

COMMON-SENSE
COOKERY



COL. KENNEY-HERBERT
(WYVERN)

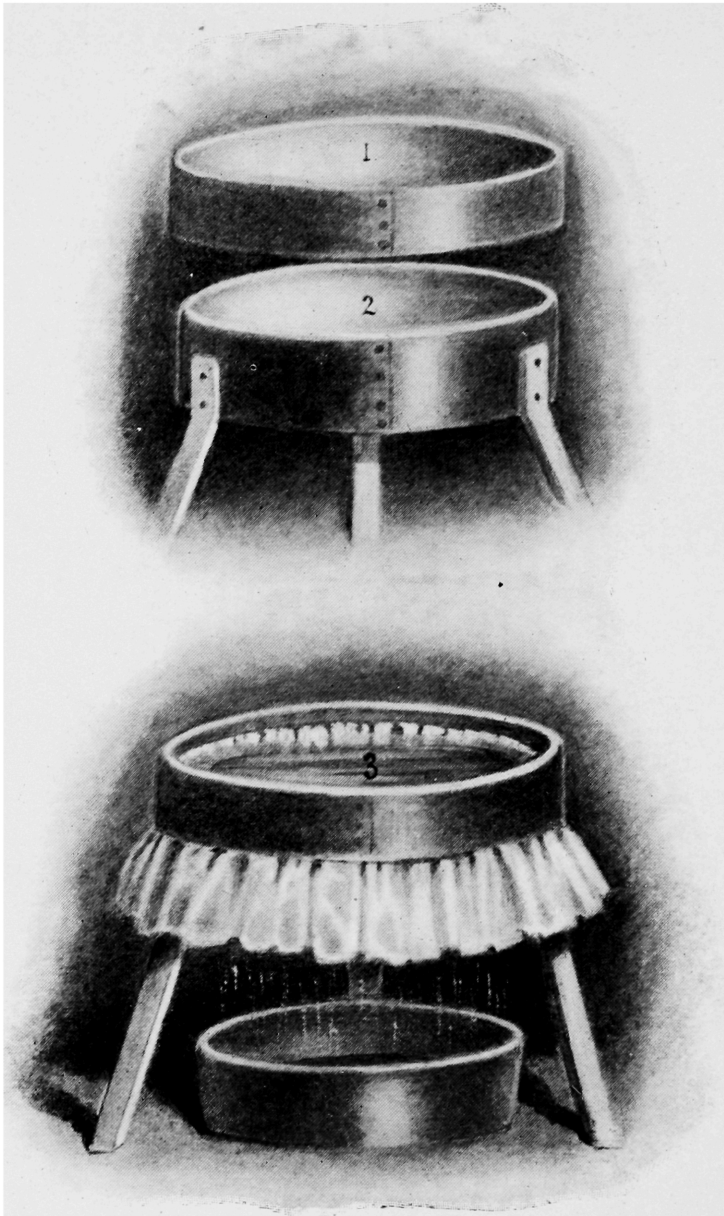
KENNEY-HERBERT

Cookery Books
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COMMON-SENSE COOKERY

SOUP STRAINING STAND.



1. PRESSER. 2. STRAINING STAND.
3. STAND WITH PRESSER PRESSED HOME.

COMMON-SENSE COOKERY

FOR ENGLISH HOUSEHOLDS

WITH

TWENTY MENUS WORKED OUT IN DETAIL

BY

COLONEL A. KENNEY-HERBERT

("WYVERN")

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"FIFTY DINNERS," ETC.

REVISED AND ENLARGED EDITION

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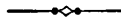
EDWARD ARNOLD

41 & 43, MADDOX STREET, BOND STREET, W.

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PREFACE



DURING the period that has elapsed since the first edition of this book was published the art of cookery has advanced, and Fashion, which always influences the administration of the table, has changed. People of taste now expect a short but carefully-thought-out *menu*, simplicity in the treatment of the dishes of which it is composed, soups and sauces neither overpowered with loaded wines nor adulterated with ready-made specialities, and *entrées* without the colourings and frippery which in the earlier nineties gained favour with many who knew no better.

Although I have always taken this view of the art of dining, and indeed advocated it in my writings, I have found that in order to maintain touch with the times in other respects it was necessary to reconstruct my work entirely, to remove a good deal of obsolete and unnecessary detail, and to offer precepts of a more modern type, while sifting carefully and correcting the matter I retained. The result of this is that "Common-sense Cookery" as now issued is practically speaking a new book.

Nevertheless, in carrying out this renovation, I have not lost sight of my original thesis: to provide the student of cookery with A GRAMMAR of the art, with rules for each of its branches minutely laid down. To this end I have taken special pains in dealing with every preparative method, so that those who are interested in their kitchen and desire to guide their cooks correctly may find their task made easy. I have tried to show that if the

processes which are necessary for the development of good cookery are mastered, the improvement of dishes by special flavours and additions is a mere matter of expense, not one of extreme proficiency.

A. K.-H.

June, 1905.

PREFACE TO THE FIRST EDITION



ANOTHER cookery book! Yes—another. Surely there can be none too many if each contribute but a little in aid of the movement now fairly on foot for the betterment of English cookery, and the union of efficiency in the kitchen with reasonable economy. But let me try to justify my enlistment in the cause. Sixteen years ago I brought out a little work called “Culinary Jottings” for English housewives in India. It was most kindly received, and has now reached its sixth edition. Encouraged by this success, and by the voices of friends, I have now ventured upon a book specially designed for use in English households.

The grammar and principles of cookery change not, but science has of late come to the assistance of the culinary artist, and during sixteen years a workman who tries to keep level with the time cannot but discover new and better methods. For we who attempt to teach must ourselves be ever learning. We can never flatter ourselves that we have reached the stars, nor be unprepared to hear of interesting discoveries, or of some novel departure from the beaten track. Thus I offer to-day the last results of maturer experience, of kind advice, and practical work in a fresh field.

A student myself I have the sincerest sympathy for those who are also struggling with the subject, and since I have encountered many of them I can well appreciate their difficulties. My endeavour has accordingly been to lay down the rules of the grammar of cooking as simply and as clearly as possible, to explain each branch of the art intelligibly, and to give recipes without vague generalities. Do I not know full well myself how perplex-

ing it is to be suddenly brought to a standstill by “some” of this, “a little” of that, and “a few spoonfuls” of the other? I have, therefore, done my best to give exact weights and measures. My practice of stating in ounces the quantity of vegetables required in soups and stews may seem to the skilled practitioner with a fine sense of the dimensions of a cookery-book carrot or onion to be superfluous, but I contend that such data are most necessary in a work of instruction. Root vegetables and bulbs vary in size to such an extent that unless the proper proportions are allotted, the balance of power between them and the meat with which they are associated cannot be maintained.

Differences of opinion there are and ever will be in regard to many points in cookery and the ordering of a dinner. For inasmuch as human tastes vary, so do men’s views concerning food and feeding. Better indeed were it if an author on cooking could say:—“There, I have shown you how to prepare your dishes; pray choose and arrange them as the spirit may move you.” But this cannot be. The majority of the community for whom his book is written stand in need of assistance in the composition of their *menus*. For these, then, I have suggested a few little dinners, even at the risk of occasional oversights, and of offending those who—passing its practical value by—consult an unostentatious cook’s guide for “soothing harmonies,” and “rhythmical order and sequences.” I trust, however, that people of milder aspirations may find some useful hints in the pages of COMMON-SENSE COOKERY.

I have to acknowledge the great assistance I have derived, both formerly and of late, from the writings of Sir Henry Thompson, “the G. C.,” Jules Gouffé, and Urbain Dubois, and to thank the Proprietors of *The Nineteenth Century* and *The St. James’s Budget* for the permission they have granted me to utilize certain of my writings that have been published in their respective journals.

A. K.-H.

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COMMON-SENSE COOKERY



CHAPTER

TO HOUSEKEEPERS

THE COOK—MARKETING—ADVICE TO INSTRUCTORS

I CANNOT do better than commence with a few words on the subject of management, for upon this the whole question of efficient and economical cookery may be said to depend.

First in respect of the cook herself. If you want to be well fed, and to put nice little dinners before your friends, you must not only be prepared to take considerable personal interest in food and feeding, but you must make a *friend* of your cook. Common cause must be made with her for the development of better things, and the good work should be taken up pleasantly by mistress and servant as a joint enterprise. To this end it is essential that the former should acquire some practical knowledge of the art of cookery herself. The present outcry concerning the incompetence of the domestic cook points really to incompetent management. If ladies knew a good deal more than they generally do about this important branch of their household work they could mend matters to a very great extent themselves, and half the complaints would never be heard. It is of little use to condemn a bad dish, or to say that such and such a thing is

wrong, unless you are able to explain clearly *how* it can be rightly done in future.

In making these remarks I do not appeal to those who are able to leave the direction of their household affairs to a competent housekeeper. I address those who, necessarily interested in the subject, are prepared to take the reins themselves, and earnestly desire to have better work done in their kitchens.

The domestic cook is, we must all remember, a mere accident. She may of course have been brought up in a good kitchen, and have acquired a sound knowledge of her business, but in the majority of cases the less said of her early training, and the sooner it is improved away, the better. In these circumstances some one must instruct her, and surely it is the mistress who should do this. If approached with patience, tact, and in a pleasant manner, teaching can be conducted more easily and quickly than many believe. But it is obvious that the teacher must be at home in the subject. How can she acquire the necessary knowledge?

I answer without hesitation—by self-instruction, provided that a really practical little cook's guide be chosen, in which the grammar of cooking with its leading principles and standard laws is correctly and clearly expounded. The recipes neither too numerous nor on too large a scale, and weights and measures very carefully given. With a treatise of this description any ordinarily intelligent student can gradually work up the subject, putting many things to practical test, and learning the hard-and-fast rules that never change. It is my earnest endeavour to construct my book on these lines.

When thus grounded, acquainted with kitchen appliances and their uses, and familiar with the terms used in cookery, there can be no doubt that many a valuable wrinkle can be picked up by attending lectures at a good school of cookery, but I deny that sound general knowledge can be acquired by such means alone. To derive any real benefit from the demonstrations of an artist in the studio the pupil should be fully able to follow the discourse easily, to understand at a glance why this is put in, or that left out, and never be at a loss for the meaning of a term.

Very sound teaching is to be picked up in some of the

unpretentious little French handbooks, such as "*Guide de la bonne cuisinière*," by Durandeaue; "*La cuisine de la campagne et de la ville*," by Audot; &c. Little the worse are these works for treating perhaps of *bourgeoise* rather than of elaborated cookery, for after all much of the latter is based on the former, and many excellent things which pertained originally to the popular or domestic French kitchen remain as national types to-day beyond the reach of the innovator.

Appliances for practical trials will be spoken of in due course; it need only be mentioned here that many a dainty little recipe can be worked out with the aid of a small gas-boiler placed upon a table, with a flexible tube connecting it with an ordinary gas pendant.

Assuming, then, that the mistress has read the subject up sufficiently, the next step is to the kitchen for a conference with Mary Jane. Now, although averse—as a class—to receive instruction, and prone to resent what they are pleased to look upon as trespassings within their lawful domains, few cooks can hold out against a visit which is evidently kindly meant, and not for fault-finding or with a view to discoveries. Still less likely are they to take umbrage if the new ideas be introduced with a few pretty little additions to their kitchen equipment:—some French vegetable scoops and cutters, a few tasty little moulds, a slicing machine, and so on. Seasonable times should be chosen for these studies, when they cannot possibly hinder other work, or put the cook out. A good deal can be done in an hour, and after a few successes these "hours" will come to be looked upon by both with much interest.

With the knowledge she has thus acquired, and a cook who by reason of tactful management has improved in all branches of her work, the mistress will cease to dread the daily task of order-giving, the question of the disposal of cold meat and odds and ends will be settled in a few minutes, and there will be no waste: the whole tone of the domestic cooking will be distinctly raised, and when she gives a little dinner-party she will no longer be a prey to apprehension, or be forced to procure half the dishes she requires from the shop of some expensive purveyor whose work every guest recognises.

Next as regards order-giving. The considerate discharge of this duty is an essential part of the management of the cook. It is most unfair to keep her waiting till after ten o'clock for the directions for the day, including luncheon. The thoughtful mistress looks well forward and gives to-day her instructions at least as far as lunch to-morrow. But in too many English households the improvidence of ignorance prevails. Far too late it is discovered that there is nothing in the house, and at the eleventh hour extravagant makeshifts are the subterfuge. The inevitable steak or dish of chops purchased in a hurry, and done in the frying-pan in a hurry, is sent to table as greasy and untempting as possible, often too tough to eat. Neither the butcher nor the cook can be blamed for this. Ample time is above all things an indispensable postulate of good cooking. That greasy and leathery steak might have been presented delicately stewed, a wholesome and inviting dish, but as at least three hours should have been allowed for the process, the meat—ordered the day before—should have come in by the first delivery.

MARKETING.

To speak candidly, this is a branch of management with which the majority of English ladies are but partially acquainted. Some try most conscientiously to do it themselves, and some by deputy, but in either case their guiding principle is economy in the books, and to keep within a fixed limit of weekly expenditure. Their catering, therefore, is governed by financial considerations rather than by the exigencies of the kitchen, or thought for nice cooking. Though they little think it, their system is *not* economical. They often buy expensive things that are unnecessary, and omit things that are necessary. The fact is that it is impossible to purchase food stuffs judiciously unless you know something about cookery. Often, for instance, is the cook expected to make soups, stews, &c., with such an inadequate allowance of vegetables that the operation cannot possibly be successful. "I know nothing of cookery," said a lady to me who prides herself on her management, "my rule is to give my cook half what she asks for." Could confession of crass ignorance and incapacity be more frank than this?

The truest economy is to be contented with little, but to have that little excellent. It is better to sit down to a meal of two dishes that are well cooked with their proper adjuncts complete, than to one of six in which correct flavours and proper finish are conspicuous by their absence. The French housewife, with her practical knowledge of cookery, sees in her mind's eye the dish she intends to have made, and regulates her purchases accordingly, omitting nothing. The stock of her soup has been made of odds and ends no doubt—she rarely gets special soup-meat except for the *pot-au-feu*, when it “contrives a double debt to pay” as soup and joint independently—but she provides the full amount of vegetables and herbs to make her broth both fragrant and savoury. Our housewives, on the other hand, will get meat for soup in excess of the proper allotment without much hesitation, but they draw the line at vegetables.

Their want of knowledge of cookery renders many ladies helpless also in regard to the tricks of the trade. They allow their fish to be trimmed or filleted, forgetting to say that the trimmings are to be sent home too; and they buy their poultry and game ready trussed, good-naturedly making the poulterer a present of the giblets, which he sells again independently, as the fishmonger does the fish cuttings. The value of these things in cookery will be explained hereafter; all I would add here is that the practice of having marketing done *for* you is bad management. The cook should clean, trim, and truss her game and poultry, and fillet her fish also, making use of the trimmings for broths which to the thrifty and knowledgeable are most valuable.

Take the case of a sole. A choice fish probably costs from one and sixpence to one shilling and ninepence per pound, but as only half of its weight is edible matter you really pay at the rate of three or three and sixpence a pound for what you eat. It is clear, then, that it is absurd extravagance to ignore the bones and cuttings from which an excellent broth can be made as a set-off against the costliness of the fish.

There is another custom very commonly followed of allowing tradesmen to call for orders. This no doubt saves a good deal of trouble, and I do not wish to insinuate that the butcher, the greengrocer, or the poulterer, act otherwise than fairly in regard to

the instructions they get. Nevertheless, the system is erroneous, and those who give way to it are liable to a charge of bad management. You never know what the day may bring forth. See things for yourself. This refers especially to fish and vegetables, but is applicable to all marketing. A call of a couple of minutes at the butcher's often enables you to choose that particularly nice little piece of meat, precisely the size you want, which you would not otherwise have got; while but for a look in at the poulterer's perhaps you would never have heard of a fall in the price of ducklings which makes it possible for you to secure a couple for to-morrow's little dinner-party without any grave searchings of heart.

To sum up :—Domestic management cannot be really efficiently conducted without some knowledge of cookery and marketing. This, I have tried to show, is a thing less difficult to acquire than many think, provided it be taken up with zeal and perseverance. I hope that what is to come will smooth the way, and put things clearly, for I well know that to the majority the art of cooking is anything but an interesting subject.

ADVICE TO INSTRUCTORS.

Among terms that are often used injudiciously I take exception to the word "grease." This, I contend, should never be mentioned by teachers of cookery save as a term of reproach, or to indicate a substance that should be carefully removed from anything upon, or in which it may be discovered. For this reason a pupil should not be told to "grease a pie-dish," to use "greased" paper, or fry a *croquette* "in hot grease," since it is just as easy to say "butter" in the one case, or "oil," "lard," or "fat" in the other. It is dangerous to allow a young cook who has much to learn to think that "grease" can be turned to good account in any culinary process whatever. Clarified fat or dripping, be it remembered, is not "grease."

Do not talk of "some" of this or "a little of that"; "a carrot," "an onion," &c. Give the quantity referred to by measure or by weight, as the case may be, and inculcate the habit of weighing and measuring.

In order to avoid the responsibility of giving actual quantities,

I would not say "seasoning to taste," or "sugar to taste." The less tasting the better, for obvious reasons—it is possible that one spoon may be used for the stirring and the tasting.

Use correct terms for the various processes you are explaining and stick to them. Do not talk about "screening" a thing, for instance, the correct term being "masking" (*masquer* in French), or of "boiling slowly," for that is practically impossible. If you *boil* at all, the reading of the thermometer cannot be less than 212°: the proper word is "simmer."

Do not allude to "plain" cooking as an inferior branch of the art, for such use of the word betrays a profound misconception of the subject. Applied to the domestic cook, "plain" is as a rule indicative of a person who has acquired a mere smattering of her work, and who, properly speaking, is not a cook at all. This is absolutely an erroneous view of the word "plain" in respect of cooking. Remember that some of the most famous products of genius in cookery have been obtained by the plainest methods, and that not a few of our so-called "plain" dishes become with skilful treatment superlatively good. Plainness in its finest sense is the chief characteristic of the work of the best artists of to-day.

Lastly, never speak of "high-class" cooking. The term is vague, erroneous, and misleading, and ought never to have been adopted by Schools of Cookery. It provides a teacher, no doubt, with a happy excuse for the evasion of a difficulty, or a process requiring special care and patience; for a limit between "high class" and low class has never been clearly defined. The fact is that there are only two kinds of cooking—good and bad. A really well-cooked thing, no matter how inexpensive it may be, takes its place in the front rank as a matter of course; it requires no classification, for it cannot be better. The introduction of rare and expensive things in the production of a dish may improve its flavour and add to its merits, but the method of the *cookery* is not altered. Briefly, there is only one way of practising cookery—the right way—with one set of processes, one set of rules, and one grammar for all.

CHAPTER II

KITCHEN REQUISITES

RANGES—GAS STOVES—UTENSILS—APPLIANCES FOR SLOW COOKERY—
MINOR EQUIPMENTS—THE COOK'S STORE-CUPBOARD

A VERY important matter for our consideration nowadays is our kitchen equipment. So much has been done of late years in the way of improvement that the housewife's list of five-and-twenty years ago has become but a very poor guide to the requirements of to-day. The superfluity of gear—half of which was ornamental and rarely if ever used—that in the earlier Victorian period was gathered together for even a moderate establishment has been gradually reduced, and many cumbersome and expensive vessels have been pronounced obsolete. On the other hand, utensils which facilitate good cookery and conduce to economy have been invented, while not a few appliances of the French school have been introduced. For each article in a reformed kitchen there is now a distinct purpose, and things are kept for use, and not for show. Selection has accordingly become a rather difficult task, demanding a knowledge of requirements that can only be gained by experience. A few hints may therefore be useful.

RANGES.

Though the wastefulness in fuel and many defects of English cooking ranges have received much attention for several years past, it is only a small minority of householders who have as yet benefited by the improvements that have been effected. Modern dwellings run up on speculation are too often furnished with ranges at haphazard, the practical qualities of which neither the

builder nor proprietor profess to have the slightest knowledge, and thus the tenant finds himself provided with a neat-looking, nicely polished apparatus, the shortcomings of which probably escape detection until some one who understands these things happens to intervene.

Few cooks distress themselves about consuming a quantity of coal, and the custom of letting the kitchen fire burn away all day is so common that the extravagance of the practice is not thought of. Indeed, in common ranges there would seem to be no alternative but to accept this unsatisfactory state of things as inevitable, for whether at work or not the fire cannot, for the sake of hot water or some accidental call, be allowed to go out.

Nor is this waste of fuel the only drawback we have to complain of in one of these stoves. They are inefficient in many ways. Unless the fire be built up level with the hot-plate you cannot manage any frying that requires a fast fire, nor grill nor boil, while the ovens are wholly unreliable for baking bread, cakes, pastry, *soufflés*, and all things requiring evenly distributed heat. This is not so marked a defect in oven-roasting because the top and side heat may be good enough, and the meat can be turned as often as may be desired, but it accounts for many a failure in regard to other things that we attribute to the cook's incompetence.

Economy and efficiency can only be attained by using a range such as the "Eagle," which specially combats the evils I have pointed out: (a) by a movable bottom grating by which the fire can be raised or lowered at pleasure; (b) by iron flues; and (c) by a reversing damper which enables the cook to regulate the heat of her ovens, top, equal, or bottom, as she chooses. And since the flues are heated from the top, a shallow fire raised nearly level with the hot-plate suffices for the maintenance of hot water, and the general demands of cooking, causing a marked diminution in the expenditure of coal.

Another excellent range is the "Wigmore," lately introduced by Messrs. Benham & Sons, Wigmore Street. While on the one hand effecting a saving in fuel to an extent of from 20 to

30 per cent., the system provides on the other a most efficient oven, an excellent hot-plate, and great roasting heat, all well under control and regulation.

GAS STOVES.

For facility in conducting the various branches of cookery, however, I certainly think that a range which stands out, away from the wall of a kitchen, is far better than in the customary recess under a chimney-piece, which in many London kitchens is so dark that the cook cannot see how her work is progressing. For this reason one of the improved gas-cooking stoves with hot-plate is much to be commended, especially as affording peculiar advantages in regard to the process of *slow* cookery. At one time gas cooking was considered more expensive than cooking with coal, but this has been overcome by scientific adaptations, and if a cook be but commonly careful in regulating the flame, and putting out fires which are not in use, the former will now be found the more economical system of the two. The choice of these stoves is varied, while heavy expense in purchasing can be avoided by obtaining one on hire through one of the gas companies. The efficacy of gas cooking will be adverted to when we come to the consideration separately of each branch of the art.

In kitchens where a gas stove is not used the small table-hot-plate or gas boiler, with indiarubber tubing to connect it with the ordinary kitchen gas pendant, mentioned in the last chapter, will be found a most handy and useful auxiliary, particularly for sauce-making, curries, stews, &c., requiring gentle cooking and close attention. A piece of sheet-iron should be placed on the table under the gas hot-plate for safety's sake.

UTENSILS.

It is difficult to offer advice concerning the metal best adapted for kitchen utensils, for upon this point opinions differ. Copper,—the most expensive—is, we all know, universally recommended on account of its durability. You see nothing else in the kitchens of restaurants, clubs, &c., and in all establishments where the demands upon the *chef* are frequent and elaborate. Some are

afraid of copper, but this is groundless, for if treated with ordinary care, no evil should result from its use. Aluminium utensils are becoming popular, and are certainly nice to work with. Wrought and seamless steel vessels are excellent, being durable, safe, and easily re-tinned. White enamelled ironware looks nice when new, but the slightest carelessness destroys the enamel, and when once cracked or discoloured it may be considered done for ; if in the kitchen at all, it is, I think, best suited to sweet cookery, stewing fruit, &c. Plain wrought-iron vessels, tinned, are not showy, but serviceable, and block tin for certain utensils is not to be despised. The American agate or grey enamel ware is likewise useful for some things, and at the same time light. It is not always that old-fashioned things are eclipsed by new. For instance, no more useful article can be included in the kitchen equipment than a Dutch oven. In ordinary kitchens I think a mixed collection should answer its purpose well enough as given in detail in the Appendix.

In the first edition of this book I advocated the use of French glazed earthenware utensils (*marmites* and *casseroles en terre*). Since that time the popularity of these vessels has increased, and they are to be procured at all the great stores, as well as at the original depôt for them at 119, New Bond Street. The *marmite*, of course, is the stock-pot, the *casserole* is a stew-pan. These are to be got in several sizes : the largest *marmite* twelve and a half inches in diameter, the largest *casserole* ten inches and a half, external measurement in each case. Earthenware, of course, is liable to crack and break, but only through rough or careless usage. With common attention it lasts very well. The cook must remember to put the vessels down upon a metal surface gently, especially if they are full, or partly full ; not to leave them over the fire empty, and when used for the first time to place them partly filled with warm water over a low fire, and increase the heat gradually. It may be said that it is never necessary to put a *casserole* or *marmite* upon a brisk fire at the beginning of any process for which it may be needed. Even when it is required to commence a task with meat or vegetables fried until they are coloured (*faire revenir*) the heat may be increased to the point desired by degrees.

The special points gained by using glazed earthenware vessels are these: All green things cooked in them retain their fresh colour which tinned utensils destroy. Meat, game, or fruit stewed with red wine does not acquire a purple tint as it does in a tinned stew-pan; the internal glazing prevents the adherence of grease or scum, and complete cleaning is effected in a few minutes; lastly, they are absolutely *safe*, even cooked vegetables can be left in them without risk of any kind. Plated and nickel cradles or stands with handles have now been introduced, in which *casseroles*, small *marmites*, *terrines*, and fireproof china *légumières* can be placed and handed round. In this way certain preparations can be served in the vessels in which they were cooked, and dishing up avoided, a very commendable step in respect of curries and *ragoûts*, which may be left with perfect safety in their *casseroles* afterwards.

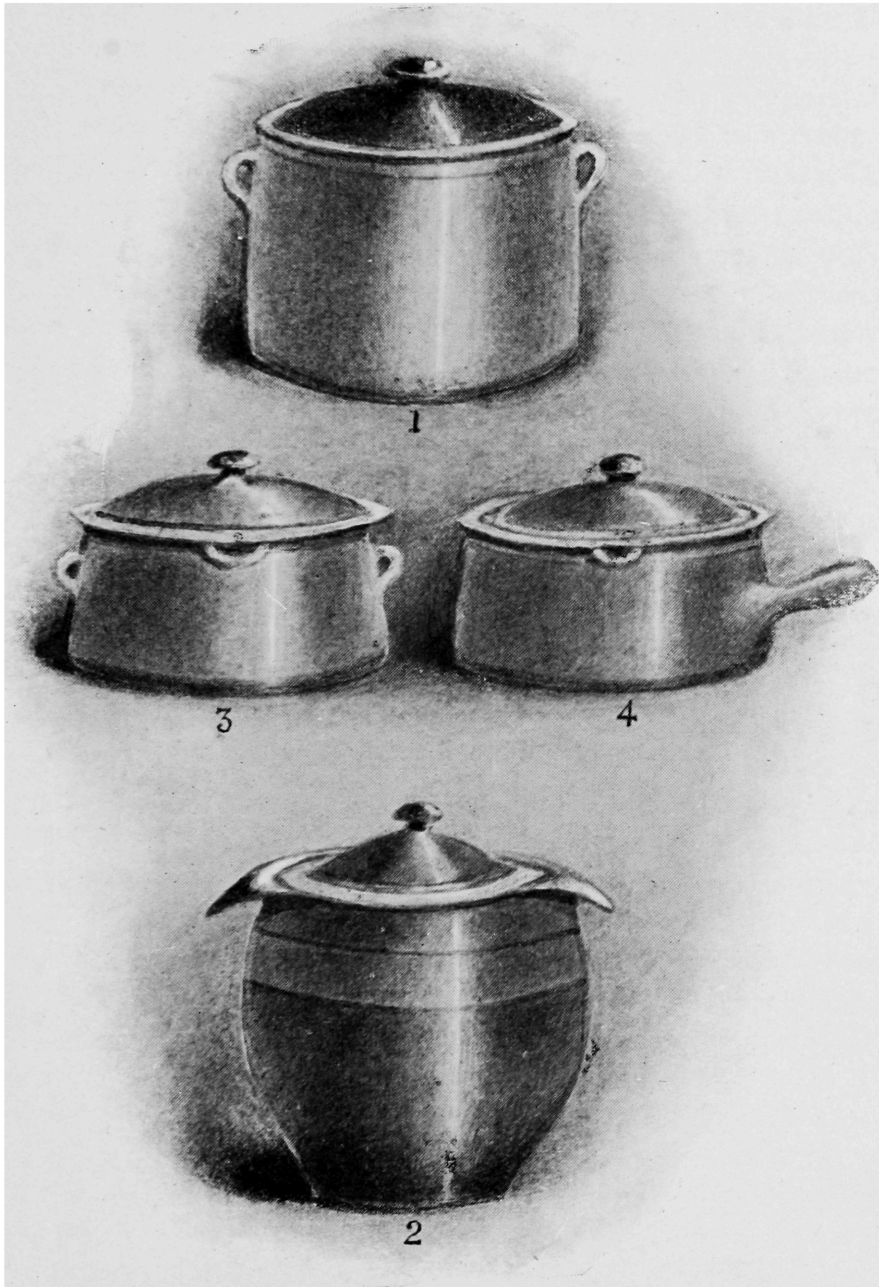
I cannot too strongly recommend the adoption in every kitchen of that invaluable utensil a *bain-marie* pan, or shallow trough, which, partly filled with hot water and kept over a moderate fire, affords a hot bath in which the various saucepans containing soup, stews, sauces, &c., can be set, and so kept hot without deterioration. A *bain-marie* complete, with a set of saucepans made to fit it, can be purchased at a moderate cost in galvanised iron, or you can procure the pan by itself to fit your saucepans, in copper, steel, or block tin; either of the two first materials will, of course, outlive the last.

Stews, curries, hashes, *salmis*, vegetables, rice, macaroni, in fact all cooked dishes can be heated up *en bain-marie* or be kept hot with perfect safety. If you place a stew, for instance, upon the hot-plate of the kitchen range—even if some distance from the fire hole—the action of the bottom heat will tend to dry up the sauce or gravy even if it does not cause the meat to catch at the bottom of the pan and burn. Hence the value of the *bain-marie* in this branch of work also.

The “safe-boiling stove mat” is most useful for the same purpose, providing a buffer between a vessel and the hot-plate.

Although it may be allowed perhaps that the ordinary cook is fairly acquainted with the common utensils of the kitchen, in the matter of frying-pans I do not think that she is able to

EARTHENWARE VESSELS.



1 & 2. MARMITES. 3 & 4. CASSEROLES.

distinguish between a *friture*-pan, a *sauté*-pan, and an *omelette*-pan, or the vastly different processes which unfortunately come under the one and only denomination of "frying" in the English language. Having no word to express the exact meaning of the French term *sauter* as opposed to *frire*, English authors have been driven to explain the chief frying methods as "wet" and "dry" respectively, while they leave *faire revenir* alone. Now for all real *friture* work, *i.e.*, "wet frying," you require a frying-vessel—a frying *kettle*, in short, rather than the ordinary frying-*pan* of commerce, steady over the fire on account of its own weight, with a wire drainer. In the lists of most furnishing ironmongers this vessel is called a "fish-fryer," but this is misleading, for it is needed for every species of work by this method—in conjunction with the wire frying-basket, in the case of whitebait, for *croquettes*, *rissoles*, *cromesquis*, and fritters of any kind.

Another most necessary utensil—much needed by the cook in connection with this process—does not appear in the lists, *viz.*, a wire latticed rest in the style of a pastrycook's wire drainer, on which things fried can be set to *dry* either in front of the fire or in the mouth of the oven. Any furnishing ironmonger can supply this: the method of employing it will be shown hereafter.

"Dry" frying is conducted in a *sautoir*, the French vessel differing from the English frying-pan in having an upright rim and being provided with a handled cover. The method of using it will be explained in due course.

NOTE:—It has become the established practice of English authors to use the synonym *sauté*-pan for the French word *sautoir*. It would have been better if this had been written *sauter*-pan; I have, however, maintained the more familiar term throughout this book.

I have found it a good plan to have block-tin dome-shaped covers made for these vessels, thus converting them when necessary into shallow stew-pans, which are very useful for certain operations. For instance, you can steam (*faire pocher au bain-marie*) small darioles, and little moulds which require a shallow bath of water for their cooking, in a far handier manner in one of them than at the bottom of an ordinary stew-pan. Then cutlets, chestnuts, button onions, sprouts, sprigs of cauliflower, button

mushrooms, artichoke bottoms, and all vegetables trimmed for garnishing, after having been blanched in a different vessel, can be spread over the wide surface of a good-sized *sautoir* without overcrowding, and yet have sufficient depth of liquid to cover them, while their cooking can be easily conducted under close observation. The dome-shaped cover is designed to admit of the steaming of small moulds and darioles which, when placed in the pan, project above the level of its rim.

In order to gain similar advantages in respect of the treatment of larger things no kitchen should be without a "*fricandeau-pan*," which may be described as a wide stew-pan cut down. A useful size may be fixed at fourteen inches wide and four and a half inches deep. These utensils are only procurable ready made in copper, but I have had no difficulty in getting them made to order in steel.

Another vessel which will be found most useful is a double "porridge saucepan" constructed on the same principle as a milk saucepan. In the larger size this is very handy not only for porridge, but also for custard-making, the thickening of sauces and soups with eggs, and the warming up of already cooked things, especially in the case of sauces if eggs have been used in their composition.

The *omelette-pan* is shallow with a gently sloping rim ; its use is described in a chapter on *omelettes*. I look upon a French fireproof china pan as better suited for the work than one made of metal, for the reason that it retains a perfectly even surface. After some use even a copper pan is apt to warp, rising slightly in the centre ; the consequence is that the melted butter runs off the convex surface, leaving a dry island where the *omelette* catches, and cannot be turned out smoothly.

Chafing-dishes have become fashionable, and being provided with an easily controlled spirit lamp are no doubt useful for certain dishes, but I am afraid that they are not vessels for the work of inexperienced amateurs. What a quantity of excellent food has been spoiled by feeble experiments with them !

Our domestic cooks are addicted, most unfortunately, to the use of the English frying-pan rather than be bothered with the gridiron, and the trouble of preparing a clear fire for the operation

This is a pity, for, apart from the greasiness too common with the frying process, of the two methods for fillets, cutlets, chops, and steaks, broiling is far the nicer, and infinitely the more wholesome. Work has, however, been made easier by the introduction of the upright wire gridiron which can be attached to the bars of the fire grate. By this process, if the fire be very bright and clear, the meat is quickly toasted, while the gravy is caught in a pan fitted to the gridiron. Grilling can also be carried out effectively on a gas stove without any risk of taint, as the operation is conducted *below* the fire.

For lifting and turning meat on the gridiron cutlet-tongs are essential, the object of grilling being to retain the juices of the meat. If the latter be pricked by a fork the gravy escapes.

APPLIANCES FOR SLOW COOKERY.

The great value of slow cookery and of dressing meat in its own vapour and juices is now so universally acknowledged that no kitchen can be considered properly equipped without some appliance for the development of one or other of those processes. Braising is, of course, one of them, a method for which, strictly speaking, a braising-pan is required, nevertheless plain domestic braising for small joints can be conducted in a roomy stew-pan, as will be shown later on. Then there is "dry cooking" by hot water; that is to say, cooking meat in a receptacle, without broth or gravy, within another filled with boiling water, whereby it does not come in contact with either water or steam, and is cooked in its own moisture. In respect of this system it is hardly necessary to speak of Captain Warren's vessels, for their success has been fully established.

Other scientific appliances for slow cooking at low temperature have been invented—the Norwegian system, Beckèr's process, and Atkinson's Aladdin Oven—but the preparation of food by their means takes a good deal of time, almost prohibitively long for ordinary domestic work. A method which I speak of under the title of "Jugging" in the chapter dealing with "Elementary Methods," for which the French earthenware *terrines* are well adapted, is, I think, quite the best for the domestic kitchen.

For steaming in its commoner form—*i.e.*, the cooking of fish,

or vegetables *in* steam—the “patent rapid steamer” may be specially mentioned as quite superseding the old-fashioned double-chambered saucepan. These are remarkably cheap, and procurable in all sizes to fit ordinary saucepans.

MINOR EQUIPMENTS.

Under this head a great number of articles might be mentioned:—moulds of divers kinds, French vegetable cutters in variety, paste cutters, cutlet cutters, whisks, knives, larding needles, sieves, strainers, spoons and ladles, slices, &c., with machines for the more rapid and efficacious slicing and peeling of vegetables, coring fruit, and so on. These will be spoken of in detail when the branches to which they pertain are discussed hereafter. The following hints may, however, be recorded:—

Every cook should have at her disposal a complete set of earthenware or enamelled iron bowls in sizes for the setting of her stocks, gravies, sauces, &c. Three of these at least should have lips. Bowls are also wanted for puddings, clarified suet, dripping, and frying fat. It is at the same time always advisable to let her have a few glass and crockery sundries for her special use (apart from the sets in use in the house), such as glasses in sizes and cups for measurement, jugs, a few flat dishes for meat storage, soup-plates, and plates in sizes. These can obviously be of the commonest ware, or enamelled iron.

