, and strain it over the fruit. Let it cool before serving.

#### 2. APPLE COMPOTE

Pare and core the apples; leave them whole, or cut them into halves, quarters, or thick round slices. Boil them until tender, and finish as directed above. Have a few slices of lemon in the syrup and serve them with the fruit. Pieces of cinnamon and cloves boiled with the fruit give a good flavor.

For jellied apples boil down the syrup to the jelly point. When partly cooled pour it slowly with a spoon over the apples, so enough will adhere to give them a glaze. The center of the apples may be filled with a bright-colored jelly or jam.

#### 3. COMPOTE OF ORANGES

Peel the oranges down to the pulp, using a sharp knife. Cut them in two crosswise. Remove with a pointed knife the core and seeds from the center. Boil them, one or two at a time, until tender, in a syrup with a little lemon-juice added, being careful to keep them in good shape. Boil the syrup down until it threads, and pour it over the oranges piled in a glass dish. A candied cherry in the center of each one gives a pretty garnish. Orange compote may be served plain, or with whipped cream, with ice-creams, Bavarians, or corn-starch puddings. Mandarin oranges make a delicious compote.

## PRESERVES

### 1. PEACHES

The skin can easily be removed from peaches, leaving a smooth surface, by placing them in a wire basket and plunging it for a moment into boiling water; put the fruit into cold water and rinse it several times, then rub off the skin. Cut each peach in two and place again in cold water to preserve the color until ready to use. Place in a porcelain-lined kettle  $\frac{3}{4}$  lb. sugar to every pound of fruit. Add a very little water to dissolve the sugar. Let it boil a minute, and take off any scum that rises. Then add as much fruit as will float without crowding, and cook until it is transparent, but not until it loses shape. Remove each piece separately as soon as it is cooked. When ready to fill the jars place them carefully in a pan of boiling water; have the tops and rubbers also in hot water. Part of the fruit has become cooled while the rest was cooking, but, as it must go into the jars hot, place it again in the boiling syrup, a little at a time. Use a ladle or cup to dip out the fruit; run a spoon-handle around the inside of the jars after they are filled to liberate any air bubbles. Add enough syrup to fill them to overflowing, and adjust the rubber and top on each jar as it is filled. Any juice that is left over may be boiled down to a jelly, or it may be bottled to use as flavoring or for sauces.

### 2. PEARS

Peel the pears; cut them in two lengthwise, splitting the stem, or they may be left whole if preferred. Place them carefully in jars; fill the jars with a syrup of 30°; cover the jars without fastening the tops. Place the jars in a boiler of warm water, half covering them. Stand the jars on slats of wood, or something to raise them off the bottom of the boiler, or they will break while cooking. Cover the boiler and cook the fruit until it is tender and looks clear. Remove the jars carefully, fill them completely full, using more hot syrup, or the contents of one of the cooked jars. Adjust the tops and set them to cool where the air will not strike them.

### 3. PLUMS

Preserve plums in the same way as directed for peaches or for pears. Remove the skin from them or not. If left on it is likely to crack open and come off if boiled too long. To prevent this, in a measure, prick the plums in several places with a fork before cooking.

#### 4. GRAPES

Press the pulp out of each grape. Boil the pulps until tender, then pass them through a colander to remove the seeds. Mix the skins with the pulp and juice, add as many cups of sugar as there are of grapes, and boil all together until well thickened. Seal while hot the same as other preserves.

Green grapes are preserved by cutting each grape in halves, taking out the seeds, then adding an equal quantity of sugar, and boiling all together until of the right consistency.

#### 5. STRAWBERRIES No. 1

Select firm, large berries and remove the hulls. To each pound of fruit add  $\frac{3}{4}$  pound of granulated sugar. Mix it with the berries, and let them stand 10 to 15 minutes, or long enough to moisten the sugar but not soften the berries. Put them in a granite saucepan and let them boil slowly 5 to 10 minutes, or until the berries are softened; do not stir them, and do not boil long enough for them to lose their shape. Cook one pound of berries only at a time. A larger quantity crushes by its own weight. A good method is to have two saucepans and two bowls, and leave the berries, after being hulled, in the baskets until ready to use; then put a pound at a time in a bowl with sugar sprinkled through them; while one bowlful is being cooked, the bowl refilled, and the glasses filled, the other one is ready to use. In this way no time is lost, and the cooking is accomplished in as short a time as though all were put into a preserving kettle together. It is well to put strawberries into glasses. One pound of berries will fill two half-pint tumblers. Cover the tops with paraffin.

#### 6. STRAWBERRIES No. 2

Fill pint jars with as many berries as they will hold; pour over them a hot syrup. After standing a few minutes they will shrivel, and more berries should be added. Cover and cook them in a boiler as directed for preserved pears. Strawberries require more sugar than other fruits to preserve their color.

#### 7. RASPBERRY

Raspberries are preserved the same as strawberries.

#### 8. JAMS OR MARMALADES

Use  $\frac{3}{4}$  pound of sugar to a pound of fruit. Place the fruit, pared and cored, in layers with the sugar in the preserving kettle. Let it stand a few minutes to extract some of the juice from the fruit; then place it on the fire and cook until it becomes a thick, consistent mass. Stir it frequently to break the fruit. When it has become tender, use a potato-masher to crush it. When it looks clear, put a little on a plate, and if it thickens, it is done. Put it into

tumblers and cover. This does not require to be hermetically sealed. In making preserves it is well to reserve all the fruit which is not perfect and make it into jam.

### 9. VEGETABLE MARROW JAM

Peel one large marrow, and take away seeds, cut into 2 inch squares and sprinkle with a little sugar, leaving it till the following day. Take away all the water and weigh, and to each pound of marrow add one pound of sugar, the rind and juice of a lemon and 1 oz. old ginger. Boil all together quickly for two hours.

### 10. ORANGE MARMALADE

Allow the juice and grated rind of 1 lemon to every 5 oranges. Weigh the fruit before cutting it, and allow  $\frac{3}{4}$  pound of sugar to a pound of fruit. Remove the peel in quarters, and boil it in plenty of water until it is tender enough to pierce easily with a broomstraw; then drain off the water and let it cool. Remove the seeds and as much of the skin as possible from the pulp. Boil the pulp with the sugar until the orange is well cooked. When the peel is cool take one piece at a time in the palm of the hand, and with a tablespoon cut out all the white pithy part, leaving the thin yellow rind. Place a number of these pieces together, and with a sharp knife cut them into thin shreds. Add the shredded rinds to the cooked oranges and let them cook until of the right consistency. It should be very thick, but not solid like jelly.

### 11. APPLE MARMALADE

Make the same as directed for jams.

### 12. BRANDIED PEACHES No. 1

Select firm white peaches, peel and place in fruit jars with alternating layers of sugar. Allow a pound of sugar to a pound of fruit. Stick three spices into each peach. See that the jars are air tight, then place in a cool place for six months.

### 13. BRANDIED PEACHES No. 2

One quart best white brandy, 6 lbs. white sugar, 8 lbs. peaches (peeled), 3 cups water. Put water and sugar together on the fire and bring to a boil. Drop in the peaches and simmer for 15 minutes after the syrup begins to boil again. Take out the peaches with a perforated skimmer and pack them in quart glass jars. After they are all out let the syrup boil 15 minutes; add the brandy and pour this boiling liquor over the peaches in the jar. Seal the jars and keep in a dark place. They will be ready for the table in about 6 weeks.

## JELLIES

### 14. CURRANT OR ANY BERRIES

To make clear jelly use only the perfect fruit. Pick over carefully and remove the stems. Place in a porcelain-lined kettle and crush enough to give a little juice to prevent burning. Cook slowly until the fruit is soft, then turn into a heavy cloth and press out all the juice. Strain the juice several times if necessary, to make it clear. Passing it through filter paper is recommended. Measure the juice, and to each pint allow a pound of sugar. Put the sugar in the oven to heat, but do not let it burn. Put the strained juice into the kettle and boil twenty minutes; add the hot sugar, and stir until the sugar is dissolved and the juice is clear again. Pour into glasses and let stand until set. Grapes and cherries do not jelly easily, and a little gelatine added will insure success. When fruit does not jelly it is usually because it is over ripe.

### 15. APPLE JELLY

Wash the apples; cut them in pieces without peeling or coring, but remove any imperfect parts. Barely cover them with water and boil slowly until they are tender, strain off the liquor through cheese-cloth without pressing. Measure the juice, and to each pint of juice allow a pound of sugar. Put the juice in the preserving kettle and boil five minutes; add the sugar and stir until dissolved. Continue to boil until a little dropped on a cold plate will jelly. It will take 20 to 30 minutes. Turn into tumblers and cover. This jelly spread on the apples used in tarts improves them very much.

### 16. CRAB-APPLE OR QUINCE JELLY

Make the same as apple jelly.

### 17. SPICED GRAPES

Prepare the grapes as for preserving, by removing the skins, boiling the pulp, and straining out the seeds. To seven pounds of fruit (weighed before the seeds are removed), add a cup of strong vinegar, a cup of grape-juice taken from the grapes used for preserves, two ounces of cinnamon, one ounce of cloves (tie the spices in a cloth so they can be removed),  $3\frac{1}{2}$  pounds of sugar. Boil until it becomes thick like marmalade, which will take about  $1\frac{1}{2}$  hours. When done turn into glasses. This is good with roast meats.