There should be a mincing machine, and marble mortar with pestle in every kitchen, a good set of scales with weights, a set of measures, and a reliable clock.

A machine has lately been introduced for the *grating* of bread, cheese, nuts, &c., which saves labour and is more efficient and cleanly than the old method by hand. It is inexpensive, and can be got at all the stores.

The few utensils used for sweet cookery should be kept separate from those belonging to the savoury branch.

It is hardly necessary for me to point out the intense importance of cleanliness in the kitchen and every appurtenance connected with it. Nor need I mention, I hope, that washing-soda, silver-sand, and house-sand, must be regularly issued,

with a full supply of sink and saucepan brushes, scouring cloths and rubbers. A wise cook saves all the squeezed lemons to assist in polishing her coppers, and never dirties a vessel unnecessarily.

Great care should be taken in regard to flannel, *tamis* cloths, or any cloths used for straining purposes. These should never be washed with *soap*, or be sent to the wash with ordinary household linen. After having been used they should at once be scalded, cleansed in hot water, and then wrung out to dry. Before using them again they should be again scalded.

THE COOK'S STORE-CUPBOARD.

A chapter on kitchen requisites would be incomplete without a few hints in regard to the cook's store-cupboard. This, if work is to be satisfactorily carried on, must be supplied with groceries sufficient to meet any probable contingency, for at least a week or ten days. The practice of doling out petty allotments for immediate requirements is a mistaken one, suggesting a want of confidence that is unfair, and continually causing serious inconvenience.

All ready-made sauces for kitchen use should be avoided. Useful as they may be in the cruet-stand for those who like them, strongly flavoured, hot, and pungent preparations like Worcester sauce are not to be recommended for employment in hashes, sauces, stews, &c. Reliance should chiefly be placed in flavours extracted from fresh materials, vegetables, meat, game, bones of poultry and game, giblets, &c. The peelings and stalks of mushrooms yield a far better flavour than that which is obtained from ketchup, and from fresh tomatoes the extract surpasses anything that can be procured in bottles, except perhaps the best French *conservé de tomates*. Fish broths freshly concocted from fish-bones and trimmings, and especially shellfish, cannot be bettered for the foundation of fish sauces. For browning, Parisian essence (prepared caramel) is, on the whole, the best.

In camp, on board ship, and when out of the reach of a well-supplied market, grocer's sauces may be useful, but even then only as a makeshift, and as sparingly as possible.

Salad oil should be the best procurable, and the cook should have tarragon vinegar, Moir's *anchovy* vinegar (a most useful thing too little known), and both French red- and white-wine vinegars. We are not nearly particular enough in the choice of this preparation. Common vinegar is as dangerous in cookery as rancid butter. See Chapter XIV. on this point.

No fancy colourings should be permitted in savoury cookery. Such preparations appertain to charlatanism. They may captivate the eyes of the ignorant, but no connoisseur admits of their employment. Brown may be enriched with caramel, lobster coral may yield pink or scarlet, spinach or pounded fresh herbs may give green, but ready-made colours can only be tolerated in confectionery.

Glaze is a very handy thing, to be commended if judiciously used for strengthening sauces and gravies. Directions in respect of it will be found on page 7. Some of this should be always in stock. Liebig's extract, the excellent essences of beef, chicken, &c., brought out by Messrs. Brand & Co., and J. Moir & Son, and Bovril are good for a similar purpose.

Grated cheese—constantly in use in good cookery—is much better prepared at home, for which purpose about a pound of Parmesan should be procured from time to time, and grated according to requirements. It is a mistake to bottle grated cheese. Keep the piece of Parmesan carefully wrapped up; if exposed to the air it becomes very hard. A *dry* piece of Gruyère may be similarly treated. Damp spoils cheese for cooking.

Spiced pepper, spiced salt (both described in Chapter IX.), and *mignonette* pepper are useful seasonings to keep in stock.

The cook should never run short of bread crumbs. These should be of two kinds—white crumbs (*panure*) for the crumbing of fish, *croquettes*, cutlets, &c., for frying, and crust raspings (*chapelure*) for the surface of *gratins*. Stale finely granulated crumbs should be made every now and then by placing slices or remnants of white bread for a short time in the oven to become crisp without colouring, and then pounding them in the mortar and sifting them. The very unsightly appearance presented by anything crumbed with fresh spongy crumbs should

warn us. Besides, the rough surface of the thing thus coated retains the frying medium, and the result is objectionable greasiness. Stale bread seems never to be available when we want it: hence these precautions.

Raspings can of course be got from the baker, but as a matter of economy they ought to be made at home, either by grating crusts, or by keeping bread in the oven till it has browned nicely and then pounding and sifting it as in the case of white crumbs.

CHAPTER III

THE MENU

THE FRENCH AND ENGLISH SYSTEMS—ABOLITION OF STEREOTYPED HEADINGS—SERVING

ALL who have studied the art of dining from the standpoint of modern good taste will, I think, agree with me when I say that the *menu* should be reduced to the smallest compass possible. An hour at the outside should suffice for the service and discussion of the bill of fare, so to ensure this it should be composed with deliberation. Thus, while paying attention to contrast, the aim should be simplicity and completeness, for of course it is assumed that the guests will partake of each dish that is offered to them.

Soup, fish, a *relevé* always of meat, one well-chosen *entrée*, game or poultry according to the season, a dressed vegetable, one *entremets sucré* or an iced pudding, a savoury instead of cheese, and dessert, will be found, if thoughtfully composed, ample fare for even the most critical of guests.

The success of such a dinner will depend upon: hot plates, good and really hot food, brisk yet quiet service, good wine, no lack of ice, the brightest plate, snowy linen, well-toned light, and tasteful adornment of the table; with all minutiae remembered—from the rolls in the neatly-folded napkins, and crisp dry toast for those who prefer it, to the artistic salad which in all modern *menus* if not expressed, is yet, like salt, understood to be present.

An extra *entrée may*, of course, be given, but if the one selected be really nice, the *relevé* correct, and the game, or other bird,

about to follow be the best in season, the necessity of the addition is not apparent.

And here it may be as well to consider certain points connected with the modern dinner upon which opinions differ, and concerning which a good many people find a difficulty in coming to a decision.

The moot point or points to which I refer are associated with the general plan or arrangement of the *menu*, and in order to explain them it will be necessary to trace their cause carefully.

Formerly the bill of fare was made up of a number of ponderous courses. But of late years we have simplified matters, and the *menu* of the modern dinner of ceremony, adapted to a great extent, of course, from that of France, is placed before us in two "services," as exemplified in the following table:—

THE FRENCH MENU.

Premier service	{	<i>Potage</i>	Soup
		<i>Poisson</i>	Fish
		<i>Relevé</i>	Remove
		<i>Entrées</i>	Side dishes
Second service	{	<i>Rôt</i>	The roast game or poultry
		<i>Entremets</i>	Dressed vegetables, and sweet dishes.
		<i>Fromage</i>	Cheese, or savoury
		<i>Dessert</i>	Dessert

In addition to the above, the custom of presenting oysters, when in season, before the soup has of course long been fashionable, and some people have adopted the practice of sending round *hors d'œuvres*, in the continental manner, at this period of a dinner. A matter of this kind is obviously a matter of taste, touching which no writer on cookery should take upon himself to lay down an arbitrary law. When oysters cannot be got, a single, well-prepared, cold *hors d'œuvre*, may be selected; but if a relish of this description is given plates containing it should be put upon the table in the places laid for the guests *before* dinner is announced. The time that must be taken up in handing the dish round is in this way economised. See Chapter XXIX.

In the Parisian *menu* the *hors d'œuvres*—generally hot *bouchées*, *canapés*, *petites caisses*, or other small dainties—are introduced between the soup and fish.

Diversity of opinion exists concerning the next point, viz., whether the *entrées* should precede the *relevé*, or follow it. Brillat Savarin's injunction was—"Let the order of serving be from the more substantial dishes to the lighter"; and Sir Henry Thompson says: "As a rule, to which there are few exceptions, the procession of dishes after the fish is from the substantial to the more delicate, then to the contrasts between more piquant flavour and sweetness."

Now, if we are to discuss this point properly, it seems to me that there is another very important factor in the debate that must not be lost sight of, viz., the *rôt*, or roast. To this item of the *menu* Brillat Savarin gave, and Sir Henry Thompson gives, let us remember, its full and distinct value; and it can hardly be denied that, if the *rôt* be served correctly, the *relevé* must be put further forward in the bill of fare.

Correctly speaking, the *rôt* is a service of roast poultry or game: it should be accompanied by a nice salad, it is often garnished with watercress, and *pommes de terre frites* in some form or other, or *sautées*, are served with it. An *entremets de légume*, if there be one, should follow it separately. In Brillat Savarin's time the truffled turkey appeared as a *rôt*, and Sir Henry Thompson recommends the presentation at this period of the feast of the truffled capon, the *dindonneau* (turkey poult), the fatted fowl, &c.

It is, therefore, pretty evident that if we serve our *rôt* according to this—the undoubtedly correct interpretation—it would be by no means advisable to serve immediately before it a fine joint of mutton or of beef in the English manner with its customary array of vegetables. Between the two roasts there would plainly be but little contrast, and the effect would be both overpowering and commonplace.

We are now at liberty to consider the *relevé*. Strictly speaking, this word cannot be translated "joint." It should properly be interpreted the "remove," and in the French *menu* the dish of which it is composed is regarded as the *pièce de résistance* of the dinner. To begin with, it ought to be of meat, not poultry, and, if possible, not roasted. According to the authorities I have named it should rather be a delicately braised *fricandeau*, or a whole fillet, larded and served with an excellent sauce, and

garnished with specially chosen and trimmed vegetables. Thus in the *relevé* we have an excellent dish of meat, substantial enough in itself with appropriate garniture, yet scarcely what an Englishman means when he speaks of the "joint."

It comes then to this, that at a tasteful little meal such as we may desire to give to a few appreciative friends no "joint" is required at all. Instead of it we should put our *spécialité*:—*A jambon braisé au vin rouge, vin blanc, champagne, or Madère, with peas or spinach; a filet de bœuf Béarnaise, a Chateaubriand à la moëlle; gigot d'agneau Chivry; or longe de mouton Bercy, as a relevé properly garnished after the fish.*

Accordingly, if this system be followed in its entirety, the *rôt* and the *relevé* being correctly selected, it is clear that the service of a well-studied *entrée* between them is both intelligible and artistic.

In favour of the older English custom it has been argued, perhaps with some justice, that delicate works of good cookery—such as *entrées* are supposed to be—should be presented while the palate is yet fresh, and while the diner is thoroughly able to detect and appreciate the niceties of flavour, crispness, tenderness, and so forth; that a slice of a plainly dressed joint, with a selected vegetable, should follow; then a morsel of game, and the *entremets*. Advocates of this method, however, do not pay any particular attention to the *rôt*. When game is out of season, they often present a savoury *entremets* immediately after their *relevé*, and thus, in the space marked in the printed *menu* for *rôt*, we occasionally see *pain de foie gras, œufs de "pluvier"* (which by the way should be *œufs de vanneau*, the eggs being those of the lapwing), *en aspic, or salade Russe, with asperges en branches* to follow, and no *rôt* whatever. *Poulet au cresson—salade*, for example, does not figure in the English bill of fare in the place of game, as it so constantly does in France.

Thus far I have spoken of the *menu* modelled on French lines, and according to the school of Brillat Savarin. But is it at all necessary to tie ourselves down to the old *régime*, and to use the terms that we have been discussing at all? Surely not.

In the cause of simplicity I would even go as far as to say that for our dinner-parties of to-day the stereotyped "procession of

THE MENU

meats" should be abandoned, and that we should tie ourselves down to no fixed order of things, or prevailing fashion, but compose our *menus* exactly as we think best guided by the season, and such artistic instinct as we may possess. Having abolished the use of *menu* cards encumbered with the old French headings, we should be at liberty to jot down a little list of dishes exactly as we wish to have them, and run no risk of committing the solecisms I have pointed out. For after all we really might just as well write down a *vol-au-vent* under the word *potage*, as enter a lobster salad under the word *rôt*.

SERVING.

Lastly, let me say a few words in regard to the economy of time in the serving of a dinner. I began by observing that an hour at the outside should suffice for the discussion of the bill of fare, and some even fix the limit at forty-five minutes. Towards effecting this object the shortened *menu* plays, of course, an important part, but it is not equal to the whole responsibility, and must have assistance. For this we have not far to seek. A close attention to side issues in the course of a dinner-party will soon show us that our system of service is as cumbersome as the old-fashioned overcrowded bill of fare, and that if we desire to minimise the time spent at the table we must simplify the one as we have reduced the other. Unless they have watched it carefully, few would believe how much time is wasted in carrying round *entrées*, &c., to which people have to help themselves. To remedy this the abolition of handing round all dishes, portions of which can easily be helped at the side table and served direct, will be found most conducive. Moreover, not only should we ensure brisker waiting by this method, but we should put an end to a great extent to the extravagant ornamentation to which show-dishes for circulation are now so often subjected. Some cooks perhaps who excel as fine colourists and pattern-makers might object to being deprived of the chance of exhibiting their skill, but in most moderate households the change would be thrice welcome. Many a worthy woman is completely put off, if pressed for time, by the contemplation of a troublesome bit of decoration and dishing up.

In thus proposing the abolition, as far as possible, of the utterly useless elaboration of dishes, and the tedious practice of circulating them, I feel that I run the risk of opposition. Indeed, had I not put the system I have explained to very careful test on a rather large scale I should hesitate to recommend it. All I would ask is a trial. Remember that the introduction of cutlet moulds, *aspic mignon* moulds, miniature *casseroles*, *petits pots*, china cases, &c., has facilitated this system of separate service to the utmost. Thus we are able to break up our *entrées* and *entremets* into portions for one, as it were, without difficulty. Instead of a single mould of *crème de volaille*, for instance, we can turn out one little *crème* for each guest by dividing the *purée* into portions, and cooking them in little moulds. The system merely requires a small amount of consideration, I think, to commend itself to the mind of the modern hostess.

Summed up briefly, the advantages gained by direct service are:—

(a) The guests are spared the trouble of helping themselves—a thing many of them do not understand, and the majority regard as a nuisance.

(b) There is much valuable time saved, first in not having to change the plates all round the table, and then in substituting ready helped portions for the circulation of the *entrée* and its sauce.

(c) The dish itself is not slightly spoiled as it certainly is when subjected first to an elaborate dressing up in the kitchen, and then to slow handing round. The cutlet, *boudin*, fillet, or whatever it is, is put on the hot-plate at the serving table, together with the correct allowance of garnish and sauce (which has just come straight from the kitchen), and handed to the guest at once. Thus the cook has only to send in the component parts of the dish independently, the intermediate decorative process being eliminated.

(d) The unpleasantness of having a hot silver dish with its savoury contents, or an elaborate edifice, thrust in between people who are engaged in interesting conversation is another plea for the system I advocate.

All you have to do is to instruct your head servant very care-

fully, and to see that the cook and he or she understand each other as to each dish, its garnish, and sauce. To insure this, have instructions jotted down *on paper* for guidance both in the kitchen and pantry, and do not commit yourself to a long *menu*.

N.B. In writing the *menu* of a dinner *capitals* ought only to be used at the commencement of lines, and for words representing proper names. Of late, too, the constant repetition of “*à la*” has been given up, but while not expressed it is of course understood. Take an illustration:—

Poule au pot,
Sole Nantua,
Noisettes de mouton Souvaroff,
Poussins Polonaise,
Salade Romaine.
Asperges Hollandaise,
Poussins Melba,
Dessert.

CHAPTER IV

CLEAR SOUPS

STOCK—THE POT-AU-FEU—CLARIFYING—COLOURING—WINE IN SOUPS—
OF BOUILLI—THINGS TO BE AVOIDED—RULES—SECOND BOILINGS—
CONSOMMÉS—PETITE MARMITE.

THERE are, we know, three distinct classes of soups:—the clear, the thick, and the *purée*. We recognise clear soups in the *menu* under different names. For instance, we meet *consommé de volaille*, and *potage à la printanière*; but whereas the word *consommé* is invariably applied to clear soups, we find *potage* frequently used for thick also, to wit:—*potage à la Reine*, *potage à la bonne femme*, &c.

Let us distinguish between thick soups (*potages liés*) and *purées* in this way:—the former owe their consistency to the addition of some artificial thickening, such as flour and butter, egg yolks, &c.; the latter, on the other hand, derive their thick characteristic chiefly from the ingredients that compose them being rubbed through a *tamis*, or hair sieve, and communicated to the stock in the form of a smooth pulp, as in the case of *purée d'asperges*, *purée de légumes*, *purée de gibier*, &c.

A soup partaking of the character of a thinnish *purée*, helped up by artificial aid in the way of thickening, is called by some writers a *potage à la purée*.

The *bisque* again is a *purée* strictly speaking of crayfish (*aux écrevisses*) or of lobster (*de homard*), but it can be made successfully with crab, prawns, and shrimps; indeed a *bisque* can be made with any shell-fish.

Having made our minds clear as to the classes of soups, let us first turn our attention to beef broth or *bouillon*, for we may regard it as the foundation upon which nearly every soup is based.

STOCK.

“Stock,” said the “G. C.”—an experienced and able writer on cookery—“is to a cook what the medium or the water is to the painter in oils or in water-colours. It may be defined, generally speaking, as a solution in water of the nutritive and sapid elements contained in meat and bones : certain seasonings added to it to make it savoury, and if to this you add the flavour of various vegetables, you have soup. For the type of all stock-making there can be no better recipe taken than that of the French *pot-au-feu*.”

Let us therefore consider attentively the following instructions based on Gouffé's recipe for his *petite marmite*.

THE POT-AU-FEU.

Having procured one pound and a half of lean beef cut *as fresh* as possible, from the leg or shoulder, and half a pound of bone, broken up as small as possible, cut the meat up into inch squares and put them into a stock-pot with three and a half pints of cold water and a quarter of an ounce of salt. The bones should be put at the bottom and the meat over them ; the water should completely cover the meat. See that the fire is properly made up. Put the pot by the side of the fire and let it become very gradually heated. As this takes place a scum will form upon the surface, which must be carefully removed as it rises. When nearly boiling, a coffee-cupful of cold water should be thrown into the pot to check ebullition and accelerate the rising of the scum. Repeat this process and skim patiently, removing fat and scum, till the surface is clear. The clearness of the soup will depend, remember, upon all the scum being taken off, and upon the water being kept from boiling-point until it *is* all removed.

This having been done, and boiling having been permitted, put into the stock-pot the following vegetables, which should have been previously carefully cleaned and cut up, viz. :—

Five ounces of onions, five ounces of carrot, five ounces of turnip, five ounces of leeks, one ounce of parsnip, one ounce of

celery. One clove may be stuck in the onion, and a *bouquet garni* of herbs should go in, composed in this manner:—Choose a small bunch of parsley, a sprig of thyme, and one bay leaf; wash the parsley, and fold it over the thyme and bay leaf, and tie the little faggot thus formed with twine. When fresh herbs are not procurable, a muslin bag containing a dessertspoonful of mixed dried herbs should be substituted.

It will be found that by adding the vegetables the boiling of the broth will be thrown back; as soon, however, as the bubbling recommences, draw the stock-pot to the side of the fire so that there may be gentle heat under its edge only, causing the slowest simmering; watch the vegetables carefully, and remove them when they are done. If you leave them in the stock-pot after they have been cooked, they absorb the savour of the soup. Remove the *bouquet* also. The *pot-au-feu* must now be left to simmer slowly, with its lid tilted, not closely covered, for three and a half hours, or until such time as the meat is thoroughly done. The soup should then be strained into a basin and left to get cool, so that any remaining fat may be effectually skimmed off.

The vegetables should on no account be thrown away. As a matter of fact, they taste better than when boiled in water. Part of them with some cooked cabbage should be used to garnish the *pot-au-feu*; the rest should be saved to make a very good *purée* in conjunction with second boilings or common stock (see next chapter) for the next day's soup, the process being to pass the vegetables through a fine sieve, and work the pulp so obtained into the stock with *liaison au roux* to effect the blending thoroughly. A *purée* thus made is called *potage à la bourgeoise*.

The skimming and removal of the fat is an essential point not to be lost sight of. It is a mistake to put away the broth with a cake of fat on its surface, one that in warm weather hastens decomposition. The fat thus obtained is valuable for frying purposes. It should be melted after it has settled, and be then strained into a bowl through muslin.

Observe that in order to carry out this recipe an open, roomy vessel is necessary; a *closed* pot like a digester must *not* be used. By allowing the liquid to steam freely, uncovered, you assist the clearing process and the strength of the broth.

This is undoubtedly the simplest recipe you can follow to produce a bright clear beef broth. It is, of course, imperative that you proceed exactly as described. First, the meat covered with cold water, and brought by slow degrees to the boil, being very carefully skimmed the while. Next, when the skimming is completed and the broth boiling, the vegetables—to be removed when done—and the little bouquet of sweet herbs. Now a period of three hours or so to simmer, followed by straining. The liquid you have after this is a well-flavoured and strong broth, quite clear and pale in colour.

CLARIFYING.

It may so happen that, owing to insufficient skimming in the early stage of the proceedings, you find that the broth is not as clear as you could wish. You must therefore clarify it. There are two ways of doing this. By far the more efficacious of the two is to be carried out in the following manner:—For the quantity of soup just described take ten ounces of raw lean beef as fresh as possible, free it from fat and sinew, pass it through the mincing machine, put the pulp thus obtained into a bowl, break into it one fresh egg (white and yolk, no shell) whisk gently into this two tablespoonfuls of the *cold* soup. Now put the latter into a very clean stew-pan, set it upon a very brisk fire, immediately stirring into it the contents of the bowl, continue stirring without ceasing till indications of boiling show themselves, upon which draw the pan gently back from the fire, and set it on the margin of the hot-plate to settle for one hour. Then take the vessel off the stove, and having arranged beforehand a *tamis* or straining-cloth with a bowl beneath it, pour the broth off gently through the cloth into the bowl, taking great care not to disturb the sediment. Nothing is gained by putting in vegetables for clarifying: they may even spoil the process.

Perhaps, however, an emergency may arise, no raw meat being available. In such circumstances the old-fashioned method must be followed with the whites of two eggs, thus:—Break the eggs, and put the whites and the shells together into a basin—in this instance observe that the yolks are not used—beat the whites and shells up to a froth, with a coffee-cupful of the broth, and mix it, flake by flake, very completely, with the cold soup. Put the soup

on the fire again, stirring well till it boils. Take it off immediately, cover it close, let it simmer for a quarter of an hour, and then pour it off as described. But clarifying in this way certainly detracts from the flavour of the broth.

Additional clearness can in either case be obtained by allowing the broth to filter through a freshly-scalded cloth a second time.

When once nice and clear, care should be taken lest anything happen to mar the satisfactory appearance of the *bouillon*. There is one that may occur if macaroni, vermicelli, or pearl-barley be cooked in it. The soup may turn cloudy because some of the starchy matter these ingredients contain may be dissolved in the boiling. The remedy is obvious: when vermicelli or other Italian paste is to be used in a soup it must be cooked separately in the ordinary way.

STRAINING.

For straining soups and jellies a straining stand as shown in the illustration will be found far better and more economical than the old-fashioned jelly stand which was constructed for the reception of a long felt or thick flannel jelly-bag. I have long since condemned the use of a jelly-bag as an objectionable contrivance: it is expensive, very soon becomes tainted, and then has to be thrown away, for, when no longer of use for straining, it can be turned to no other purpose. It is much better to use fresh pieces of flannel in connection with the stand I shall presently describe, for as soon as the slightest mustiness is perceptible they can be transferred to the scullery for scrubbing purposes. The same stand can be used for straining soups, *tamis* cloths being substituted for flannels.

The contrivance may be described as a strong sieve frame without hair or wire, about sixteen inches in diameter, firmly fixed upon three legs cut such a length as to raise the upper rim of the sieve frame to about two and a half feet from the ground. Another sieve frame also without hair or wire, detached, a good size larger than the fixed one accompanies the stand, and may be called "the presser." When required for use the flannel, or *tamis* cloth, as the case may be, having been scalded and wrung out, is spread over the fixed frame, and loosely pouched in the centre,

with the superfluous cloth hanging over the side. The presser frame is then put over the fixed frame and pressed down, thus securing the flannel or cloth firmly. A bowl is then placed on the ground in the middle of the tripod to catch the liquid as it drips from the straining cloth. The soup, or whatever it may be, is now poured gently into the pouched cavity in the centre of the cloth. When necessary the process can be repeated easily after scalding, wringing, spreading, and pressing down a fresh cloth.

COLOURING.

There is another feature in a clear soup which deserves attention, and that is the colouring. Now, an idea prevails amongst numbers of English people that a soup to be good and strong must be dark-coloured. Old-fashioned people speak of "your modern *consommé*" as a weak, washy composition only fit for "foreigners." But if you take the very self-same liquid and brown it with a burnt onion, thicken it with flour and butter, and dose it with wine, they are perfectly satisfied. Did you ever make jugged beef-tea for an invalid, the strongest possible essence of raw lean beef? Was not the liquid so obtained as clear as sherry, pale-coloured, with a quantity of granulated particles of the beef floating in it? Well, when strained that would have been beef broth without the flavouring produced from vegetables and the bouquet of sweet herbs, and surely *strong* enough for the veriest John Bull that ever talked nonsense about cookery.

Now, if it be desired to impart a pale golden brown tint to a clear soup—a darker tint should certainly not be attempted—burnt onion should never be used; the correct thing is a browning (*caramel*) made thus: Put a quarter pound of white sugar into a copper or earthenware pan; set it over a low fire, and stir it till it is melted; continue stirring until it has reached a rich dark brown, then add a pint of hot water to it by degrees, bring to the boil, and after that simmer for twenty minutes, and skim it, let it get cool, strain, and then bottle and cork it down for use. A little of this should be put into the soup prior to the three-hours' simmering stage if a golden brown be the tint desired.

The utmost care should be taken to prevent the *caramel* burning: if it turns black the preparation is spoiled.

But this troublesome process can be avoided by the purchase of a small bottle of French-made *suc colorant* (Parisian essence). I do not recommend the use of *pastilles de légumes*—little balls of colouring matter sold in tins—for they impart a flavour of liquorice.

Colouring can, of course, be obtained by frying vegetables and lean uncooked meat with butter till they turn a reddish-brown, and a glaze is produced; if to this a small quantity of broth be added, and slightly reduced, a dark liquid will be got which will tint the broth nicely enough. Some old-fashioned soups of the English school are commenced in this manner, but, of course, there is a risk of spoiling everything by a moment's burning.

The giblets and carcase of a fowl (from which the white meat has been removed for an *entrée*), browned in the oven, are used by French cooks both to colour and improve the flavour of a *bouillon*. The addition to the stock-pot is made at that period when the vegetables are put in.

WINE IN SOUP.

The next important feature for consideration in soup-making is the adding of wine, which, I think, may be regarded as a purely British practice too often resorted to to smother defects. In all delicate clear soups, such as *printanière*, *brunoise*, and the *consommés*, it is distinctly out of place. With clear soups of the English school, however, the case, perhaps, is somewhat different, and madeira, or its equivalent in cookery—a sound marsala, is considered essential by many in clear turtle, clear mock-turtle, oxtail, giblet, and game soups. Add after clarifying, and be careful not to overdo the allowance: a tablespoonful is quite enough for a tureen filled for eight persons.

Thick soups, especially those made of game, mock-turtle, giblet, kidney, used to be largely dosed with wine; hare, wild duck, and teal soup with port or burgundy; while *potages* of grouse, partridges, pheasant, &c., &c., were enriched with madeira. Modern taste has, however, rebelled against fortified

wine in cookery, and such aid as is needed in this respect is got now from French white wines or claret.

OF BOUILLI.

I have thus far purposely omitted saying anything concerning the French treatment of the meat and vegetables of which a *pot-au-feu* is made, being anxious to keep strictly to the subject then in hand—the production of a clear beef broth. Before I go on with soup-making, however, I propose to say a few words about *bouilli*, for it is a dish that in small establishments, or for the quiet dinner alone, would be very nice for a change—one which in French households is sent to table as a matter of course. It should be treated in this way: Instead of beef cut into inch squares, choose a nice piece from the upper part of the shoulder, top side, or buttock—say three pounds and a half; tie this in shape with string, and for the rest carry out the recipe for *pot-au-feu* (covering the piece of meat with cold water) as far as the straining stage, taking care that the meat is *not needlessly overcooked*, and that all the vegetables are used: now place the meat on a dish, remove the string that bound it, and serve it upon a bed of macaroni or spaghetti *à l'Italienne* or *Napolitaine*, previously got ready, and pouring over it a *purée* obtained by passing all the vegetables through a hair sieve, moistened with a portion of the *bouillon* or broth; or on a bed of braised cabbage, with the broth vegetables neatly arranged round it, and some of the clear broth.

Do not be misled by the idea that there is no “goodness” in *bouilli*. “There is,” says the G. C., “as much nutriment in it, when eaten with the soup it has yielded, as there would have been had it been roasted; and much more than if it had been converted into salt junk, as it is the English custom to do with the silverside of beef.” You can vary the *bouilli* by tomato sauce, or any piquante sauce, such as *Robert*. Of course a good deal depends upon stopping the simmering before the meat is overdone. The *bouilli*, served with macaroni, grated Parmesan, and *purée* of tomatoes, is the favourite *manzo guernito* of the Italian dinner.

Knowing, however, how difficult it is to introduce unusual

customs to the English kitchen, I can hardly expect to enlist much sympathy in behalf of *bouilli*. Indeed, were it not for the fact that a careful digest of the preparation of *pot-au-feu* would be incomplete without reference to this method of serving the meat and the broth extracted from it, I might almost have left the subject alone.

THINGS TO BE AVOIDED.

Returning now to the subject of soups: Although we may soon succeed in mastering the difficulties of *bouillon*, or foundation of soup-making, we must not forget that our work may be spoiled by the introduction of some traditional yet erroneous adjunct. An idea prevails with some people that clear soups require to be assisted with gelatine to give them a sort of glutinous consistency. A very pernicious sort of starch is recommended by some writers which is produced from a *raw* potato. This provides a species of thickening, it is true, but it spoils the soup. The potato starch imparts a crude, inky taste to the broth, which kills all the flavour of the meat and vegetables. It should be understood that clear soups, of the sort we are discussing, require no gelatine. The *bouillon* cannot be too bright, *light*, and clear.

There is, however, often a slight gelatinous element perceptible in certain clear soups which may be regarded as peculiar to themselves: clear turtle, ox-tail, mock-turtle, gilet, &c., soups of a decidedly English character deriving their consistency from the gelatine contained in the turtle, calf's head, calf's feet, ox-tail, &c., used in their composition; while to clear soups *maigres*, made upon a vegetable or fish stock basis, a slight body is sometimes given by adding a little potato flour (*fécule de pommes de terre*) in the proportion of a tablespoonful to a quart.

Some cooks cannot refrain from the use of spice, Worcester sauce, and sugar, to improve the flavour of their clear soups. The single clove already prescribed is quite enough for the small *pot-au-feu* I have described. The spice-box is a dangerous plaything, and as the old-fashioned practice of freely adding aromatic seasonings to everything is no longer admitted, its use must be tempered with the utmost discretion. If the proper proportions of meat, bone, and vegetables are allowed, no flavouring from

saucers is needed, and sugar will hardly be wanted, for there is enough sweetness extracted from the vegetables and the colouring preparation. After the clarifying process has been carried out with raw meat Dubois recommends a lump of sugar to remove any trace of acidity that the rawness may produce.

Basil, which for winter use can be procured in bottles, is the best herb for clear mock-turtle and other clear soups made of shell-fish: while marjoram and thyme should be used for clear game soups.

Tarragon fresh or dried provides a pleasant flavour for a soup of this description:—*consommé à l'estragon* is of course a familiar one, to which poached eggs are sometimes added as a garnish.

RULES.

I will now conclude these remarks concerning the simple *pot-au-feu* with a code of general rules on the subject:—

1. Take care that the stock-pot, a roomy vessel, is thoroughly clean before commencing operations; a good scalding with hot water in which a lump of washing-soda has been dissolved will make matters certain, and see that the fire is carefully made up if there be no gas stove. Sudden changes of temperature such as are caused by replenishing a fire are prejudicial in all simmering processes, while stoppages during its course are fatal.

2. Use soft water rather than hard.

3. The proportions of meat and bone given in the recipe taken from Gouffé's *petite marmite* will yield soup enough for eight persons. For ten or twelve the following will suffice: Two and a half pounds of beef, three-quarters of a pound of veal, and the same of well-broken veal bones; about a pound of fowl gibles, with two ounces added to the weight of each vegetable, and one ounce of celery.

4. Put the fresh soup-meat, with the bones separately broken up, and the salt, into cold water—the bones at the bottom, and the meat over them. If to be eaten as *bouilli*, the meat should be rolled up and tied as already mentioned. If not, it should be cut up into inch squares.

5. A quart of water to one pound of meat and half a pound of

bones is the established proportion for a broth of medium strength. In any circumstances there must be sufficient water to cover the meat and bone.

6. Remember that the steps from cold to cool, from cool to warm, and from warm to hot, must be conducted *very slowly*, and that actual boiling should be retarded as much as possible to start with.

7. Skim frequently during the early stage of the proceedings—a coffee-cupful of cold water thrown into the pot causes the scum and fat to come up quickly, and, of course, retards boiling. Repeat this process till all scum is removed, and as much of the fat as possible also.

8. Use a tinned-iron broth-skimmer for this.

9. Do not cover up the stock-pot closely; the steam should evaporate to assist the strength of the soup, and keep it clear.

10. Put in the vegetables, flavouring herbs, &c., *after* the skimming is finished and boiling has been allowed to take place, then let them simmer till they are done—and *no longer*. During this operation the vessel must be partly uncovered.

11. To prevent delay in carrying this out wash the vegetables very carefully, and cut them up beforehand, *i.e.*, before commencing the work, keeping them in a bowl of cold water ready. It will be found convenient to enclose them in a net to facilitate their removal.

12. As soon as the vegetables which are put into the *pot-au-feu* are done, they should be removed, and the heat under the soup-kettle maintained at simmering point. This should be on *one side* of the vessel rather than under the centre of it, the lid of the stock-pot tilted.

13. It will take altogether about four or five hours to extract by slow degrees the essence from a few pounds of beef, so begin as soon as possible, and don't hurry the work.

14. It is better to season too little than too highly, so be very careful when adding pepper, herbs, &c.

15. There is nothing to be gained by keeping the meat simmering when once it is thoroughly done. The broth is at its best when the meat which made it is done to a nicety, *viz.*, in about three and a half hours for the small, and four for the larger recipe,

reckoning from the commencement of the simmering. Boiling to rags is a useless proceeding.

16. Never allow the stock to get cool *and stand*, with the meat and vegetables that made it, in a *metal* vessel. The liquid should be poured off at once into an earthenware or enamelled basin through the colander; when cold it can be skimmed free from any fat that may remain, and then poured off gently without disturbing the dregs.

17. Never leave the fat caked on the surface; instead of preserving the soup, as some think, it hastens its turning sour.

18. Bacon bones, ham bones, or the skin of either, are of use in the stock-pot.

Remember that no one can succeed in obtaining a nicely flavoured clear soup unless the proportions of meat and vegetables are carefully maintained. For his larger *pot-au-feu*, viz., for three pounds of meat and one of bone, Gouffé gives the following weights of vegetables: Carrots, ten ounces; large onions, ten ounces; leeks, fourteen ounces; celery, one ounce; turnips, ten ounces; parsnip, two ounces.

As leeks are not always procurable in the market, I would substitute another onion or two, about five ounces. Parsnips are not essentially necessary, their weight may be made up with some extra carrot. Turnips, unless gathered fresh and young, are apt to be strong; I think, therefore, that in the winter five ounces of them will be found sufficient as a rule. Observe the weight allowed of celery; this is important, for celery is a very powerfully flavoured vegetable.

These quantities should yield three quarts of *bouillon*, enough for eighteen or twenty people.

The maintenance of a steady heat without sudden fluctuations of temperature is a matter of great importance in the simmering stage. This condition of things cannot be attained if the fire happen to require replenishing in the middle of the operation. For this cause, then, it is a matter of the utmost convenience to be able to remove the stock-pot from the fire when the boiling is to be eased down to simmering, and place it on a gas stove with the flame adjusted so as to yield the exact amount of heat neces-

sary, 170° to 180°. The *regulating* power of these handy ranges gives them a great advantage.