### 18. PLUM SAUCE FOR MEATS

To each pound of Damson plums, add  $\frac{1}{2}$  cup of sugar,  $\frac{1}{2}$  ounce each of cinnamon, mace, and cloves (tie the spices in a bag). Remove the stones from the plums and boil until it becomes thick like jam.

## PICKLES

### 1. PICKLED PEACHES (Sweet)

Select firm white peaches, peel and weigh. To every pound of fruit allow  $\frac{1}{2}$  lb. of sugar. Place peaches and sugar in a preserving kettle in alternating layers, bring slowly to the boiling point. To every 6 pounds of fruit allow one pint of vinegar. To this add a tablespoon each of ground mace, cinnamon and cloves, mixing them and then dividing them into three portions, each portion is then tied into a small muslin bag.

Put the spices and vinegar on the peaches and boil 5 minutes. Then remove the fruit and place upon a flat dish. Boil the syrup until thick, and pour upon the peaches which have been put in glass fruit jars.

Figs, pears, or any other fruit can be pickled in this way.

### 2. CUCUMBER OR GHERKIN PICKLES

Rub the cucumbers smooth with a cloth and place them in brine strong enough to float an egg. They will keep in the brine until wanted to pickle. Soak the cucumbers in water for two days after taking them from the brine, changing the water once, and then scald in vinegar, or pour the boiling vinegar over them and let them stand in it two days before using. Put into each 2 quarts of vinegar an ounce of peppercorns,  $\frac{1}{2}$  ounce each of mustard seed and mace, a piece of horseradish, a piece of alum the size of a pea, and a half cup of sugar; boil them together for 10 minutes before straining over the cucumbers.

### 3. PICKLED FIGS

9 doz. figs, 1 quart white vinegar,  $2\frac{1}{2}$  pounds sugar, 2 tablespoons cinnamon, 1 teaspoon cloves.

Make a syrup of the sugar and vinegar; add spices. Boil the figs in this for a few minutes only, until tender. Remove figs. Put a whole clove in the top of each. Put in bottles and pour in the syrup.

### 4. CHOW-CHOW

Cut into pieces  $\frac{1}{2}$  peck of green tomatoes, 25 cucumbers, 2 large cabbages, 15 onions.

Mix together and pack in layers with salt; let them stand for twelve hours, then drain off the brine and cover with vinegar and water, and let stand another 12 hours.

Drain off the vinegar and cover with  $1\frac{1}{2}$  gallons of scalding hot vinegar which has been boiled a few minutes with one pint of grated horseradish,  $\frac{1}{2}$  pound of mustard seed, one ounce of celery seed,  $\frac{1}{2}$  cup of ground pepper,  $\frac{1}{2}$  cup of turmeric,  $\frac{1}{2}$  cup of cinnamon, and 4 lbs. sugar.

Let stand until perfectly cold, then add one cup of salad oil and  $\frac{1}{2}$  pound of ground mustard. Mix them all thoroughly together and place in jars.

#### 5. SWEET TOMATO SOY

1 gal. green tomatoes, sliced but not peeled, (or  $\frac{1}{2}$  gal. green tomatoes, sliced but not peeled and  $\frac{1}{2}$  gal. white cabbage sliced), 1 pint onions, 1 tablespoon salt, 2 teaspoons cloves, 1 qt. vinegar, 1 cup brown sugar, 1 teaspoon allspice, 1 tablespoon celery seed, 1 tablespoon ground pepper.

Fresh celery may be used instead of the seed.

Slice tomatoes, cabbage and onions, pack in alternate layers, adding sugar and spices, stand for an hour. Cook gently half an hour after it boils. Bottle while hot.

#### 6. GREEN TOMATO CHUTNEY

10 lbs. green tomatoes, 1 tablespoon curry powder,  $\frac{1}{2}$  tablespoon mustard,  $\frac{1}{2}$  teaspoon allspice,  $\frac{1}{2}$  bottle brown vinegar, 5 lbs. onions, 3 red peppers, 15 cloves, 1 lb. cooking sugar, 1 teaspoon ground ginger.

Cut tomatoes and onions into thin slices. Sprinkle with salt and leave 24 hours. Drain off the liquid which has collected, boil the tomatoes and onions with the other ingredients for fifteen minutes, or until the tomatoes are soft and tender.

#### 7. TOMATO CHUTNEY

4 lbs. tomatoes, 1 lb. apples,  $\frac{1}{4}$  lb. sultanas, 2 oz. onions, 2 shallots,  $\frac{1}{4}$  lb. salt,  $\frac{1}{2}$  oz. ground ginger, 1 oz. mustard,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  teaspoon cayenne pepper,  $\frac{1}{2}$  grated nutmeg,  $\frac{3}{4}$  pt. vinegar.

Mix all together and boil up quickly, then simmer for two hours.

## CHAPTER XXI BEVERAGES

### 1. TEA

#### The water

Freshly boiled water is essential to good tea or coffee. Water that has been boiled for an hour or more lacks life, and gives a dull taste to the decoction. Draw freshly filtered water and let it come to a hard boil before using.

Scald the pot and immediately put into it the tea leaves.

When the water boils hard, pour upon the tea-leaves the required quantity of water. Shut down the cover of the teapot and let it stand just five minutes before serving.

Tea, to be perfect, should not steep longer than five minutes; it may continue to grow stronger after that time, but the flavor is not as good, and if the leaves remain too long in the water the tea becomes bitter.

The Russians, who are reputed to have the best tea, prepare it at first very strong, getting almost an essence of tea; this they dilute to the strength desired, using water which is kept boiling in the samovar. Water removed from the kettle and kept in a pot where it falls below the boiling-point, will not give satisfactory results in diluting a strong infusion.

#### The tea-bag

Where a quantity of tea is to be used, as at receptions, it is well to put the tea into a Swiss muslin bag, using enough to make a very strong infusion. Place the bag in the scalded pot; add the boiling water; after five minutes remove the bag. Keep a kettle of water boiling over an alcohol flame, and use it to dilute the tea as needed. The tea will then be as good as though freshly made. If, however, the leaves are allowed to remain in the pot the tea will not be fit to use after a short time, and no matter how much it may be diluted, it will still have an astringent taste.

#### The tea-ball

Silver balls are convenient to use where one or two cups at a time only are to be made. The ball holding the tea is placed in the cup, water from the boiling kettle poured over it, and the ball removed when the water has attained the right color.

#### Russian tea

Various preparations of tea are made by adding flavorings. The so-called Russian tea is made by adding sugar and a thin slice of lemon to each cup; tea punch by soaking the sugar first in rum or brandy. These, however, as well as milk, destroy the flavor of tea and change the character of the drink.

#### Tea punch

#### Iced tea

Iced tea is a very refreshing drink in summer. It is served in glasses, and should not be made very strong, or it will become clouded when iced. Iced tea is improved by adding lemon. One tablespoon of lemon-juice to a glass of tea is a good proportion.

## 2. COFFEE

It is desirable to keep coffee closely covered.

To have the coffee right is one of the difficulties of the housekeeper. The making of coffee is a very simple operation, but the nicety and care with which it is prepared mark the difference between the good and bad decoction. The best quality of coffee carelessly made is not as acceptable as that well made from an inferior bean. Coffee readily absorbs foreign flavors. If the pot is wiped out with a soiled cloth, or if the coffee is strained through a flannel not perfectly sweet, the coffee betrays it. If the spout is allowed to collect a film of stale coffee, it will ruin all the fresh coffee put into the pot. To have perfect coffee, use an earthen or china pot, and have the water boiling when turned onto the coffee. Like tea, the results will not be right if the water is allowed to fall below the boiling-point before it is used. Have the coffee ground to a fine powder in order to get its full flavor as well as strength. There is great waste in having coffee ground coarse. A pound will go three times as far in the former as in the latter case, therefore a good coffee-mill is an economy in a household. Like tea, it should also be freshly made. It seems to lose its fine flavor if kept hot for any considerable time. Black coffee is usually made by dripping. Any coffee is better made in that way, using less coffee if less strength is desired, but a strong infusion diluted with hot milk makes a better drink than weak coffee flavored with milk.

## 3. DRIP COFFEE

One heaping tablespoon of coffee to a cup, or half pint, of water will make black coffee. Put the coffee powder into a felt bag, or on a thick flannel laid on a strainer and pour the boiling water over it. The flannel must be thick, and close enough to prevent the fine powder straining through. If enough coffee is used to make it of much depth in the strainer, the water will pass through very slowly and the coffee will be cold, therefore have the pot hot before beginning, and stand it in a pan of hot water while it is dripping. Coffee will not be right unless the water is violently boiling when poured on the grounds. Serve the coffee at once.

## 4. BOILED COFFEE

Put the ground coffee into the pot, pour over it boiling water; let it come to the boiling-point; remove, and stir into it the slightly beaten white of an egg and the crushed shell; replace it on the fire and let it boil one minute. This is to clear the coffee of the fine particles held in suspension. Pour a tablespoon of cold water down the spout and place it on the side of the range

where it will be perfectly still for five minutes, then pour off carefully the liquid coffee. Do not let the coffee boil three minutes altogether. The aroma of the coffee is the escaped volatile oils—all that is lost detracts just so much from the flavor of the drink.

### 5. ICED CAFÉ AU LAIT

Add enough cold black coffee to milk to give it the desired strength and flavor. Sweeten and let it stand on ice until ready to serve. Serve it in glasses instead of cups. Any coffee left from breakfast prepared in this way makes a refreshing and acceptable drink for luncheon in summer.

### 6. COCOA No. 1

Dissolve a teaspoon of cocoa in half a cup of boiling water; then add a half cup of boiling milk and boil it for one minute, stirring vigorously all the time. Sweeten to taste.

Brioche or Bath buns are good to serve with chocolate or cocoa for a light lunch.

### 7. COCOA No. 2

Mix thoroughly a heaping tablespoon cocoa with a tablespoon of sugar, then mix with cold milk or cream to a thin paste. Put saucepan on stove and pour in two cups *boiling* water and boil for two minutes. If desired a little extra cream or milk may be added after boiling. A few drops of vanilla improves the flavor, but be careful not to use too much.

A marshmallow placed in cup of hot cocoa is very nice.

If a cup of cocoa is wanted in a hurry, this rule may be followed very successfully, omitting the boiling.

### 8. LEMONADE

Squeeze the lemons, allowing two lemons for every three glasses of lemonade; remove any seeds that may have fallen in, or strain the juice if the lemonade is wanted clear. Sweeten the juice with sugar, or, better, with sugar syrup. When ready to use, add the necessary amount of water. Put a thin slice of lemon, or a few shavings of lemon-zest into each glass.

### 9. LEMONADE

4 lemons, 4 oz. loaf sugar, 2 qts. boiling water, 1 bottle ginger (stone) beer.

Peel lemons very thinly, put rind in a jug or basin. Next remove all the pith or the lemonade will be bitter; then cut the lemons in thin slices. Put the lemons with the rinds and add the sugar. Pour on the boiling water. Cover the jug or basin and let it stand till cold. Then drain off, pressing the slices of lemon well.

Before serving pour in one bottle stone ginger beer—put also a thin slice of lemon on the top.

#### 10. ORANGEADE

To  $2\frac{1}{2}$  cups of orange-juice, the juice of 2 lemons, and the grated rind of one orange, add 2 cups of syrup at  $32^{\circ}$ , or sweeten as desired; add enough water to bring it to  $11^{\circ}$  on the syrup gauge, or to taste; strain and place it on ice until ready to use.

#### 11. COBBLERS

Put a claret-glass of claret into a tumbler; add a teaspoon of sugar, and a little iced water. Place a shaker over the glass and mix it well; add a strawberry, raspberry, bit of pineapple, orange, or any fruit convenient; add, also, two straws. Cobblers may be made of sherry, or any wine, using a quantity in proportion to the strength desired. They are meant as light cooling drinks, and should not be strong of wine.

#### 12. CLARET CUP No. 1

1 pint claret, 1 pint soda-water, juice of 1 lemon, 1 sherry-glass of liqueur, 1 slice of cucumber rind, 1 orange, grapes, bunch of mint, place on ice.

#### 13. CLARET CUP No. 2

1 quart of claret, 1 glass of white Curaçao, 1 glass of sherry, 1 slice of cucumber, 1 pint of soda-water, juice of one orange, sweeten as desired. Chill.

#### 14. CHAMPAGNE CUP No. 1

Juice of  $\frac{1}{2}$  lemon, 1 teaspoon powdered sugar, 1 sherry-glass liqueur, 1 pint champagne, 1 pint soda-water, 1 slice cucumber, 1 slice pineapple, 1 orange cut in pieces, bunch of mint. Chill.

#### 15. CHAMPAGNE CUP No. 2

1 quart of champagne, 1 glass white Curaçao, 1 glass sherry, juice of 1 orange, 1 slice of cucumber, or green celery-tops, 1 pint of Apollinaria. Chill.

### 16. SAUTERNE CUP

To a quart of Sauterne add the strained juice of 4 large lemons. Sweeten with powdered sugar, add a cocktail glass of brandy,  $\frac{3}{8}$  glass of maraschino and a teaspoon of Angostura bitters. Put it on ice until ready to use, and then, not before, add a bottle of soda-water, also chilled. Lastly, add 6 thin slices of cucumber and a few pieces of any fruit convenient, such as pineapple, raspberries, strawberries, etc.

### 17. THE THORP COCKTAIL

The following formula is for one cocktail only; the same proportions must be observed in making any number of them. Have the glasses well chilled before beginning, and always use sugar syrup instead of sugar for sweetening.

1 teaspoon sugar syrup, 1 teaspoon orange bitters, 5 teaspoons Old Tom gin, 5 drops of noyau or maraschino.

Stir on ice with a spoon until thoroughly chilled and blended. The mixture must not be shaken, as that fills it with air. Lastly, take a piece of lemon zest the size of a ten-cent piece, hold it over the cocktail, and express a little of the oil, then drop it in the glass.

### 18. EGG-NOG

Beat the yolk of one egg and a teaspoon sugar to a light cream; whip the white of the egg to a stiff froth; mix them together; turn them into a glass; add one teaspoon of rum or brandy and as much milk as the glass will hold. Stir or shake it well together; add more sugar and rum if desired. Grate a dash of nutmeg over the top; whipped cream may be used instead of milk, and will give more nourishment when it is used for an invalid.

### 19. MARYLAND EGG-NOG

Eight eggs, 8 tablespoons sugar, 1 pint cream, 1 pint milk, 1 pint brandy or whiskey. Beat yolks light as possible, add sugar, pour on brandy very slowly, beating hard. Add whites of eggs beaten stiff and lastly add cream and milk. The mixture must be thoroughly beaten.

### 20. MILK SHAKE

Fill a glass  $\frac{3}{4}$  full of milk; sweeten it to taste with any fruit syrup, or with a syrup made of boiled sugar flavored with vanilla, orange-flower water, or any liqueur; strained preserve of any kind or liquefied jelly may be used. Fill up the glass with cracked ice and shake together until well mixed.

### 21. MILK PUNCH

Add to a glass of milk a teaspoon or more of sherry, brandy or rum; sweeten to taste; shake well and dust over the top a little grated nutmeg.

### 22. FRUIT SYRUPS

A refreshing drink can be made of fresh strawberries, raspberries, cherries, or currants. Cook a quart of fruit with a pint of water until well softened; then strain and press out the juice through a heavy cloth. When cold, sweeten and dilute and serve in glasses chilled on ice.

### 23. GRAPE-JUICE

Add a quart of water to 3 quarts of grapes, free from the stems; let them come slowly to the boiling-point; then strain through a thick cloth. Return the liquid to the fire, let it again come to the boiling-point, and turn at once into glass jars and seal immediately. Use a porcelain-lined kettle and wooden spoon in preparing the juice.

### 24. RASPBERRY VINEGAR

Put 3 quarts of ripe raspberries into an earthen bowl; pour over them a quart of vinegar; at the end of 24 hours press and strain out the liquor and turn it over another 3 quarts of fresh ripe berries. Let it stand another 24 hours; again express and strain the juice, and to each pint add a pound of sugar, and boil for 20 minutes. Turn it into bottles, and cork when cold. When used dilute the raspberry vinegar with three parts of water.

**CHAPTER XXII**  
**RECIPES FOR THE NURSERY**  
**(CONTRIBUTED)**

**SOUPS**

**1. BEEF TEA**

Put into a large mouthed bottle one pound of beef, free from fat and chopped fine. Add to this half a pint of cold water. Let it stand for one hour. At the end of that time place the bottle in a saucepan of cold water. Place the pan on the fire and heat the water slowly almost to boiling point, but do not boil. Cook the beef for two hours; then strain and season with salt.

**2. VEAL OR MUTTON BROTH**

Take a scrag end of mutton (2 lbs.), put it in a saucepan with 2 quarts of cold water and 1 oz. of pearl barley or rice. When it is coming to a boil skim it well, then add  $\frac{1}{2}$  teaspoon of salt; let it boil until half reduced, then strain it and take off all the fat, and it is ready for use. This is excellent for an invalid. If vegetables are liked in this broth add 1 turnip, 1 carrot, and 1 onion, cut in shreds and boil in the broth for one hour. In that case, the barley may be served with the vegetables in broth.

**3. BEEF AND SAGO BROTH**

One pound of gravy beef, two tablespoons of small sago, two eggs, salt and pepper. Remove all fat and skin from the meat and scrape the lean finely with a sharp knife, or pass it twice through a mincing machine. Put the meat into a basin with two pints of cold water and half a teaspoon of salt. Let it stand for one hour, then put it into a clean saucepan and simmer gently for two hours. Take care that it does not boil. At the end of that time strain it through a coarse gravy strainer. Pour it back into the saucepan, let it come to the boil, then sprinkle the sago. Boil gently until the sago is quite clear. It will probably take fifteen minutes. Season the broth nicely, and when it is well off the boil add the beaten

yolks of two eggs. It is best to add two or three spoonfuls of the broth to the eggs, and then to pour them into the broth. Stir the broth over the fire for a few minutes to cook the eggs, but do not let it boil or the eggs will curdle. Serve very hot.

#### 4. CHICKEN BROTH

Make the same as mutton or beef broth. Boil the chicken slowly, putting on just enough water to cover it well, watching it closely that it does not boil down too much. When the chicken is tender, season with salt. The yolk of an egg beaten light and added is very nourishing.

#### 5. POTATO SOUP

Boil or steam 6 medium sized potatoes and mash. Cook together 1 small onion and  $\frac{1}{2}$  cup of celery, which have been chopped very fine. After mashing the potatoes, add 1 quart milk, celery, and onion. Season to taste. Add a few sprigs of parsley and a lump of butter. Heat thoroughly, but do not boil.