If the temperature does not rise above 50°, stock can be made as has been described and kept with safety for a day or two ; but it is a mistake in warm weather to add *the vegetables* until the day on which the soup is to be served. First make the pure broth with water, meat, bone, and salt, as described for *pot-au-feu*, omitting all vegetables and flavourings. This should be poured into china or enamelled basins, and kept in a cool larder, as milk is kept, and all fat removed. The process of adding vegetables, &c., should be proceeded with the next day, as if the making of the *pot-au-feu* had been divided into two parts. Bring the broth to the boil before adding anything. Stock while keeping should, in any circumstances, be boiled up daily, after which it may be replaced as before in the larder.

SECOND BOILINGS.

N.B.—It should be noted that if the rules I have given be accurately carried out, and the cooking of the meat and bones be not overdone on the first day, they will yield a useful liquid by second boiling and simmering. The gelatine contained in bones, for instance, is not fully extracted under three days' simmering. Accordingly these materials should be put on the fire with *hot* water enough to cover them a second time, and any available scraps there may be—cutlet trimmings, chicken bones, &c. Advice as to the use of this broth will be given in due course. A few fresh vegetables improve this.

CONSOMMÉS.

I have hitherto confined myself strictly to the making of plain beef *bouillon* or broth. This, however, is not *consommé* according to the best authorities. We now enter upon what at first sight appears to be a series of difficulties, for the student who conscientiously reads what the great French writers have to say on the subject soon finds himself lost among contradictory precepts and no little complexity. He observes that even notable experts differ as to the proportion of water that should be allowed for the meat in the stock-pot, and in regard to the relative weights of beef,

veal, fowl, and vegetables necessary for a good clear soup ; while all propound so much expensive material and such elaborate working that he probably closes the books, and asks himself : “ Are these extravagant directions ever carried out ? are they not mere flourishes which are never put into practice seriously ? ” He then thinks over the soups he has tasted at places of fame where the first artists are supposed to be at work, yet cannot remember having been struck by any peculiarly excellent composition which might have been the result of such prodigality. Nay, he acknowledges to himself that for pleasant expression of savour and strength he never met anything better than the soup produced by a really good English woman-cook in the house of a friend who “ knows.”

At the same time it must be confessed that even in the English system there is too often an astounding degree of extravagance in meat. The quantity that some “ professed ” cooks require for the production of good soup is preposterous—a pound per head or more ! The liquid thus obtained is often as strong or nearly so as Liebig’s extract—as heavy a tax on the system, that is to say, as a complete meal. That this impression of soup-making is as erroneous as it is extravagant need scarcely be said. What should be aimed at is a good sound broth of moderate strength, to which a pleasant savour has been imparted by a judicious assortment of vegetables, herbs, and seasoning. Then as a gill for each guest is a correct allowance, it is clear that no very great expense is necessary under this head.

So I am bold enough to say do not trouble yourselves with perplexing dissertations about *grand bouillon*, and expensive recipes for game, chicken, or veal *consommé*, but note what Urbain Dubois says in “ *La Cuisine d’Aujourd’hui*,” and be contented :—

“ Nothing resembles *consommé* so well as clarified *bouillon*, and if it does not quite come up to it in quality, it may be said that it often supplies its place. Besides, it is evident that the expense demanded by true *consommé* often exceeds the resources at the cook’s disposal. Very nice compositions are always expensive. In short, if clarified *bouillon* is not an exact imitation of *consommé*, it is not less true that with care it can be produced in excellent

quality without any heavy expenditure. The thing is, after all, to work upon a foundation compatible with satisfactory results. That is to say, if you want a clear broth of fowl or game, you must make use of those materials. It is clear that you cannot make *consommé de volaille* with beef alone."

Now we should understand from this that the *bouillon* we have already carefully worked out is a very good substitute for *consommé*, while if we add a small proportion of veal and the giblets of two fowls to the ordinary stock meat, the soup will, practically speaking, be good enough for anybody. It is of course unnecessary to say that the clarifying must be very carefully carried out.

GRAND BOUILLON is a common stock made from giblets, beef bones, veal bones, fresh meat trimmings, &c., with vegetables, on the lines of the *pot-au-feu*. It is used instead of water as the liquid for moistening the meats used for superior *consommés*. With this, or the *pot-au-feu* broth that has been described, various *consommés* can be made in the following manner:—

TRUE CONSOMMÉ:—Add to the ingredients given at page 28 one pound of veal cut from the knuckle, and a quarter of a pound of veal bones: for the larger quantity (page 36) one and a half pounds of veal and half a pound of bones. These should either be cooked *with* the beef, or in the strained broth of the latter, separately, before clarifying.

FOWL CONSOMMÉ:—Boil in the strained broth a pound of veal, and the giblets and carcass of a fowl, from which the fillets may be taken for an *entrée* and the legs and thighs for a grill. This should be part roasted in the oven till coloured, in order that a special flavour may be imparted to the broth.

GAME CONSOMMÉ:—The necessary flavour can be obtained in this case easily enough by chopping up into pieces one or two well-hung old game birds, crushing their bones thoroughly, and simmering them in the strained broth. I have found that better flavour is obtained if the birds are in the first place lightly roasted, allowed to get cool, and then cut up.

FISH AND VEGETABLE CONSOMMÉS:—For these, please refer to pages 160 and 51 respectively.

The modern PETITE MARMITE of the restaurants is only an

ingenious adaptation of the excellent old soup:—*croûtes-au-pot*, which in turn was merely a good *pot-au-feu* served with some of its vegetables, a few leaves of cabbage separately cooked, and a *croûte* for each basin—a leguminous beef broth, that is to say, with crispened rounds of a French roll as additional garnish. The custom is to serve this soup, for effect, in a little earthenware *marmite* (stock-pot) with a napkin pinned round it, and in addition to the *croûtes* and the vegetable garnish, to put into each soup-plate a fragment of chicken, supposed to have been boiled with the broth, and an atom of the *bouilli*. A small allowance of beef marrow is often presented separately. The helping is done for you by the *garçon* with much *empressement*, as if the operation were far too delicate for untutored hands, but when you come to take the soup, lo! a ridiculous mouse!—old *croûtes-au-pot*. Are the pieces of overboiled meat or the introduction of the marrow an improvement, and what attraction can be claimed for any soup that is only to be “à moitié dégraissé”? On the whole it is comforting to note that Dubois adds: “*Il est évident que ce potage peut être simplifié.*”

CHAPTER V

THICK SOUPS AND PURÉES

POTAGES LIÉS—THICKENINGS—PURÉES—VEGETABLE STOCK—AN
INVALID'S SOUP

NOW about thick soups, apart from *purées*:—these are perhaps more popular with the majority of English people than the thin clear. There is an expression of richness and of strength in them which commends itself to the national taste. He, therefore, that would gratify his countrymen, must frequently offer them a soup which is in itself a meal. Nevertheless I confess that a thick soup is acceptable at times, especially in cold weather, when you return hungry after hard exercise, or when you have a little cosy dinner of only a very few items to discuss:—soup, a fillet or cutlet or a game-bird, a dressed vegetable, a *soufflé* or a toast, and your cheese. But I hesitate to recommend soups of this class for the summer season, or to be placed before guests at an artistic little dinner complete in its various details and necessitating a slight attention to some six or eight carefully composed dishes, for those whose labours all day have been sedentary, or for ladies who have lunched well, and passed their day without much exercise.

POTAGES LIÉS.

Thick soups (*potages liés*) may be divided into two classes—the white and the brown. The principles followed in both are very similar; the main difference, of course, consists in the sort of meat used for the stock, and the employment of dark or light *roux*, or thickening, as the case may be.

COMMON STOCK.

Thick soups of an ordinary kind can be made with "second boilings," or with a broth obtained from the bones of cooked meat, and scraps that would scarcely do for a clear soup. Poultry and game bones, ham or bacon bones and trimmings are especially valuable. Fresh giblets of fowls, capons, turkey, and game, ought to be thus made use of, cutlet trimmings, the browned outer skin of roast veal, and roast beef also. The flavour of common stock should be improved to the best of the cook's ability by adding to it an allowance of sweet herbs, onion, parsley, a carrot or two, celery, &c., or such of these vegetables as may be available, with salt and pepper seasoning. A teaspoonful of Liebig's extract, or Brand's essence, may often render valuable assistance. A slice of glaze is another strengthener. This "omnium-gatherum" broth should be carefully skimmed, allowed to boil up once, and simmered sufficiently long afterwards to extract the nutritive elements, flavour, &c., completely.

THICKENINGS.

Liaison au roux is simply butter melted at the bottom of a saucepan over a very moderate fire, with flour added to it in the proportion of two ounces of butter to two and a half of flour, according to the quantity of soup you want to thicken. The butter *must be melted first*, the flour being dredged in by degrees, and stirred well at the bottom of the saucepan until thoroughly incorporated, and velvety. Reduce the fire, and let the mixture cook very slowly. As soon as it turns a biscuit-brown, the *roux* is ready. This is what is wanted for brown soups. For a white, the process is exactly the same, but the *liaison* must not be allowed to take colour.

This system of cooking the butter and flour together for some little time is especially necessary to prevent the taste of raw flour being imparted to the soup. The old-fashioned method of dredging flour *into* the soup possessed that disadvantage, besides being objectionable on the score of extravagance; for there was much waste from the lumps which were strained off after the operation, and thrown away.

It is essential that both the butter and flour should be of *good*

quality, the former fresh, the latter dry and well sifted. If either be inferior, the soup will be tainted and spoilt.

Gouffé's proportions in making a *roux* for storage are half a pound of butter to one pound of flour. The preparation keeps well, and the quantity wanted for soup can be taken according to the recipe followed from time to time. Two ounces to the quart is enough as a rule.

In making thick soups, the utmost care should be taken not to overdo the thickening. In the case of a white soup, this error is almost more fatal than in that of a brown. You might as well offer your guest a basin of arrowroot, or any nice gruel, for the savoury flavour of the soup is easily overpowered. A little practice will teach a cook how much *roux* is necessary to obtain the desired consistency of a thick soup, and she should bear in mind that the full effect of the thickening does not assert itself until the soup, which has been added to it, comes to the boil.

Observe that you add the soup to the *roux*, not the *roux* to the soup.

Soup can be mixed with the *roux* either hot or cold. If the latter, stir over the fire till boiling; if the former, add the liquid by degrees, off the fire, to prevent lumping, and when well mixed set it on to boil. This care is necessary, for if hurried, not only will the soup be lumpy but the butter will not amalgamate properly, and unless watchfully skimmed off will make the surface greasy.

If, after coming to the boil, the soup appear to be too thin, correct it in this manner:—Mix a little more *roux* very carefully in a small saucepan, add a cupful of the soup to it, and when quite smooth and free from lumps, pour it by degrees into the soup, *off the fire*, through a pointed gravy strainer, stirring vigorously as you do so. When quite mixed, replace the vessel on the fire and let it boil up. The same process can be carried out with flour alone, as in the following recipe (*liaison à l'Allemande*).

Although not apparently admitted by French cooks, soups can be satisfactorily thickened with rice-flour (*crème de riz*), potato-flour (*fécule de pommes de terre*), or arrowroot, with neither of which is butter necessary—a matter of consideration where

delicate people's taste has to be consulted. The process is simple enough. The farinaceous substance must be diluted carefully, and thoroughly mixed till smooth in a cup or bowl separately with a few spoonfuls of the soup. When of the consistency of creamy batter it should be poured through a pointed strainer into the soup, which should be boiling. After having been stirred in, let the soup boil up again and then simmer for ten minutes. An ounce and a half of rice-flour will thicken a quart of soup.

It is always advisable to pass the soup after it has been thickened satisfactorily through a strainer to catch up any lumps that may possibly be left by the *roux*, or other ingredient that may be used.

A thickening of eggs is also possible in soups of this class, especially in French *potages liés*. Take the excellent old soup called *potage à la bonne femme*, for example, as follows:—Prepare a quart of common stock; mince finely six ounces of onion, and place it in a stew-pan over a low fire with two ounces of good fresh butter. Fry gently until the minced onion turns a pale yellow, then add half a pound each of *sorrel* and lettuce leaves and an ounce of parsley, all finely shredded, add also pepper and salt, with half an ounce of flour, and keep stirring for five minutes. Then put in a teaspoonful of pounded loaf sugar, and half a pint of the stock. Allow this to reduce, over quite a low fire, nearly to a glaze, then gradually stir in the remainder of the stock, and let the soup simmer for a quarter of an hour. Next prepare a dozen pieces of bread cut very thin—say two inches long and an inch wide, taking care that there is crust along one of their long sides, and dry these thoroughly in the oven. When the time approaches for the service of the soup, prepare this *liaison*: Break two eggs in a basin, beat them well as for an *omelette*, adding one ounce of butter. Put the soup into the *bain-marie*, dip a coffee-cup into it, and mix that quantity of it with the eggs and butter, adding another cupful when the butter is melted. Next gradually add the *liaison* with one hand, as you stir the soup with the other; continue stirring for five minutes, during which a slight additional thickness will be obtained. The eggs must be thoroughly well beaten, if not, pieces of the white will set in flakes in the very

hot soup, and spoil its appearance. Lastly, add the pieces of crisped bread, and serve. Enough for five basins.

It must be admitted that the addition of cream, or milk with butter and the yolks of eggs, which is recommended by many good authorities in respect of soups of this description, is an improvement. Cream in moderation cannot be objected to if the other dishes of the dinner are regulated accordingly. Few would think of giving a rich thick soup of this kind at a dinner-party when dishes with creamy sauces, and sweet *entremets* with cream, are to appear. But after all, the question is obviously one for taste and discretion to decide.

Milk is a substitute for cream, especially if a yolk of an egg be added to it, but the cook must be careful in adding the yolk lest the soup be curdled. The method of working mentioned in the recipe for *potage à la bonne femme* should be followed. The rule is that whether you add eggs, cream, butter, or milk to soup, the process must be carried out either in the *bain-marie* or *off the fire*, *i.e.*, the vessel containing the soup must be lifted from the fire and cooled a little before the addition. It is also a rule that these additions must be deferred till the last thing before serving. Recipes for standard thick soups such as mock-turtle, ox-tail, giblet, &c., appear in the *menus*.

PURÉES.

This form of preparing our meat and vegetables ought to be much more generally understood and practised than it is. In a *purée* we can work into a palatable and wholesome condition meat that from its poverty or toughness would be sorry fare indeed if boiled or roasted. An ordinary little dish of neatly trimmed mutton cutlets (nicely grilled over a clear fire) becomes a presentable *entrée* if served round a ring of mashed potato, containing a delicate *purée* of vegetable, such as cucumber, peas, asparagus, sorrel, spinach, &c., whilst common onion sauce, thus treated, is promoted to the dignity of *sauce soubise*.

The flesh of old partridges, grouse, and pheasants, the remains of cold poultry, and of all game, can be turned to capital account in a *purée*. Even tough fowls may be thus rendered fit to eat. For the sick, and for those suffering from their teeth, food cooked

in this manner is invaluable, whilst there can be no doubt that it must be good for children.

In order to be able to accomplish the making of *purées* satisfactorily you must possess a strong pestle and mortar, a large hair sieve, a wire sieve, and a mincing machine. If you desire to make a *purée* of meat do not forget that a good deal of labour is saved by first using the mincer; the work in the mortar is then reduced to a minimum, and the pounded meat will soon be ready to pass through the sieve.

In using the sieve, by the way, caution your cook that she must always put whatever she wishes to pass through it, at the *shallow end*, placing the sieve over a large bowl, or dish, big enough to receive it, and passing the *purée* through it with a large wooden spoon. From time to time she must invert the sieve, and scrape off the portion of the *purée* which always adheres to the reverse side of the hair, or wire. A cook must be patient in the use of this utensil, and achieve her object by perseverance, rather than by boisterous work. If she bears too heavily on the hair, the sieve will soon bulge, and ere long the hair will part company from the wooden cylinder to which it is attached.

The work of both pounding in the mortar and passing through the sieve is rendered easier by the addition of a little butter or stock during the process.

Purées, as soups, are prepared in this way:—Make as good a bowl of stock as you can from bones, meat, scraps, &c., as already described for common stock. “Second boilings” of soup-meat and bones will do for many of them, while excellent *purées maigres* can be made on a milk or vegetable stock basis, a good recipe for which will be found at the end of this chapter. A decoction in which ham or bacon bones have been used with some of the boilings of a piece of salt beef, if not too salt, will moisten *purées* of peas, lentils, &c., satisfactorily.

Take *potage à la Crécy*, which in plain terms is carrot *purée*:—Fry half a pound of minced carrots and four ounces of onions, also minced, with an ounce of butter until turning yellow; add a pint of the stock made as aforesaid, boil up once and then simmer till the vegetables are thoroughly done; after this drain, and as they are soft, pass them through the sieve. Now add to

the pulp so obtained the broth that was strained off, and sufficient additional stock to make a *purée* a little *thinner* than you wish your soup eventually to be, probably about a pint and a half. Melt half an ounce of butter at the bottom of a stew-pan, and work half an ounce of flour into it, gradually adding the *puree*, and stirring without ceasing till the soup comes to the boil, when it will be found of the proper consistency. Skim, if necessary, and serve with crisply fried *croûtons* of bread. A *liaison* of egg beaten up with a teacupful of the soup and added in the manner already explained is an improvement.

Instead of the butter and flour, sago, rice, or Groult's finely-broken tapioca may be boiled with the soup to give it cohesion : about an ounce and a quarter of either would suffice for the quantity now given. A couple of ounces of white bread crumb cooked with the carrots, &c., will produce the same effect.

To obtain a good colour the outside red part of the carrot should alone be used for the *purée*. When this is done, and *tapioca* blended with it, the soup is called *potage velours*.

In correct directions for *purées* it will be found that a *liaison* of some sort is given for this reason :—Have you ever noticed a carrot, or green-pea soup, which, when sent to table, instead of looking the creamy red, or green *purée* that you desired, presented the appearance of a thin clear soup, with a deposit of the vegetable pulp at the bottom of each basin—the stock and the pulp not having amalgamated? This result was caused by the omission of one of the processes I have described which is necessary to blend the two together.

In French recipes for vegetable *purées*, the thickening already spoken of made of pure butter, cream, or egg-yolks with milk, is often laid down as explained in the case of *potage à la bonne femme*.

Crécy soup should be served with bread cut into dice and fried in butter. *Croûtons*, treated in this way, should accompany all vegetable *purées*.

Purées of celery, Jerusalem artichokes (Palestine soup), vegetable marrow, onions (white), cucumber, salsify, celeriac, and turnips, if the stock be kept free from colour, can be served as white soups, and a spoonful of cream, or the substitute

already described for it, will be found an improvement to all of them.

All green vegetable *purées* derive enrichment in appearance by the judicious addition of "spinach-greening," which is the juice obtained from spinach boiled, drained, worked through the sieve, and then squeezed through a piece of muslin. People can be quite deceived with a soup made with Groult's *farine de petits pois* when it is coloured with spinach-greening in imitation of *purée de pois verts*. A teaspoonful of sugar ought not to be forgotten in making these soups.

In the early summer, when sprue (the slim shoots of young asparagus plants) or ordinary asparagus is plentiful and full of flavour, the opportunity should be taken of giving that excellent soup *purée* or *crème d'asperges*, which, however, is surpassed by the still more delicate *consommé aux pointes d'asperges*. Both of these are possible in winter with the French and American preserved asparagus, the desirable pale pistachio-green of the *purée* being produced with a little spinach-greening.

A nice green *purée* can be made with French beans; and with a small bottle of *petits pois* (assisted with spinach-greening if the peas have lost colour) a very fair *purée* of green peas for about eight people can be produced with a quart of broth.

An inviting-looking soup of bright red colour can be got from tomatoes, whether fresh or preserved, following exactly the recipe for *Crécy*, but substituting tomatoes for carrots. Another darker red vegetable soup of this class is that made with red haricots called *potage à la Condé*, which must not be confounded with *potage à la Conti*, i.e., a *purée* of lentils on a game stock basis.

The *purée* of chestnuts is appreciated in winter whether in the form of soup, or as a sauce to accompany white *entrées*, and especially the turkey. To this category belong such soups as:—*potage Parmentier* (potato *purée*), *crème d'orge*, *crème de riz*, *lait de pignons*, *lait d'amandes*, &c.

Using as a basis an ordinary domestic stock made of vegetable *cuisson*, giblets or fowl boilings, &c., a series of nice *purées* can be made from such reliable preparations as Groult's *farine de petits pois*, *crème d'orge*, *farine de châtaignes*, &c., procurable at

all grocers' shops and stores at a very small cost ; while with two tablespoonfuls of ground sweet almonds moistened with half a pint of milk and blended with a pint of rabbit or fowl boilings with half an ounce of *roux*, a *potage lait d'amandes* can be produced of quite presentable quality.

Next, as to meat *purées* :—*Potage à la reine*, an old white soup, is really a *purée* of fowl or turkey, and a good white *potage*, very like it, can be produced from a rabbit. Brown *purées* are, of course, made of game such as hares, partridge, grouse, pheasant, &c. In this way you can always advantageously dispose of tough old birds. A good *purée de gibier*, of hare, or of any game-bird, is a soup which is generally popular. Remarks about the wines used in game soups will be found on page 33.

The points to observe in the making of these *purées* are, first, to get every atom of flavour out of the crushed bones, scraps, and giblets, which is done by simmering them in common stock. Then to work all the meat that can be picked from the birds to a stiff paste in a mortar (having first minced it in the machine) passing it through the sieve to get rid of fibre, gristle, and so forth. Next, to blend the pulp of the game with the stock in the way I have previously described. And lastly, to follow with accuracy whatever recipe you have taken as regards the flavouring elements. Do not leave out anything if you can possibly manage it. Dried sweet herbs (thyme and marjoram), are as necessary in the stock of game soups as is basil in turtle ; and red currant jelly is indispensable. Spice is often mentioned in recipes for these soups. I do not recommend it. In fact, beyond the two cloves inserted in the onion used for the stock, I would carefully omit it.

N.B.—It is the fashion now to call game *purées* “*crèmes*” :—*crème de faisan*, *crème de perdreaux*, &c.

Colouring :—Brown *purées*, and some thick brown soups such as ox-tail, mock-turtle, &c., may sometimes require a little browning to bring them to a good colour. For this purpose the advice given in the previous chapter (page 32) should be followed.

VEGETABLE STOCK.

I will conclude these observations with a recipe for a vegetable

stock which, by itself, is a pleasantly flavoured soup ; mingled with *purées* it takes the place of beef or meat stock ; while, blended with the latter, it forms a powerful, most strengthening soup, especially good for invalids who may be in a condition to partake of strong vegetable and meat essences.

Mince one pound each of carrots, turnips, and leeks, two pounds of onions, two ounces of celery, a handful of parsley, a dessert-spoonful of thyme and marjoram blended, and a clove of garlic : put them into a stew-pan with one pound of well-clarified beef suet or the fat skimmed from the *pot-au-feu* : fry till slightly coloured, then add five quarts of water. Bring slowly to the boil and skim : then add one ounce of salt, a quarter of an ounce of pepper, and, in the season, a quart-measure of green peas, with their shells cut into strips likewise. Boil up again, then simmer over a gentle fire for two hours, and strain the broth into a basin ; take off the fat, and put by for use when wanted. If clarified this will become vegetable *consommé*.

Another way, with dried vegetables in part, is to boil one quart of white haricot beans and one quart of lentils, which have been soaked for twelve hours, in six quarts of water with fourteen ounces of minced onion and a bunch of herbs. Simmer for three hours, strain, and use the broth thus obtained to moisten the fried vegetables mentioned in the first recipe instead of water ; add the seasoning only, simmer for three hours, skim and strain. Of the two this is the more nourishing.

All the vegetables can be used in the form of *purées* after having yielded the broth. Half quantities can obviously be taken for two and a half quarts.

If required for the nourishing soup I have mentioned, make this decoction :—

AN INVALID'S SOUP.

Cut a stock-pot fowl to pieces bones and all, while fresh, with a chopper, and pound the mass in a mortar. In like manner chop up and pass two pounds of the best fresh lean gravy beef through the mincing machine, season with pepper and salt, mix the two meats together, and give them a few turns in a roomy stew-pan with four ounces of melted clarified suet, add half a pint of broth and continue the cooking to draw the glaze. Now add

little by little the whole of the vegetable stock, stirring well during the operation. Boil, adding water now and then to make good the loss of liquid by evaporation, for one hour. The liquid can now be strained off, and set to get cold, when all fat can be removed. This will be found excellent for the purposes I have named. It can be given to an invalid in small quantities, iced or hot, as may be desired. The meat, &c., may be covered with hot water after the straining, and set to simmer gently for a couple of hours for a useful second stock.

A valuable thing to have a recipe for is a beef essence; that is to say, an extract of beef stronger than beef tea, which an invalid can take in small quantities advantageously, and which can be prepared in an hour.

RESTORATIVE BEEF ESSENCE.

Choose a pound of best gravy beef entirely free from fat and sinew: pass this through the mincing machine: put it into a *sauté*-pan so that you can spread it out, and moisten with three gills of cold water: let the meat macerate in this for half an hour, then set it on the fire, and as it becomes hot keep pressing it with the back of a big spoon: as soon as boiling point is reached reduce the heat to simmering point, and cook gently for twenty minutes. Pour the liquid from the pan without straining it, and use as may be directed. The fibrous particles are valuable, and ought to be left in the extract. The fire should be kept rather low during the cooking up to boiling point.

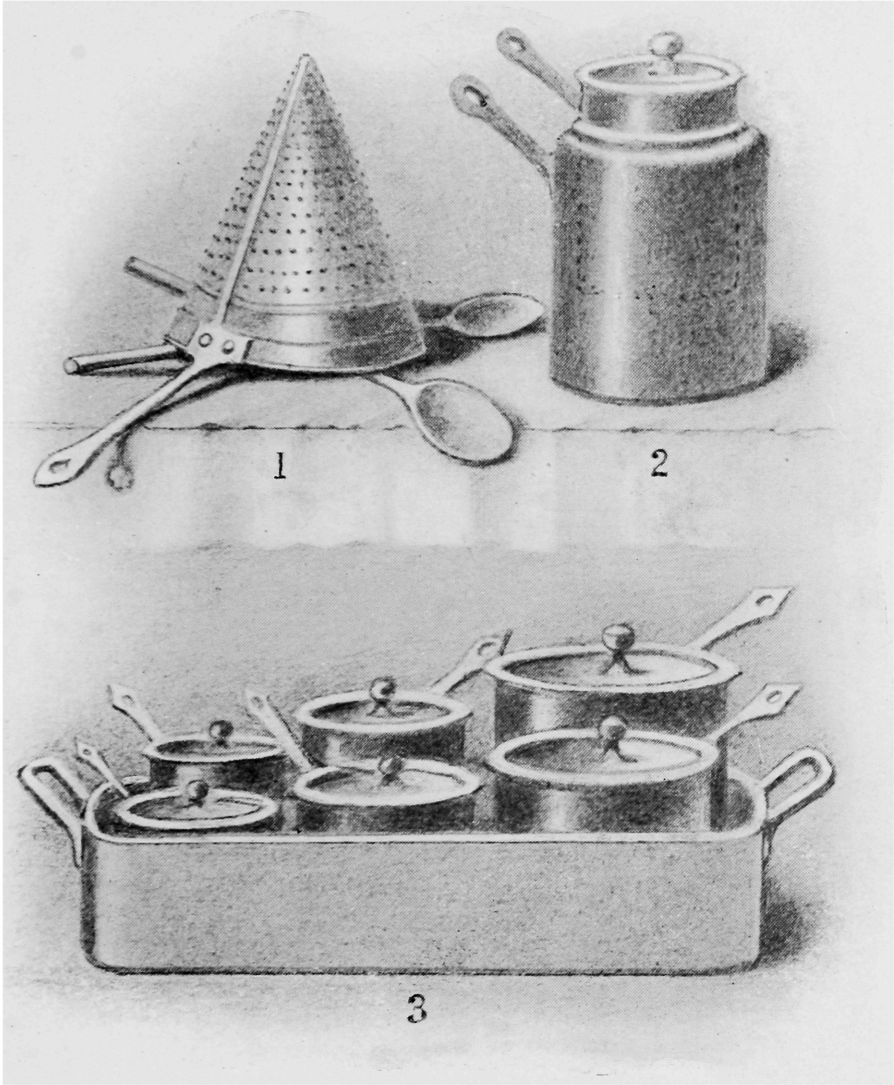
CHAPTER VI

SAUCES

GENERAL REMARKS—THE THICKENING—BUTTER IN SAUCES—CREAM IN SAUCES—SIMPLE SAUCES—GIBLET BROTH—SHARP SAUCES—NUT SAUCES—COLD SAUCES—SUPERIOR SAUCES—ESSENCES—MIREPOIX—D'UXELLES

THE consideration of sauces may certainly be regarded as the most interesting part of the study of cookery. So much, indeed, is to be gained by this branch of the art, that I might almost call it the most important. Whether for fish, for flesh, or fowl, the assistance thus contributed is invaluable. Two or three nice sauces, well contrasted and distinctly flavoured, stamp a little dinner at once as the handiwork of a good cook. Indeed, if you once master the broad principles of sauce-making, you need never be at a loss for variety in your cooking ; you will be able to improve many an ordinary dish of fish, flesh, fowl, or vegetable, whilst with cold things you will rarely fail to turn out little *réchauffés* which will be at once tasty and economical.

It is not a very difficult thing to teach a willing cook the fundamental rules of this part of her work, for they are simple. The labour is so slight that, if sufficiently devoted to your task, you can select a recipe and absolutely show her step by step how to carry it out. For a demonstration of this kind, you must, of course, order all the ingredients you may require to be prepared beforehand, and have a mineral oil stove, or, better still, a gas hot-plate, or small boiling stove, at your command. The little trouble this may cost you will, in nine cases out of ten, be amply repaid, for it need not be said that practical proof is far more effective than verbal or even written directions.



1. POINTED STRAINER. 2. BAIN MARIE SAUCEPAN.
3. BAIN MARIE PAN AND VESSELS.

For sauce-making on a small scale you must possess a quart stew-pan, two or three small saucepans in sizes, a *bain-marie*-pan to set them in, a small pair of scales, three wooden spoons, in the smaller sizes, a plated spoon of each size, a flour dredger, a set of three earthenware bowls, one block-tin perforated flat medium, and two pointed gravy strainers—one coarse and one fine—all three with handles, a wire sieve, a hair sieve, and a mortar.

It is the fashion to recommend the cook to “wring” her sauces “through a tamis cloth,” but for domestic work on a small scale this is unnecessary if she be provided with the hair sieve and finely perforated strainers I have mentioned. Of course cloths must be used in straining soups and jellies, but they are rarely needed for anything else.

The materials you will call into play from time to time will be:—good fresh butter, flour of the best quality, eggs, spiced pepper, salt, sweet herbs fresh or dried according to the season, onions, parsley, a few cloves of garlic, shallots, Parisian essence; anchovy, chilli, tarragon, and the best French vinegars; besides mustard, with pickled gherkins, capers, and red currant jelly.

Carefully-made gravy, broth, or stock will occasionally be wanted, for which special provision must be made, but for all the ordinary sauces you can generally manage to make very serviceable broth from giblets, scraps, and trimmings. In doing this you have the satisfaction of knowing that there is nothing wasted. Most valuable assistance can be given to these scrap broths with good glaze, essences like Liebig's, Brand's, &c., and Bovril is useful for this purpose.

As spoonfuls of red or white wine will be necessary now and then, I take the opportunity of repeating that for culinary purposes generally a good sound marsala can be used as the equivalent for madeira when that wine is prescribed. The term white wine—“*vin blanc*” in French cookery—refers, of course, to the wines of France—a fair chablis or sauterne—though hock supplies a good substitute; and “*vin rouge*” to Burgundy or Bordeaux, or Spanish Rioja.

The utmost care should be taken in the matter of weights and measures, especially when practising a sauce for the first time.

THICKENING.

The various materials used for *liaisons*, and the method of working them, have already been carefully discussed (page 44). For sauces, the brown and white *roux* therein described are for the most part adopted. As a general rule an ounce of butter and an ounce of flour to a pint of broth may be accepted as a standard, variation more or less being allowed according to quantity. Sometimes the butter will take up a little more flour before the mixture reaches the desired consistence. Sauces ought not to be very thick.

Beurre manié :—This preparation is used to thicken a sauce slightly just at the moment of service—put an ounce of butter on a plate, and work with it by degrees, using a wooden spoon, as much flour as it will take up without forming a stiff dough so that it will dissolve smoothly in the sauce, which should be very hot, but not boiling. This sort of thickening is often communicated to a sauce in the room at a superior restaurant, especially in the case of fish—*sole au vin blanc* for instance.

BUTTER IN SAUCES.

It must be clearly understood that good fresh butter is an indispensable element in sauce-making. It is waste of time and materials to attempt this branch of the art with inferior ingredients. Large quantities are unnecessary, so it is false economy to withhold an ounce or couple of ounces of good butter, and so spoil the whole of an otherwise good sauce.

CREAM IN SAUCES.

The indiscriminate use of cream in white sauces is, I contend, one of the mistakes of modern cookery. There are compositions into which it must enter. These should be kept distinct. The safest enrichment that can be employed is the yolk of a raw egg beaten up in a tablespoonful of the sauce (separately), and stirred in, off the fire, before serving. Those, however, who *must* use cream can do so obviously. The thing is not to make more sauce than is actually necessary: *half* a pint may be fixed as enough for six people. It is a common practice to make far more than this, and thus extra expense is incurred that might well be avoided.

SIMPLE SAUCES.

Failure in the composition of the standard English sauce, "melted butter" (*sauce blanche*), is so common, that I will commence with a few hints with regard to that homely preparation. The pith of this sauce consists in melting the butter (*good* butter, mind) *first* at the bottom of the stew-pan, over a very moderate fire, next to add the flour, which soon forms a smooth paste when worked with the melted butter, and then to reduce the fire, and cook the *roux* gently for some minutes, but without allowing it to take colour. Next to add by degrees the warm water, or milk and water, with a pinch of salt. Increase the heat now, and work this well with a wooden spoon till it is soft and creamy to look upon, pass it through the tin strainer into a hot sauce-boat and, as you serve it, *add a pat of fresh butter* the size of a walnut, which will, of course, melt of its own accord, and give the desired fresh buttery flavour—not that flour-and-watery one so suggestive of the composition people use for fixing scraps in an album.

For a *pint* of good white sauce take two ounces of butter, one ounce of flour, a saltspoonful of salt, and a pint of warm water, or milk and water. Use one ounce of butter and the flour first, and save the extra ounce of butter to finish with. Half of everything will give enough sauce for six people—*i.e.*, half a pint.

As flours vary in their thickening power, it is possible that the sauce may sometimes seem a little too thick. In this case a slight addition of milk or water will set matters straight, but this should be done before the final addition of the pure butter.

If too thin, a sauce may be reduced by fast boiling before the addition of the final pat of butter, or a thickening "*à l'allemande*" may be stirred into it: Take as much flour as you think likely to effect the object; put this into a teacup, and moisten it with water or milk, stirring and mixing it thoroughly till it assumes the consistency of thin batter. When quite smooth and creamy pass this through a pointed strainer into the warm sauce, bring to the boil, and the additional thickness will be obtained.

A saltspoonful of sugar with the salt assists all white sauces. Observe that *milk* is not absolutely necessary in making white

sauce. The chief objection to its use is that in warm weather it causes the sauce with which it may be used to turn sour the next day. I consequently advocate the use of common *broth*, made from chicken bones or mutton scraps instead of milk. Broth enriches the sauce, and if strong, makes it equal to *sauce blonde*. The water in which a chicken, peas, carrots, parsnips, onions, celery, and leeks have been boiled—the *eau de la cuisson* of the French kitchen—may be used advantageously for this purpose.

If required for fish, the liquid in which the fish was cooked, if not too salt, reduced by rapid boiling, or a broth made from the bones, fins, and trimmings separately simmered, should be used. This, it will be seen, is strongly advocated in Chapter X. Indeed, so valuable do I consider the fish stock basis that I would, for any special occasion, purchase some “fish cuttings” separately for its concoction.

A very common error in making melted butter, or white sauce, is the stirring of the flour *into* the sauce. The raw flour imparts a paste-like flavour, while it produces the effect required at the expense perhaps of double the necessary quantity of flour, for the lumps strained off are thrown away and utterly wasted. The caution given in regard to *roux* and its application to soups on page 44 is equally apposite here. A too sparing use of butter is another cardinal mistake.

With *half* a pint of good *sauce blanche* you can work out several tasty recipes as follows:—

Domestic Hollandaise:—Beat up the yolk of an egg and the juice of a lemon, then strain, and add to the melted butter just before serving—*off the fire* or the sauce will curdle.

Sauce à l'estragon:—Beat up the yolk of an egg with a teaspoonful of finely chopped tarragon, and a tablespoonful of butter warmed till it has melted, and add in the same way.

For *sauce au persil*, *sauce au fenouil*, or *sauce aux câpres* put in just before serving a tablespoonful of finely minced parsley, fennel, or a dessertspoonful of chopped capers. The parsley and fennel must be blanched, dried, and then mixed as finely as possible.