#### 6. APPLE SOUP

Put through a sieve enough apple sauce to make a cup. Mix a teaspoonful of cornstarch with a little cold water and pour into three cupfuls of boiling water. When thick and transparent, add the apple sauce. Season with salt and cinnamon and serve either hot or cold.

#### 7. PRUNE SOUP

One pound of prunes, two cups of water, rind of one lemon, half cup sugar, one inch stick cinnamon, half a pound of barley, one quart water. Stew prunes with lemon rind, cinnamon and two cups of water, adding the sugar when prunes are nearly cooked. Take from stove and press through colander into tureen. Boil barley in water till tender (three or four hours), drain and add to prunes in tureen and serve hot.

#### 8. SPINACH SOUP

Put one cupful of cold cooked spinach through a sieve, put into a saucepan with one tablespoonful of butter and one tablespoonful of flour. Add half a teaspoonful of sugar, and pepper and salt to taste. When thoroughly hot, add four cupfuls of stock.

#### 9. TAPIOCA SOUP

Soak half a cupful of tapioca over night, boil until tender in the water in which it was soaked and add two quarts of beef stock or chicken stock.

### 10. VEGETABLE SOUP

Prepare a quart of stock. Heat to boiling and add to it one teaspoonful of grated carrot, a slice of onion, and a half cup of tomato. Cook together in a double boiler for half an hour. Remove the slice of onion and add salt and a half cup of turnip previously cooked and cut in small dice.

### 11. CARROT SOUP

For a quart of soup, slice one large carrot and boil in a small quantity of water for two hours or longer. Then rub it through a colander, add a quart of rich milk and salt to season. Reheat, and when boiling, thicken with two teaspoonfuls flour rubbed smooth in a little cold milk.

### 12. VELVET SOUP

Pour three pints of hot potato soup, seasoned to taste, slowly over the well beaten yolks of two eggs, stirring briskly to mix the eggs perfectly with the soup. It must not be reheated after adding the eggs. Plain rice or barley soup may be used in place of potato soup if preferred.

### 13. LENTIL SOUP

Simmer a pint of lentils in water until tender. If desired to have the soup less dark in color and less strong in flavor the lentils may be first parboiled for half an hour, and then drained and put into fresh boiling water. Much valuable nutriment is thus lost however. When perfectly tender, mash through a colander to remove all skins; add salt and a cup of thin cream, and if too thick, sufficient boiling milk or water to thin to the proper consistency, heat again to boiling and serve. If preferred an additional quantity of liquid may be added and the soup slightly thickened with browned flour.

### 14. MACARONI SOUP

Heat a quart of milk, to which has been added a tablespoonful of finely grated bread crust (the brown part only, from the top of the loaf) and a slice of onion to flavour in a double boiler. When the milk is well flavoured, remove the onion, turn through a colander, add salt, and thicken with two teaspoonfuls of flour rubbed smooth in a little cold milk. Lastly add one cupful of macaroni (cooked) and serve.

### 15. SPLIT PEA SOUP

For each quart of soup desired, simmer a cupful of split peas very slowly in three pints of boiling water for six hours, or until thoroughly dissolved. When done, rub through a colander, add salt and season with one-half cup of thin cream. Reheat, and when boiling, stir into it two teaspoonfuls of flour

rubbed smooth in a little cold water. Boil until thickened and serve. If preferred the cream may be omitted and the soup flavored with a little celery or onion.

#### 16. CREAM BARLEY SOUP

Wash a cup of pearl barley, drain and simmer slowly in two quarts of water for four or five hours, adding boiling water from time to time as needed. When the barley is tender, strain off the liquor, of which there should be about three pints; add to it a portion of the cooked barley grains, salt and a cup of whipped cream, and serve. If preferred, the beaten yolk of an egg may be used instead of cream.

#### 17. OATMEAL MUSH FOR CHILDREN

1 cup oatmeal,  $\frac{1}{2}$  teaspoonful salt, 1 scant quart boiling water. Put the meal and salt in the double boiler, pour on the boiling water and cook two or three hours. Remove the cover just before serving and stir with a fork to let the steam escape. If the water in the lower boiler be strongly salted, the meal will cook more quickly. Serve with sugar, or salt, and cream. Baked sour apples, apple sauce, and apple jelly are delicious eaten with oatmeal and the cream and sugar poured over the whole. They give the acid flavor which so many crave in the morning.

#### 18. ARROWROOT GRUEL

1 cup boiling water, 1 saltspoonful salt, 2 saltspoonfuls arrowroot wet in cold water. Mix the flour and salt and make into a smooth thin paste with cold water, then stir it into boiling water. Cook five minutes, or until the desired consistency is obtained. Strain; then add sugar, if preferred, and thin with a little milk. If intended for a fever patient, a little lemon juice improves the flavor; if for a patient with summer complaint, boil with the gruel half an inch stick of cinnamon or a little nutmeg.

#### 19. BEEF TEA PUDDING

Take a cup of beef tea, add to it a beaten egg and a heaped tablespoonful of stale bread crumbs. Pour into a small pudding dish and bake. It bakes like custard. A very nutritious pudding for invalids.

## PUDDINGS

### 1. A DISH OF APPLES

Take 2 lbs. of apples, pare and core them, slice into a pan; add 1 lb. sugar, the juice of 3 lemons, and the grated rind of one. Let these boil about 2 hours, turn into a mould. Serve with thick custard or cream.

### 2. BOILED RICE DUMPLINGS

Boil half a pound of rice, drain and mash it moderately fine. Add to it two ounces of butter, three ounces of sugar, half a saltspoonful of mixed ground spice, and the yolks of two eggs. Moisten a trifle with a tablespoonful of cream. With floured hands shape the mixture into balls and tie them in floured pudding cloths. Steam or boil forty minutes and send to table with a custard.

### 3. CUSTARD PUDDING

1 pint milk, yolks of 3 eggs, 3 tablespoonfuls sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon vanilla, a little flour. Pour the milk in a deep pan and let the pan stand in a kettle of boiling water, while you beat to a cream the eggs and sugar and the flour; then stir the eggs and sugar into the milk and continue stirring until it begins to thicken; then remove the pan from the boiling water, scrape down the sides, stir to the bottom until it begins to cool, add vanilla, pour into little cups, and when cold, serve. Grated chocolate, banana or pineapple or cocoanut added to this custard makes successfully different kinds of puddings.

### 4. COTTAGE PUDDING

One heaping pint of flour, half a cupful of sugar, one cupful milk, one teaspoonful of soda dissolved in the milk, one tablespoonful of butter, two teaspoonfuls of cream of tartar rubbed dry in the flour; flavor with nutmeg; bake in a moderate oven; cut in slices and serve warm with sweet sauce.

### 5. APPLE FLOAT

Sweeten and season with mace or nutmeg a small bowl of apple sauce (which has been through a sieve); then add the whites of 3 eggs beaten to a stiff froth. Serve with sugar or cream.

### 6. VERMICELLI PUDDING. (Steamed.)

1 pt. of milk, two ounces of vermicelli, two eggs, two tablespoonfuls of castor sugar, nutmeg, vanilla or cinnamon to taste, a pinch of salt. Put the milk into a pan to boil. When it does so, shake in the vermicelli and simmer in the milk till it is quite soft and clear looking.

It will take about 10 minutes. Add the sugar and let the mixture cool a little before adding the eggs. Separate the whites and yolks of these. Beat the latter to a stiff froth. Stir in the yolks thoroughly. Then add the whites lightly. Flavor the pudding carefully and pour it into a well greased basin. Cover it as usual with a greased paper. Steam it gently for about 30 to 40 minutes. Turn it out carefully and serve it at once with jam sauce.

### 7. FRUIT MERINGUE

Put on to boil a quart of milk, omitting  $\frac{1}{2}$  a cup with which to moisten 2 tablespoonfuls of cornstarch; when the milk boils, add the moistened corn-flour. Stir constantly till thick, then remove from the fire; add 1 teaspoon butter and allow the mixture to cool. Then beat in the yolks of 3 eggs till the mixture seems light and creamy; add sugar to taste. Cover the bottom of a well buttered baking dish with stewed fruit of any kind. Pour over it the custard and bake 15 to 20 minutes. Then spread with the lightly beaten whites, sweetened, and return to the oven till a light brown. (Fruits covered with this custard are delicious; the custard takes the place of a pastry covering.)

### 8. BAKER'S COCOA PUDDING

Put on to boil a pint of milk, omitting a tablespoonful of milk with which to moisten  $\frac{1}{2}$  teaspoonful of cornflour and two teaspoonfuls of cocoa. When the milk boils set aside for only a moment. Then pour it gradually over the cocoa and cornflour. Return to the saucepan and bring to the boil again or until it thickens, stirring constantly. When off the stove and slightly cooled add the yolks of 2 eggs (a touch of butter too if desired rich). Pour into a baking dish and spread with the lightly beaten whites sweetened, and return to the oven to brown slightly. Children are very fond of this pudding.

### 9. APPLE AND RICE PUDDING

Two pints of milk, a quarter of a pound of rice, a little butter, two eggs, a pound of apples, sugar to taste. Put the rice in a pan with the milk, sugar, and butter and simmer gently for one hour. Let it get partly cold, then add to it the two beaten eggs. Peel, core, and slice the apples and cook them till tender in a syrup made by boiling half a pound of sugar in half a pint of water. Butter a mold, put in it a layer of rice about an inch thick, then a layer of apple, next rice and so on till the mold is full. Bake it in a moderate oven about three quarters of an hour, then turn out and serve with a good custard.

### 10. APPLE SOUFFLÉ

3 large apples, two teaspoonfuls of lemon juice, two tablespoonfuls castor sugar, the whites of two eggs. Wipe apples. Bake till tender.

Scrape all the pulp from skins, carefully remove every bit of core, add to the pulp half the lemon juice and sugar. Beat the white of one egg to a stiff froth, stir in lightly the pulp. Put mixture into a buttered pie dish and bake in quick oven about a quarter of an hour till it is nicely puffed up, whip second white of egg to a stiff froth, add remaining sugar and lemon juice. Pile quickly over apples. Serve at once.

### 11. STEWED APPLES

3 pints of pared and quartered tart apples, the juice of one lemon, about one-fourth of a nutmeg, one pint water, one scant pint granulated sugar. Put the water and sugar into a saucepan, boil for a quarter of an hour; then add the lemon juice, nutmeg and apples. Cover the stew pan and set it where its contents will cook slowly for forty minutes; then remove the pan from fire and take up the apples, being careful not to break the pieces and to avoid taking up the syrup. Return the saucepan to stove and boil rapidly for five minutes the syrup that remains; then pour it over the apples, and set away to cool.

### 12. STEWED PEARS

12 pears. Peel and quarter six of them, peel the others, but do not cut them, lay them in a deep earthen pot with a few cloves, a piece of lemon peel and half a pound of fine sugar; cover them close with coarse brown paper and bake. Serve either hot or cold.

### 13. APPLE TAPIOCA

4 ounces tapioca, 1 lemon, 2 ounces castor sugar, 2 lbs. apples, apricot jam, half a pint of cream. Soak the tapioca for one hour in enough cold water to cover it. Then put it into one quart of boiling water with the grated rind of a lemon and sugar; simmer gently until soft. Peel and core the apples, put them in a deep pie dish and fill in the holes of each with jam. Pour over the tapioca and bake the pudding about half an hour. Let it become cold, then serve with cream whipped and sweetened, heaped over the top.

### 14. OATMEAL PUDDING

Half an ounce of Scotch oatmeal, half an ounce of bread crumbs, half an ounce of warmed butter, one egg, one pint of milk. Mix the oatmeal smoothly with a little cold milk. Then pour on to it half a pint of boiling milk and stir the mixture over a slow fire for ten minutes. Then add to it the crumbs, butter vanilla to taste, and the well beaten yolk of the egg. Butter, a pie dish, cover the bottom of it with a layer of jam or stewed fruit. Pour

the mixture on top and bake it slowly about one hour. Beat up the white of the egg to a stiff froth, stir lightly into it a few drops of vanilla and two teaspoonfuls of castor sugar. Heap this meringue roughly on the pudding. Put the dish in a very slow oven until meringue is a pale biscuit colour, then serve at once.

### 15. PUDDING FRUIT

Take apple sauce or stewed pears or peaches or any kind of small berries and mix them with equal quantities of rusk crumbs; make a custard of 4 eggs, 1 quart milk sugar to taste, mix it with the crumbs and bake 20 minutes.

### 16. CANARY PUDDING

Two eggs and their weight in butter, flour and castor sugar, one teaspoonful baking powder, one tablespoonful of milk, the grated rind of one lemon. Thickly grease a mould or basin. Cream the butter and sugar together in a basin; when they are soft like whipped cream break and add the eggs, beating them well in. Mix together the flour and baking powder, then add them to the other ingredients, also the lemon rind, stirring them lightly in. Pour the mixture in the greased mould and steam for two hours. Turn it out and serve with sweet sauce.

### 17. GRAPE NUTS COTTAGE PUDDING

Two eggs, one-fourth cup melted butter, one and one-half cups flour, one cup milk, one cup seeded raisins, one cup grape nuts, three teaspoonfuls baking powder. Heat milk and pour on grape nuts. Add mixtures and bake one-half hour in pans, so when done it will be two inches thick. Serve cold with sauce as follows: Foam pudding sauce: one and one-half cups sugar, one-half cup butter, one tablespoonful flour. Cream all together and add enough boiling water to make it the consistency of cream. Let boil a few minutes and flavor with lemon.

### 18. DELICIOUS JUNKET

Take two quarts of milk, warm to about blood heat, pour into a glass or china bowl and stir into it two tablespoonfuls essence of rennet, two tablespoonfuls of powdered loaf sugar. Let it stand till cold. Half the quantity can be made. This should be served with stewed fruit.

### 19. RICE CUSTARD

Soak half a cup of cold cooked rice in one pint of hot milk till every grain is distinct. Add yolks of two eggs, beaten with a quarter of a cup of sugar and a pinch of salt and cook like soft custard. While still hot, stir in

the whites beaten stiff and set to cool. Or turn the hot custard into a dish, and when cool cover with a meringue of the whites. Brown slightly and serve cold.

#### 20. TOAST PUDDING

Toast several thin slices of stale bread, removing the crust, butter them well, and pour over them hot stewed fruit alternating the layers. Serve warm with hot sauce.

#### 21. BOILED BREAD PUDDING

To one quart of bread crumbs soaked soft in a cup of hot milk, add one cupful of molasses, one cupful of chopped fruit, one teaspoonful of spices, one tablespoonful of butter, a teaspoonful of salt, one teaspoonful of soda, about a cupful of flour sifted; boil or steam 3 hours. Serve with sweet sauce.

#### 22. CUSTARDS IN GLASSES

Put the yolks of 2 eggs, 1 dessertspoonful of sugar, 1 teaspoonful of cornstarch, 1 teaspoonful flour into a basin. Mix these gradually together, if necessary with the aid of a little cold milk. Then add about  $\frac{3}{4}$  of a pint of milk and stir carefully till it boils and thickens. Flavor with vanilla. When cold, serve in custard glasses, with the whites of the eggs beaten to a froth and slightly sweetened, placed over the custard. A touch of currant jelly may sometimes be added for decoration.

## CAKES

### 1. MOLASSES COOKIES

1 cup butter, 2 cups molasses, 1 teaspoonful cloves, 1 tablespoon ginger. Sufficient flour to make a soft dough. Mold with the hands into small cakes, and bake in a steady rather than in a quick oven, as they are apt to burn.

### 2. CRISP COOKIES

1 cup butter, 2 cups sugar, 3 eggs well beaten, flour enough to make a soft dough just stiff enough to roll out, 1 teaspoon of soda, 2 teaspoons cream of tartar, 1 spoon milk, 1 teaspoon nutmeg, 1 teaspoon of cinnamon (Try a pint of flour to begin with, working it in gradually). Spread a little milk over each and sprinkle with sugar. Bake in a quick oven a light brown.

### 3. LEMON COOKIES

4 cups of sifted flour or enough for a stiff dough, 1 teacup of butter, 2 cups of sugar, the juice of 1 lemon and the grated peel from the outside, three eggs whipped very light. Beat thoroughly each ingredient, adding after all is in a half teaspoon of soda dissolved in a teaspoon of milk. Roll out as any cookies and bake a light brown.

### 4. JUMBLES

Cream together two cups of sugar and one of butter, add three well beaten eggs and six tablespoonfuls of sweet milk, two teaspoonfuls of baking powder, flavor to taste, flour enough to make into a soft dough (try a pint of flour to begin with, working it in). Do not roll it on the paste board, but break off pieces of dough the size of a walnut and make into rings by rolling strips as large as your finger, and joining the ends; lay on tins to bake, an inch apart, as it rises and spreads; bake in a moderate oven. These jumbles are very delicate and will keep a long time.

### 5. VICTORIA SANDWICH

Take the weight of 3 eggs in butter, flour and castor sugar. Line a shallow flat tin with a piece of well greased paper. Put the butter and sugar into a basin and beat with a wooden spoon till soft like cream. Take one tablespoonful of the flour and mix with it one teaspoonful of baking powder and put it on one side. Now add one egg to the butter and sugar, shake over it one tablespoonful of flour and mix well in, alternating the eggs and flour till both are used up. Mix well; then add the flour that had the baking powder with it, the grated rind of half a lemon, and one tablespoonful of milk. Mix well and pour into a tin, smoothing the top.

Bake about 10 minutes in a quick oven till firm and pale brown. Then turn its brown side down on to a sugared paper and let cool. Next spread one half with jam, lay the other half on the top and cut out fingers or fancy shaped pieces.

#### 6. SMALL DROP CAKES

Two cupfuls powdered sugar, the yolks of four eggs, a pinch each cinnamon and cloves, and enough flour to stiffen. Beat the yolks until light and foamy, stir in the sugar gradually and beat thoroughly; then add the cinnamon and cloves and just enough flour to allow them to drop from the spoon on to a greased tin. Leave room for them to spread on the tin without touching.

#### 7. MADEIRA CAKE

Prepare the cake tin with sheets of buttered paper. Beat to a cream 6 oz. butter and 6 oz. of sugar. Break five eggs and beat them well. Sieve 9 oz. of flour with  $\frac{1}{2}$  teaspoonful baking powder and a pinch of salt. Grate in the rind of a lemon with the flour and add a spoonful or two of flour and egg alternately to the butter and sugar till all is stirred in. Bake in a moderate oven about 20 minutes. Then put two large slices of citron on the top and return to oven.