Sauce aux anchois:—Stir into it after it is made a dessertspoonful (or more if liked) of anchovy or shrimp *purée*. One

tablespoonful of shrimp, and one teaspoonful of anchovy *purée* in half a pint of white sauce made on a fish broth basis, make an excellent everyday sauce for fish.

Sauce verte aux herbes:—Flavour a pint of milk by boiling up in it—blanched first for five minutes in scalding water—two ounces of onion, a couple of cloves, and a tablespoonful of parsley: when well flavoured, strain the milk through muslin and stir it by degrees into a saucepan in which an ounce of butter and one of flour have been well mixed; thicken gently by bringing the mixture to the boil, strain, and add, just before serving, a pat of herbs butter made as follows: Blanch in boiling water for seven minutes a handful each of picked parsley and chervil, dry in a cloth and pound in a mortar with an ounce of butter, mix into the sauce, and add enough spinach-greening to tint the whole a pale green.

A squeeze of a lemon may be judiciously added to this sauce. With half of everything enough sauce can be made for six people.

Fillets of whiting, or any plain fish that can be filleted, poached gently in milk thus flavoured, and served with the *same* thickened, sharpened with vinegar, and enriched with the yolk of a raw egg, poured over them, are very nice.

Small dice of sliced gherkins added to ordinary melted butter form *sauce aux cornichons*; a teaspoonful of tarragon vinegar should be added to finish it.

With a white sauce made with fish broth you can make oyster sauce (*sauce aux huîtres*), shrimp sauce (*sauce aux crevettes*), mussel sauce, an excellent substitute for oyster sauce too rarely seen (*sauce aux moules*), and scallop sauce (*sauce aux pétoncles*).

The preparation of oysters for sauce, *vol-au-vents*, *omelettes*, &c., needs great care, for, while it is necessary for them to be firm, the slightest overcooking will make them leathery and tasteless. Empty the oysters from their shells with their liquid into a small *sauté-pan*, add a spoonful or two of chablis, or other light French wine, sufficient with their liquid to come level with their surface. Put the pan on a moderate fire, watch carefully, and at the first *indication* of the approach of boiling, stop: draw

the pan to the side of the hot-plate—or reduce the heat of a gas fire to the utmost—for *two* minutes only, then drain the oysters, trim them from the beards, divide them in halves, and strain the liquid, which should then be thickened with butter and flour for the sauce. Fish broth may be used instead of the wine, indeed many would prefer it, and some think that a spoonful of cream to finish with is a good thing. For a pint of oyster sauce eighteen sauce oysters are enough: nine for half a pint.

Scallops should be prepared for sauce, &c., in the same way as oysters, the only difference being that as they are larger and of tougher flesh they require gentle simmering for twenty minutes instead of two. Note that in neither case is actual boiling permitted.

For mussel sauce: Take a dozen mussels, choosing small ones, scrape the shells and scrub them, changing the water several times till all sand and grit are removed. When clean lay them in a roomy *sauté*-pan with four ounces of onion, one ounce of coarsely cut parsley, a saltspoonful of salt, and half that quantity of pepper, half a pint of the fish broth, and half a pint of chablis or sauterne; set on the fire and stir the mussels occasionally; when they open they are done. Remove the pan at once, or they will be tough, take them out of the shells, dip them in lukewarm water, drain, trim off their beards, and keep them ready. Strain off all the liquid in the pan into a bowl, and finish in the same way as oyster sauce, adding the mussels when it is completed.

In respect of lobster, crawfish, shrimp, and prawn sauces, we are apt to ignore the very part of the fish most necessary for both flavour and appearance—the shells. In the best French recipes of the modern school “*beurre rouge*” constantly occurs, the essence of which is extracted from them. The heads of shrimps and prawns are full of flavour. To extract the *fumet* and make the butter it is necessary to wash the shells with all the slender legs of a lobster, &c., and pound them with butter in a mortar—for a lobster originally weighing a pound, from six to eight ounces of butter should be allowed; when well pounded, I have found that the quickest way is to empty the contents of the mortar into

an earthenware casserole, to dilute them with a pint of water, and put the vessel on the fire until the butter melts and rises to the surface, then to strain the liquid through a hair sieve into a bowl; when this is placed in the ice-box the butter soon becomes congealed on the surface of the water, and can be skimmed off. The next step is to melt the butter, then to take it off the fire, and stir it well with a spoon over ice until it forms again. This is to distribute the colour and flavour evenly through it. If the lobster coral is saved and pounded with the shells a very vivid colour is obtained. The butter is then ready for incorporation with a fish sauce to finish it. The water upon which the butter congealed should be put back with the shells into the casserole, brought to the boil, and simmered for half an hour, when it will be found that an excellent foundation for a sauce is obtained. Note that this is made from the part of a lobster which is usually thrown into the ashpit, and that a delicacy is obtained for the mere cost of the butter. This is not only useful in fish sauces, it is also valuable for savouries, and afternoon reception sandwiches.

The principle explained in respect of lobster shells is equally applicable to crawfish, prawns, and shrimps. With butter extracted in the same way the sauces in which they appear are much improved.

By adding good warm broth or stock to the butter and flour, instead of water or milk and water as in *sauce blanche*, you produce *sauce blonde* which forms the basis of several useful sauces. This might be called domestic *sauce veloutée*.

Giblet broth:—An excellent stock for this work can be extracted from the giblets, and carcasses of fowls or chickens the flesh of which has been taken for an *entrée*. Or, if these materials happen not to be available, from a shilling's worth of fowl giblets obtained from the poulterer. In either case the first thing to be done is to put the giblets on a chopping-board, and cut them into the smallest half-inch pieces, breaking up and chopping the carcasses also if they happen to be at hand. Next put into a stew-pan with two ounces of butter or clarified suet, four ounces each of onions, carrots, and turnips minced small. Fry over a fairly brisk fire but without colouring, and then add

the *débris* of fowl, fry for five minutes, after which moisten with a quart of warm broth or water, bring slowly to the boil, and then reduce the heat, partly cover the vessel and simmer gently for a couple of hours. Strain after this into a bowl and let the broth get cold so that the fat may settle and be easily removed. This having been done, the broth can be used for any white sauce.

When it is wanted for a brown sauce, the frying of the fragments of fowl and vegetables should be carried on until browning sets in, a gill of hot water with a glass of marsala being stirred in during the process to assist the production of a glaze. After that the moistening, &c., should be conducted as in the first case. If there are any trimmings of fresh meat to spare they might be put into the pan, and a calf's foot would be an additional improvement.

NOTE:—*Sauce blonde* for fish should be made with fish broth extracted from bones and trimmings; it can then be finished with any fancy butter, or with eggs *à la poulette*, and sharpened with lemon juice or reduced vinegar.

Reduced vinegar, chablis, sauterne, hock, &c.:—Excellent flavour is obtained for sauces together with sharpness by reducing the vinegar or wine instead of mixing it in them plainly, viz.:—Put half a pint of vinegar or white wine into a small saucepan with half an ounce of minced shallot, a saltspoonful of salt, and one of spiced pepper, put on the fire and boil fast until two-thirds of the liquid has evaporated, strain what remains and use according to the directions that may be given.

Maître d'hôtel sauce is simply *sauce blonde* to each half-pint of which an ounce of *maître d'hôtel* butter has been added, with the well-beaten yolk of an egg, and a squeeze of lemon juice.

Maître d'hôtel butter:—To two ounces of fresh butter, softened but not melted, add the juice of one lemon, a dessertspoonful of chopped parsley free from moisture, a pinch of white pepper, and a pinch of salt. Work this with a butter bat, and then set it in the ice-box. The parsley must first be blanched in scalding water for seven minutes, and then carefully *dried in a cloth*, after which it can be chopped as finely as possible.

A nice juicy grilled cutlet of mutton, or a little fillet of beef, served with a piece of *maitre d'hôtel* butter melting over it, is of course a familiar method of service to most of us.

Sauce à la poulette (or domestic *allemande* sauce) is worthy of distinction among ordinary white sauces. Its chief points are :— first, that it is finished with the raw yolks of eggs, and secondly, that it is garnished with button mushrooms. It is a creamy-looking sauce the colour of a rich custard. Make an ordinary thin *sauce blonde* with one pint of giblet broth, one ounce of butter, one ounce of flour, and pepper and salt seasoning : stir well for a quarter of an hour, and it will be a thin white sauce : then add *en bain-marie* one by one the strained and well-beaten yolks of two eggs, finishing off with a pat of butter and a couple of tablespoonfuls of chopped button mushrooms, which should have been separately stewed in milk. The milk should be blended with the sauce, and the peelings and trimmings of the mushrooms, washed and chopped up, should be put in with the vegetables when making the broth.

The name "*poulette*" is often given to a sauce made exactly like this but without the mushrooms, the point maintained being the egg-thickening. White sauce made for vegetables with their own broth or *cuisson* thus thickened is known as *poulette*.

The pulp of six ounces of mild onions that have been simmered in milk till tender and passed through a hair sieve, when worked into half a pint of *sauce blonde*, with a delicate seasoning of salt and spiced pepper, and finished with a yolk of egg, produces *Sauce Villageoise*.

For *Sauce Soubise* the process is slightly different :—Blanch six ounces of onions for five minutes, then cut them up into a small mince ; melt an ounce of butter in a saucepan, put in the mince, stir over a low fire till the onions seem about to colour, then take off the saucepan and dilute with half a pint of *sauce blonde* ; boil, skim, reduce a little over the fire again, and then pass the whole through the sieve, putting the *purée* into the saucepan again to be reheated in the *bain-marie*. Finish with a spoonful of cream.

For *Sauce à la Bretonne* (*soubise brune*) do not blanch the onions, slice them up and fry very gently till well coloured, add

brown instead of white sauce, and finish as in the foregoing case, omitting the cream.

Sauce Robert:—May be described as *Sauce à la Bretonne* finished with French mustard—a good teaspoonful to half a pint. This must be mixed in off the fire just before serving. Instead of French mustard, if that be not at hand, mix a teaspoonful of English mustard with a dessertspoonful of tarragon vinegar, and stir it in at the time mentioned.

Sauce Soubise tomate:—Add one gill of tomato *purée* to two gills of *Soubise sauce* (white).

Sauce Milanaise:—Into three gills of *Soubise sauce* (white) stir two tablespoonfuls of grated Parmesan, or dry Gruyère.

Sauce Milanaise tomate:—Allow a gill of tomato *purée* to two gills of Milanaise sauce.

Sauce Navarre:—*Sauce blonde* and tomato *purée* in equal portions, blended smoothly, and finished with a pat of butter at the moment of serving.

Sauce Estragon:—*Sauce blonde* or *blanche* finished with minced tarragon; proportion, a teaspoonful to a pint pounded with half an ounce of butter, and finished with a dessertspoonful of tarragon vinegar: nice with vegetables; when used for fish, fish broth must be the moistening.

Sauce Mornay:—A white sauce made either on a giblet broth basis, or with fish broth, according to the requirements of the case, finished with cream and grated Parmesan. As a rule this sauce is reduced till it coats the spoon, and is used to mask dishes which are slightly *gratinés* in the oven till their surfaces become golden.

Sauce Printanière:—*Sauce blonde* with which the peelings and trimmings of mushrooms have been simmered, flavoured with a tablespoonful of chablis and finished with *ravigote*, butter and sufficient spinach-greening to tint the sauce a pale green.

Sauce Chivry:—*Sauce blonde* finished with herbs pounded with butter as for *sauce verte aux herbes*, using a mixture of parsley chervil, tarragon, burnet, and chives. One handful (mixed) to half a pint.

SHARP SAUCES.

Sauce piquante :—Chop up as finely as possible an ounce of shallot, and put the mince into a small saucepan with four table-spoonfuls of vinegar. Stir over a fast fire till the vinegar is reduced by one half, then strain it off into a bowl. In a clean stew-pan mix a *roux* with one ounce of butter, and one ounce of flour, stir over a low fire until it is smooth, then add a pint of giblet broth, a saltspoonful of mignonette pepper, and a few drops of colouring (Parisian essence). Simmer for a quarter of an hour, adding the reduced vinegar, a tablespoonful of finely minced parsley, the same of chopped gherkins. Boil up once, skim, and serve.

For *ravigote* proceed as for *piquante*, adding instead of parsley and gherkins a *ravigote* mixture of herbs—*i.e.*, a teaspoonful each of chives, chervil, tarragon, and parsley, all very finely mixed.

For *rémoulade* follow the same method, omitting the herbs or gherkins, but flavouring the sauce with French mustard or its equivalent given for *sauce Robert*, and softening it with the yolk of an egg (raw) stirred in off the fire to finish with. A dessert-spoonful of the made mustard for a pint should be allowed.

Poivrade (domestic) is also made in the manner described for *piquante*, with this difference: Put into the stew-pan five table-spoonfuls of vinegar and, in addition to the shallot, two ounces of onions, an ounce of carrot, and an ounce of parsley, all finely minced, a sprig of thyme, two bay-leaves, four cloves, and the pepper; cook all these ingredients together till the vinegar is half absorbed; add the broth, boil once, and simmer twenty minutes. Mix the butter and flour in another saucepan, stir for four minutes over the fire, pour the contents of the stew-pan by degrees into it through a pointed strainer, bring to the boil, colour with Parisian essence, skim, strain, and serve.

Sauce Italienne :—Reduce a gill of chablis until half of it remains; make a *roux* of an ounce of butter and one of flour; when mixed well stir in three gills of broth and the reduced wine, season, and finish with two table-spoonfuls of herbs as in *sauce verte aux herbes* (page 59).

Sauce zingara :—Reduce a quarter-pint of vinegar with an ounce of finely minced shallot, a small saltspoonful of salt, and

one of mignonette pepper, till about a dessertspoonful remains ; add to this two tablespoonfuls of bread crumbs that have been fried lightly in butter ; moisten with half a pint of good broth, simmer for ten minutes on the stove corner, and finish with a tablespoonful of minced parsley and the juice of a lemon.

Mustard sauce :—A popular sauce for fresh herrings, pork, &c. Is made in this way. Melt half an ounce of butter in a small saucepan, blend with it half an ounce of flour, and, when it is mixed, a teaspoonful of French mustard with a pinch of salt ; next add half a pint of broth or fish broth ; let it come to the boil, then strain through the pointed strainer into a hot sauce-boat. If English mustard is used mix it first with a little tarragon vinegar.

Sauce pauvre homme :—Is produced by first frying an ounce each of minced onion, carrot, and turnip in an ounce of butter until the vegetables assume a golden tint, and then pouring in five gills of broth ; bring this to the boil, simmer for half an hour, and then strain it by degrees into another saucepan containing a thickening made of half an ounce each of butter and flour ; work this well with a wooden spoon, adding a saltspoonful of salt, half one of mignonette pepper, and a teaspoonful of vinegar reduced from a gill (page 62), or of anchovy vinegar plain.

These sharp relishes go well with fish, and, as a rule, are liked with cutlets. Half an ounce of glaze improves them all.

Hollandaise :—In its homely form may be described as *sauce blanche*, to which a few yolks of eggs have been added, and a squeeze of lemon juice. In its more elaborate treatment it becomes a custard of yolks of eggs and butter, finished with reduced vinegar or lemon juice. Some are in favour of vinegar, others prefer lemon juice. For the simpler *Hollandaise* go to work in this way :—

Beat up the yolks of three eggs with a teaspoonful of vinegar that has been reduced as described, and a dessertspoonful of water in which half a saltspoonful of pounded allspice has been dissolved, add seasoning, and four ounces of fresh butter. Put this mixture into a small saucepan, and plunge it into a *bain-marie*, or stew-pan large enough to receive it, containing boiling water stirring as in custard-making till it thickens, and serve the

sauce in a warm boat. *Hollandaise* made with eggs is sometimes described as *Hollandaise jaune*, to distinguish it from the "Dutch sauce" made with butter and lemon juice.

Gouffé's method may be condensed as follows:—Cut four ounces of butter into six equal portions, and reduce two tablespoonfuls of vinegar with a saltspoonful of salt and pepper blended, till about a teaspoonful remains: strain, and add to it two tablespoonfuls of water, and two yolks of eggs carefully freed from white; put this over a low fire for a minute, stirring it well with a wooden spoon; avoid boiling; take off the fire, add one of the sixth parts of butter, stir till melted, put it on the fire for a minute, stir well, take it off again, and continue this process till bit by bit the six portions of butter have been worked into the two eggs you originally put in, and by degrees, adding a little water now and then to prevent its curdling. The sauce should be thick as good *mayonnaise* sauce, or very thick cream. Being made at a very low temperature, it can never be served "piping hot" like other sauces; it is necessary, therefore, to see that the sauce-boat (a silver one if possible) should be made warm to receive it, but not too hot, for that would curdle it.

This recipe should be very carefully noted, for the process it prescribes is followed in making *sauce Béarnaise*, one of the best sauces in the whole culinary *répertoire* for the fillet of beef. For this you only have to add a teaspoonful of chopped tarragon, and one of tarragon vinegar before serving, omitting at the beginning the reduced vinegar propounded for *Hollandaise*.

Sauce Valois is of this type also:—Put into a small saucepan two tablespoonfuls of vinegar with one ounce of finely minced shallot. Reduce over a moderate fire till the shallot has taken up all the vinegar. Let it get cold, then put the shallot into a stew-pan, add four yolks of egg and one ounce of butter, mix over a low fire, take the pan off, add another ounce of butter, mix, put on the fire again, and add a gill of strong, well-reduced chicken giblet broth, mix well off the fire, put it on again, add one more ounce of butter with a tablespoonful of chopped parsley, and serve. If required for fish, strong well-reduced fish broth may be used instead of the chicken.

Dutch sauce as eaten in Holland, or *beurre fondu*, by some

considered the veritable *Hollandaise*, is butter plainly melted in a saucepan, seasoned with salt and pepper, and sharpened with the squeeze of a lemon ; this is allowed to settle over the fire, and is then poured free from the sediment at the bottom of the pan into a piping hot metal sauce-boat. No sauce is better with fried fish, asparagus, seakale, celery (boiled), celeriac, cardoons, salsify, &c., than this.

The proportions—to be doubled, of course, if necessary—are :—For four ounces of butter, a small saltspoonful of salt, the same of mignonette pepper, and one tablespoonful of lemon juice, or anchovy vinegar.

This sauce goes specially well with globe artichokes ; one tablespoonful is enough for one artichoke, and the plates should be really hot. A teaspoonful of *anchovy* vinegar is in this case better than lemon juice.

Note that the saucepan should be removed from the fire *before* the butter has quite liquefied. The heat of the saucepan will complete the melting. This is necessary to preserve the creaminess of the butter, which would be lost if it were allowed to assume the consistency of oil over the fire. No worse term could have been chosen for this sauce than “oiled butter,” the very thing that it ought *not* to be.

Horseradish sauce (sauce raifort) :—Is chiefly known, of course, in connection with roast beef. As a matter of fact, however, we do not make use of this sauce sufficiently. With fish, especially the richer kinds—fresh herring, mackerel, &c.—it makes an agreeable change in its hot form, while as an occasional introduction in *mayonnaise* it works pleasantly.

To serve hot :—Grate as finely as you can a coffee-cupful of the root, and simmer this very gently in half a pint of melted butter sauce (*sauce blanche*, page 57) for ten minutes : after this enrich the sauce custardwise, over a low fire with the yolk of an egg beaten up with a dessertspoonful of tarragon vinegar ; add a seasoning of pepper and salt, and serve in a sauce-boat.

A slightly better variation of this sauce can be produced by using *sauce blonde* instead of *blanche*, and finishing with a dessertspoonful of cream in addition to the egg.

For the cold form of this sauce mingle a coffee-cupful of

fine raspings with a breakfast-cupful of ordinary *mayonnaise* or *tartare* sauce—in summer, iced. Cream is, of course, preferred by many: when available it may be used instead of the oil, but the usual mixture of eggs, oil, mustard, and vinegar, will give you a good result. Serve this as cold as you can. Worked rather thickly this is excellent with *grilled* salmon, trout, or mackerel.

Another version simpler still runs as follows: Mix together equal measures of rasped horseradish and white crumb of bread soaked in milk; season with salt, and, assuming that there is a coffee-cupful of each, whip a gill of cream with them in a bowl sharpening with a few drops of good vinegar.

NUT SAUCES.

Excellent sauces for all birds can be made with various nuts using for their basis a colourless broth made with their giblets, already explained (page 61).

Cashu-nut sauce:—For three gills or so of sauce take three ounces of the nuts, scald them to remove dirt and any shell that may adhere to them. Dry in a cloth, chop them up, and put them into a *sauté*-pan with an ounce and a half of butter, and a dessertspoonful of finely minced onion; fry over a moderate fire, seasoning with pepper and salt. Let the mince take a pale brown colour, then empty it with the butter into a mortar and pound it well: when pounded to a paste put a quarter of an ounce of flour into a clean stew-pan with a quarter of an ounce of butter, mix a white *roux*, and then add giblet broth and nut-paste by degrees till the *purée* reaches a nice consistency, and the paste has been expended. This should be finished off the fire before serving with a tablespoonful of cream, or the yolk of an egg beaten up with a tablespoonful of the sauce.

Sauce aux pignons:—A still nicer sauce is made with pine kernels (pignolia nuts), following exactly the method given for cashu-nut sauce. Neither of these should be passed through a sieve; the slight granulation is no blemish to them, and flavour is lost by taking away the nutty particles.

With twelve good-sized chestnuts, peeled, scalded, and skinned,

you can proceed in the same way and make the well-known chestnut *purée* sauce.

Almonds may in like manner be treated in savoury fashion, and if slightly fried beforehand are particularly nice for a change in a sauce of this description. The salted almonds, sold for dessert and to fill the little saucers wherewith the modern dinner-table is garnished, can thus be turned to pleasant advantage. A nice almond sauce for poultry can be made by boiling a tablespoonful of ground sweet almonds in half a pint of good white sauce ; stir well and pass through a hair sieve adding the cream, or the yolk of egg in the manner already explained, to finish with.

There can be no doubt that cream is quite necessary for the production of nut sauces at their best.

Bread sauce :—The backbone of bread sauce is the *flavouring of the milk* with which it is made, to begin with. Take a three-ounce onion, peel off the outside skin, blanch it for five minutes in scalding water, then cut it into quarters, and put them, with a dozen peppercorns, six cloves, or a blade of mace, or a salt-spoonful of grated nutmeg, and two of salt, into a stew-pan containing half a pint of good milk. Put this over a moderate fire and watch it carefully, for milk boils up so rapidly that you may be taken by surprise. Remove the pan as soon as the surface of the milk looks frothy : let it cool a little, and replace it, continuing the operation until the flavour is extracted, adding a little milk from time to time to make good the loss by evaporation. Now, strain it off through a piece of muslin into a clean saucepan, and complete the sauce as follows :—

Get ready some stale, finely-sifted white crumbs that have been dried in the oven, but not allowed to take colour, and then pounded, and as the time of service approaches, bring the milk nearly to the boil, and stir into it by degrees, off the fire, sufficient crumbs to bring the mixture to the consistency of an ordinary *purée*, but on no account any thicker. Finally, finish it off with a good tablespoonful of *cream* just before serving. In the absence of cream the yolk of one egg, beaten up in a little warm milk till it looks creamy, may be added, *off the fire*, just at the last, but this is a case in which cream should be used if possible.

It is necessary to reserve the addition of the crumbs till the

period I have indicated, and to stir them in *off the fire*, in order to preserve a certain amount of granulation. You do not want a *pulp* of bread and milk, but a sauce in which the presence of the crumbs can be recognised. If the sauce be mixed early and set in the *bain-marie* the crumbs become sodden and absorb so much of the milk that the consistence is spoilt. Much the same effect is produced by heating the sauce up over the fire with the crumbs in it.

If granulation is not particularly desired a smooth creamy *purée* can be produced in this way: Blanch in scalding water and boil till tender a two-ounce onion. Let it get cold. Put half a pint of milk on the fire and gradually thicken it with bread crumbs, add the cooked onion, and pass all through a hair sieve. Heat up in the *bain-marie* and finish just before serving with the cream. The seasoning should be regulated at discretion, as some do not like spice. If liked, it should be stirred in while the *purée* is being made; powdered cloves, cinnamon, mace, or nutmeg are all suitable.

Finding a cook in difficulties one day with some fresh spongy crumbs with which it seemed impossible to get a presentable sauce, I put the bread into a bowl set in hot water over a moderate fire, moistened it by degrees with the flavoured milk, and whisked the mixture until it was smooth, finishing with the tablespoonful of cream. This produced a very good sauce.

It is a mistake to attempt bread sauce unless you have all the ingredients at your command. *There can be no evasion of the milk*—water at once produces a bread poultice—and the cream to finish it with cannot be dispensed with.

Half a pint of good milk with as much crumb as it will take up without being too stodgy is enough for a sauce required for six people.

COLD SAUCES.

In respect of cold sauces an invariable rule must be observed—be sure that they *are* cold. That is to say, if the dish to which it appertains has been made cold in the refrigerator, the sauce must be of the same temperature. A sauce that has been kept only a short time in the dining-room, even in cold weather, will appear almost warm if handed in its natural condition with

an ice-cold *entrée*. All ingredients for the mixing of cold sauces, especially of those in which such materials appear as salad oil, eggs, or cream, must be as cold as possible. Failure in the proper thickening of a *mayonnaise* sauce is often caused by the warmth of the materials used, of the basin in which they are blended, and of the room in which the work is done. In hot weather it will be found a good plan to mix a *mayonnaise* sauce in the larder or the coolest room available away from the kitchen, to set the basin in which it is to be mixed in crushed ice for a quarter of an hour before operations are begun, to measure the oil according to requirements and put it in ice also for ten minutes—just long enough for it to become cold but not cloudy. These precautions insure success, and reduce work to a minimum, for cold oil becomes stiff with whipping very quickly. It need scarcely be added that all materials used in cold sauces should be of good quality, eggs, cream, oil, vinegar, &c., for the presence of inferior ingredients is more readily detected in cold than in hot sauces.

In summer-time as soon as it is made, a cold sauce should be set either in the refrigerator, or in a basin of crushed ice.

Taking the *mayonnaise* group first, I commence with a recipe which I have purposely kept as simple as possible, free from mustard, herbs, and aromatic vinegar, as a *foundation* sauce, variety being obtained by mingling different flavours and garnishes with it.

Plain mayonnaise sauce.—Having everything cold, as already explained, put two yolks of fresh eggs into a bowl or soup plate with a saltspoonful of salt, stir with a plated spoon, gradually adding, *drop by drop* at first, cold salad oil; as you see the mixture gradually thickening, begin to increase the doles of oil a little in quantity until you have used half a pint of it. The two eggs will thicken from eight to ten tablespoonfuls of oil without difficulty. When this has been done, add a tablespoonful of good French vinegar (Bordin's or Maille's). Correct if more salt be considered necessary, and having put the sauce into a cold sauce-boat, keep it over ice or in the refrigerator until required. After the signs of thickening are satisfactory, the spoon may be exchanged for a small whisk, which expedites the work and produces a fine thick sauce.

As I have said, the sauce-boat should be placed in the ice-box ; but, to be successful, *mayonnaise* sauce ought, if possible, to be made as near the time of service as possible. When cream is used, it takes the place of the oil, but if only a little can be spared, a dessertspoonful may be added as a last touch to the sauce I have described with good effect.

The points in the working which should be noted are : first, the very gradual adding of the oil. This to begin with should be actually drop by drop. Next the sparing use of vinegar. You do not want a very acid mixture. Gouffé's calculation represents the quantity of vinegar as barely one-eighth of the oil. The moment the vinegar is added the sauce will assume a creamy appearance. This step must be reserved for the very end of the operation.

The yolks of hard-boiled eggs may be used in conjunction with raw, two of each say, but it is the raw yolk which produces the creamy thickness required.

The following recipes for varieties of *mayonnaises* have been calculated for half a pint of plain sauce as their basis :—

S. mayonnaise à l'estragon.—Use tarragon vinegar instead of Orleans, and garnish with a teaspoonful of finely minced tarragon leaves.

S. mayonnaise aux herbes.—Scald for eight minutes, drain, dry on a cloth, and mince very finely a teaspoonful each of chervil, chives, parsley, and garden cress in equal portions, making a tablespoonful in all when minced, and stir this into a plain *mayonnaise* sauce.

S. mayonnaise verte.—Put a good handful of parsley, water-cress, and chervil, chosen in equal portions, and all carefully picked, into boiling salted water and boil for eight minutes ; drain, dry, pound, and then pass the pulp through a hair sieve. Mix this into half a pint of plain *mayonnaise* sauce, thus turning the colour of the latter to a nice apple-green—a darker tint is not desirable.

NOTE :—Tarragon is omitted in the two last sauces on account of its strong flavour, which quite overpowers those of any other herbs with which it may be associated.

S. mayonnaise à la ravigote.—To be correct, *ravigote* should

be composed of chervil, burnet, chives, garden cress, and tarragon—prepared as the herbs in *mayonnaise aux herbes*—all in equal portions except the tarragon, two leaves of which will suffice if blended with a teaspoonful each of the other herbs. This mixture should be added to a plain *mayonnaise*.

S. mayonnaise à la Tartare:—Mustard should in this case be worked into the sauce in a dry state to begin with, a good teaspoonful of the powder being about enough. The garnish should be one of *herbes*, with a dessertspoonful of finely-minced gherkins or capers, shallot vinegar taking the place of plain vinegar.

S. mayonnaise à la remoulade:—Mixed French mustard (*moutarde de Maille* the best) is an essential feature in this sauce. One good teaspoonful of it should be allowed for the quantity of *mayonnaise* sauce given in the recipe for plain *mayonnaise*; while to the garnish composed of pounded herbs, as explained for *mayonnaise verte*, the fillets of two anchovies cut into little squares should be added.

NOTE:—It is customary to speak of the three last sauces as *sauce ravigote*, *sauce Tartare*, and *sauce remoulade*. As, however, each of them is composed upon a *mayonnaise* basis, I think that directions are simplified by keeping them under that head.

S. mayonnaise au raifort:—For this simply add to a plain *mayonnaise* sauce in quantity as given in the recipe a tablespoonful of very finely grated horseradish.

S. mayonnaise aux poivrons doux:—When ripe capsicums are procurable an uncommon flavour as well as a red colour can be communicated to a *mayonnaise* sauce by mixing into it the pounded fleshy part of the skin of one or two capsicums according to taste. A good tablespoonful of the *purée* should be about enough.

Sauce mayonnaise collée:—Can be made without eggs, Dubois' recipe being as follows: Put half a pint of liquefied aspic jelly in a bowl over ice, and as it begins to set beat into it with a whisk in very small quantities at a time about a gill of salad oil. The mixture will soon form, when additional oil may be whisked into it according to the quantity required. After this has been done the sharpening with vinegar must follow with a sprinkling of finely chopped herbs, and a tablespoonful of cream if liked.

Another variety thickened with arrowroot is given by the same author. Make a breakfast-cupful of very smooth and rather thick arrowroot with water in the ordinary way. Let this get cold in a bowl over ice. While cooling, season with a saltspoonful of salt and one of mustard powder; next add one by one the yolks of three raw eggs. Whip the mixture with a whisk, adding drop by drop a gill of salad oil in the usual manner followed in making *mayonnaise* until the desired quantity of sauce has been made. Finish with vinegar, &c., as in the previous recipe.

NOTE:—All milk that may be used in the following sauces should have been boiled beforehand, cooled, and strained.

Cold Hollandaise—(without butter):—Make a rich savoury custard with half a pint of milk and four yolks of eggs; season it with salt, white pepper, and a dust of Nepal pepper. Set it aside in a bowl on ice to get cold, and make the following sharpening mixture: Reduce a gill of French vinegar with a teaspoonful of minced onion and a pinch of salt till about a liqueur-glass remains, strain this off, and when cold whisk it drop by drop into the cold custard. Half a pint of chablis similarly reduced, strained, and cooled gives a pleasant flavour and slight acidity. Nice with cold fish and vegetables as a change.

For *Hollandaise tomatée* add two tablespoonfuls of tomato *purée* to finish with.

Cold Béarnaise:—For this sharpen the custard with chablis and vinegar in equal proportions, reduced as above, and garnish with a teaspoonful of finely minced tarragon.

Béarnaise tomatée:—Make the sauce just given, and add two tablespoonfuls of tomato *purée* to finish with.

Sauce Cherbourg:—To the cold *Hollandaise* add two tablespoonfuls of shrimp *purée* and one of chopped shrimps.

Sauce mousseline:—Put a gill of cold *Hollandaise* into a bowl over ice and whisk into it an exactly similar quantity of separately whipped cream until a frothy consistence is obtained. *Sauce mousseline* is much liked with all cold vegetables of a superior kind—asparagus, peas, seakale, artichokes, &c.

Hollandaise aux anchois:—Stir into half a pint of cold *Hollandaise a purée* composed of two anchovies pounded with a tablespoonful of the sauce to a paste.

Sauce Suédoise :—Put twelve ounces of minced apples, weighed after peeling and trimming them, into a small stew-pan, moisten with a claret-glassful of chablis, sauterne, or hock, season with salt and white pepper, and stir over a low fire until apple softens and the moisture is gradually absorbed ; now pass the apples through a hair sieve into a bowl, when quite cold add an equal quantity of finely rasped horseradish ; and finish by stirring in by degrees half a pint of plain *mayonnaise* sauce. Keep the bowl over ice or in the refrigerator till required.

Sauce froid à la Seville :—Peel off the rind of three oranges as finely as possible, avoiding all of the white skin, and the same of one juicy lemon. Put the peelings into a small stew-pan with a pint of boiling water, boil briskly for seven minutes, then drain, and, putting the peelings into a mortar, with a saltspoonful of sugar, pound them to a paste. Now wipe the stew-pan and put half a pound of red currant jelly into it, with a gill and a half of claret Burgundy or port wine, and the peelings paste ; melt the jelly in the wine over a low fire, and then pour it off into a bowl ; when cool add the juice of the three oranges and that of the lemon, seasoning with a saltspoonful of salt and half one of Nepaul pepper. If the oranges are very sweet a little extra lemon juice should be put in. Half quantities will produce enough for four people—nice with cold game, cold duck, &c.

Sauce froid à l'Anglaise :—Stir over a low fire half a pint of apple *purée* (not sweetened) with a claret-glassful of cider until the moisture has been exhausted, add to it a tablespoonful of horseradish raspings ; season this with salt and Nepaul pepper. Stir the mixture in a bowl over ice as you pass into it the juice of two oranges. Finally, whisk it with two gills of plain *Hollandaise*.

Persillade or vinaigrette :—Put into a soup-plate a dessert-spoonful of French mustard, a saltspoonful of salt, and half one of pepper ; moisten with salad oil by degrees, using a fork and adding a teaspoonful of tarragon vinegar to eight of oil. About double this measure will be enough. Garnish with a tablespoonful of minced parsley, chervil, and chives (or green stem of onion) mixed in this proportion : two teaspoonfuls of the parsley and one each of the other two. An additional garnish may be added in the form of one hard-boiled egg, granulated by being pressed

through a wire sieve. This should be scattered into the sauce to finish with. Good with marinated fish.

Brawn sauce (1):—Put the hard-boiled yolk of an egg in a soup plate, and with the back of a plated spoon bruise it with a tablespoonful of mixed mustard, a saltspoonful of salt, and half one of pepper; add a very little salad oil to make a paste of it, and mix with it a teaspoonful of sugar. Keep this aside. Break into a basin the yolk of a fresh egg, and, taking a fork, begin to beat in with it, drop by drop, salad oil as explained for *mayonnaise* until about two gills of sauce have been made; now blend the paste with it, sharpen well with vinegar—that from walnut pickle for choice—and set the basin in the refrigerator till the sauce is required. This should be a decidedly sharp sauce, and, if liked, heat may be communicated to it by using chilli vinegar or a few drops of tabasco.

Brawn sauce (2):—Beat together in a basin with a fork by degrees three tablespoonfuls of salad oil, with one and a half of vinegar, a good dessertspoonful of made mustard, and the same of sifted sugar; add the juice and rasped zest of an orange, and season with a saltspoonful of salt and half one of pepper.

Wyvern's cold poivrade sauce:—Clean and cut up small four ounces of onion, eight of tomatoes, two of carrot, and two of turnip, half an ounce of celery, and the same of parsley. Fry these in an ounce and a half of butter or clarified beef suet until soft; sprinkle in a tablespoonful of mixed green herbs, with a seasoning of salt and black pepper, and moisten with five gills of hot water and three gills of Orleans vinegar; bring to the boil slowly, skimming carefully, and then simmer until the vegetables are cooked. Now drain off the broth into a bowl. When cold take off any fat there may be on the surface. Next, put the broth into a clean stew-pan, set it over a fast fire, and stir in a tablespoonful of red currant jelly, which will dissolve as the heat increases. While this is proceeding mix thoroughly in a small bowl or cup two ounces of rice flour (*Groult's crème de riz* the best) with just enough of the broth to moisten it, and when the broth in the stew-pan nearly boils pass this into it through a pointed strainer, boil and stir for five minutes to complete the thickening; take off the pan when this has been accomplished,

strain its contents through a hair sieve, and mix into the sauce now produced half a pint of claret or Burgundy. Let it get as cold as possible. Half quantities enough for a pint of sauce. To accompany cold meat of any kind.