#### 8. SOFT GINGERBREAD

1 cup butter, 1 cup molasses, 1 cup sugar, 1 cup sour milk, 1 teaspoonful soda dissolved in boiling water, 1 tablespoonful ginger, 1 teaspoonful cinnamon, 2 eggs, about 5 cups of flour, enough to make it thick as cup cake batter, perhaps a trifle thicker. Work in 4 cups first and add very cautiously. Stir butter, sugar, molasses and spice together to a light cream, set them on the range until slightly warm, beat the eggs light, add the milk to the warmed mixture, then the eggs, the soda, and lastly the flour. Beat very hard 10 minutes and bake at once in a loaf or in small tins.

#### 9. OLD-FASHIONED SPONGE CAKE

2 cups of sifted white sugar, 2 cups of flour measured before sifting, 10 eggs. Stir the yolks and sugar together until perfectly light, add a pinch of salt, beat the whites of the eggs to a very stiff froth and add them with the flour. After beating together lightly; flavor with lemon and bake in a moderate oven about 40 minutes. Baking powder is an improvement to this cake, using two large teaspoons.

#### 10. LEMON CAKE

3 teacupfuls of sugar, 1 cupful butter, 5 eggs, 5 full cups of sifted flour, 1 teaspoonful of soda dissolved in a cup of sweet milk, the grated

peel and juice of a lemon. Beat butter and sugar to a cream, add the eggs and flour alternately, beating all the while, then the milk, and the peel and juice of the lemon; the juice to be added last. Bake in two shallow tins. When cold, ice with lemon icing and cut into squares.

### 11. A GOOD PLAIN CAKE

1 lb. of flour, 4 oz. moist sugar,  $\frac{1}{4}$  lb. currants,  $\frac{1}{2}$  oz. of peel,  $\frac{1}{2}$  teaspoon bicarbonate of soda, 2 eggs, sour milk. (Note.—Milk can be turned sour by adding to it a few drops of lemon juice.) Butter cake tins. Mix together the flour, sugar and salt. Rub lightly into these the butter; then add the currants, the chopped peel and the soda. Separate the whites and yolks of the eggs, beat the whites to a stiff froth and stir lightly into the other ingredients. Add enough butter and sour milk to make a soft dough and beat well together. Half fill the cake tins. Bake in a hot oven about three quarters of an hour. Test the cake with a broomstraw; if it comes out clean the cake is done.

## CANDIES

### 1. EVERTON TOFFY

2 cups of sugar, 2 cupfuls hard molasses, 1 cupful of cold butter, grated rind of half a lemon. Boil over a slow fire until it hardens when dropped in cold water. Pour thinly into tins well buttered and mark into inch squares before it cools.

### 2. MOLASSES CANDY

Put one quart of molasses, one cupful of brown sugar, a piece of butter the size of half an egg into a six quart kettle. Let it boil over a slack fire until it begins to look thick, stirring it often to prevent burning. Test it by dropping a few drops in a cup of cold water. If it hardens quickly and breaks crisply between the teeth it is boiled enough. Now put in half a teaspoonful of baking soda and stir it well; then pour it out into well buttered flat tins. When partly cooled, take up the candy with your hands well buttered, then pull and double and so on until the candy is a whitish yellow. It may be cut in strips and rolled or twisted. If flavoring is desired drop the flavoring on the top as it begins to cool, and when it is pulled, the whole will be flavored.

### 3. POP CORN BALLS

Take 3 large ears of pop corn. After popping shake it down in pan so the unpopped corn will settle at the bottom; put the nice white popped corn in a grease pan. For the candy, take one cup of molasses, one cup of white sugar (or light brown), one tablespoonful of vinegar. Boil until it will harden in water. Pour on the corn. Stir with a spoon until thoroughly mixed; then mould into balls with the hand. No flavor should be added.

## CHAPTER XXIII

### INVALIDS' FOOD

#### 1. MILK

In warming milk for drinking never allow it to boil, and always keep it covered. It is the coagulation of the casein by boiling, and the evaporation of certain gases, that renders it indigestible.

#### 2. BRANDY, MILK WITH EGG

Beat one egg with one tablespoon of sugar; add 2 tablespoons of brandy and a cup of cold milk.

#### 3. KOUMYSS

1 qt. perfectly fresh milk,  $\frac{1}{8}$  cake of yeast, 1 tablespoon of sugar.

Dissolve the yeast in a little water; mix it with the sugar and milk. Put the mixture into strong bottles; cork them with tightly fitting stoppers; tie down securely with stout twine. Shake the bottles for a full minute; place them on end in a refrigerator; at the end of three days lay them on their sides; turn them occasionally. Five days will be required to perfect fermentation. Left in the refrigerator and well corked koumyss will keep indefinitely.

#### 4. MILK LEMONADE

1 tablespoon sugar, 1 cup boiling water,  $\frac{1}{4}$  cup lemon juice,  $\frac{1}{4}$  cup sherry,  $1\frac{1}{4}$  cups cold milk.

Pour the boiling water over the sugar; add the lemon juice and sherry. Stir it until the sugar dissolves; add the cold milk; stir again until the milk curdles; strain through muslin.

#### 5. CHICKEN BROTH

Cut up a fowl (which has been properly cleaned) into small pieces; add 1 quart or  $1\frac{1}{2}$  quarts cold water, according to size of fowl. Let stand for **Broths** one hour and simmer for two hours, then boil slightly for one. Strain it, remove fat, and flavor to taste.

#### 6. MUTTON BROTH

Cut one pound of loin or neck of mutton into small pieces; put with one teaspoon chopped onion into one quart water. Let stand one hour, and simmer three; strain; let cool; then remove the fat which rises to the top. Heat when ready to serve; season with salt and white pepper.

**7. FLAXSEED TEA****Drinks**

Boil one tablespoon flaxseed in a pint of water for one hour; strain; add one tablespoon lemon juice and one tablespoon sugar; serve either hot or cold. The loss by evaporation should be made good from time to time, so that at the end of the cooking there shall be one pint of tea.

**8. COFFEE**

For every cup of water use a heaped tablespoon coffee. Soak the coffee for several hours in cold water; bring to boiling point and let simmer for a few minutes; let stand on the back of the stove for a minute to settle before serving.

**9. CAUDLE**

To a cup thin oatmeal gruel add a tablespoon sherry, one egg well beaten, sugar to taste; it can be served either hot or cold.

**10. ARROWROOT GRUEL**

Mix  $\frac{1}{2}$  tablespoon arrowroot with 1 saltspoon salt,  $\frac{1}{2}$  teaspoon of sugar, wet with 2 tablespoons of cold water; pour on a cup of boiling water, stirring constantly. Boil for 20 minutes; add the milk, and bring to boiling point; strain; serve immediately. A little port wine is often added.

**11. OATMEAL GRUEL**

Mix 2 tablespoons of oatmeal,  $\frac{1}{2}$  teaspoon of sugar and a saltspoon of salt. Pour this slowly into boiling water; cook in a saucepan for 30 minutes, or, preferably, in a double boiler for 2 hours; strain; add the milk, and bring to boiling point.

**12. CRACKER GRUEL**

Mix 2 tablespoons of cracker crumbs with  $\frac{1}{2}$  saltspoon salt and  $\frac{1}{2}$  teaspoon sugar. Pour over this a cup of boiling water, add one cup milk and simmer for two minutes.

**13. BEEF TEA**

Cut 2 pounds of round steak into half-inch squares; put into double boiler and add one quart of water; let stand one hour, then place over fire and let simmer two hours; flavor to taste.

**14. MILK PUNCH**

Sweeten 1 cup of milk with 1 teaspoon sugar; stir in 2 tablespoons brandy; beat with egg-beater; pour into glass and grate nutmeg over the top.

**15. MILK RENNET**

Stir 1 teaspoon rennet and 2 teaspoons sherry together with 1 teaspoon of sugar. Heat 1 pint of milk until it is exactly 100° F.; pour into bowl containing rennet and wine; stir quickly and only enough to mix ingredients; grate nutmeg over the top and set on ice till solid.

**16. PEPTONIZED MILK**

Mix 5 grains of pancreatic extract and 15 of soda bicarbonate with cold milk; warm a pint of milk and add; stir well and put on ice to cool.

**17. BARLEY GRUEL**

Mix 1 tablespoon barley-flour with  $\frac{1}{2}$  teaspoon sugar; pour over this a cup of boiling water; boil 10 minutes; add a cup of milk; bring to boiling point; serve very hot.

**18. TOAST WATER**

Toast till dry three slices of bread an inch thick; break into small pieces; add a pint of cold water; soak for an hour; strain, and squeeze the water out of the toast with the back of a spoon. Serve cold; if desired a little cream and sugar may be added.

**19. BARLEY WATER**

Boil one tablespoon barley flour, a teaspoon sugar, a saltspoon salt and a quart of water together for 15 minutes; strain; it can be flavored either with lemon juice or port or sherry wine.

**20. RICE WATER**

This is made in the same manner as barley water, except that 2 tablespoons of rice will be required to a quart of water.

**21. OYSTER SOUP**

Heat a cup of milk, add 2 tablespoons cracker crumbs, a saltspoon salt, a sprinkle of pepper,  $\frac{1}{4}$  teaspoon of butter; when this is thoroughly warm add a cup of fresh oysters and juice; allow to simmer for about two minutes, or till the gills of the oysters curl.

**22. MILK TOAST**

Toast three slices of bread a delicate brown; butter them and put them into a covered dish. Cover them with milk which has been brought almost to boiling point.