Wyvern's cold devil sauce :—Melt an ounce and a half of butter in a small stew-pan over a moderate fire, put into it three ounces of finely minced red shallot; fry gently, adding the minced skin of two green chillies or of one fair-sized capsicum, and a teaspoonful of rasped green ginger. When the shallot has browned lightly, moisten with half a pint of good broth, half a pint of claret, and a tablespoonful of chilli vinegar; stir in while this is heating a tablespoonful of chutney (Vencatachellum's tamarind for choice) and a teaspoonful of sugar or red currant jelly. Boil up, skim, simmer for fifteen minutes, and strain. When cold, remove any fat that may have risen, put the liquid into a clean stew-pan, and thicken it as described in the preceding case, using one ounce of *crème de riz*: strain when this has been done, and use with cold pork, brawn, &c., &c.

Tomato relish :—Melt an ounce of butter in a stew-pan, put into it a dessertspoonful of finely minced shallot, a clove of garlic *not cut*, and the finely minced skin of two scarlet chillies or of a ripe capsicum; fry together for five minutes, and then stir in a pound and a half of ripe tomatoes of as rich a colour as possible, coarsely cut up, seeds, juice, and all. Continue the frying, during which the tomatoes will soften to a pulp and produce quite enough moisture for our purpose. Now add a dessertspoonful of vinegar reduced as explained for *Hollandaise*, season with a good teaspoonful of salt, a saltspoonful of black pepper, and a teaspoonful of minced sweet basil. Next add half a pint of really good *jellied* meat broth—the jelly produced from pounded chicken bones, and giblets, with lean meat trimmings, for instance—boil up, pick out the clove of garlic, and then pass all through a hair sieve into a basin. When cold remove any butter that may have risen. The jelly should have given the sauce a consistence about as thick as conserve of tomato. If not, return the composition to the stew-pan, melt, boil up fast, and reduce by fast boiling, stirring unceasingly till the desired condition is produced, setting it to get cold again.

Mint sauce :—The proportions for this well-known accompaniment of lamb may be fixed as follows : Two gills of French vinegar to three ounces of powdered sugar, mixed with three tablespoonfuls of finely chopped mint. Pick the mint leaves as young and fresh as possible, wash, scald, and dry them, and mince just before adding to the vinegar, &c.

Herbs sauce :—Something like the foregoing with this difference : reduce the sugar by half, and instead of mint put into the liquid a dessertspoonful each of finely minced chervil, chives or green stem of onion, marjoram, rosemary, and basil. Infuse for two or three hours.

NOTE :—These two sauces may be made on a larger scale and kept bottled for use, as they keep very well. Herbs sauce may be used to flavour salads instead of tarragon and other vinegars. Both can be made with dried mint or herbs as the case may be.

English salad sauce :—It is as well to place a reliable recipe for this homely preparation on record : Boil three eggs hard, *i.e.*, quite fast for a quarter of an hour ; then put them into a bowl of cold water, and when quite cold, cut them in halves lengthwise, remove the yolks, which put into a cold soup-plate, and save the whites for garnish. Proceed with the back of a silver-plated spoon to bruise the yolks, mixing with them a saltspoonful of salt, half one of white pepper, and a dessertspoonful of made mustard ; add a few drops of salad oil to this just to make it into a paste ; now break in one raw yolk, and commence working into it with a fork, drop by drop, oil as explained in making *mayonnaise* sauce until half a pint has been used. By this time if the oil has been added patiently the sauce will be smooth, thick, and creamy ; add next a tablespoonful of tarragon ; shallot, elder, or herbs vinegar as may be desired, or plain French vinegar with a dessertspoonful of finely minced tarragon, chives, or other aromatic herb. Some put in a teaspoonful of finely minced green salad onion to start with, in which case it is advisable to pass the sauce, when finished, through a strainer, since all do not like eating pieces of onion, though not objecting, perhaps, to the slight flavour produced by them.

NOTE :—Remember to have the ingredients cold before you commence to mix them. A little crushed ice under the soup-

plate will assist the operation. For picnics this sauce should be carried in a wide-mouthed bottle well corked down. Variety in flavouring can obviously be obtained by changing the herbs which are scattered into, or the vinegars used for the sauce.

Cold asparagus sauce:—Equally applicable to cold *fonds d'artichaut*, mixed cooked vegetables (*macédoine*), French beans, cooked cucumber, celery (cooked), &c.—A gill of English salad mixture (half quantity as above) mixed with two gills of plain *Hollandaise*, the two sauces beaten together with a whisk in a bowl over ice.

Cold crab, prawn, shrimp, and langouste sauces can be prepared for service cold by blending the finely shredded flesh of the fish with plain *Hollandaise*, finished, if liked, with a spoonful of cream or *mayonnaise* sauce. About two tablespoonfuls of the shell-fish to half a pint of the *Hollandaise* will be found a fair proportion. If a creamy consistence be desired the shell-fish must be pounded with a little butter and passed through a hair sieve.

Cold maître d'hôtel sauce:—This can be obtained by sharpening a plain *Hollandaise* with lemon juice and garnishing with finely chopped parsley. The parsley should be scalded in boiling water for three minutes and dried before mincing.

Sauce Sicilienne:—Melt an ounce of butter in a stew-pan over a moderate fire, then stir into it a tablespoonful of finely minced onion, a dessertspoonful of minced celery, and the same of parsley; season with a teaspoonful of powdered dry basil, salt, and white pepper; fry, and when softened, but not coloured, moisten with three gills of thin tomato *purée*, stir well, and bring to the boil, skim, then pass through a hair sieve into a bowl and add two gills of *Hollandaise*, and one of cream; whisk all together over ice and serve very cold.

SUPERIOR SAUCES.

The sauces of advanced cookery may be described as compositions which are arrived at by mingling certain carefully extracted essences and flavours with strong foundation sauces. The first thing to be considered in this branch of study, then, is the preparation of these fundamental bases. The latest French writers, I am glad to say, have simplified matters considerably,

and the elaborate list of *sauces mères*, as they were called, has been virtually reduced to two :—*Sauce Espagnole* for brown, and *Sauce veloutée* for white. These being kept free from any distinct flavouring of their own, provide the necessary media with which the artist can manipulate the blends by which sauces of distinct character and established names are produced. Even the composition of the two sauces I have indicated has been freed from much of the complexity which cumbered the writings of fifty years ago.

Following this modern principle, I propose to describe in the simplest manner possible two foundation sauces—one brown, the other white—which will be found ample for the requirements, and well within the reach of the domestic kitchen, the object being to keep each of them plain and strong, so that the flavouring may be imparted according to the nature of the sauce that may be selected.

Domestic Espagnole :—Prepare a pint and a half of good broth out of fresh butcher's meat and vegetables, taking about twelve ounces of lean beef, a calf's foot, and eight ounces of veal trimmings or knuckle. Cut all up quite small, and mince four ounces each of carrots, turnips, and onions, an ounce of parsley, and half one of celery.

Now melt two ounces of clarified beef suet at the bottom of a two-quart stew-pan, put in the vegetables and meat, and fry briskly (*faire revenir*) over a fairly quick fire until the contents of the pan begin to take a nice reddish-brown tint, then moisten with a quart of warm water, reduce the fire, and bring very slowly to the boil, skimming as in making *pot-au-feu*.

After boiling has commenced reduce the heat to simmering, and continue this for a couple of hours. The broth can now be strained off into a bowl through a hair sieve to catch up all particles that may be in it.

Let this get cold in order to take off the fat that will form upon the surface of the broth. If the cooking has not been too fast, there should be a pint and a half of liquid allowing for the loss of half a pint by evaporation. This must now be thickened.

Put an ounce and a half of butter into a stew-pan, and melt

over a low fire, stirring in gradually an ounce and a half of flour; when thoroughly mixed keep stirring the *roux* until it takes a brownish colour, then, off the fire, begin to moisten by degrees with the broth, replacing the vessel over the fire, and increasing the heat a little: stir now without ceasing until boiling begins, then reduce the heat, simmer ten minutes, and pass the sauce through a hair sieve into a bowl. It is now ready for use.

Seasoning should be reserved until the sauce is completed, for if the salt be put in correctly to begin with, the process of reduction may make the sauce too salt.

Game fragments, poultry, mushrooms, &c., must not be used in making *Espagnole*, for such ingredients would impart a distinct flavour to the sauce.

The quantity given in the recipe should be sufficient to form the basis of two or three brown sauces for a dinner-party of ten or twelve people. Having been portioned off, each should receive its special flavour and be placed, labelled, in the *bain-marie*. With exactly half the quantities enough to produce two good sauces for six or eight should be obtained.

Using *Espagnole* for the medium or basis, the cook, as I have said, can compose the better brown sauces: *Financière, Périgueux, Bordelaise, Provençale, Gènevoise, Matelote, Châteaubriand, Régence, Madère, Italienne, Réforme, Bigarade, Tortue, Marigny, Saint-Marceau, Grand-veneur, d'Uxelles, &c.*, distinctive features being obtained according to the recipe, with *essences* of mushrooms, truffles, game, pigeons, poultry, ham, or fish, with wine in judicious proportions, delicate garnishes, and so on, concerning which I shall speak later on.

Reduction is prescribed by the best authors for all superior sauces. Concentration of strength and flavouring is thus secured. It is carried out by stirring them over the fire till they coat the spoon. This is obviously necessary when any flavouring liquid has been added to, and has somewhat diluted, an already correctly thickened sauce. Great care is necessary during this process lest a sauce catch at the bottom of the vessel and burn—an accident that would immediately ruin the whole composition. Continual stirring is therefore absolutely necessary.

For *Espagnole maigre* follow the same process, omitting the

meat, but adding two ounces to the root vegetables and onions. After boiling up, simmering for one hour will suffice.

Fish bones and trimmings, with a glass of chablis or sauterne, should be used instead of meat if the *Espagnole* be wanted for a brown fish sauce.

Browning can be obtained in every case by a few drops of Parisian essence.

A good domestic *sauce veloutée*, sufficient for all ordinary establishments, has been given, (page 61); occasion may arise, however, when a sauce made with a stronger white broth may be desirable. In that case the following steps should be taken :—

Sauce veloutée.—Choose the carcasses of two chickens or that of a fowl, from which the breast meat has been removed for an *entrée*, with the giblets, and half a pound of lean veal scraps. Lay the former on a board and chop them up, crushing the bones well; chop the veal up also.

Put this at the bottom of a stew-pan, cover with a quart of cold water, set over a moderate fire, bring slowly to the boil, skimming off the scum as it rises, then put in four ounces each of minced carrot, turnip, and onions, an ounce of celery, and one of parsley.

Let the liquid boil up again, and then simmer for a couple of hours. Strain through a hair sieve, cool, skim, and thicken in the manner just described for *Espagnole*, omitting the browning of the *roux* only.

A useful form of *sauce veloutée* can be produced with the water (*cuisson*) in which a fowl has been boiled—reduced one-third in volume by rapid boiling—thickened, simmered, skimmed, and strained. It is, of course, assumed that the proper allowance of vegetables has been boiled with the bird.

Sauce veloutée au maigre.—This is made, of course, without meat, and at a pinch is a good substitute for *sauce veloutée au gras*. Take the allowance of vegetables given for *sauce veloutée*, fry them in two ounces of butter or clarified suet over a low fire until softening, without allowing them to take colour; then moisten with a pint of boiled milk that has been strained and cooled to lukewarm, and one of warm water; bring to the boil

and simmer for half an hour, or until the vegetables are quite done ; then strain into a bowl to cool, and throw up the butter or fat, finishing exactly as described for *sauce veloutée au gras*.

For fish *sauce veloutée* the moistening should be effected with fish broth instead of milk and water, with a claret-glassful of chablis or sauterne reduced to half quantity by fast boiling.

Sauce Allemande is *sauce veloutée* flavoured with mushroom trimmings ; enriched with yolks of eggs, and no cream is needed in its composition.

Sauce Béchamel is made in the same manner as *sauce veloutée*, with the addition of mushrooms and cream. Two ounces of sliced fresh mushrooms should be put in during the last stage, and a gill of cream to finish with.

Sauce Suprême is a very near relation of these three—so near, indeed, as to be easily mistaken for one of them. The chicken broth must be strong, and the mushroom flavouring also. Reduce till the sauce coats the spoon ; strain, add the cream, and serve.

Sauce Villeroy is another repetition of chicken and mushroom flavouring reduced, and rendered thicker by yolk of egg, and finished with cream.

NOTE :—Cream is really added to all of these by the best *Sauciers*, and if the truth be spoken the difference between them is not very perceptible. They may exchange names freely without fear of detection.

With *sauce veloutée* as a foundation the following superior white sauces are composed :—Oyster, Lobster, *Printanière*, *Financière blonde*, *Cardinale*, *Venitienne*, *Marly*, *Villageoise*, *Morny*, *Chivry*, *d'Orléans*, *Brantôme*, *Chaud-froid blonde*, *Châteaubriand*, and many others. In fact, all sauces which in their simple form are made with *sauce blanche* or *sauce blonde*, may be served in a superior manner by using *sauce veloutée* as their groundwork.

ESSENCES.

Chicken essence for domestic cookery can be extracted from the giblets and carcasses of chickens well broken up and done “in the jar” (like beef tea) with sliced onions, carrots, and herbs. The

process is explained in the chapter dealing with "preparative methods." Also in the manner described for gibleet broth (page 61), the flavour being concentrated by reduction.

Valuable flavouring essence can be got in the same way from pigeon bones, and especially from those of a turkey assisted by eight ounces of lean veal or mutton. The gibleets should never be thrown away, for they assist a broth greatly. In like manner game bones and gibleets are very valuable.

Essences of mushrooms, of truffles, and ham are obtained by stewing them cut into small pieces in broth.

A glass of madeira or sound marsala is necessary to assist the production of ham, truffle, and game essences, while chablis and sauterne give assistance to fish essences which are used, of course, to improve fish sauces.

Reduced French wine and vinegar have been already described, and their value indicated.

Mirepoix is a strong broth made from meat and vegetables, flavoured with wine and sweet herbs, and strained, *but not thickened*. It is used for braising meat, hams, &c., and also in sauces as a flavouring medium :—

Cut into squares one pound of lean beef, half a pound of clarified dripping or suet; slice up ten ounces each of carrots, turnips, and onions, two of parsley, two of celery, and dessert-spoonful of powdered thyme and marjoram. Fry in the melted fat over a brisk fire till the whole turns pale brown; then cover with common stock, and a pint of chablis or sauterne, season with a saltspoonful of mignonette pepper, boil, simmer for two hours, strain, and put by for use, leaving the fat on the surface.

D'Uxelles, or Fines herbes.—Chop up six ounces of fresh mushrooms, six ounces of fresh chervil and parsley mixed, and two ounces of chives or shallot; put the minced shallot in a stew-pan with two ounces of fresh butter and a seasoning of salt and black pepper; fry over a low fire for five minutes, add the minced mushrooms and parsley, fry for five minutes more, and put the mixture in a jar for use as required. Half quantities will be found sufficient for most operations.

D'Uxelles sauce illustrates the use of reduced wine, with a foundation sauce, and garnish :—

Put into a small stew-pan one gill of chablis, sauterne, or hock. Reduce this over the fire till half the quantity has been absorbed, season with half a saltspoonful of salt and the same of pepper. This being ready stir it into half a pint of *espagnole*, boil up, simmer for a quarter of an hour, and finish with two dessert-spoonfuls of *d'Uxelles*.

NOTE:—The skin which forms on the surface of sauces after they have been set in the *bain-marie* can be prevented by putting a tablespoonful of broth on the top of the sauce after it has been set in the pan. If put away for use later on, skin is prevented by first stirring the warm sauce until it is cold.

NOTE:—Remember what I said in Chapter I. By purchasing poultry without any previous preparation by the poulterer except plucking, good materials are gained for the concoction of broth for the sauce which should go with them. After cleaning and preparing the birds, put aside all the giblets and trimmings, viz., the heads, necks, feet, hearts, gizzards, and pinions, which are of no use whatever if left on. Chop all these into small pieces, and proceed according to the directions given for giblet broth, page 61.

CHAPTER VII

GARNISHES, MASKINGS, ETC.

ASPIC JELLY — MEAT JELLY — GLAZE — MASKING — GARNISHES — CUSTARDS
ROYALE — CROUSTADES, CROÛTES, ETC. — VEGETABLE GARNISHES —
SOCLES

IN order to make matters clear on this subject it is necessary to discriminate between ornamentation and garnishing. Whereas the former is a practice decidedly to be condemned, except perhaps in respect of confectionery and certain sweet dishes, the latter is an important part of the cook's work, demanding careful study and attention. A garnish, let it be understood, is part and parcel of the dish with which it is associated, a thing to be eaten with that dish, often, indeed, providing the very feature from which it derives its name—*not* a lovely "high-class" device squeezed out of a bag in divers colours, to be carefully scraped off the thing it adorns, and left on the side of the plate untasted. I propose, therefore, to deal with the subject of garnishes separately.

Aspic jelly:—The preparation of aspic at one time entailed good meat stock, and the boiling down and simmering in it of calves' feet, ox heels, or sheep's trotters, in order to secure the requisite solidity. The necessity of this somewhat lengthy and expensive process has been removed, of course, by the introduction of gelatine, a material that has been much improved of late years. Nevertheless, it must be admitted that the employment of this labour-saving ingredient has brought about a decided falling off in the quality of aspic jelly. The reason is soon arrived at. It is so easy to produce a jelly by its means,

that many cooks are tempted to scamp their work, and omit much that ought to be done to produce a good aspic even with the valuable assistance of gelatine. With water tinted with caramel, or some ready-made meat extract, flavoured with tarragon and a little wine, seasoned, and sharpened with vinegar, dissolved gelatine added to it according to quantity, and the whole clarified with whites of eggs, a pretty-looking clear jelly may be made, no doubt; but in the matter of flavour it cannot be compared for a moment with the solidified *bouillon* of the old school in the days when aspic was confined to the tables of the wealthy. The consequence is that it is quite common to see people carefully removing the jelly in which an *entrée* may be set, and leaving wholly untouched a part of the dish which ought to form one of its attractive features. When aspic is merely required for *socles* or platforms upon which a luncheon or supper *relevé* is placed, or for the ornament of a dish in the form of *croûtons*, or little heaps of broken jelly—not intended to be eaten—it may be allowable to adopt the subterfuge I have just described; but when it is associated with a *chaud-froid*, or moulded *entrée*, used for the outer coating of galantines, for garnishing *terrines*, pies, &c., it should be both nice to look at and savoury to the taste.

Two kinds of aspic jelly should, therefore be recorded: one of them—an exception to the rule as to the edibility of garnishes—for decoration only; the other made savoury with meat and vegetables, pleasant to the taste, and a decided assistance to the dish of which it forms a part. The former should be of a firmer consistence than the latter, because it may have to support the weight of a poularde, galantine, or other heavy *pièce montée*; also because, when cut into *croûtons*, it must be quite firm, with clearly defined edges, and when chopped the pieces must not cling together. The following recipe may be followed for its production:—

Decorative aspic:—Dissolve two and a half ounces of gelatine in half a pint of warm water. Put a pint and a half of water into a stew-pan, season with a dessertspoonful of salt, and stir into it the finely rasped zest (the coloured outer skin without pith) of a couple of lemons; set this over a fast fire, add the dissolved gelatine, and the lightly frothed whites of three eggs with their

shells; stir round with a whisk without ceasing, adding enough caramel (Parisian essence) to give the water the colour of a light clear soup. When the first indications of boiling are observed lower the fire, or draw back the vessel, and reduce the cooking to the gentlest form of simmering for ten minutes. While this is going on scald a piece of clean flannel, arrange it as for soup-straining with a bowl below it, and pour the liquid from the stew-pan into it very gently, so as not to disturb the scum and sediment. If not very clear, the jelly must be melted and strained again through a freshly scalded flannel. This keeps well, as there is nothing in its composition liable to turn sour, as in the case of aspic made of broth flavoured with meat and vegetables, especially the latter.

NOTES:—(a) Wine, vinegar, and flavouring herbs are omitted in this recipe purposely. All that is wanted is a bright, clear, and firm decorative agent; and it is obviously absurd to waste flavouring materials upon a decoction which is not intended to be eaten.

(b) The general rule regarding gelatine is that, to bring about the correct edible consistence, an ounce is required for a pint of liquid; but this may vary slightly, and as there are now several gelatines in the market, some of them stronger than others, experiment with the one used is necessary to settle the point. When ice is available, the process of setting is, of course, more rapid than in ordinary circumstances; but when removed from the influence of ice, as in a warm dining-room, a jelly is apt to lose consistence. It is consequently unwise to reduce the amount of gelatine on account of having ice for the setting.

(c) Here it would be as well to turn to page 31 with reference to the method there described of straining jellies.

Aspic croûtons:—These cannot be dispensed with, and are often referred to in respect of cold *pièces montées*, and *entrées*, for which they provide a useful garnish. Having made the decorative aspic just described, set it, if possible, in a shallow rectangular mould about an inch deep, the object being to obtain a flat slab of the aspic out of which patterns can be cut. Turn the aspic out upon a clean cloth which has been dipped in iced water, wrung out, and spread on a marble slab. *Croûtons* are as a rule cut in the

shape of triangles, crescents, lozenge-shapes, or circles, which can be stamped out of the piece of aspic with pastry cutters dipped in hot water.

Savoury aspic:—For this a good clear broth should be allowed, made in the style of giblet broth (page 61). Allot an ounce of gelatine to each pint. Dissolve this, stir it into the broth, and clarify with meat as described for *bouillon*, adding during that process a dozen leaves of fresh tarragon, a sherry-glass of chablis, sauterne, or marsala (according to the dish for which it may be required) per quart, and sharpen *very moderately* with lemon juice or vinegar. As a rule, aspic jelly is spoilt with the excessive amount of acidity that is given to it.

Aspic with vegetable broth.—This is as nice as the foregoing, and particularly well adapted for moulding *mayonnaises* and cold cooked salads: Weigh and slice up in thin discs six ounces each of carrots, turnips, onions, and leeks; chop up one ounce of celery and the same of parsley. Put two ounces of butter into a stew-pan, melt, and stir in the whole of the vegetables. Fry over a fairly brisk fire, moving the contents of the pan about with a wooden spoon, and when they soften and begin to take colour reduce the heat under the vessel, and moisten with three pints of warm water. Now add a *bouquet garni* of marjoram, thyme, and bay-leaf, and season with an ounce of salt, a teaspoonful of mignonette pepper, and a blade of mace. Bring slowly to the boil, skimming off all scum that may rise, and when clear let the broth simmer very gently for an hour, by which time the flavour of the vegetables will be extracted. Strain off the broth gently, pressing the moisture out of the vegetables into it, and let it get cold. Take off any butter that may now come to the surface, and test the broth for colour. If the frying has been properly managed there will be little needed, but if it be too faint a few drops of caramel or Parisian essence will give it the clear-soup tint required. By the time that the broth is strained off about a quart will remain—presuming, of course, that fast boiling was carefully avoided. Two ounces of dissolved gelatine will then be required. Put the cold broth into a very clean stew-pan, mix into it the dissolved gelatine and the frothed whites of three eggs with their shells; stir this with a whisk over a brisk fire,

adding a sherry-glass of chablis, sauterne, or hock, and follow the previously given instructions in regard to the completion of the clarification, &c. No vinegar is required for this variety of aspic; the slight acidity of the white wine will give all that is needed in that respect.

NOTE:—If instead of water for the moistening the *cuisson* of beans or peas be used a still more sapid flavour will be produced, and the pods of young green peas cut into julienne-like strips, or shredded lettuce-leaves, will improve it.

Meat jelly:—This is used to garnish the open surfaces of raised pies, and for several savoury cold dishes. It need not have quite the crystal clearness of aspic, but it must be decidedly more indicative of the presence of meat, game, or fowl in its composition than is generally the case with that preparation. A very firm consistence is not necessary, and if giblets, crushed bones of fowls or game, calves' feet, ox heels, or sheep's trotters are used in its making, gelatine can be dispensed with. The giblet broth given page 61, assisted with half a pound of lean beef and a calf's foot, carefully skimmed, allowed to settle, and strained, will yield a very good meat jelly, and four ounces per quart of minced lean "green" ham (*i.e.*, not smoked), if available, may be cooked with the other ingredients to produce a richer savouriness.

Jelly for game pies:—For this a broth as above will do, but game giblets and carcasses must be used to produce a distinct flavour. The remains of cooked game are valuable, and birds that have been badly shot can thus be disposed of. I have found that better flavour is obtained from birds part roasted than from them when uncooked.

To line a mould with jelly:—Having prepared a pint of aspic according to the advice given for the edible kind, bury the mould you have selected for use in ice. It must be very cold. The aspic must be cool but fluid. When it is cold enough, take out the mould, hold it in the left hand wrapped in a wet cloth dipped in iced water, pour in a little of the jelly, and turn the mould about so that it may flow over its cold surface, and set upon it; let the mould rest in ice for about ten minutes, then repeat the additions of the jelly till the whole of the inside of the mould is coated with a lining a quarter of an inch thick. The *mousseline*,

or *crème* mixture, cold, should then be put into the lined mould, which should be kept in the ice till wanted. The jelly must be kept in a fluid condition throughout the process, for if beginning to set the lining will be uneven and lumpy.

NOTES:—(a) As in hot weather decoctions of meat and vegetables are apt to turn sour, it is a wise plan never to make more aspic or meat jelly than may be actually wanted. In pies and mouldings a little goes a long way, and a careful cook will be able to judge without much difficulty what quantity will be needed.

(b) When the broth of which a savoury aspic is composed is naturally jellified when cold, less gelatine than the ounce to the pint should be allotted, according to judgment.

Meat glaze:—This is an indispensable medium for the proper finishing of cold dishes of the larger kind, such as galantines, boar's head, pressed beef, spiced beef, &c., &c. It is procurable, of course, in a solidified state in skins at all Co-operative Stores, and is sold, no doubt, by most provision merchants. It only requires melting—as a carpenter melts glue—in a saucepan plunged into a larger one containing boiling water. Its proper colour should be a warm cigar brown, without a shade of blackness about it. Glaze can be made at home without difficulty, however, in this way: With giblets, trimmings of uncooked meat, crushed veal, or poultry bones, and odds and ends of veal and vegetables make as good a broth as you can, free it from fat and clarify it. Strain and cool it. Then proceed to boil it down, watching and stirring it with unremitting attention. When the liquid thickens, browns, and assumes the consistence of ordinary sauce, coating the spoon slightly when it is lifted out of it, the glaze is ready: pour it off into a jam-pot, and when cold it will solidify. A quart will yield a good gill of glaze.

The application of glaze is often overdone and clumsy. A thick coating of it is quite unnecessary, while tinting it with red is preposterous. The process can be best compared with varnishing, and all that is needed is to melt the glaze in the manner just described. Then, having the piece of meat neatly trimmed and cold, to apply the melted glaze with a rather stiff glazing brush—a pastry brush is too long in the bristles. The appearance to aim

at is a clear glistening surface, as I have said, like that produced by varnish, not a heavy opaque smearing. Let the first application dry thoroughly in a cold larder, and then give it another layer of varnish. The colder the surface of the meat, the quicker the glaze will set.

Game-glaze :—For use with dishes composed of game. Is made exactly like meat glaze, but with game bones, scraps, and giblets broth for its foundation.

Fish-glaze :—Used to improve the appearance of blocks of cold salmon, or a trout or salmon-trout dished whole, cold *mousselines*, *boudins*, or *pains* of fish, &c. Is produced by boiling down a gelatinous broth made of white fish cuttings and vegetables. For this take three and a half pounds of haddock, whiting, codling, or sole bones and cuttings; heads of haddock and cod especially good. Chop them up small, put them into a stew-pan. Cover with five pints of water and a pint of chablis, sauterne, or hock, or omit the wine and substitute a gill of Orleans vinegar; bring slowly to the boil, skimming as in soup-making, and then put in four ounces each of turnip, carrot, and onions, one of celery, one of parsley cut quite small, a *bouquet garni*, and a seasoning of salt (one ounce), mignonette pepper (half ounce), and mace (quarter ounce). Boil up once after the addition of the vegetables, and then simmer for an hour and a half. Now strain off the broth, cool it, take any fat or scum that may form on its surface, colour it with a few drops of caramel, and clarify with the whites and shells of four raw eggs. After clearing and straining this, boil it down to a glaze as in the case of meat glaze.

Maskings :—These are of two kinds, hot and cold; the latter may be described as gelatinated sauces, white or brown, which are used for coating cold *entrées*, boiled turkeys, capons and fowls, boned quails, lark *ballotines*, cutlets, *médailles*, &c. They are met with in white and brown *chaud-froid* sauces, which, in other words, are masking sauces, and any sauce may thus be adapted by adding diluted aspic jelly to it in sufficient quantity to cause it to set upon the cold surface of the thing which has to be masked. The proportions should be two tablespoonfuls of chopped stiff aspic jelly to three gills of hot sauce. Stir until

the jelly liquefies, cool, and use before setting actually commences, for, in that condition, the masking becomes lumpy.

Small things, like cutlets, *médailles*, and *ballotines*, are better when dipped into the masking, being held on the point of a skewer during the operation; pieces of bird for a *chaud-froid* should be dipped in like manner. After dipping, lay the coated morsels out on a very cold joint-dish over ice to set the masking, and, when this is satisfactory, detach them with a palette-knife, trimming off any superfluous masking which may have spread upon the dish. Masking trimmings can be melted again, and used as may be required.

Pink masking for fish cutlets can be made with a well-made cream of prawns, shrimps, or whiting tinted with lobster butter (page 60) and gelatinated. Green and ordinary *mayonnaise* sauces may be given a like consistence with liquid aspic stirred into them by degrees when it is cool, but not quite setting, and used to mask pieces of chicken or fish for *mayonnaise* garnishes, and thin *purées* of asparagus, peas, or spinach may be converted into maskings in the same manner.

Brown masking is produced with Espagnole sauce, to which aspic in the proportions just given has been added, and fawn colour by a blend of white and brown masking.

NOTE:—If there happen to be no aspic at hand, dissolved gelatine can be stirred into a hot sauce over the fire until thoroughly blended with it; half an ounce to three gills will be found sufficient to convert it into masking. Cool and use when this is nearly setting, as already mentioned.

Hot maskings are made with either white or brown sauce, as the case may be, reduced by boiling until the spoon, when lifted from it, is coated with a film of sauce at least an eighth of an inch thick.

Tomato garnish:—It is necessary to choose ripe tomatoes for this of a rich deep colour. Weigh a pound and a half of them, wipe them, and pick out their stalks: then cut them up, skin, seeds, juice and all. Soak an ounce of gelatine in a little water. Put half an ounce of butter into an earthenware or enamelled stew-pan, melt this over a moderate fire, and add to it a teaspoonful of finely minced shallot or mild onion; fry till turning yellow,

and then put in the tomatoes, stir round with a wooden spoon, and continue the frying, seasoning with a teaspoonful of salt, a saltspoonful of white pepper, half one of mace, and a saltspoonful of powdered dried basil. Before long the tomatoes will soften to a pulp rather thin than thick, stir into this the dissolved gelatine, and simmer, stirring well until the whole contents of the pan are mixed together. Next skim carefully and empty the contents of the stew-pan upon the surface of a freshly scalded hair sieve and pass the tomato pulp through it, catching up skin, seeds, onion atoms, &c. Pour this liquid into a flat dish one-third of an inch deep, set it in a cold place or over ice, and you will get an opaque but brightly-coloured solidified savoury syrup of tomatoes, which, cut into various shapes with fancy cutters, will be found very useful for garnishing purposes, savouries, &c., to be referred to hereafter.

Custard à la royale:—Break four yolks of eggs into a bowl, removing the germs; mix into them a gill of clear cold broth (taken from the stock-pot), season with half a saltspoonful of salt, and strain. Butter a plain half-pint charlotte mould, pour in the mixture, and poach gently in this manner: Fold a sheet of kitchen paper in four and lay it at the bottom of a shallow stew-pan; pour in sufficient water to reach half-way up the outside of the mould; put this over a brisk fire, and when boiling take it off, cool for a minute, put the mould into it upon the paper, and replace it on the fire, allow the water to come to the boil again, and then at once reduce the heat to gentle simmering; cover the pan closely and carry on the cooking very gently for twenty-five or thirty minutes until the custard has become very stiff. Let it then get cold in the mould, turn it out, and use as may be directed.

Vegetable custards à la royale are made exactly in the same way, thus producing firm custards of various colours for the garnishes of soups and certain cold dishes. The proportions should be: One gill of carefully made *purée* of vegetable, two gills of clear broth, three whole eggs mixed as for an omelette, seasoning of a saltspoonful of salt and a pinch of mace. Strain this through a hair sieve when mixed, put it into a plain charlotte mould well buttered, and poach gently as just described until

firmly set. Let it get cold in the mould before turning it out for garnishing purposes. The following will be found useful :—

- | | | | |
|-----|------------------------------|----------------------------|--|
| (a) | Globe artichoke or asparagus | <i>purée à la royale</i> , | pale green (assisted by a very little watercress or spinach-greening). |
| (b) | Green-pea | <i>purée à la royale</i> , | bright green. |
| (c) | Spinach | do., | dark green. |
| (d) | Carrot | do., | (outer part only) red. |
| (e) | Tomato | do., | scarlet. |
| (f) | { Turnip
J. artichoke } | do., | white or cream. |
| (g) | Mushroom | do., | brown. |
| (h) | Truffle | do., | black. |

NOTE :—These custards may be improved with a dessert-spoonful of cream, if liked, which should be stirred into the mixture before poaching it. They may be put in larger quantity in border moulds, set very firmly, and served with their hollow centres filled with various salads, *mayonnaises*, &c.

Custards à la Royale form, of course, a favourite garnish for clear soups, for which they are cut into various shapes—*consommé à la Royale*, &c.

Cheese custard à la royale :—The proportions for this are a gill and a half of milk, two whole eggs, a tablespoonful of cream, and seasoning of salt, white pepper, and mace. Strain this through a hair sieve, and add a tablespoonful of finely grated Parmesan cheese. Poach the mixture as already described.

Anchovy custard à la royale :—Proceed in the manner given for cheese custard, substituting a dessertspoonful of well-pounded fillets of anchovy for the cheese.

Egg garnish :—A very useful form of garnish is produced by the plain poaching of yolks and whites of eggs separately, thus obtaining a yellow and a white composition far more handy and neat for garnishing purposes than plain hard-boiled eggs. Most cooks know how often a hard-boiled egg cooks in a lop-sided manner, the yolk having scarcely any margin of white on one side and more than enough on the other. To form a neat little cup by removing the yolk is, in these circumstances, out of the question. The following process is accordingly recommended :—

Break four eggs, putting the yolks into one basin and the

whites into another. Mix well without beating, season with salt, white pepper, and mace, and give each a dessertspoonful of cream. Take a number of *bouchée* cup-moulds one inch and five-eighths in diameter, butter them, fill them three-quarters full with the mixture, and poach as in the case of custard *à la royale*, very gently. When the egg mixtures have set, let them get cold in their moulds, and use for garnish as may be required. Out of the moulded whites hollows can be scooped, thus forming perfect half-egg-sized cups for the reception of *farce* or *purée* of any kind. If required for rings or small fancy shapes for garnish, the mixtures can be poached in well-buttered flat fireproof china gratin dishes, into which they should be poured a quarter or three-eighths of an inch deep. The poaching must be conducted very gently indeed; if it be done too fast, the mixture will rise in waves and undulations out of which it is difficult to cut nice patterns of any kind.

NOTES:—A *sauté*-pan with a cover does very well for poaching these little moulds, only about three-quarters of an inch depth of water being enough for the operation. I called attention to the handiness of the *sauté*-pan with dome-shaped cover for small jobs of this kind in Chapter II., page 13.

Moulds and flat dishes of custard *à la royale* may also be cooked in a moderate oven. Lay a sheet of folded paper in a baking-tin, pour in water to the depth of a third of an inch, set the moulds on the paper, and bake gently until the custard sets firmly. Replenish the water as it evaporates with water at the same temperature. The surface of each little mould should be protected with a paper cover.

Croûtons:—These are always required to serve as a garnish for vegetable soups. Out of a loaf of bread one day old cut slices one-third of an inch thick, cut these into strips one-third of an inch wide, and out of them cut (across) little portions one-third of an inch long, thus obtaining a number of little squares one-third of an inch in measurement. Dry these in front of the fire, or in the mouth of the oven, for five minutes, then put them into a *sauté*-pan, and fry in melted butter, stirring them about over a moderate fire with a fork till they take a light golden brown colour, then drain, dry, and keep hot for service.

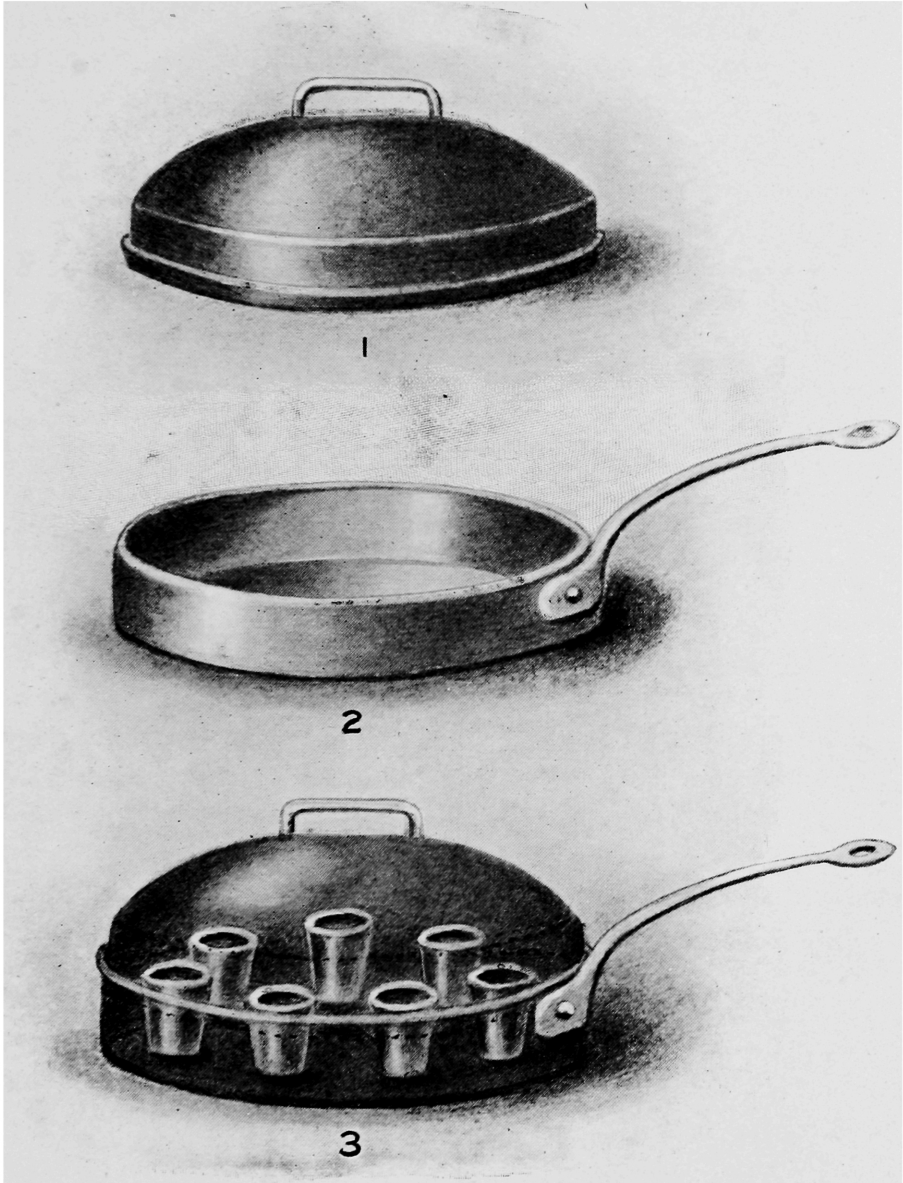
Croûtes :—The slice of bread in this case should be cut into heart or kite shapes two inches long and one and a half across in the widest part. Fry them in the same manner. *Croûtes* are used to garnish *entrées*, also for savouries for which purpose they are usually stamped out in rounds with a round cutter two or two and a half inches in diameter.

Canapés should be cut out of slices of bread the same thickness as *croûtons*, oblong in shape, about two and a half inches long and one and a half wide.

Croûtes creuses :—Cut the bread for these from a sandwich loaf in slices five-eighths of an inch thick, and out of them stamp rounds two inches in diameter with a plain cutter. Next stamp an inner circle with a one and a half inch cutter in the centre of the original rounds, pressing it into the bread three-eighths of an inch deep, and leaving a quarter of an inch margin all round. Fry the rounds in butter as explained for *croûtons*, and when of the right colour take them out, cool, and, using a small pointed knife, scoop out the centre of each round as marked by the inner ring. This will come away quite easily, leaving a hollow case to be filled with any savoury mixture as desired.

Croustades for garnish :—These can be made with bread in the style of *croûtes creuses*. Cut the bread (stale) an inch and a half thick; out of this with a two-inch cutter stamp little drums, and with an inch and a half cutter press circles half an inch deep in their tops. Fry these until golden, then pick out their tops and scoop out the hollows of the drums. These can be filled with any nice mince. With pastry they are made in this way: Weigh three ounces of the best flour, place it in heap on a pastry slab, make a hollow in its centre, and mix into it the yolk of a fresh egg; add an ounce and a half of butter and the same weight of dry, well-powdered Parmesan cheese, knead lightly, getting the necessary moisture to form a lissom paste with about a gill of cold water. Roll this out thin—not thicker than a penny—and use for the linings of *bouchée* moulds, patty-pans, coquilles, *bâteaux* moulds, &c., with any of which an effective garnish can be produced. Butter the little moulds, lay in the paste, cutting it neatly round the rims of the moulds, prick the paste with a fork, and spread over the insides a lining of thin, buttered paper, fill the

SAUTOIR.



1. THE COVER. 2. THE SAUTOIR.
3. THE SAUTOIR COVERED, SHOWING MOULDS SET
FOR POACHING.

hollows with dry flour, and bake in a moderate oven. Let the moulds cool when they are done, then shake out the flour, remove the lining papers, and turn out the little *croustades*. When oval patty-pans are used for these, and the cases so produced are filled with a little choice vegetable, the garnishing *tartelette* is obtained which is often served with the *rôt* at the French dinner.

NOTES :—It is advisable to defer the filling of pastry cases, whether for hot or cold service, until just before they are wanted. Any moist preparation, *purée*, or what not, will cause the paste of the *croustades* to become sodden if left resting for any time in them.

Croustade cases made as above may be kept for several days in empty biscuit-tins, and thus be ready when wanted to meet an emergency.

If rolled out three-eighths of an inch thick and cut into strips, this paste makes excellent cheese straws ; and, if stamped out in rounds an inch and a half in diameter, very useful biscuits for savoury service, or garnish, as recommended for spinach and other vegetables.

The cheese may be omitted, in which case an ounce and a half of flour, extra, should be substituted.

Fleurons :—These are fancy shapes—leaves, crescents, ovals, &c.—stamped out of puff paste and baked in a moderate oven. They are used to garnish *entrées* and vegetable *entremets*.

Turned olives :—For this garnish the large Spanish olive is perhaps the best. Having wiped the olive dry, hold it in a cloth perpendicularly between the left thumb and first finger, and, taking a sharp small-bladed knife with the right hand, gently pass the blade round the top, feeling the stone but not quite completing the severance of the top ; next pass the blade spirally down the olive, feeling the stone as you go, and then finish off the bottom by a circular turn. If very carefully and slowly done, the result will be a stoneless curl of olive which will take its natural oval form again on being released. Put them now into a saucepan, cover with cold water, and heat up without boiling till quite hot, then drain and cool with cold water. In the centre of the curl, where the stone was, a fillet of anchovy with a caper or two, or a piece of any savoury *farce*, may now be inserted. Turned olives

are constantly required for the garnish of dressed *mayonnaises*, fish in jelly, *salade Russe*, &c. Also with certain *entrées*, hot, especially *salmis* of game.

Cucumber garnish :—For this choose a cucumber, if possible, not less than two inches in diameter when cut. Cut it into quarter-inch discs, spread these out on a pastry board, and with a one and three quarter inch cutter stamp off the outer edge of each with the skin, obtaining a series of perfect discs of that diameter; then with an inch cutter stamp out the seeds in the centre exactly of each disc. You will now have a number of rings of cucumber three-eighths of an inch wide, a quarter of an inch thick, and one and three-quarters of an inch across. Next choose an earthenware casserole or enamelled stew-pan, put into it about a pint and a half of water seasoned with salt, and a half-ounce pat of butter; bring to the boil, and then slip in the rings of cucumber; boil fast until the rings are tender but by no means soft, then drain them off, spreading them out on a joint dish to get cold. They will be of a pretty pale pistachio-green colour.

The rings can be arranged round a galantine or piece of cold salmon, overlapping each other, and a pretty effect is got by stamping out little bright-red discs of tomato garnish and placing one of them in the hollow of each ring.

NOTE: It need scarcely be added that nicely trimmed fillets of cucumber can be cooked in the same way if rings happen not to suit the scheme of decoration. These, of course, are suitable for hot as well as for cold dishes.

Garnish of concombres farcis :—Another form of garnish of cucumber is produced as follows: Peel and cut a fairly thick cucumber (if possible about two inches in diameter when cut) into three-inch lengths; blanch these for seven minutes in boiling salted water, drain and cool them; when cold hollow out the centres of the lengths with a column cutter, leaving a quarter-inch margin, and fill them with any of the farce compositions given in Chapter IX, pressing the mixture gently home with a ruler. Now lay them in a *sauté*-pan, pour into this without disturbing them enough *boiling* water to moisten them half their depth; put over the fire, and when boiling comes on, draw back the pan, cover the surfaces with buttered paper, and fix on the

lid, simmering very gently indeed to set the farce. When the cucumber is done, let the pieces get cold in the broth, then take them out of the pan with a slice, and lay them out upon a joint dish, subdividing them into half-inch lengths. For cold garnish these need only be slightly glazed. For a hot garnish warm them up again in the broth, drain, and brush them over with hot glaze.

Vegetable garnishes:—Recipes for various vegetable garnishes will be found in the chapter reserved for vegetable cookery.

Socles, or stands for entrées:—Stands or platforms upon which *entrées* can be tastefully arranged are required whenever finish is sought for. They are not intended to be eaten, their object being merely to raise a decorated mould or *entrée* above the level of the dish upon which it is placed.

I have already spoken of a preparation of stiff aspic jelly which can be used for this purpose, but there are other methods which must be explained:—

(a) *Rice socle*:—Put a pound of rice into two quarts of warm water and simmer gently until it is quite soft. Drain off the water, put the hot rice into a mortar, and pound it to a smooth paste. Turn this out still hot upon a pastry slab and knead it; when pliant, this may be set in moulds or shaped with a couple of wooden spoons and trimmed neatly with a sharp knife. Put the *socles* into the ice-box to set, and for cold *entrées* finish them by spreading butter over their surfaces or masking them with one of the maskings already given. For hot service brush the cold *socle* over with beaten egg, and set it in the oven to colour nicely.

NOTE:—If the pounded rice be rolled out like a thick rope warm, a border shape can be made by bringing the ends together, and patting this to a circular or oval shape with two wooden spoons.

(b) *Wooden socles*:—Blocks of wood, oval or round, according to the shape of the dish to be used, and neatly covered with white paper (which should be pasted smoothly over them), are often used as a foundation, an edging of frilled paper being carried round them, or the border hidden by garnish.

(c) *Socles of fat*:—In this case a wooden stand is smothered with a preparation of fat (*graisse à modeler*) made in the following manner: Take a pound and a half of the white mutton fat which

surrounds the kidney ; cut it up, picking out all skin and sinew. Steep this in cold water for a whole night, then drain it. Put it into a clean earthenware or enamelled stew-pan, cover it, and place it over a very low fire, so that the fat may melt very gradually. When melted, strain it through a hair sieve into a bowl ; let it rest a few minutes, and then mix with it an equal weight of the best white lard ; melt again, and strain again into a basin to cool. Whip the fat now with a whisk, and while thus in a pliant condition lay it over the surface of the wooden stand in this way : Spread a little of the fat upon a baking-sheet, fix the wooden stand upon this, then commence the masking of the stand, smoothing the surface with a flat ruler dipped in hot water, as masons smooth cement. In this way a perfectly smooth block is obtained with the appearance of alabaster, which hardens by exposure to cold air. The ornamentation of these *socles* is often carried out very cleverly by specialists, who with a knife and other tools produce the effect of carved vases, cupolas with vine-leaves in relief, &c., &c. The plain stand, with perhaps a fancy border, should be enough for all ordinary occasions. A smaller block of wood is sometimes placed in the centre of the larger one, and similarly coated with the fat. These upper pieces are generally in the form of pyramids, so that the *médailleurs*, *filets*, *côtelettes*, &c., may be arranged against their sloping sides. When the wooden stands have been coated, smoothed, and decorated, they must be detached from the baking-sheet by placing it over a bowl of boiling water to melt the fixing fat. On being thus taken off the sheets the stands should be placed in a refrigerator until required.

CHAPTER VIII

ELEMENTARY METHODS

BRAISING—BŒUF A LA MODE—ROASTING—BOILING—FRESH MEAT—SALT MEAT—THE HAM—STEAMING—JUGGING—POACHING AU BAIN-MARIE—FAIRE REVENIR

BRAISING.

THIS admirable method of cooking is far too rarely practised in small establishments, in spite of its economy, its wholesomeness, and its savoury flavour. The shortest definition of braising may be given in these words: To cook meat very slowly in broth with vegetables in a closed or partly closed pan, with gentle heat both below and, for part of the time, above the vessel. For the provision of top heat the lid of a proper braising-pan is made with a high rim, so that live coals may be placed upon it, but this may be omitted, as will be explained later on. Thus, the meat is cooked in its own juices, it is tender and digestible, while it derives additional flavour from the vegetables, &c., associated with it; and as nothing is wasted, the dish is decidedly economical.

To *braise* a medium-sized joint, say a leg of mutton weighing six pounds, successfully: First bone it, then trim it, tie it with a string into a neat shape, give it a dust of salt and pepper, and put it on one side, while a broth is made from the broken bones and the trimmings, assisted by any vegetables that can be spared. This should occupy the cook during the morning. Having simmered it for a couple of hours, strain off the broth, let it get cool, skim off the fat, and now proceed to cook the meat. Melt four ounces of butter or good beef dripping at the bottom of the stew- or *braising*-pan first, and turn the meat about in it over a

fairly brisk fire till it begins to take a pale brown colour, then take it out, and cover the bottom of the pan with four ounces each of onions, carrots, and turnips, all sliced finely, an ounce of celery, a dessertspoonful of chopped parsley, and a teaspoonful each of marjoram and thyme, pepper and salt. Replace the meat on this bed, and moisten it with the warm broth just level with its surface; let this just come to the boil, then close the pan and simmer gently for about two and a half hours. Turn the meat, add eight ounces of onions, and (says Gouffé) half a gill of brandy, let the pan simmer for two hours more—keeping live coals on the closed lid throughout the whole of this part of the process—and the *braising* will be completed. Lift out the joint, and keep it on a hot dish; strain off and skim the fat from the broth remaining in the stew-pan—it will be half the amount you originally poured in, but much stronger. Now send up the joint with the broth poured round it, garnished with the vegetables with which it was *braised*, in the form of *purée*, or with others specially prepared for the purpose.

This may be taken as an illustration of the system of *braising* in its entirety, of which, however, it should be explained there are variations. In some recipes of the French school the primary browning process is omitted, and the application of the live coals on the lid limited to the last twenty minutes of the operation. Occasionally this top heat is altogether omitted, and sometimes the simmering of veal is conducted with the vessel only three parts covered, that of beef and mutton with it closed. But these modifications do not affect the main principles of the system, which are slow simmering in a good vegetable and meat broth, and the cooking of a piece of meat in its own juices.

NOTE:—The cavity left by the extracted bone of a leg of mutton may be filled with veal or other stuffing.

The object of the application of top heat, of course, is to produce the effect of part roasting, and the browning of the upper part of the piece of meat. But whenever there is any difficulty about this on account of the want of a proper appliance, the following plan is adopted: When the piece of meat is all but done it is taken out of the stew-pan, and placed upon a baking dish; the broth is strained off and skimmed, and the meat having

been pushed into the oven, is basted continually with the broth till its cooking is completed.

In this manner a leg of lamb, a loin or rolled shoulder of mutton, a piece of the ribs or top side of beef, almost any piece of veal, in fact all small joints up to about six pounds, can be successfully prepared for the table. Larding with strips of fat bacon will sometimes improve the dish, especially when the meat is very lean ; and if some second stock, or a useful broth from any fresh meat and bones be available, it is unnecessary to bone the joint. The vegetables, &c., might in this case be boiled in the stock separately, wine might be added to flavour it, and the joint might be cooked in the domestic *mirepoix* thus made (see page 44).

Poultry, ducks and geese, and game (especially if not very young) can be cooked very satisfactorily by this process. To *braise* poultry, make the broth from the giblets and trimmings of the birds, assisted by a little gravy meat (see the note on this point, page 86). In fact, all *braised* birds are better if the broth in which they are cooked is strengthened by a little extra meat. The French put in a glass or two of light white wine when *braising* poultry, and a sherry-glassful of marsala in cooking mutton or beef in this method. A calf's foot (or two feet in the case of a large piece of meat) and a slice of bacon are effective with all *braised* meat.

While the great artists use, no doubt, *mirepoix* for the moistenings of their *braised* meats, and finish them with garnishes of an elaborate nature, in our small establishments matters can be much simplified : Given a good broth with some vegetables, and a nice piece of meat, a satisfactory result is certain if due care be taken in carrying out the principles laid down, and, above all things, if *full time for the operation be allowed*. It may be said that the only too common failures of the domestic cook are the result of hurry—of attempting to prepare and serve meat in two hours when three were necessary for success. It is impossible to have a nicely braised joint for lunch unless the broth is already made, and the meat put on not later than nine o'clock. Four and a half hours must be given for a joint weighing six pounds.

Bœuf à la mode :—English cooks, as a rule, apply this term to a joint of English cold roast beef when it is warmed up as a *réchauffé*, and sent to table smothered with a thick sauce, browned with burnt onion, and surrounded by sodden vegetables. Now, *bœuf à la mode* is very far from being a *réchauffé*. On the contrary, it is a choice piece of *fresh* meat very carefully braised in good broth with vegetables. Its well-flavoured *cuisson* is slightly thickened by reduction, and its garnish should be composed of vegetables separately trimmed and cooked for that purpose.

No better recipe can be chosen than that given by Gouffé, quoted by Sir Henry Thompson, as follows:—

“Take about 4 lb. (2 *kilos*) of thick beefsteak cut square. Take nearly $\frac{3}{4}$ lb. (3 *hectos*) of raw fat bacon, cut off the rind, which should be put aside to blanch, and then cut the bacon in strips for larding, about one-third of an inch thick, and sprinkle them with pepper. Lard the meat, and tie it in shape as for the *pot-au-feu*. Place the piece of meat in a stew-pan with rather less than a pint of white wine, a glass of brandy, a pint of stock, a pint of water, two calf’s feet already boned and blanched, and the rind of the bacon also blanched. Put it on the fire, adding a little less than one ounce of salt (30 *grammes*). Let it come to the boil, and skim it as for *pot-au-feu*; next, having skimmed it, add fully one pound (500 *grammes*) of carrots, six ounces of onion, three cloves, a faggot of herbs, and two pinches of pepper. Place the stew-pan on the corner of the stove, cover it, and allow it to simmer very gently for four hours and a half. Try the meat with a skewer to ascertain when it is sufficiently cooked, then put it on a dish with the carrots and the calf’s feet, and keep them covered up hot until serving.

“Next, strain the broth through a fine *tamis*; remove the fat that may come to its surface, and reduce it over the fire about a quarter. Lastly, untie the beef, place it on the dish for serving, add the calf’s feet, each having been cut into eight pieces, the carrots cut into pieces the size of corks, and ten glazed onions. Arrange the calf’s feet, the carrots, and onions round the beef, pour the broth over the meat, keeping the surplus for the next day. Taste it in order to ascertain if sufficiently seasoned. Beef *à la mode* should be very relishing: sometimes a clove of

garlic is added. I do not mention this as a necessary item, but as one which must be decided by the lady of the house."

Those who desire to have Gouffé's *bœuf à la mode* should follow this recipe in its entirety. Observe that the piece of meat should be cut *en bloc* from the rump steak and have no bone. The white wine may be *chablis*, *sauterne*, or hock. The broth must be boiled down to add to its strength, and obtain a certain geletinized thickening, a condition which is assisted by the cooking of the calf's feet with the meat.

Larger pieces of beef can be cooked in this manner, ingredients in proportion to the extra weight being added. Indeed, Gouffé says: "I advise in regard of all braised meats, whether beef or veal, that the portions should be rather too large than too small; a long process of cooking succeeds always better with such than with tiny portions. A second excellent dish can always be made, cold, with the addition of jelly. It appears to me better, then, to eat twice following of a good dish thus varied than to cook the small quantity which suffices only for one meal."

A less expensive and nevertheless excellent method is the more modern one propounded by Urbain Dubois in *La Cuisine d'aujourd'hui*, in which neither wine, brandy, nor larding is mentioned. Indeed, the recipe already given for a braised leg of mutton might be applied to this case exactly, substituting a piece of beef from the topside or leg weighing four pounds for the mutton, the only extra being two calf's feet. The broth is to be reduced in the same manner as in Gouffé's recipe.

Sometimes it may happen that a braised joint or bird cannot for want of time be browned by top heat, or in the oven. In such cases its appearance can be improved by glazing its surface over with melted glaze diluted with a spoonful or two of the broth just before serving.

ROASTING.

Among the many modern appliances which have for their object the simplification of labour in the kitchen there is, of course, the ventilated oven, which for many things is an excellent contrivance. As ill-luck will have it, however, it has become

the cook's receptacle for everything, the jack and screen are set aside, and the consequence is that roasting proper—*i.e.*, before the fire—is passing out of practice in the kitchens of moderate establishments. This should not be permitted, for, handy substitute as it is, oven-roasting will never be as good as the older method until some clever person invents an automatic oven basting machine. “My opinion is,” says Mr. Buckmaster, “that the essential condition of good roasting is constant basting, and this the meat is not likely to have when shut up in an iron box.”

Directions for roasting may be given concisely as follows:—

Having made up the fire very carefully, commence by putting the meat close to the coals for six or eight minutes to seal the surface, and secure the internal juices as much as possible: then move it further back. It is essential to use an equal fire throughout the process, and to guard against cooking the joint too fast. Frequent basting is imperative, and it is advisable to dredge a little flour over the meat to finish with, to produce a crisp, brown, frothy surface. Preserve the fat of a sirloin, or loin of mutton, by tying over it a wrapper of buttered paper. The thickest part of a joint should hang a little below the centre of the fire. Baste with broth or stock to commence with; after a while the joint will yield its own dripping. Avoid *greasiness*. When the joint is done take the dripping-pan and pour off into a basin very slowly the whole of the fat till all that remains at the bottom is the pure gravy drawn from the meat; dilute this with a cupful of broth from the stock-pot, or hot water if no broth be available, stir well, and pour this into the dish on which the joint is served. Gravy with roasted meat should be light and clear, *i.e.*, not thickened. Care must therefore be taken to protect the dripping-pan from *flour* when the final dredging takes place.

The French place their small joints in *marinade*, which I describe more fully later on. Their method of cooking a loin of mutton *en papillote* shows this: Trim the loin nicely, and let it lie from morning till roasting-time *en marinade*, composed of a breakfast-cupful of salad oil, a tablespoonful of vinegar, two ounces each of onion and carrot sliced finely, with pepper and salt, chopped parsley, and a teaspoonful of powdered dried sweet

herbs. Let the joint be turned several times during the day, and baste it often. When to be dressed, pack it, with its vegetables and all, in a well-oiled paper, tying it with tapes, roasting it carefully, and basting it with the oil and vinegar that composed the *marinade* : when *nearly done*, remove the paper, brush off the vegetables, baste with melted butter, and serve, when nicely browned, with other vegetables independently cooked, and an appropriate sauce. By this method the meat is kept juicy, its flavour is improved, and the final basting with butter removes all traces of oil.

The roasting of ducks, geese, game and poultry ought certainly to be conducted in front of the fire, and not in the oven : let the breast, if possible, be *bardé* with fat bacon, *i.e.*, tie a flap of bacon over it. Then pack the bird in white paper that has been well lubricated with melted dripping or butter. Birds cannot be kept too moist when roasting. A large sweet onion and a lump of good salt butter should be put inside the carcase of a fowl, and the basting should be most carefully attended to. The slower the roasting the better.

I recommend that the *liver* should *not* be removed from poultry. If left alone, with the adjuncts above mentioned, the flavour of the bird is decidedly improved. The English practice of tucking the gizzard under one wing and the liver under the other is absurd. The gizzard is useless in that position, and the whole bird suffers for the sake of that overrated morsel "the liver-wing." The French never remove the liver from poultry.

The bacon tied over the breast should be removed during the last five minutes of the cooking, when the bird should be lightly dredged over with flour, and liberally basted with melted butter to produce the brown, crisp blisters, which always make a fowl look inviting.

Larding meat or poultry :—For the method of preparing the lardoons see instructions, p. 170, in respect of larding cutlets and fillets. In this case the length and thickness of the strips of bacon are matters for the cook's discretion. A large piece of meat or a turkey must obviously require thicker and longer lardoons than a *fricandeau* or a pheasant.

Thread a needle of a size suitable to the size of the strips.

Thrust the point of the needle into the meat, and, holding the latter firmly with the left hand, pass the needle in half an inch deep, and, working in a direction from you forward, bring the point out, say, two inches from the point of entry ; draw the thread of bacon through, leaving a piece of it outside at both ends. Go on with next threads at intervals of an inch, keeping them all in line with the first lardoon. Then thread in another line in the intervals between the pieces in the first line—the system being continued according to the extent of the surface to be larded.

Of oven-roasting little need be said. It is, of course, most necessary that the receptacle itself should be kept scrupulously clean, all greasy spillings being carefully removed after every occasion of using. The baking-dish must be placed on a trivet or barred grating to raise it above the floor or shelf of the oven. This prevents burning from overheating. I do not recommend baking dishes with hot-water compartments, for the water soon evaporates, and then nothing is gained by the contrivance.

Tastes vary so much as to the “doing” of meat that no one can lay down a code of hard-and-fast laws as to time in roasting, but if the jack be protected from draughts, with a well-polished screen, and the fire evenly maintained, and sufficiently brisk for the operation in hand, Gouffé’s table may be taken as a fairly safe guide :—

A large turkey, $8\frac{1}{2}$ lb.	will take an hour and three-quarters.
A hen turkey, $3\frac{1}{2}$ lb.	„ forty-five minutes.
A capon, 4 lb.	„ fifty minutes.
A fowl, 3 lb.	„ half an hour.
A duck (wild or tame)	„ twenty minutes.
A duckling	„ fifteen minutes.
A goose, 6 lb.	„ an hour.
A hare (leveret)	„ half an hour.
A do. (full grown)	„ forty minutes to one hour.
A partridge, or woodcock	„ a quarter of an hour.
A pigeon	„ a quarter of an hour.
A snipe, or plover	„ ten minutes
A blackcock, or pheasant	„ half an hour.

A saddle of mutton, 7 lb.	will take	an hour and a half.
A sirloin of beef do.	„	an hour and three-quarters.
A loin of pork, 3 lb.	„	fifty minutes.
A loin of mutton, 3 lb.	„	thirty-five minutes.
A leg of ditto, 7 lb.	„	an hour and a half.
A shoulder of do., 6 lb.	„	an hour and twenty minutes.
A loin of veal, 3 lb.	„	fifty minutes.
A fillet of ditto, 8 lb.	„	two hours and a half.

The rough calculation is generally fixed at from fifteen to twenty minutes per pound, but circumstances may modify even this computation: the age, quality, and condition of the meat, the amount of heat allowed and the temperature of the season. The rule of the eye is perhaps the safest, and when the cook *sees* that the meat is beginning to smoke she may be pretty sure that it is nearly if not quite done. Press the fleshiest parts with the finger (in the case of poultry and game the leg should be tested), and if it gives way to the pressure it is ready; if not, there will be some resistance to the finger.

BOILING.

Boiling, or the cooking of meat for the table in water, may be considered under two headings:—(a) the treatment of fresh meat, and (b) that of salt or cured meat. Now, although it may seem paradoxical to say so, actual boiling, *i.e.*, cooking at 212° F., has very little to say to either of these two cases. In point of fact, the cook should be exhorted in respect of both of them to *avoid* boiling save for the very short periods that will be fixed presently.

In the recipe for the production of *bouillon* we have seen how the boiling of meat should be conducted when the object is to extract its juices. We must now consider what has to be done in preparing boiled meat for the table, in order to retain all the nutritive and sapid elements it possesses, and note where the two processes differ.

(a) FRESH MEAT.

For the *pot-au-feu* it is necessary to put the meat into cold water first—alone: to let it macerate for some time, then to place the vessel containing it over a low fire, and proceed as slowly as

possible from cold to warm, warm to hot, and from hot to boiling, skimming the scum that rises very carefully: when the surface is clear, and the water boiling, to add the vegetables, &c. ; to reduce the heat below the vessel by drawing it to the edge of a low fire, and then to let the contents of the pot simmer for three or four hours. But in the case of a piece of fresh-boiled beef, a fowl, leg of mutton, or whatever it may be, destined for the dinner-table, put the meat, tied neatly in the shape required with tapes, into boiling slightly salted water to begin with. After from five to seven minutes at this extreme temperature draw back the vessel and reduce the heat to simmering, adding a good allowance of vegetables, herbs, &c., as in *pot-au-feu*, and continue the slow process till the joint is done. The high temperature at first is essentially necessary to seal up the surface of the meat by coagulating a thin layer of albumen over the whole of it, thus retaining within it all its juices and nutriment.

Boiled meat at the English dinner-table is often spoiled by being "galloped," as cooks say; that is, done too fast. Meat thus maltreated cannot fail to be tough. Simmer a boiled leg of mutton just as carefully as the meat of a *pot-au-feu*; that is to say, when once boiling-point has been reached, ease off the fire a little, and endeavour to obtain a uniform heat below the pot that will just keep its surface, as it were, *alive*. An occasional bubble is what is wanted with gentle motion, the water muttering gently, not jabbering and fussing, as it does when boiling. At this temperature the simmering may be prolonged for two or three hours. If your cook follows this process you will never have to send a boiled leg of mutton away from the table because of its being too underdone inside to be fit to eat. For the keeping up of the high pressure too long produces this effect: the outside of the joint is too rapidly done, and the inside scarcely cooked at all. The joint looks done, and is consequently sent up with the unsatisfactory result that I have pointed out. Fluctuations of temperature are likewise harmful. But it is clear that the cook must have ample *time* for the operation. You cannot expect a piece of meat to be nicely boiled in time for luncheon if you give the order for it at eleven o'clock!

Simmering a joint of meat is undoubtedly a troublesome

process. The cook's attention must be kept up throughout the work. If the fire be permitted to run down, and requires replenishing in the midst of the proceedings, the whole thing may be spoiled. Those who possess gas cooking stoves should count themselves especially fortunate. Their cooks can regulate the heat they want at will, and go on with other work. But with common old kitchen ranges, the difficulty of maintaining the unvarying gentle heat so highly essential appears to me to be very great.

During the boiling of a joint, the water should at all times be kept so as to cover it. If there be any loss by evaporation, it should be made good at once by the addition of hot water. The sudden introduction of cold water would check the temperature.

No matter what kind of meat you boil, you will find it improved by the addition of a few vegetables. Custom has ruled that we should put in carrots and turnips with boiled beef, turnips or sweet onions with boiled mutton, onions with a rabbit, &c. ; yet true cooks add a judicious assortment of vegetables and herbs, &c., to *every* boiled dish. An allowance of onion, turnip, celery, carrot, parsley, a sprig of marjoram or thyme, a little bag of flavouring materials, such as a clove of garlic, a blade of mace, a few cloves, some whole peppers, and the peel of a lemon, should always go into the pot with a boiling fowl.

Nor is there any wastefulness in following this practice. Remember that the *cuisson* or liquid in which a joint or bird has been thus boiled is a good broth. If reduced by being simmered with the lid of the cooking vessel removed, it can be turned to account in many ways, especially for the foundation of a white sauce, or the provision of the nice white masking with which cold boiled poultry is finished for the supper-table. It can at the same time be used with propriety as a basis for celery, leek, cauliflower, Jerusalem artichoke, turnip, cucumber, or other white *purées*.

Moreover, the vegetables thus used need on no account be wasted. If not required to garnish the joint with which they have been boiled, they may be reserved for *purées*, in which form they can be served as soups, or as garnishes for cutlets ; or the

purée may be moistened with melted butter and a little broth or milk, with one well-beaten egg, set in a well-buttered *légumière* capped with grated cheese, and cooked *au gratin*, in which form it can be served with any dish of meat.

It is a very capital and economical plan at times *to cook a fowl in the soup-stock*. The soup gains all the fowl loses in the boiling, while the fowl derives better flavour from being done in the stock. One lot of vegetables and herbs suffices for both, and absolutely nothing is thrown away but the muslin bag which contained the flavouring herbs. The fowl must not be put in until the stock is boiling; then, after five minutes at that temperature, it should be allowed to simmer till cooked. Of course in this case the bird does not provide a broth out of which its sauce can be prepared. Provision must therefore be made for that separately, or the stock-pot be taxed to meet the demand. The giblets of the bird should be chopped up and simmered in the stock at the same time.

Time in boiling fresh meat can scarcely be fixed arbitrarily. Following the advice I have given, from fifteen to twenty minutes per pound will be found a reliable allowance. Discretion and experience must guide the cook in fixing this point exactly. Large and deep joints, such as rounds of beef, legs of mutton and of pork, silverside of beef, and hams, will naturally require a more liberal time allowance than fowls, tongues, galantines, bacon, rabbits, &c.

Blanc:—To preserve the whiteness of such meat as calf's head, poultry, ox palates, &c., the French use a whitened broth known as *blanc*, made as follows: Melt a quarter of a pound of chopped suet or clarified dripping over a moderate fire in a large stew-pan or boiling-pot, moisten with a gallon of water, stir in, as this is getting hot, four ounces of flour, adding four ounces of onions sliced, a sherry glass of vinegar, one ounce and a half of salt, half an ounce of pepper, and a bunch of herbs. This should be brought to the boil before the meat is put into it. In case it may be impossible to make a proper *blanc* the cook should remember to cloud the water with flour, and a little milk.

(b) SALT MEAT.

The treatment of *salt* meat differs from that laid down for *fresh*

meat, inasmuch as it must be set on the fire to begin with in *cold* water in order that it may be tender, and swell somewhat in the boiling.

Among cured meats there is nothing more important than the cooking of the ham. So much depends on the cook's knowledge of the process that careful instructions must be given for it.

It is, of course, necessary to soak the ham for forty-eight hours, changing the water at least three times (I am speaking of English hams that are thoroughly matured, of Bradenham, Westphalia, and Spanish hams). Comparatively fresh hams may be ready after twelve or eighteen hours' soaking. For this it is wise to consult the salesman, who ought to know the extent of curing that the ham has undergone. When thus well soaked, scrub the ham well with a stiff brush and trim it, scraping off all discolorations. Now place it in the ham-kettle, *cover* it with cold water, set the vessel over a moderate fire, and let it come slowly to the boil, removing all scum that may rise. When quite clear and boiling, put in with it, cleaned and cut up, five ounces each of carrots, turnips, and onions, one of celery, one of parsley, a bag containing a clove of garlic, a dozen whole peppers, and a dessertspoonful each of dried parsley, thyme, and marjoram: the addition of this cold stuff will throw the boiling back: wait for it to come on again, and then drawing it to the edge of a low fire, let the kettle *simmer* very gently for at least five hours, allowing half an hour per pound for the process. Test the ham with a skewer, and when it is done, take the kettle off the fire; then lift the ham from the water, detach the outer skin (it will roll off easily), and strain and skim the boilings. Now pour a bottle of marsala into the kettle with a like measure of the skimmed boilings, put in the ham, and simmer over a very low fire for another hour, turn it now and then, take it out, glaze or dredge some finely sifted raspings over it, and serve.

Briefly, during the simmering stage it is impossible to overdo the slow process of cooking a ham. The best example of this principle is given in Sir Henry Thompson's last edition of "Food and Feeding": After the ham has been put in *mirepoix* over a fairly brisk fire, brought to the boil, and kept at that temperature for five minutes, the vessel is covered, withdrawn, and cooled to 170°, after which it is placed on the edge of a very low fire, and

the gentlest simmering at that temperature maintained for twelve hours. During the next twenty hours (night included) the reading is still further lowered so as not to exceed 150°. Four hours before dinner the ham is skinned, returned to the vessel, with a bottle of wine added to the remaining *mirepoix*, and simmered at 140° till required.

This process, as regards *the wine*, is far more effective than the old one of putting in wine, cider, or beer, in the first instance. Marsala, remember, is quite as good as Madeira for this purpose. If a red wine be preferred, Beaune or Spanish Rioja might be selected; if a white wine, Chablis or Graves.