**23. SOFT CUSTARD**

Beat together the yolks of 2 eggs, a saltspoon salt, and 2 tablespoons sugar; add this slowly to a pint of milk which has been brought to boiling point; boil three minutes. Flavor with vanilla or sherry wine; serve cold.

**24. EGG-NOG**

Break one egg into a bowl; add one saltspoon salt and two teaspoons sugar; beat until light; add one cup of milk, one or two tablespoons good brandy or whisky; serve immediately.

**25. SHERRY AND EGG**

Break an egg into a bowl; add a teaspoon sugar; beat the two together until well mixed; add 2 tablespoons sherry wine and  $\frac{1}{4}$  cup cold water; mix thoroughly; strain, and serve immediately.

**26. SCRAMBLED EGGS**

Beat 2 eggs, a saltspoon salt, a sprinkle of white pepper, until quite light; add 4 tablespoons sweet cream or milk; turn the mixture into a double boiler; cook, stirring constantly until the albumen is coagulated.

**27. FOAMY OMELET**

Separate the yolks from the whites of 2 eggs. To the yolks add a saltspoon salt and  $\frac{1}{4}$  saltspoon pepper. Beat until light; add 2 tablespoons milk. Beat the whites until fairly stiff, and fold them into the yolk; pour the mixture into a hot buttered omelet pan; cook for about 2 minutes; put into the oven for one minute to cook the upper surface.

**28. EGG CREAM**

Separate the yolks of 2 eggs from the whites; add 2 tablespoons sugar to the yolks; beat until well mixed; add the juice and grated rind of  $\frac{1}{2}$  lemon; place the bowl in a dish of boiling water on the fire; stir slowly until the mixture begins to thicken; add the beaten whites of eggs, and stir for 2 minutes. Serve cold.

**29. POACHED EGGS**

Pour some boiling water into a small saucepan; salt it and add  $\frac{1}{2}$  teaspoon vinegar; break a fresh egg gently into this. As soon as the white is firm lift out the egg with a skimmer, and put on crustless buttered toast.

**30. SOFT COOKED EGGS**

Never boil eggs for the sick. Boil enough water to cover the eggs; put them in; remove the saucepan to the back of the stove where the water will not lose its warmth too soon, and let them stand 10 minutes.

**31. JELLIES**

The order for making nearly all jellies is as follows; The gelatine is hydrated, or softened, by soaking in the cold water for  $\frac{1}{2}$  hour. The boiling water, sugar and flavoring are then added, in the given order. Strain and cool.

**32. LEMON JELLY**

$\frac{1}{4}$  box gelatine,  $\frac{1}{4}$  cup cold water,  $1\frac{1}{4}$  cups boiling water,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup lemon juice, 1 tablespoon brandy.

**33. ORANGE JELLY**

$\frac{1}{4}$  box gelatine,  $\frac{1}{4}$  cup cold water,  $\frac{1}{2}$  cup boiling water,  $\frac{1}{2}$  cup sugar, 1 cup orange juice. Juice  $\frac{1}{2}$  lemon.

If desired, as soon as it begins to stiffen it can be whipped till stiff, making orange sponge, which, served with custard, makes a very dainty dish.

**34. VELVET CREAM**

Soak  $\frac{1}{4}$  box of gelatine in  $\frac{1}{4}$  cup of cold water for  $\frac{1}{2}$  hour; then pour in  $\frac{1}{4}$  cup of sherry wine; set the bowl in a dish of boiling water over the fire. When the gelatine is dissolved add a teaspoon lemon juice and  $\frac{1}{2}$  cup sugar; strain; set the bowl in a dish of ice and water to cool. As soon as it begins to thicken turn in the cream. Stir this until it also thickens; mold and put on ice. Serve with cream.

**35. WINE JELLY**

$\frac{1}{4}$  box gelatine,  $\frac{1}{4}$  cup cold water,  $1\frac{1}{4}$  cups boiling water,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  square inch cinnamon, 1 clove,  $\frac{1}{2}$  cup sherry wine.

**36. COFFEE JELLY**

$\frac{1}{4}$  box gelatine,  $\frac{1}{4}$  cup cold water, 1 cup boiling water,  $\frac{1}{2}$  cup strong coffee,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{1}{2}$  cup sugar.

**37. BEEF TEA, FOR THE VERY WEAK**

One pound of lean beef, cut into small pieces, put into a jar without a drop of water, cover tight and set in a pan of cold water. Heat gradually to a boil. Continue this steadily for 3 or 4 hours, until the meat is like white rags and the juice all drawn out. When cold, skim. Season with salt to taste. The patient often prefers this very cold instead of hot.

**38. CALVES' FOOT JELLY FOR INVALIDS**

2 calves' feet; 6 pints water. Boil very slowly for 6 or 7 hours. Skim as the scum rises. Strain through a sieve, put it in a cool place until it sets. Take a pint of this jelly, remove every particle of fat by pouring a little warm water over the top and wiping with a cloth. Add to this 1 pint of colonial wine or 2 glasses of sherry and water to make the quantity, the juice of 3 lemons and rind of one, a little brandy, 3 tablespoons sugar, whites of 2 eggs, beaten together and stirred into the liquid,  $\frac{1}{2}$  oz. gelatine, dissolved in  $\frac{1}{2}$  cup of water, and boil for 5 minutes. Lift the sauce pan from the fire, let it stand about 10 minutes. Pour a little through the jelly bag, then back into the saucepan and strain.

**39. BRAN GEMS**

3 cups bran,  $\frac{1}{2}$  cup flour, 1 cup milk,  $\frac{1}{2}$  teaspoon soda, 1 cup molasses.

Beat soda into molasses until latter doubles itself in quantity. These can be eaten hot, cold or toasted. Are more efficacious if eaten with plenty of butter.

**40. A WHOLESOME GRUEL**

The following recipe was given by a successful physician.

Take 2 level tablespoons cornstarch and one level tablespoon flour; mix together and wet with cold water; stir while pouring on two cups of boiling water, and let boil from 15 to 20 minutes; take off the fire and add one cup of milk without much cream in it,  $\frac{1}{2}$  teaspoonful of salt (less if preferred) and a little soda.

If this gruel be again brought to a boiling point, it becomes an excellent food for a patient suffering from diarrhœa.

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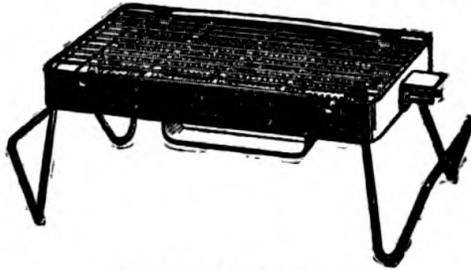
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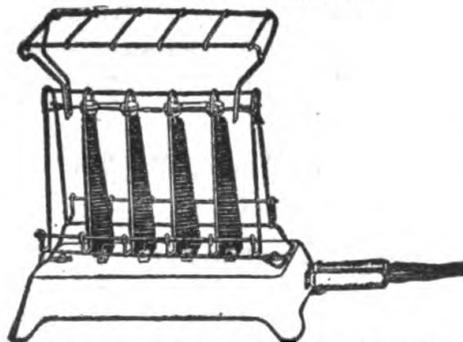
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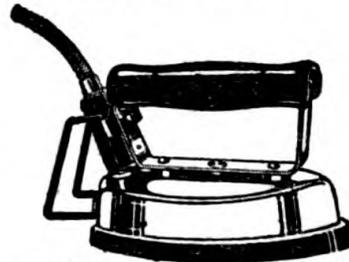
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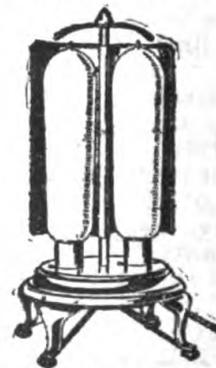
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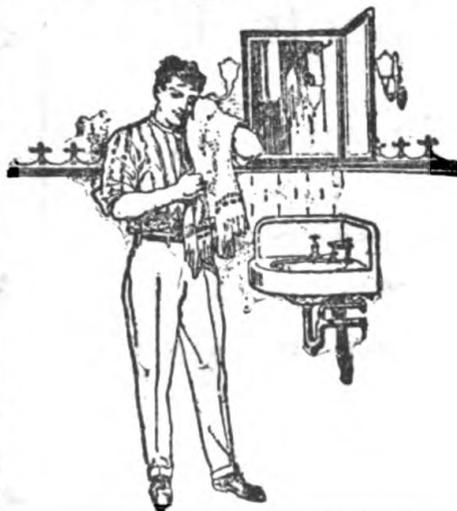
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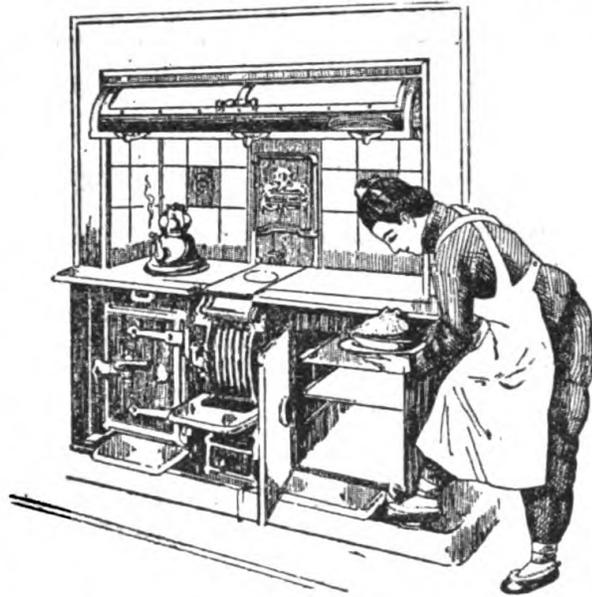
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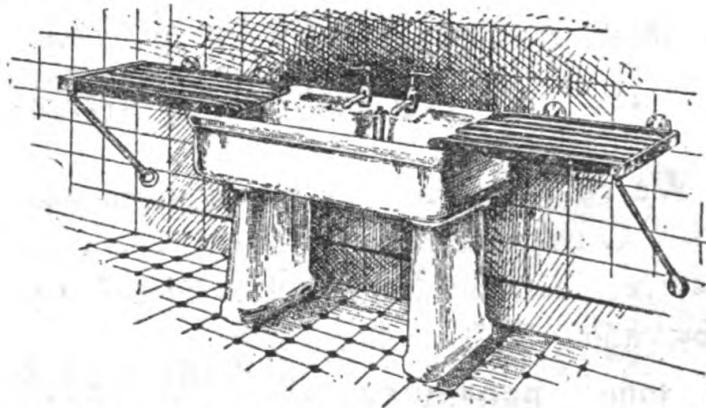
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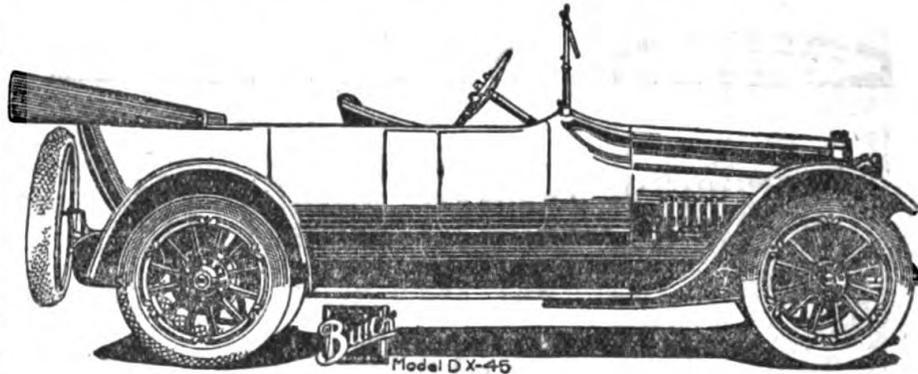
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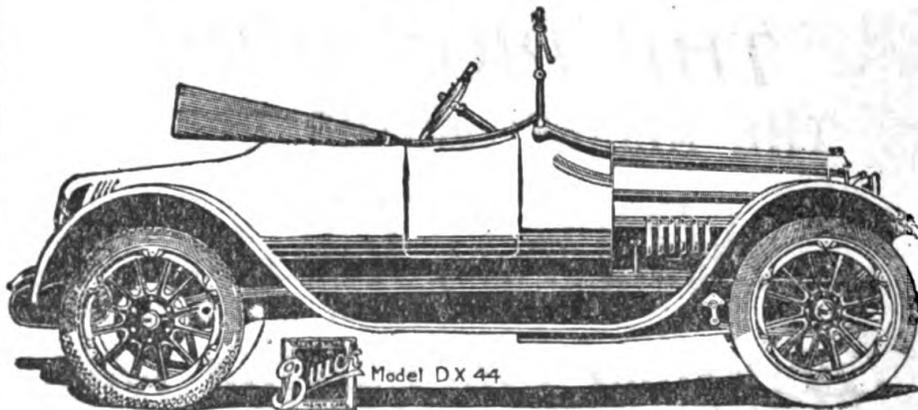
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*Cookery, English*  
1065

*Id*

## TIME TABLE

### BOILING

MEATS			FISH		
		Time.			Time.
Mutton	per pound	15 minutes.	Codfish	per pound	6 minutes.
Corned Beef	" "	30 "	Salmon	" "	10 to 15 min.
Ham	" "	18 to 20 min.	Small Fish	" "	6 minutes.
Turkey	" "	15 minutes.	Lobster		30 to 40 min.
Chicken	" "	15 "			
Fowl	" "	20 to 30 min.			
Tripe		3 to 5 hours.			

### BAKING

MEATS			MEATS		
		Time.			Time.
Beef, ribs, rare	per lb.,	8 to 10 min.	Fillet, hot oven		30 minutes.
" "	well done per		Braised Meats		3 to 4 hours.
" lb.,		12 to 15 min.	Liver, whole		2 hours.
Beef, ribs, boned & rolled			Turkey, 8 lbs.		1 3/4 "
per lb.,		12 to 15 min.	" very large		3 "
Round of Beef per lb.,		12 to 15 min.	Birds, small, hot oven		15 to 20 min.
Mutton, leg, rare per lb.,		10 minutes.	Ducks, tame		45 minutes.
" "	well done		" wild, very hot oven		15 "
" per lb.,		15 minutes.	Partridge		35 to 40 min.
Mutton, loin, rare		8 "	Grouse		20 to 25 "
" shoulder, stuffed					
per lb.,		15 minutes.			
Mutton, saddle, rare per					
lb.,		9 minutes.			
Lamb, well done per					
pound,		15 minutes.			
Veal, well done per					
pound,		18 to 20 min.			
Pork, well done per					
pound,		20 minutes.			
Venison, rare per pound,		10 "			
Chicken per pound,		15 "			
Goose per pound,		18 "			
		Time.			Time.
Bread		1 hour.	Cake		20 to 45 min.
Biscuits		20 minutes.	Custards, very slow oven		1 hour.

### BROILING

	Time.		Time.
Steak, 1 inch thick	8 to 10 min.	Quail	8 to 10 min.
" 1 1/2 "	10 to 15 "	Grouse	15 minutes.
Mutton Chops, French	8 minutes.	Shad, Trout	15 to 25 min.
" English	10 "	Small Fish	5 to 10 "
Spring Chicken	20 "		

### TABLE FOR COOKING CEREALS

KIND.	QUANTITY.	WATER.	TIME.
Rolled oats, Avena.....	1 cup	2 cups	1/2 hour.
Rice .....	1 cup	2 cups	3/4 to 1 hour.
Steam Cooked Wheats .....	1 cup	1 1/2 cups	25 minutes.
Wheatlet, Wheatena, Wheat Germ .....	1 cup	4 cups	1/2 hour.
Coarse Oatmeal .....	1 cup	4 cups	2 hours.
Fine Hominy .....	1 cup	1 cups	1 to 1 1/2 hours.
Coarse Hominy .....	1 cup	5 cups	2 to 5 hours.

11  
P. 1

## WEIGHTS AND MEASURES

- 4 gills = 1 pint,
- 2 pints = 1 quart,
- 4 quarts = 1 gallon,
- 16 ounces = 1 pound,
- $\frac{1}{2}$  kitchen cupful = 1 gill,
- 1 kitchen cupful =  $\frac{1}{2}$  pint or 2 gills,
- 4 kitchen cupfuls = 1 quart,
- 2 cupfuls of granulated sugar } = 1 pound,
- 2 $\frac{1}{2}$  cupfuls of powdered sugar }
- 1 heaping tablespoonful of sugar = 1 ounce,
- 1 heaping tablespoonful of butter } = 2 oz. or  $\frac{1}{4}$  cupful,
- Butter size of an egg }
- 1 cupful of butter =  $\frac{1}{2}$  pound,
- 4 cupfuls of flour } = 1 pound,
- 1 heaping quart }
- 8 round tablespoonfuls of dry material = 1 cupful,
- 16 tablespoonfuls of liquid = 1 cupful,
  - 4 saltspoonful — 1 teaspoonful
  - 3 teaspoonful — 1 tablespoonful
  - 4 tablespoonful of liquid =  $\frac{1}{4}$  cupful,
  - 3 cupful meal — 1 pound,
  - 8 quarts — 1 peck.

### PROPORTIONS

- 5 to 8 eggs to 1 quart of milk for custards,
- 3 to 4 eggs to 1 pint of milk for custards,
- 1 saltspoonful of salt to 1 quart of milk for custards,
- 1 teaspoonful of vanilla to one quart of milk for custards,
- 2 ounces of gelatine to 1 $\frac{3}{4}$  quarts of liquid,
- 4 heaping tablespoonfuls of cornstarch to 1 quart of milk,
- 3 heaping teaspoonfuls of baking-powder to 1 quart of flour,
- 1 even teaspoonful of baking-powder to 1 cupful of flour,
- 1 teaspoonful of soda to 1 pint of sour milk,
- 1 teaspoonful of soda to  $\frac{1}{2}$  pint of molasses,
- 1 teaspoonful baking powder =  $\frac{1}{2}$  teaspoonful of soda and 1 teaspoonful of cream of tartar mixed,

### MEASURING

Exact measurements are essential to the success of cooking. A cupful means one half pint. A tin cup holding this amount is necessary in every kitchen. A spoonful of butter, lard, sugar, or flour means a rounding spoonful, as much rising above the spoon as is held in the bowl. A spoonful of salt or spices means only as much as the bowl holds, the top being smoothed off with a knife. One-half spoonful means the half of the contents of the bowl divided lengthwise. A heaping spoonful means as much as the spoon can be made to hold.





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