When required for service *cold*, let the ham lie in the wine and strained boilings in which it was finally simmered, and gradually get cold. It may thus marinade all night in a cool larder with advantage, but not in a *metal* vessel—an earthenware pan or enamelled basin should be used. This *cuisson* skimmed again and slightly reduced by boiling makes a good sauce for a hot ham. For cold service, *sauce froide à la Seville* is excellent (page 76).

It is customary when presenting ham as a *relevé* alone to serve it with an appropriate vegetable—*jambon aux épinards* (with spinach) or *petits pois* (green peas)—a rich brown sauce flavoured with the wine used in the cooking of the ham accompanying.

A ham may also be baked, or roasted. In the latter case it is marinaded and cooked in the manner described later on for venison.

SALT BEEF.—The principles laid down for the cooking of a ham should be followed in respect of salt beef. The more slowly this is done the better. In this way you can buy a nice piece of brisket at sevenpence or eightpence a pound, and turn it out cold, and pressed, as tender and as well flavoured as the pressed beef for which they charge you eighteenpence a pound at the stores, and two shillings at the more pretentious provisioners. Select a good piece, say five pounds, and not too fat. Tie it in shape firmly with string, put it into cold water over a low fire, and bring to the boil slowly. Skim and put in, ready cut up, five ounces each of onions, carrots, and turnips, one of celery, and a muslin bag containing a clove of garlic (not cut), twelve peppercorns, a blade of cinnamon, a dessertspoon-

ful of mixed dried herbs, and the rind of a lemon. Draw the vessel to the edge of a low fire, and simmer now for at least four hours, then take out the meat, remove the string and bones immediately, wrap it in a clean damp cloth, and tie it again in shape with string. Lay this upon a baking-sheet or flat dish, and put another on the top of it with weights just sufficient to press it firmly. Leave it thus during the night. The next morning take off the weights, remove the cloth, trim the joint into a neat rectangular shape, and, with a little diluted glaze and a brush, varnish it lightly over (page 92).

If to be served hot, trim the piece of meat neatly after removing the bones, and dish it garnished with the vegetables which were cooked with it, and little squares of pressed cooked cabbage with some of the *cuisson* skimmed poured over it.

For any special occasion it would, of course, improve the beef if it were simmered for an extra hour in marsala, like the ham.

STEAMING.

The process of steaming has become familiar to the public, more especially on account of the introduction of Warren's cooking-pot and vegetable-steamer.

The term "steaming" is frequently applied not only to the Warren process, but also to the cooking of meat and vegetables placed in hermetically closing utensils, which, in turn, are plunged into larger vessels containing boiling water.

Warren's system needs no description, for detailed instructions accompany every vessel. Its chief recommendation consists in its simplicity and efficiency. Meat well braised may be said to be equally nutritious, for it is in like manner cooked in its own vapour and juices; and in the matter of fuel, braising is certainly the less expensive method. On the other hand, the careful regulation of the heat, &c., in braising, causes a good deal more trouble than the simple boiling of a Warren's pot. The one process requires the hand of a cook, the other can be managed by any one.

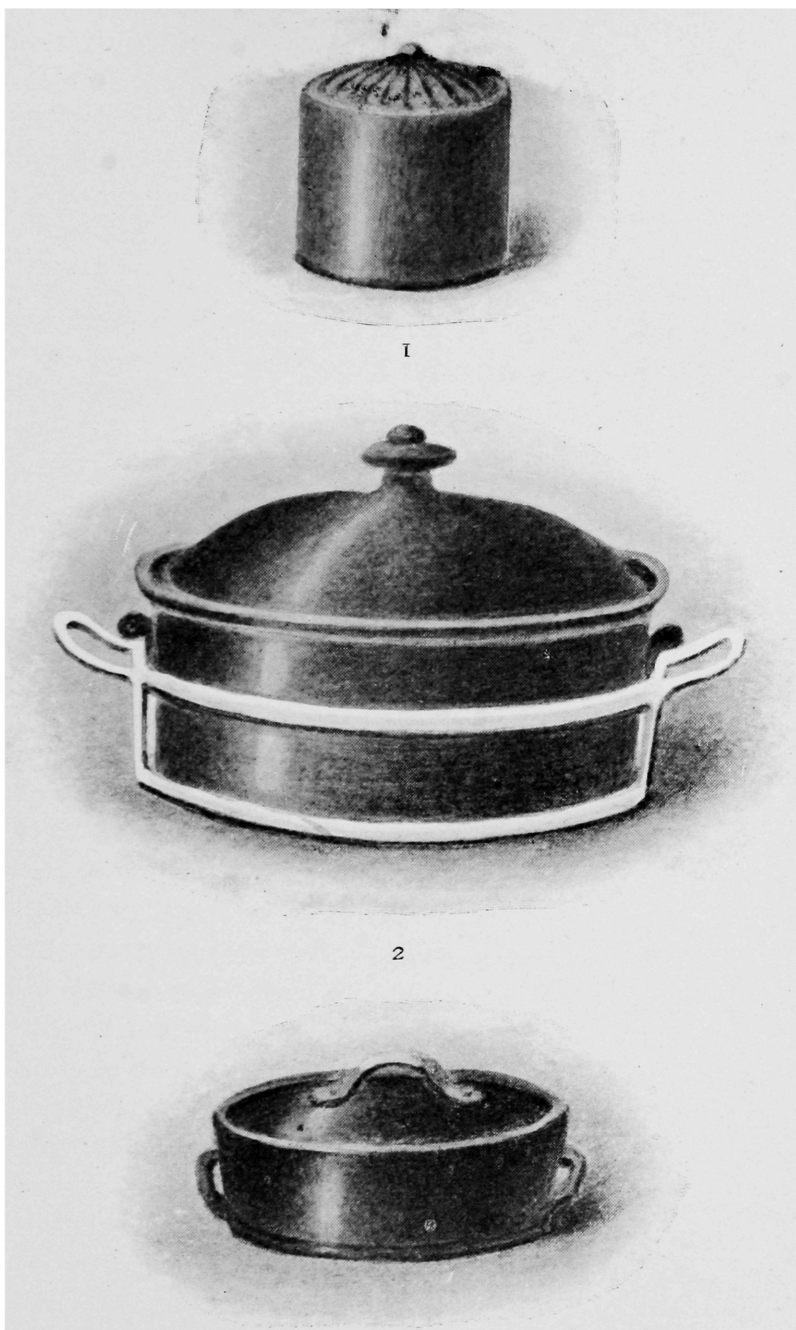
The practice of roasting a joint after it has been nearly cooked in a Warren's pot is not to be encouraged. The effect is never equal to actual roasting. Whereas if served simply

steamed, and nicely masked, the meat would seem, at all events, to have been very well boiled. A good cook ought, by the clever treatment of the good broth drawn from the meat, to be able to diversify both the appearance and flavour of the joint, adding to its attractiveness by a tasteful garnish of macaroni or vegetables.

JUGGING.

There is a homely dish, common enough in Southern India, cooked in this manner, and called by the native cook "boiled chops." The process is really deserving of attention, for it is susceptible of improvement and greater development. A nice steak; a dish of neck cutlets; the blade bone of the shoulder, boned and flattened; a chicken or small-sized fowl, cut up as for fricassee; game similarly prepared, and fish, can thus be dressed very daintily. The native arranges his little dish of neck cutlets in a common soup-plate with sliced onions, carrots, and turnips, seasoning, &c, moistens with a gill of broth or water, inverts another soup plate over it, fixing the two together with paste, and puts the contrivance into a pan of boiling water, continuing the boiling for an hour or more. The result is a dish of very tender cutlets with vegetables, in a savoury broth produced by the combination.

Following this principle, I advocate the use of one of the brown French fireproof *terrines* called in the stores catalogue "covered pie dishes," and sold in various sizes, both oval and round in shape. In one of these a very tender and nourishing dish, particularly nice for luncheon, and to be recommended for children, can be prepared. Choose a neck of mutton, and trim the little cutlets as neatly as possible. With the scrag end trimmings of meat and bones, assisted by four ounces of minced onions, an ounce of celery, and one of parsley coarsely cut up, with a seasoning of spiced salt, make a broth. When it is ready strain, and skim it. There should be about three gills of it. Next line the bottom of the *terrine* with chopped parsley, sliced onion, tomatoes, and turnip; arrange a layer of cutlets over it; cover this with vegetables cut in the same way, and place over them another layer of cutlets, finishing



1

2

3

1. JUGGING POT.
2. TERRINE (IN A PLATED CRADLE STAND).
3. SMALL TERRINE FOR CUTLETS, ETC.

with another layer of vegetables. . Roughly cut parsley or chervil and a few strips of celery should be put in during the packing, and a seasoning of pepper and salt.

When the *terrine* is filled up to about an inch of the level of its rim pour in slowly enough of the broth to come level with the covering of vegetables. Lastly, fix the cover of the *terrine* securely with a band of paste laid round the rim of it, put the vessel into a large stew-pan with sufficient boiling water to reach half its depth. Cover this, and keep it on the fire boiling for two hours. At the time of serving, the *terrine* having been taken out, the lid should be detached, any fat on the surface removed, and the dish sent to table immediately.

In event of there being no time to make special broth for the *terrine*, the cook should use any broth or stock she may have at hand; failing that, water. If thought of the day before, there would be no difficulty, of course, in making the broth mentioned in the recipe.

Follow the same directions in jugging a steak, or a blade bone: in the case of a chicken or small fowl, a little cooked bacon, tongue or ham in slices will be found an improvement, the broth being made, of course, from the bones and giblets. With game-birds I would add a little sweet herb seasoning.

Fish should be done in this way: Trim the fish (whiting, slips, lemon soles, or fresh haddock), in fillets, cod in thin slices, season them with pepper and salt, cover the bottom of the *terrine* with slices of onion, sprinkled with coarsely cut parsley and chervil, put a layer of fillets over the onion, and season them with salt and pepper; put in now a layer of sliced tomatoes, and sprinkle plenty of roughly chopped curled parsley over them, repeat the layer of fish, onion, and tomatoes, then pour in sufficient broth made from the fish bones and trimmings, with a glass of chablis, sauterne, or hock, to cover the contents of the *terrine*, fix on the lid as in the first case, and cook in the same manner, but for one hour only. The wine is, of course, optional. Serve in soup-plates with parched bread in slices, *i.e.*, bread that has been dried in the oven without browning.

If made of two or three sorts of little fish as above, but with

a saltspoonful of saffron, an uncut clove of garlic, and one tablespoonful of salad oil added, the effect produced is not unlike that of a *bouillabaise* of which details are given in the chapter on Fish. Serve in soup-plates as the foregoing.

POACHING AU BAIN-MARIE.

This process by which *timbales*, *pains*, *boudins*, &c., are cooked, is often called "steaming" by English writers in the absence of a better word to meet the requirements of the case. It is, I think, desirable to avoid using a term which is distinctly applicable to a different method of work altogether, and to adopt the French way of putting it.

It need not be said that the food cooked in this way is put into a mould or a number of small ones. Recipes for the compositions themselves will be found elsewhere. The cooking is done in this manner:—

Choose a roomy stew-pan with a closely fitting lid, and lay at the bottom of it a wire trivet, or kitchen paper folded in four. This is to act as a buffer between the bottom of the mould and the bottom of the pan, and to insure an even distribution of heat. Set the mould or moulds upon the buffer, having covered their exposed ends with buttered paper: now pour boiling water into the pan, carefully avoiding the moulds, in sufficient quantity to furnish a bath about half their depth. As the pan is cold, this operation will stop the boiling. Set the pan on the fire at once, and allow boiling point to be reached again, then draw the vessel over a very low fire, or put it into a gentle oven, cover it closely, and let the poaching continue as slowly as possible until the contents of the moulds are set.

The chief points to note specially in respect of this process may be put concisely as follows: Use *plain* charlotte, cylinder, border, or *dariole* rather than fluted or ornamental moulds. Butter them well with butter in a semi-fluid condition, and use a *brush* for the operation. Put the mixture into the mould cold, or it will melt the butter lining, and prevent the successful turning out of the mould when it is finished. Be sure that the mixture goes well home into the mould by tapping the

latter rather sharply upon a folded cloth laid up on the table. Do not fill the mould full. Leave a space for expansion during the cooking. Cover the exposed end of the mould with buttered paper cut to fit it neatly. Regulate the heat very carefully, so that after boiling point has once been reached, the cooking that follows it may be as gentle as possible. Lastly, never attempt to turn out a mould at once when it seems done: allow it to settle at least five minutes before dishing. It is a good plan, after waiting the five minutes, to place the dish over the mould and reverse them, thus bringing the latter uppermost; then gently shake, and draw away the mould, releasing its contents; mask this with reduced *sauce veloutée* or *Espagnole*, as the case may be (see page 93), and serve.

For small operations, *i.e.*, the poaching of little moulds, remember my advice as to the *sauté*-pan with dome-shaped cover (page 13).

FAIRE REVENIR.

This is a method of frying which is passed over by most English writers, and not noticed in many schools of cookery as a process of importance. It may be briefly described as follows: To fry in a stew-pan an assortment of sliced or minced vegetables in a fair quantity of butter, over a moderate fire, turning them about until they turn a pale, or reddish brown colour (as the case may be) before moistening them. This is a preliminary step often prescribed in respect of braised meat stews, curries, some sauces (see Nut Sauces) and soups. It is invariably recorded in my recipes for vegetable soups, and continually referred to by French writers. In the case of braised and stewed meat the meat is generally fried with the vegetables until it is browned. After this commencement the moistening must be effected with hot, not cold, broth.

CHAPTER IX

STUFFINGS AND FORCEMEATS

STUFFINGS—SEASONINGS—FORCEMEATS—GODIVEAU—CURRIED FORCEMEAT
—CINGALESE FORCEMEAT

GREATER attention than is usually thought necessary in the English kitchen ought to be paid undoubtedly to the preparation of Forcemeats and Stuffings. Our cooks adhere, as a rule, to certain standard stuffings for turkeys, geese, ducks, &c., which appertain to national tradition, and have not been departed from for a century or more. With farce—the forcemeat of the French school—they have at best a very distant acquaintance. Accordingly it would be as well, I think, to deal with the two things in separate sections, first taking stuffings of which the component parts are bread crumbs, suet or its equivalent, herbs with seasoning, and eggs to bind them; and then forcemeats made of various kinds of meats pounded with butter, fat of ham, or bacon, *panade*, flavourings of truffles, mushrooms, &c., seasoning, and eggs.

The practice in most cookery books has been to use these terms without much discrimination, and this is misleading, for the procedure to be followed in preparing the latter compound is very different from that of the former. The chief thing to keep in view in respect of both is simplicity, to avoid mixtures of flavourings and complexity of ingredients and not to overpower the thing stuffed with its stuffing.

STUFFINGS.

It should be pointed out, to begin with, that for effective

service these preparations must be firm ; that is to say, when the bird or piece of meat containing it is carved the stuffing must be sufficiently set to be cut in neat slices with the meat. Nothing can be more slovenly and repellent than an oozing, pulpy stuffing. To guard against such a thing, eggs are introduced and cannot be dispensed with. Bread crumbs should be of stale bread finely grated ; suet (beef) should be fresh and chopped small ; butter may be substituted for it or finely minced fat of cooked ham or bacon. If dried herbs are used they should be carefully picked, well pounded in a mortar, and then sifted. Fresh herbs should be scalded, dried in a cloth, and finely minced. Seasoning was formerly very spicy but now the slightest trace of spice is considered sufficient. A useful seasoning mixture is composed as follows :—

(a) *Spiced pepper* :—Two ounces of mixed dried herbs carefully picked and pounded in a mortar to powder ; half an ounce of mace in powder ; half an ounce of newly ground black pepper ; all mixed together and sifted through a fine pointed strainer. Articles which do not pass should be pounded again and sifted. The best assortment of herbs is made up of equal weights of marjoram, thyme, and rosemary.

(b) *Spiced salt* :—Mix one ounce of the above with three of salt.

(c) *Seasoning of pepper and salt* :—One ounce of freshly ground black pepper to two of salt.

(d) *Oriental seasoning salt* :—Two ounces of coriander powder a quarter ounce each of cardamom, turmeric, and cinnamon powder, and half an ounce of Nepaul pepper to six ounces of salt.

Ordinary herbs stuffing :—As used in English domestic cookery for turkeys, veal, hares, &c. Quantity depends, of course, on the size of the bird or joint to be stuffed. The following proportions may be taken as enough for a turkey or hare of moderate size : Six ounces of dry well-sifted bread crumbs, three ounces of suet, a dessertspoonful of chopped green thyme, the same of marjoram, and a heaped-up tablespoonful of minced parsley. In the absence of green herbs a dessertspoonful each of the dried, powdered and sifted. Lastly, the finely grated zest of half

a lemon and a dessertspoonful of seasoning salt (*b*): the whole well mixed in a bowl with two whole raw eggs.

Good colour is desirable: accordingly, if dried herbs are used, the proper green tint may be obtained with a little spinach-greening, which will not interfere with the flavour of the stuffing. Additional richness can be got by increasing the allotment of suet, butter, or ham fat by two ounces.

Goose and duck stuffing:—The ordinary compound of domestic cookery is, as a rule, much too crude for refined taste, and being rarely bound with eggs, is too often a greasy mess when hot, and scarcely presentable when cold. The crudeness arises from the use of sage and onions without preliminary blanching in boiling water to temper their acidity. I have always recommended a stuffing of a much milder description than that generally laid down, and have taken care to provide for its firm consistency: Weigh a pound of Spanish onions, peel and blanch them in boiling water for ten minutes. Drain off the water, and replenish the vessel anew; when this water boils put in the blanched onions, boil, and then simmer till tender. Whilst these are boiling, take ten tender-looking sage-leaves, and scald them in boiling water for five minutes, take them out, dry them, and when the onions are tender, drain, turn them out on a board, and proceed to mince them with the sage-leaves, *very finely*. Add this to six ounces of bread crumbs in a bowl, and dust over the mixture a liberal allowance of spiced salt (*b*): when nicely worked together add three ounces of fresh beef suet chopped small, and bind the ingredients with two eggs; it will now be ready for use. This stuffing is mild, yet pleasantly flavoured, and quite firm when cut. The recipe will be found enough for a pair of ducks. Ducklings, as a rule, are not stuffed, but Dubois' method is given later on, which should be tried on special occasions.

Goose stuffing is made like duck stuffing, and the composition is a pleasant addition to some joints of pork, especially so, I think, with a loin, which should be boned, rolled, stuffed with it, and roasted over a bright fire.

Chestnut stuffing:—I have always thought that the difficulty here is to maintain the flavour of the chestnut, and that on this account

it is a mistake to put into the composition spices, lemon-peel, parsley, &c. I am also of opinion that, as in other cases, chestnut stuffing should be firm. With this object in view my recipe runs as follows: Select two dozen good-sized chestnuts, peel, blanch them in scalding water, and remove their inner red skins. Put them into a stew-pan with sufficient giblet broth to cover them, boil up, and then simmer gently until the chestnuts are nearly cooked. At this point take out half the chestnuts, put them on one side, and continue the cooking of the rest until they are quite soft. Now pass them through a hair sieve into a bowl, add two ounces of finely grated bread crumbs with three ounces of butter and two whole eggs, season with mixture (b), and lastly add the chestnuts which were taken out of the stew-pan cut into pieces—four or six each according to size; mix well, and use. It will be seen that this stuffing may be described as one in which chestnut dice are set in chestnut *purée* with no distracting flavour of any kind.

Pine-kernel (pignolia nut), salted almond, and cashu-nut stuffing:—See page 69 for the treatment of these nuts. For stuffing prepare them in the same way as far as the pounding of the nuts to a paste. At this point add for four ounces of nuts two ounces of bread crumbs, a tablespoonful of cream, two whole eggs, and a full teaspoonful of seasoning mixture (c).

D'Uxelles stuffing:—A recipe for this mixture of mushrooms and herbs will be found at page 85. For the quantity there given allow four ounces of bread crumbs and two whole eggs. This will be found useful for filling boned pigeons, partridges, larks, quails, &c., the livers of which may be cooked minced and mixed with the *d'Uxelles*.

Mushroom stuffing:—Put six ounces of mushrooms minced small with their trimmings washed and also minced, into a *sauté*-pan with two and a half ounces of butter: fry for six minutes over a moderate fire, and then turn the contents of the pan into a bowl containing five ounces of bread crumbs. Season with a dessertspoonful of mixture (b), and put in two eggs; mix well, and use for small birds in the same way as *d'Uxelles* stuffing.

Oyster stuffing:—For this prepare twelve large sauce oysters in the manner given on page 59. When they are done, drain, trim

off their beards, which pound to a paste with an ounce of butter, cut the oysters into dice and put this with the paste into a bowl containing four ounces of bread crumbs: add the liquid in which the oysters were cooked, two ounces of butter, and one whole egg, seasoning with a dessertspoonful of mixture (*b*). The oyster *cuisson* should be reduced by boiling to a gill, to concentrate flavour and prevent the stuffing being too slack.

Dubois' stuffing for a duckling:—Cut up small the liver of the duckling and two fowls' livers, cook this in a *sauté*-pan with an ounce and a half of fat of cooked ham or bacon, also minced. When done empty the contents of the pan into a bowl containing the quantity of the *d'Uxelles* stuffing just given.

Wyvern's stuffing:—This is for the filling of the inside of a fowl, guinea-fowl, or pheasant. Procure five ounces of calf's liver, and with that of the bird itself, uncooked, make a coarse mince, mix a dessertspoonful of minced shallot with this, season with (*b*), and bind with a raw egg. Cut half a dozen thin slices of cold cooked thick back of bacon, rather fat than lean, three inches and a half long and two and a half wide; lay these out on a board, brush over their upper surfaces with beaten egg, dust over that with seasoning (*b*), lay a tablespoonful of the minced liver on each, and roll up the bacon enclosing it. These rolls should be left alone for half an hour to set, and then be pushed into the cavity of the bird through the vent, which should be sewn up afterwards before roasting. If the bird be rather small, smaller rolls must be made with dessertspoonfuls of the minced liver.

FORCEMEATS.

The chief things to note in regard to these preparations are that the meat used in them must be fresh, they must be thoroughly pounded, quickly made, kept cool during the operation, and put in a cold place afterwards till required. The ingredients used are: *Panade*, various meats, and either butter, suet, or boiled udder of veal, according to the sort of forcemeat decided upon. They are moistened with white and brown sauces as may be required, and eggs are wanted for most of them. They are used not only in pie-making, *galantines*, &c., but also in the

form of *boudins*, *quenelles*, *pains*, and *crèmes* for *entrées*, besides being required for garnishes in certain soups and *ragoûts*.

Panade :—There are two methods of preparing this ingredient ; one with flour, the other with bread crumb.

(a) *With flour* :—Put a gill and a half of white stock such as fowl boilings, or water, into a stew-pan with half an ounce of butter and a saltspoonful of salt. Set this on the fire and bring to the boil ; then remove the pan, and mix into the liquid as much dry well-sifted flour as it will take up, making the additions by degrees. Stir the paste thus formed with a strong wooden spoon vigorously, and then replace the vessel over a low fire, working the paste unceasingly until the moisture evaporates, and the *panade* comes away from the side of the pan. Empty it when in this condition into a bowl, cover it with a sheet of paper, and let it get cold. When completed, *panade* should present the appearance of a ball of uncooked paste.

(b) *With bread crumb* :—Put eight ounces of finely grated bread crumbs into a bowl with a saltspoonful of salt, moisten it with as much broth or water as it will absorb, put this into a stew-pan, and carry out the process described for *panade* with flour, setting it aside to get cold in the same manner.

NOTES :—(1) *Panade* may be mixed with milk, but this in summer may turn the forcemeat with which it is blended sour. In any circumstances the milk used should be boiled beforehand and strained.

(2) *Panade* is not used in very large quantity. Its proportion in respect of the other ingredients with which it is employed may be taken as follows : To one pound of pounded meat ten ounces of *panade*, weighed after each has been prepared ; the fatty element (butter, clarified beef or veal suet, cooked bacon, or ham fat) being the same weight as the *panade*.

Veal or white-meat forcemeat :—Eight ounces of uncooked veal, chicken, or rabbit, or a mixture of all three, entirely deprived of sinew, skin, &c., pounded thoroughly, and passed through a wire sieve, the weight being taken *after* this has been done.

Five ounces of fat of cooked York ham, or “green” bacon (*i.e.*, not smoked), very finely chopped, or clarified beef or veal suet similarly got ready.

Five ounces of bread panada, cold, prepared as has been described.

First blend the pounded meat with the panada little by little, then the minced fat or suet little by little, add, one by one, two yolks of egg, and season with a teaspoonful of mixture (*b*). Work vigorously for some time, and then pass the whole through the wire sieve, lastly adding, if necessary, a spoonful or so of cold *sauce Hollandaise* (page 66), white sauce, or cream, to moisten.

In order to determine whether the farce is correctly made it is the practice of the French cook to test a small piece of it by poaching it in boiling water: if it is then too stiff he adds the sauce above mentioned, if too slack more *panade*.

Game forcemeat:—In the case of game forcemeat, which is generally made of hare or the flesh of pheasants, partridges, &c., the process is the same as in the foregoing case, but the moistening sauce should be brown (*Espagnole*), flavoured with game *fumet* or essence extracted from the crushed carcasses of the birds or from the bones and coarse meat of the hare.

Galantine forcemeat:—The standard composition for *galantines* of poultry, veal, ducks, and geese, is made up of the plain forcemeat first given, well seasoned with mixture (*b*). Use powdered sage with salt for the two last—a teaspoonful of the powder to a tablespoonful of salt, and a saltspoonful of mace. For game it is usual to take the coarser meat of hares, legs and thighs, or the flesh of old birds with an equal weight of cooked ham fat or clarified beef suet, seasoning highly with mixture (*a*), and adding one quarter of its bulk of liver forcemeat No. 1.

Godiveau:—A standard forcemeat for pies, garnishes, &c., is made as follows: To fourteen ounces of veal completely freed from gristle, skin, and sinew, well pounded, and passed through the sieve, twenty ounces of very finely minced veal kidney fat are added; both are then well pounded together; when well amalgamated three whole eggs, one by one, are mixed with the meat, and then by degrees four spoonfuls of savoury custard thus composed: Two eggs, one ounce of butter, a pinch of salt, and a coffee-cupful of milk, stirred over a low fire till thickened, and then cooled by being plunged in its saucepan into a pan of cold water. A little crushed ice should be mixed in during these

additions to keep the composition as cold as possible. When the *godiveau* seems of the right consistency it should be tested by poaching a small piece of it. If too stiff, thinning should be done with a little iced water.

Success in making *godiveau* depends to a very great extent upon the temperature being kept low: ice must therefore be used except in wintry weather.

Godiveau aux fines herbes is a variety most efficacious in pies; it is made exactly as ordinary *godiveau* with finely chopped parsley, chives, chervil, and cooked mushroom added. Half the quantities laid down (page 85) would meet the amount of *godiveau* now prescribed.

Fish forcemeat:—This should be made of plain white fish (whiting quite the best to use), skinned and taken in fillets from the bones, uncooked. Pound this in a mortar, and for one pound of fish allow ten ounces of butter and ten ounces of *panade*; season with salt, mace, and pepper seasoning, and bind with two whole eggs. If additional moistening be desirable, a tablespoonful or so of *sauce blonde* (page 62), made with a broth extracted from the bones and trimmings, should be used.

Liver forcemeat (1) (*farce à gratin de foie*):—For this six ounces each of calf's and chicken's livers should be used. Cut them up small. Also cut up small three ounces each of onions, carrots, and the washed peelings and trimmings of half a pound of mushrooms; season with mixture (b). Melt four ounces of fat bacon or ham in a *sauté*-pan; when melted put into it the minced vegetables and liver, and fry altogether over a moderate fire, stirring during the process with a two-pronged fork. When the liver and vegetables are softened and nicely coloured take the pan from the fire, and empty its contents into a bowl. When cold transfer the mixture to the mortar and pound it to a paste; pass it through a hair sieve, and use the *purée* to strengthen forcemeats for galantines, pies, &c. An allowance of about four ounces to the pound of ordinary forcemeat would be sufficient. Half the quantities just given would yield this.

Liver forcemeat (2):—For this calf's liver alone, or lamb's, should be used, seasoned and fried with the same vegetables. When cooled after the frying it should be pounded, and then

blended with a quarter its weight of *panade*. The following proportions may be fixed: Eight ounces each of liver and cooked fat of ham; a tablespoonful each of minced vegetables, and mushroom trimmings, a teaspoonful of seasoning mixture (*b*), two ounces of *panade*, with one whole egg. This forcemeat is good for boned pigeons, quails, ballotines, and the lining of any raised pie.

Fowl forcemeat (farce à quenelle de volaille):—The proportions for this mixture are: Eight ounces of uncooked fowl meat freed from sinew and passed through a fine-cutting mincing machine, then pounded with five ounces of fat of cooked ham to a paste, five ounces of *panade* added, all well mixed, and passed through a hair sieve; now two yolks of eggs, one by one, should be stirred into the *purée* thus formed, and a teaspoonful of seasoning mixture (*b*); to assist the passing, a spoonful or two of cold *Hollandaise* (page 66) may be used. Stir the whole preparation over ice for five minutes, and keep cold until wanted.

NOTE:—This, and any other forcemeat, may be prepared as “*farce soubisée*,” or “*tomatée*,” by using either of those sauces strongly reduced instead of hollandaise or cream for the moistening of the mixture.

Forcemeat for creams (farce à la crème):—This light composition is used for such dishes as *pains*, *mousselines*, *crèmes de volaille*, &c., which have to be poached *au bain-marie* (process explained page 120). Proportions: Ten ounces of uncooked chicken, game, fish, or whatever it may be, passed through a mincer, and pounded to a paste, with five and a half ounces of butter added by degrees during the pounding. Having been seasoned, the whole is then passed through a hair sieve into a bowl. This should now be set on ice and vigorously stirred while four yolks, one by one, and lastly a gill of whipped cream, are added. Put the mixture into a mould, which should be liberally buttered, shaking it well home, and cook according to the directions already alluded to. Test before using by poaching a little piece the size of a nut, correcting, if need be, in the manner already described.

Truffled farce:—It is clear that any of the farces that have been given can be improved by the addition of truffles in the

form of dice, or of a *purée*, four ounces of them pounded with an ounce and a half of butter constituting the latter. Mushrooms may be introduced in the same way, and quarter-inch squares of *pâté de foie gras*, or *foie gras au naturel*, are effective if blended with a *farce à la crème* at the last during the filling of the mould.

Farce à l'Indienne (curried forcemeat) :—Put six ounces of butter into an earthenware *casserole* or stew-pan, melt it over a low fire, add ten ounces of onions finely minced, and fry gently, stirring well to prevent catching, until the mince is nicely browned. The process must not be hurried, for fear of burning. While this is going on mix in a small bowl or soup-plate a full tablespoonful of Vencatachellum's curry powder and one of his paste with a dessertspoonful of his tamarind chutney and a teaspoonful of salt, with just sufficient broth or milk to convert all into a moist paste. Besides this, make an infusion (see Chapter XVI.) as follows: Put into a bowl two tablespoonfuls of desiccated cocoanut and one of ground sweet almonds, pour over them half a pint of boiling water, cover the bowl with a plate, and let the nuts macerate until wanted.

The onions having turned brown, mix into them the curry preparation, and fry it for ten minutes at gentle heat; then put in a pound of minced cooked veal, slightly increase the heat, and fry for a further period of ten minutes; moisten now with half a pint of good broth, and the nutty infusion, which should be poured in through a pointed strainer, all juice being squeezed out by pressing with a wooden spoon, and simmer, stirring continually until the contents of the pan assume the consistence of jam. Put this into a mortar, and pound well with three ounces of fat of cooked ham. Now mix with the substance thus obtained ten ounces of *panade*, and after vigorous stirring pass the mixture through a hair sieve into a bowl. Add now three yolks, one by one, and season with a teaspoonful of salt. If the forcemeat now completed be a little too stiff moisten it with a spoonful or so of *Hollandaise* sauce.

Ceylon curried forcemeat :—Put eight ounces of finely minced onions into a stew-pan or earthenware *casserole* with three ounces of butter: fry over a low fire till the onions begin to turn yellow,

then stir in, mixed to a paste in a small bowl, a teaspoonful of turmeric powder, two of coriander powder, one of cinnamon powder, and one of seasoning (*c*). Fry this for five minutes, then moisten with two-thirds of a pint of broth, adding three tablespoonfuls of desiccated cocoanut with two of ground sweet almonds, and one of minced green ginger ; bring to the boil, and simmer half an hour to extract the flavour of the various ingredients, after which pass the contents of the pan through a hair sieve. The only meat at all suitable for mixture with this is veal or chicken, but both shell-fish, and ordinary fish, or a blend of the two, work well with it ; proportions the same as in fish forcemeat, the point of difference being that the meat or fish should be simmered in the Ceylon sauce until the latter is almost absorbed. This recipe is referred to in connection with *Crème de homard à la Cingalèse*.

CHAPTER X

FISH

GENERAL REMARKS—BOILING—POACHING—FRYING—BAKING—STEWING—
BROILING—ROASTING—SPECIAL METHODS—BOUILLABAISSE—WATER
ZOOTJE—SMOKED FISH

“FISH, under skilful hands, offers,” says Brillat Savarin, “an inexhaustible *répertoire* of palatable dishes; whether served up entire, in pieces, or sliced; done in water, in oil, or in wine; hot or cold; in all cases it receives a hearty welcome.” It need hardly be added, then, that fish cookery in all its branches deserves the closest consideration. In English kitchens this has been necessary for a *very* long time, for, to speak plainly, we have never taken advantage of the excellent opportunities so well within our reach. According to old custom, when we entertain our friends we place before them the sort of fish that is at the time in the highest estimation, and consequently the most expensive. Thus, we rarely descend the scale below salmon or turbot in their respective seasons, adhering to a standard method of cooking them, and overpowering them generally with one special sauce as rich as cream, butter, and lobster can make it! Now I strongly advocate a much more comprehensive survey of our fish market than at present obtains, and the frequent selection of many of the less well-esteemed varieties. This would lead us out of a groove to the closer study of the different methods of fish cookery, and show us that many good dishes can be produced which, while neither difficult nor expensive, are decidedly uncommon.

Certain fish cannot be too simply cooked or too plainly

accompanied. These are the rich creamy or oily and gelatinous kinds, for which no better methods can be followed than the English, provided that a clean, sharpish sauce like *Hollandaise* be chosen to go with them. Other sorts being naturally plain may be improved by richer sauces and by following French recipes; while some old combinations are too good to be changed, such as cod and oyster sauce, or a sole crisply fried, with butter melted (*beurre fondu*, page 67) and the squeeze of a lemon.

Few dine at Greenwich without being surprised at the variety and novelty of the dishes given to them, and go away with the idea that such things can only be enjoyed at the celebrated riverside inn. But as a matter of fact there is nothing new or difficult in any of them, the bill of fare not having been materially altered in the memory of the present and last generations. This shows what good effects can be obtained by working up only a very little of the art of fish cookery.

The tendency of the modern French school is certainly to overdo the cooking of fish. At establishments renowned for their proficiency you often see compositions so elaborate and *travaillés*, that you cannot recognise the fish which, according to the *menu*, is supposed to exist somewhere beneath a rich creamy canopy amid a *garniture* of mushrooms, truffles, and divers kinds of shell-fish. The sole is often the victim chosen for these elaborations. Now this is not only a mistake as far as the sole is concerned, but it is palpably inartistic, for you may be quite sure that truffles and mushrooms will appear again during the dinner in an *entrée*, and the same description of creamy white sauce. I have, for instance, quite lately seen *escalopes de volaille* with a sauce *suprême* served—in the same *menu* with a sole *Waleska*.

Now I contend that, even in the best art-study of fish, all aid save that which fish can yield itself should be excluded. Let the broth with which the sauce is made be derived from fish, and let the garnish be fish—especially shell-fish. Leave truffles, cockscombs, and mushrooms for *entrées* of flesh or fowl, where they, perhaps, can hardly be dispensed with. Some standard preparations there are that cannot be ignored:—à la *Normande*, *Chambord*, *Marguery*, *Amiral*, *Montglas*, &c. But if one of

these be chosen it should be followed by a *relevé* not over-garnished, and a cold *entrée*.

It need hardly be insisted that, in composing your *menu*, you should always select the *poisson* in harmony with the soup which precedes, and the dish which is to follow it. Thus: if your soup be of a gelatinous or creamy kind, and your first *entrée* one with rich white sauce, let the fish be served as plainly as possible with a sauce like *Hollandaise* or *Colbert*. But if you give a clear *consommé* delicately flavoured, and order a *filet* or *côtelette* to succeed the fish, you can indulge in *barbue à la Normande*, or *crème de homard au beurre rouge*. Turtle soup, fish with lobster sauce, followed by an *entrée* with cream in its composition, would form, for instance, a combination of good things obviously in-artistic in design, and one which few could enjoy with impunity. As I observed in my chapter on "The *Menu*" the charm of a dinner according to the new *régime* consists in the harmony of its lights and shadows.

If you follow the French form of *menu* correctly, and present a *relevé* after the fish, you need have less apprehension with regard to the service of a rich dish of fish, especially if the latter be preceded by a clear soup.

It is a commendable French custom to serve plainly steamed potatoes, shaped neatly in oval form, with some dishes of fish; and a garnish of fried smelts, fillets of sole, or whiting is frequently added to plainly boiled turbot, brill, halibut, &c., with good effect.

A good hard-and-fast rule to make in regard to fish is this: never allow the fishmonger to fillet or trim the fish that may have been selected. Ask him to send it home exactly as it is—untouched: have it trimmed as you may wish in your own kitchen, and turn all the bones, heads, skin, tails, and fins to good account in the form of broth, in which the fish should be cooked, and with which afterwards the sauce should be made or a *gratin* moistened (see page 5). If the cook is unable to trim and fillet fish—a not uncommon thing nowadays—order the fishmonger to do what is necessary, but to send in with the fish all its bones and trimmings.

BOILING.

As in respect of meat, so of fish, teach the cook that the art of cooking it in water well consists in taking pains to *avoid* boiling. This is an odd thing to say, but it is nevertheless true.

After having thoroughly cleansed and wiped the fish, rub it over with a little vinegar, or a cut lemon, and place it on the drainer of the fish-kettle, so that when done it may be lifted out without risk of breaking up. Sprinkle salt over the fish, and a dessertspoonful of vinegar into the water in which it is to be boiled. Let the water be *boiling*, and just in sufficient quantity to cover the fish. The immersion will throw the boiling back. Let that temperature return and remain unchecked for from one to three minutes, according to the size and firmness of the fish, then reduce the heat under the kettle to simmering point. Skim off all scum that rises, and take care to suspend operations the moment the fish is done. Overboiled fish is nasty to eat and ugly to look upon : underdone fish is unfit for human food. It is generally laid down that ten minutes per pound may be allowed as a fair average of the time required for this operation, but so much depends upon the thickness of the fish to be boiled that the cook should test it now and then with the point of a skewer, and as soon as the flesh parts easily from the bone let her decide that it is ready.

Sir Henry Thompson has explained that the system of putting fish into *cold* or warm water, and cooking it slowly, is erroneous. Such a method abstracts from five to thirty per cent. of the nutritive material, according to circumstances, some varieties of fish losing more than others. If it be reduced afterwards the water forms when cold a strong gelatinous mass. Even boiling as above described takes some of this property from the fish. It is accordingly a manifest advantage to reduce the water in which the fish was boiled (if not made too salt), and use this when making the sauce to accompany it.

Never let your fish, after it is done, remain soaking in the water in which it has been cooked ; drain it at once, or it will become "woolly." If ready too soon, let it rest on the drainer over the hot kettle, and cover it with a hot napkin. But this should be

of rare occurrence if the cook is guided *by the clock*, and does not put the fish on to cook till the hands show her that she has *just* time to do it nicely.

If you have no fish-kettle, put your fish on a dish, tie a napkin round it, and boil it thus protected : you can then lift the dish out of the pan when done without spoiling the appearance of the fish. Be very particular in draining every drop of water from the fish before you serve it.

Connoisseurs in the art of cookery recommend that fresh-water fish should be boiled in a *court bouillon*. This may also be applied to sea-fish. It is simply a vegetable broth, with a proportion of vinegar, viz., four ounces of carrots, four ounces of onions, one ounce of parsley, a teaspoonful of thyme, a teaspoonful of basil, two ounces of butter, and one ounce of salt. Stir over the fire in a stew-pan for ten minutes, and add two quarts of water, with half a pint of vinegar ; simmer for one hour, strain, and keep till required.

A mixture of white wine, such as chablis, sauterne, or hock, and water, in equal parts, may be used instead of the vinegar and water. When using the *bouillon* bring it to boiling point, and pour it round the fish that you wish to dress by its means.

Fish cooked "*au bleu*" is also considered a delicacy. The preparation is exactly like *court bouillon*, red wine being substituted for white.

Court bouillon à la Nantaise is made of milk and water in equal parts, salt and pepper in proportion.

Fish boilings should on no account be thrown away, for if they have been produced from a non-fatty fish, and are not too salt, they provide excellent material for sauces and moistenings for *gratins*. In any case they make, with the addition of water, if necessary, good *bouillon* for the boiling of other fish, and may thus continue in hand, gaining strength on each occasion.

But to speak plainly, boiling is the most wasteful process that can be applied to fish. In point of fact—as Sir Henry Thompson observes—*steaming* is far more economical, and ought to be substituted for boiling when fish is to be cooked by heated water only. For this process see remarks page 15.

POACHING.

Having given the question of boiling and the objections I have pointed out much consideration, I have long adopted a different method altogether, whereby no waste occurs, and the fish itself is made more palatable. I call my process "POACHING." Remembering how the French housewife treats the meat from which she produces *bouillon* and *bouilli*, it occurred to me that fish might be cooked in its own juices in a slightly different, yet similarly efficacious manner. For example :—

Choose a haddock, gurnard, or sea-bream, and order it to be sent home as it is without trimming. First carefully take the flesh off the bones on each side of the fish in two large fillets, and chop up the head, tail, fins, and bones. The fillets may be divided in halves, making four pieces. Set them aside. Now put all the trimmings and bones into a stew-pan with four ounces of onion, two ounces each of carrot and turnip, and an ounce of celery when in season, all minced; a good bunch of parsley, a sprig of marjoram or thyme, a saltspoonful of mignonette pepper, and two of salt. Cover with cold water, bring slowly to the boil; then lower the fire, and simmer for half an hour, or until the vegetables are cooked. This having been done, strain off the broth. A shallow pan must now be chosen—a ten-inch *sauté*-pan with an upright rim will do—into which the broth must be poured. Set this on the fire, and when it boils put in the pieces of fish that you set aside. The boiling will be checked by this; when it comes on again lower the heat to simmering, and continue that as gently as possible till the fish is done. Remove the pieces of fish now with a slice, and arrange them neatly on a buttered dish that will stand the oven (one of Limoges fireproof china, for instance), and cover them up while you proceed to thicken the broth in which they were cooked. When ready, pour this over the fillets, and shake over the whole surface a slight layer of finely grated Parmesan or Gruyère. This can best be done through a small wire strainer. Next slip the dish into the oven, or under the griller of a gas stove, and let the surface take a light golden colour, when it can be taken out, laid upon a napkin on a larger dish, and served with a garnish, specially prepared, of neatly

“turned” boiled potatoes arranged in a chain round the margin. If you keep by you, for fish cookery, the remains of such wines as hock, chablis, or sauterne, a claret-glassful put into the broth with the fillets, when the cooking of the latter is commenced, will be found an improvement.

For an easy and pleasant sauce the broth may be thickened quickly with *beurre manié* (page 56), and finished with the yolk of an egg, and a teaspoonful or two of anchovy or tarragon vinegar.

Thus we have the full value of the fish, no water, better flavour, and a really excellent sauce. Instead of cheese, various top dressings can be given with chopped shrimps, anchovies, mussels, oysters, &c. Fish of such a shape that you cannot fillet them should be cut into slices not thicker than an inch. Take, for instance, salmon, cod, hake, and halibut.

Paupiettes, or rolled fillets, are generally made of soles, lemon soles, whiting, or small brill, and prepared in this way: Trim band-like fillets of the fish four and a half inches long, two and a half inches wide, and one-fifth of an inch thick. Put them lengthwise upon a wetted board, brush beaten egg over their upper sides, and scatter over this a thin layer of finely minced shrimps, prawns, lobster, or cooked oysters. Then season and roll up the fillets enclosing the mince; wrap the little rolls in buttered paper, and tie them in shape with twine. Let them rest awhile, then cook in the manner described in this section, poaching them very gently. When done, remove the *paupiettes* from the pan, take off the paper jackets, and serve them masked with the sauce intended for the dish.

Paupiettes are often lined with a thin layer of forcemeat (see page 129) instead of the minced shell-fish, and oyster, mushroom, and herbs stuffings can be used in like manner for the same purpose (see page 125).

FRYING.

The art of frying fish consists in being bountiful in the use of the medium which you employ for the process, and careful as to its temperature. The fish should be absolutely boiled in a bath of fat or oil, which should be first carefully tested so that you may

be convinced that it is hot enough. "If your fat be not sufficient in quantity and sufficiently heated," says the "G. C.," "the fish you want to fry, instead of being 'surprised' by it, will get soaked with it, and you will produce a flabby and greasy mess instead of a crisp, appetising dish."

For fish-frying on a large scale, such as a sole entire, the wire drainer is a valuable utensil, used, of course, in conjunction with the deep-sided frying kettle or *friture*-pan. Small fish like smelts, and small fillets, can be fried in a smaller pan if deep enough, and drained with a perforated slice, or wire basket.

The confectioner's drainer advocated in Chapters II. and XX. will be found most useful for the proper drying of fried fillets, &c., before dishing.

Fish, either whole or in fillets, when fried in the English fashion, is generally egged and bread crumbed. The Italians, who are perhaps the best fryers in the world, either flour their fish or dip it in batter. Both methods are, for some fish, more suitable than the bread crumbing process. Whenever you use crumbs, see that they are stale and well sifted, not the pithy lumps, both great and small, too often set before you by a careless cook who will not look ahead, and forgets to keep a bottled supply of stale, well-rasped bread in hand.

NOTE:—In very few English kitchens is sufficient attention paid to bread crumbing. As a rule, not nearly enough time is allowed for the work; the condition of the crumbs is not considered of much importance, while little is known of the necessity of a perfectly dry surface for the fixing of the beaten egg; the time needed to insure setting *after* the crumbing, the repetition of the crumbing, and, again, the time to be allowed for the setting before proceeding with the cooking.

To obtain a satisfactory result, proceed to make *panure* as follows: Having crumbed some stale white bread as small as you can in a napkin, set it in the oven till crisp, but without browning; next, pound in a mortar and sift the crumbs through a stiff wire sieve; then place the plate containing them into the oven, with the door ajar, for a minute or two to dry thoroughly.

At least *an hour* before cooking spread a sheet of kitchen paper on the table and cover it with the crumbs. Beat up in a bowl an

egg with a teaspoonful of salad oil and the same of water. See that the fish is perfectly dry. To insure this turn it over in a floured cloth. The egging should then be *brushed* over it like varnish, after which it should be turned over and over in the paper containing the dry crumbs. Not less than half an hour should now be given for the setting of the crumbing. Let the fish lie in the crumbs during this rest, then lift it, shake off superfluous crumbs, and go on with the *second* crumbing.

For this, pale yellowish-brown *crust* raspings, *chapelure*, just as carefully sifted after pounding as the *panure*, should be ready to be applied after the first breading has thoroughly dried.

For flouring: Dry and dip the fish in milk, let the drip cease, and then turn it over in a napkin containing some well-dried flour. Let this dry well before using, shaking off superfluous flour. Recipes for frying batter will be found in Chapter XX. It ought not to be very thick for fish frying.

Flouring whitebait should be managed in this way: Spread a clean cloth on the table; dredge flour over its surface an eighth of an inch deep, take the whitebait out of the iced water in which they are sent with a draining slice, and with a fork detach them one from another all over the floured cloth. Do not finger them if you can avoid it. Toss the flour over them by shaking the ends of the cloth. Let them lie so that the flour may adhere and dry, then turn them out upon a wire sieve, and shake off the superfluous flour.

Prepare a good bath of fat at least three inches deep, set this over a brisk fire, and when hot enough—*i.e.*, when a crumb of bread thrust into it frizzles freely—plunge the wire frying-basket into it. Pass in the whitebait now with a slice, only putting in as many as you can thoroughly immerse at a time. Increase the heat. Leave them alone for three minutes motionless, then slightly stir them; in half a minute more give them another stir: four minutes, or at most five, should be enough if the fat is properly hot. They must not be allowed to turn brown. Lift up the basket, drain them over the fat, shake them, dust some salt over them, turn them out upon blotting paper, or a hot dry cloth, to dry thoroughly, and continue the same process till all the whitebait are done.

Between each relay slightly reduce the heat, increasing it for a new batch in the same way as in the first instance.

If at all flabby, owing to the fat having been not hot enough, they may be plunged when cold again into very hot fat for a minute, when they will be crisp. For this reason it is a good plan to fry whitebait *twice*; early in the afternoon for three minutes, and, just before serving, for two, each time in boiling fat. Failure can only result from neglect of one of these simple rules. Unless the fat be plentiful the necessary deep bath cannot be provided. For further particulars about frying see Chapter XX.

N.B.—Sauces of an elaborate kind are out of place with fried fish. The best accompaniments are lemon juice and butter plainly melted (Dutch sauce). A sharp relish such as *Colbert à l'estragon* may be given, or *Hollandaise*, but the simpler the better is the safe rule. An effective finish to a dish of fried fillets is a little pat, placed on each of them at the last moment, of green butter, *maitre d'hôtel*, shrimp, or lobster butter.

BAKING.

Under the head of baking we come to that excellent method of treating fish which is familiar to every one as *au gratin*. In this way plain as well as fanciful dishes may be prepared, the principles in all being similar. The fish, to begin with, can either be whole, in fillets, or slices. The flat *gratin* dish should be well buttered; minced mushrooms, various shell-fish, chopped anchovies, finely minced parsley, shallot or chives, and such sweet herbs as may be at hand, are often used for the more elaborate compositions; whilst parsley, shallot, and butter alone, with fine bread crumbs, will suffice for the plainer dish for ordinary occasions.

A fish broth, made as described, for poaching fish, with or without a glass of any light white wine, like chablis, hock, or sauterne, should be gently poured round your dish when it is packed ready for the oven; but the liquid ought never to come up to the level, quite, of the *chapelure* covering the top layer of the fish in the baking dish, which should be moistened with liquefied butter.

A slight sprinkling of grated Parmesan or Gruyère is often recommended for these dishes.

Fillets of anchovies, shrimps, and prawns, form, with oysters, scallops, and mussels, the most appropriate garnish for an artistic *au gratin*, while essence of shell-fish, and chablis should be judiciously introduced to moisten the combination.

Fishes carefully stuffed and baked whole are generally nice ; it is a method particularly well suited to fresh-water fish, and a pleasant way of cooking a haddock, sea-bream, gurnard, or a dish of whittings. See herbs, mushroom, and oyster stuffings (page 125), and page 152 for the process of baking in detail.

The white fireproof china baking dishes are most handy for cooking fish after this method, for it should be noted that the fish should be served in the dish in which it is baked without changing.

STEWING.

The leading principles of this method are : To clean and prepare the fish in fillets, or convenient pieces, and to set them aside while, with the heads, livers, bones, &c., a good broth is made, assisted by herbs, vegetables, and anchovy, and, if possible, a glass of French white wine, chablis or sauterne ; when this is ready strain it into a *casseroles* and put in the pieces of fish, and simmer them from twelve to fifteen minutes. Strain again, thicken the broth, and pour this over the fish arranged in a hot *légumière*. The stew is then ready. You may serve it white or brown. In the latter case a little browning will be required, red wine (claret) instead of white, and the addition of a gill of tomato sauce to each three gills of stew sauce will improve it. If you stir in the yolk of an egg, beaten up with a pat of butter and a little of the stew broth, not coloured, and add this, off the fire, before serving, the dish will be improved.

The most celebrated preparation of stewed fish is the *matelote*, which, strictly speaking, should be composed of a variety of fish, including eels, but may, I think, be equally well followed in dressing any firm-fleshed fish. Instructions will be found for this dish in Chapter XI. on fresh-water fish.

As a type of domestic stewing I give the following : Having procured a good-sized haddock, gurnard, or sea-bream, untouched

by the fishmonger, first trim off the head, tail, and fins, and take the flesh from the bones on each side of the fish in two long fillets. Set them aside. Now chop up all the bones and trimmings and make a broth according to previous instructions. Put this, when finished and strained, into a clean stew-pan with one tablespoonful and a half of tomato sauce, half a pint of hock, chablis, or sauterne, or a claret-glass of claret, and a teaspoonful of lemon-juice. Let this just reach boiling point, then lay the fish, cut into four pieces, therein; reduce the heat at once, cover the pan, and simmer till done. Take out the fish, put it upon a hot dish, thicken the broth in which it was done, and pour it over it, serving as hot as possible. A few drops of Parisian essence will colour the sauce. The wine can be omitted if desired, and a tablespoonful of anchovy vinegar with a large teaspoonful of red currant jelly substituted.

N.B.—Stews, &c., to which *red* wine is added ought not to be cooked in a tinned utensil. An enamelled pan or glazed earthenware *casserole* should be used.

BROILING.

Under this head we meet with a method of cooking fish specially nice for breakfast and welcome at dinner for a change. For the former meal, of course, we have whiting, mackerel, fresh herrings, haddock, &c., which are simply split and grilled after having been well buttered: while for the latter, trout, salmon-trout, and salmon, provide the best subjects, for instance:—

Let a good cut of salmon be divided into nice slices three-quarters of an inch thick: set them to *marinade* for half an hour in salad oil, minced shallot, parsley, vinegar, a few whole peppercorns, and thin strips of lemon-peel. Take them out, wrap them with the shallot, &c., in well-oiled papers, broil over a rather low fire, turning often, and brushing them with melted butter or oil, and serve with a nice sharp thick sauce like *sauce Béarnaise*, *ravigote*, *Tartare*, or *Colbert à l'estragon*. Take care that the bars of the gridiron are well oiled, for they are apt to burn delicate morsels like fillets of fish *en papillotes*. This manner of cooking red mullet is, of course, well known. Slices of fish well buttered may be broiled without paper

coverings equally well. This work can be efficiently carried out under the griller of a gas stove.

ROASTING.

Fish of fairly good size can be roasted "*à la broche*." The method is recommended for haddock and all fish whose shape adapts itself, as it were, to the spit. Stuff the fish, wrap it in oiled paper, tie it carefully to the spit, and baste continually with melted butter and vinegar. Remove the paper before serving.

A good cut of salmon, say three or four pounds from the centre, may be similarly wrapped in paper and roasted on the spit. The paper must be well oiled and sprinkled over with chopped *fines herbes*. After having removed the paper, mask the fish with *matelote* sauce, and serve with some of the same in a boat.

But appliances for this kind of roasting are not often found in private kitchens. There is, however, an easy method of dressing fish in front of the fire which Sir Henry Thompson advocates, and which I have often put to practical test with the best results. A common Dutch oven with a dish to fit it nicely is the utensil required, a size being chosen large enough to accommodate a small brill, a dory, gurnard, haddock, or any fish in general requisition. The dish must be buttered, and some melted butter must be poured over the fish. The oven is then to be set before the fire with the dish in it. Care must be taken during the operation lest the fish burn, and turning and basting must be carried on assiduously. For this about half a pint of strong fish broth should be made out of bones and scraps in the manner already given, reduced to strengthen it, and either anchovy vinegar or a glass of chablis or sauterne should be added. The fish should be served in the dish in which it was cooked.

"The advantages of this method," says Sir Henry, "are that the fish is cooked entirely in its own juices, which are abundant, and form the best sauce, and that these juices, which contain part of the nutriment and much of the characteristic flavour, are saved and utilised. Lastly, the direct action of the fire

browning the surface of the fish gives the appetising flavour which is the especial charm of the roast and the grill, and which is known to appreciative palates as 'tasting of the fire.'"

This method is, as he points out, by far the best to adopt for cooking red mullet, in which case a couple of tablespoonfuls of Burgundy or Rioja should be added to the basting broth.

SPECIAL FORMS OF COOKING FISH.

The *Bouillabaisse* :—Any sort of small fish will do for this, such as flounders, little whittings, slips, red or grey mullet, &c. The greater the variety the better. Take the flesh from the bones in the form of fillets, set them aside, and for two pounds of mixed fish trimmings, well chopped, slice up four ounces of tomatoes, and mince small six ounces of onions, three ounces of carrot, one ounce of parsley, and half an ounce of celery; put all into a stew-pan with a clove of garlic and a *bouquet garni* (page 29), finally adding a tablespoonful of salad oil, and half an ounce of salt. Cover with a quart of cold water, bring to the boil by degrees over a low fire, skim, and simmer gently for forty-five minutes. During the simmering put in a small teaspoonful of saffron powder, and when it is finished strain off the broth into a clean stew-pan; bring it almost to the boil, then slip in the fillets of fish, adding a good bunch of parsley roughly chopped; simmer until the fish is done, after which the *bouillabaisse*, now completed, should be poured into a tureen. This should have been lined with slices of bread which have been dried in the oven without colouring.

A *bouillabaisse* should be helped in soup-plates, some of the fish, garnish, and broth in each, with a slice of parched bread for every portion. It is a good plan to send round with the *bouillabaisse* a dish of *tomates gratinées* (page 223), and some like grated cheese also.

Waterzootje (sometimes called "*watersouchy*") :—This dish is not a *souché*, or a *souchet*, or a *souchy*, but a *waterzode*, a *waterzoo*, or *zootje*. It belongs to Flemish, not to French cookery, and might be called the *bouillabaisse* of northern latitudes, for, omitting the garlic, oil, wine, saffron, and capsicums of the semi

Oriental southern dish, it is cooked exactly in the same way.¹ The keynote of both compositions is the "*bouillon très succulent*," as Audot says, extracted from the *débris* of the fish and the vegetables which have been indicated—as a separate transaction—in the following manner:—

Choose whittings, sole, flounders, and eels, in quantity according to your requirements—any two of the four varieties given will do—fillet the fish neatly in small fillets: set these aside, and put the whole of the remnants, heads, skin, bones, fins, and trimmings, into a stew-pan, adding for each two pounds weight of such stock-stuff, exactly the amount of vegetables given for the broth for the *bouillabaisse*, a handful of curled parsley shredded, a tablespoonful of strips of parsley root about an inch long, a dessertspoonful of horseradish shavings, with a *bouquet garni*, and half an ounce of salt. Cover with cold water, bring slowly to the boil, skim, then simmer for forty-five minutes and strain. Into this hot broth (using another stew-pan for the operation) put the fillets with six freshly cut pieces of parsley (which should be blanched for three minutes in scalding water), and cook gently for about ten minutes until the fillets are tender. Now empty the contents of the pan into a deep dish, for the *zootje* is both soup and fish, and serve in soup-plates with thinly sliced brown bread and butter. A spoon and fork will be required by those who take this dish.

Although as a rule a *zootje* is made of various fishes, any fish can be thus cooked alone (in fillets), the same principles as to a good broth foundation being carried out. This can, of course, be made with common fish cuttings, the trimmings of the fish used, and the vegetables and herbs already mentioned.

Lastly, a fillet or two of the better fish selected for ultimate service may be cooked with the stock and passed through a wire sieve, the shreds thus obtained being added to the broth just before it is sent into the dining-room.

Parsley roots are said to be indispensable in the true *zootje*, and are served with the fillets in *julienne*-like strips. For all practical purposes, however, the parsley leaves are sufficient,

¹ Mrs. Roundel points out in her "Practical Cookery Book" that the Dutch name of this preparation is 'Baars.'

and the shavings aforesaid of horseradish will be found of great use in the stock-pot. I took this idea from good Mr. Izaak Walton, whose recipes for cooking fish can hardly be improved upon.

In the summer-time an excellent cold dish for breakfast or luncheon is obtained by serving the *zootje*, solidified in its own jelly. If the decoction of bones, &c., has been very strongly extracted, there will be sufficient natural gelatine in it to cause setting, with the assistance in hot weather of ice. If weak, a little gelatine may be introduced. At luncheon a nice salad should accompany, and a cold sharp sauce, like *Hollandaise tomatee* (page 75).

SMOKED FISH.

This method of preparing fish for breakfast is a *spécialité* of the Madras and Bombay clubs. I recommend its trial with a small brill, because that fish resembles the Indian pomfret more closely than any other kind in the English market. At the same time the system is applicable to any kind of fresh fish:—

Clean and wash the fish, cut it in two pieces if a flat fish, if otherwise cut it in slices about half an inch thick, remove all bones, dry on a clean cloth. Prepare a fire of cocoanut fibre (coir)—when slightly damped it produces a fine smoke—place an oiled gridiron over it in the smoke, and after buttering the fish on both sides lay it on the grid, covering it over with the lid of a cooking-pot to concentrate the smoke: in about ten minutes the fish will turn a rich reddish-brown on the side meeting the smoke; now turn it over, and let it take colour on the other side: it is now ready. A little pounded anchovy may be mixed with the butter when buttering the fish. Serve with any nice sauce.

Cocoanut fibre can be procured at Treloar & Sons', Ludgate Hill, but the smoke produced by a wood or charcoal fire with dampened straw or hay would do well enough.

FISH SAUCES.

In respect of the sauces which should accompany fish, directions for about twenty easy domestic ones will be found in pages 58, 59, and 60; while all the *mayonnaise* group, and a

number of nice cold sauces, are given pages (75–80) in the same chapter. I cannot repeat too often that a good fish broth should be used as the true basis of them all.

NOTE :—Among various modern methods of ornamentation to be condemned there is a practice followed by some cooks of sprinkling the surface of a turbot or brill with lobster coral or some preparation coloured to imitate it. If the coral possessed a marvellous flavour which harmonised with the fish in some subtle manner, and was necessary for its improvement, an intelligent person might pass over its unsightliness as a thing that could not be helped. But as the stuff is quite tasteless, and positively repulsive to the eye when used in this way, it is indeed curious that the custom ever came to be tolerated.

CHAPTER XI

FRESH-WATER FISH

CRIMPING—BOILING—BAKING A PIKE—STEWING—THE “MATELOTE”—
FRYING—BAKED FILLETS—BROILING—FISH SOUP—EELS—KIPPERED
FISH

ALL who have read that most excellent work, “The Compleat Angler,” by Izaak Walton and Charles Cotton (1676), must surely have observed the care with which the authors described the methods of dressing the various fish to the capture of which they devoted themselves. Their recipes, now more than two hundred years old, can scarcely be improved upon, notwithstanding the advance that has been made since then in domestic cookery. In the first place, they continually insist upon the necessity of dressing fresh-water fish as soon as possible after landing, and there can be no doubt that this is correct, notwithstanding a strange idea that some people entertain that salmon, pike, and certain other varieties of our fresh-water fish, are better if kept for at least a day. Another point is the speedy removal of the viscera. The fish intended for the table should be killed at the waterside at once, and then emptied, the liver alone being saved. It should then be wiped dry with a cloth, and sent up to the house forthwith with instructions to the cook for its treatment.

CRIMPING.

If large enough, fresh-water fish should be crimped as soon as killed, *i.e.*, scored with a sharp knife, transversely from head to tail, on each side nearly to the bone, the cuts being about two inches apart according to the size of the fish. A douche of the

coldest water available should follow, or a plunge in the stream in a cool shady spot for a quarter of an hour. Crimping should be carried out before the fish stiffens. The process renders the flesh "firmer and crisper" (says Sir Humphrey Davy) "by preserving the irritability of the fibre," while, adds another authority, "the speedy removal of the intestines and the grass and weeds, on which the fish has been feeding, from its throat, goes far to destroy the muddy taste, and to nullify any unwholesome effect that may arise from the sort of food it may have been eating."

Old Izaak inveighed very strongly against allowing a fish to soak in water after it had been cleansed, pointing out that such a practice "abated much of its sweetness." Speedy cooking after cleaning was his maxim.

BOILING.

In the last chapter it was explained that boiling salt-water fish is less to be recommended than baking, stewing, broiling, roasting, or frying it; for, as I then pointed out, much of the nutritious element is lost by this process, notwithstanding that you put the fish into *boiling* water—as you do things to be fried into very hot fat—to secure as much as possible its juices and flavour. Nevertheless, it may happen occasionally that you have no other alternative.

If instead of water you can prepare a *court bouillon* (see page 88), so much the better. For the broth I would use the trimmings of fish, heads, fins, tails, and any sort of fish that may on account of its small size or boniness be considered to be not worth the trouble of cooking. Onions, and any available vegetable, with sweet herbs, should be boiled with the fish trimmings, and a little white wine, such as chablis, sauterne, or hock, may be added. Instead of white wine a glass of claret can be used, and, if that be impossible, one of vinegar.

In French cookery the use of *court bouillon* is looked upon as absolutely necessary for the boiling of fresh-water fish, and so much do they consider its flavour to be improved by the process that—in the case of pike especially—the *chef* prefers to have the fish boiled, if possible, the day before it is wanted, and to let it grow cold, marinading, as it were, in the *bouillon*. In any case it

is a rule that the boiling should not be delayed later than the morning of the day on which the fish is to be presented at dinner, and that it should remain in its broth till a short time before it has to be served, when a gentle heating up is alone necessary. After this it is drained, and sent up either with a special sauce, or one made simply of the *bouillon* thickened, and, if approved, sharpened.

The attention paid by French cooks to fresh-water fish, and their painstaking and elaborate methods of dressing it, can, of course, be accounted for. In a large portion of the country sea-fish is not obtainable, yet for abstinence days and the ordinary requirements of the table fish is in constant demand. In England the monks of old were skilled in the cooking of the carp and tench which they kept in the "fish stew" or vivarium attached to the monastery ponds, but these have disappeared, and facilities of communication are such that sea-fish is procurable in nearly every small town in the kingdom. In consequence of this the "coarse fish" of our rivers and ponds receive but little attention, unless, perhaps, in Jewish families, whose skilful treatment of fresh-water fish is well known.

Filleting fresh-water fish is generally a wise proceeding, for if the cook perform the operation well, the diner is protected as much as possible from swallowing bones, or the unpleasantness of catching one in his throat. All the trimmings which are left after this process has been carried out come in useful for the broth required for the pie, stew, or sauce, as the case may be, in which the fillets are to appear.

BAKING PIKE.

The jack, or small pike, if carefully cooked, is by no means bad eating. Let the fish be carefully killed, and cleaned as already advised. Do not boil it if you can avoid it. If under two pounds in weight, bake or braise; if bigger than that, roast the pike on the spit, if you have one. In any case he must be stuffed carefully, and of course this preparation can be varied at pleasure.

Experience seems to show that all kinds of fish derive in cooking the greatest assistance from the essences of *shell*-fish.

Thus oysters, shrimps, prawns, lobster, crawfish, &c., are most valuable in fish sauces and forcemeats. In some streams and rivers it is possible to procure without difficulty little fresh-water shrimps and crawfish. With these a very good stuffing can be composed, using bread crumb, eggs, picked well-cleaned minced shell-fish, with an anchovy, perhaps, to strengthen them, and a good seasoning of mixture (*b*). Suet or butter in the proportion of one-third of the whole preparation is most essential, because it preserves the moisture within, so necessary to prevent the fish from being too dry. But see pages 125 and 129 for this.

Brochet au four (baked jack):—

(*a*) See that the fish is perfectly clean, and thoroughly dry before stuffing it. Take sufficient bread crumbs to fill the fish nicely without overcrowding, put them into a bowl, break into the bowl two, three, or more eggs according to the quantity of crumbs, which is, of course, decided by the size of the fish. The eggs when added should moisten the crumbs throughout. Add about a teaspoonful each of thyme and marjoram, fresh or from the bottle, to three ounces of crumbs, and enough finely chopped suet to represent one-third, or not less than one-quarter, of the whole mixture, seasoning (*b*) in proportion.

(*b*) Instead of suet, fresh butter can be used, or minced cooked fat bacon. Two or three anchovies, wiped free from oil, may be minced and added, and if the liver of the fish has been saved it should be minced, and put in also with a tablespoonful of minced parsley.

(*c*) In deciding the exact amounts of these ingredients you must be guided by the size of the fish, remembering that the crumbs give bulk, and the eggs cohesion; that suet, butter, or fat provides the necessary internal basting, so to speak, while the herbs, seasoning, and anchovy yield flavour.

(*d*) Having thoroughly blended the whole composition like a pudding, fill the jack with it carefully, sewing up the opening in which it is confined. If by chance you have made a little too much, the stuffing that is over can be laid upon a floured board, divided into portions, shaped as *croquettes*, and fried, to be served as a garnish.

(*e*) The fish having been thus prepared should be wrapped in

well-buttered paper, and secured with string, with slices of fat bacon laid over that and similarly secured. It should now be set in the baking-dish (which should be well buttered) in a circular form, if liked, with its tail secured in its mouth, or full length, according to the dish upon which it is to be served.

(*f*) During the mixing of the stuffing and the arrangement of the fish, a broth should have been simmering on the fire made of fish trimmings, an onion, sweet herbs, &c. Any fish that may be superfluous—assuming that several have been caught, and that among the small ones a few can be spared for the purpose—ought to be used in this.

(*g*) As already mentioned, a glass of chablis, sauterne, or hock, if by any chance available, should be added ; or, if no light white wine can be given, a glass of cider, claret, or a sherry-glass of vinegar. The broth is not required in very large quantity ; about a pint and a half will generally be found enough, unless the fish be very large. Use it in this manner :—

(*h*) Pour as much of it as will moisten the dish round the fish to a depth of about two inches, and then set the dish in a moderate oven. Baste it every now and then with its own liquid, and use your best endeavours to keep it moist. Allow about twelve minutes per pound for the baking.

(*i*) Now mix in a saucepan separately a *roux* with half an ounce of butter and half an ounce of flour ; stir together over the fire for two minutes, then add a saltspoonful of salt, a pinch of pepper, and a breakfast-cupful of the fish broth previously made ; next strain the liquid that may remain in the baking-dish round the fish into this sauce, boil one minute, skim, add half an ounce of butter with one yolk, and stir till it is melted. Serve in a sauce-boat.

(*j*) Put the jack carefully on a hot dish, removing the paper : garnish with watercress. Be very careful in moving the fish : indeed, if you think that it may break during that operation, leave it alone, garnish with watercress, and wrap a napkin round the baking dish in which it should be served.

Brochet braisé (braised jack) :—This is another way of cooking a small pike, for which nearly all the directions given for baking can stand. The only difference to note is this : Instead of putting the fish on a baking dish, lay it in a braising stew-pan or fish-

kettle with a drainer ; set this over a moderate fire, and pour sufficient hot broth to come level with the top of the fish. When the broth comes to the boil reduce the heat to simmering point, and continue the gentle cooking, basting frequently, till the pike is done. For the rest follow the course laid down for the baked fish.

These recipes for cooking a pike may be applied to other fresh-water fish : the stuffing can be altered according to taste, as has been explained, but in other respects the principles that have been laid down should be observed.

ROASTING.

The difficulty here is the spit, few kitchens being provided with that apparatus. Perpendicular roasting is not suitable, so the nearest approach to the thing we require is that explained for sea-fish, viz., Sir Henry Thompson's Dutch oven system described in the last chapter, but this will only accommodate small fish, or blocks of fish.

STEWING.

I have already said that filleting fresh-water fish was a wise proceeding, because it protected you from the bones. In support of this contention I will give an extract from the volume of the *Badminton Library on Coarse Fishing*, in which the cookery of one of the least esteemed—I might say the most despised—fish that swims in English rivers—the chub—is described. Writing of the edible characteristics of this fish, the late Canon Kingsley propounded the following recipe for its imitation : “Take a Palmer's composite candle, stuff it with needles and hair-brush bristles, and boil it in ditch-water.” Even in Izaak Walton's days the French called it *un vilain*, and for all time it has been condemned as being woolly, tasteless, and full of bones. If, then, it can be shown that, this disgraceful character notwithstanding, the chub can be presented as “a most excellent dish of meat,” surely those who have that fish at their disposal in the country might fall back occasionally upon the dish I am going to describe.

The writer quoted by Mr. Cholmondeley Pennell in the work aforesaid states that, having been much struck by a delicious dish of fish at dinner at a country house, he was quite surprised

to be told by his hostess that it was made of the generally despised chub ; he accordingly obtained the recipe (said to have been procured in Italy from a Jewish family) the details of which I have somewhat elaborated as follows :—

Trim a 2 lb. fish, as freshly caught as possible, in fillets about three or four inches in length and two broad. Make a good broth with the head, tail, skin, bones, &c., assisted by six ounces of minced carrots, an ounce of celery and savoury pot herbs, black pepper and salt, boiling and simmering with it, whole, four or five large sweet onions till they yield to the pressure of the spoon ; take them out of the broth and slice them up. The broth being ready, choose a roomy stew-pan, sprinkle over the bottom of it a tablespoonful of chopped parsley and a teaspoonful of powdered ginger, and over this place a layer of the onion slices ; upon this bed put the fillets, dust them with pepper and salt, and cover them with the remaining slices of onions ; pour in the broth, to which should now be added a wineglass of vinegar, and a teaspoonful of sugar, and close the stew-pan securely ; set it upon a low fire, and simmer very gently until the fillets are cooked ; when this point is nearly at hand, beat up the yolks of four eggs, carefully freed from the whites, with a little of the broth from the stew-pan, cooling it slightly before the amalgamation. The fish being ready, lift the stew-pan from the fire, and strain off the broth into a clean stew-pan. Arrange the onions upon a hot *entrée* dish, upon them place the fillets ; mingle the egg *liaison* with the broth, *off the fire*, thicken over a low fire as in custard-making, add a tablespoonful of finely chopped parsley, and pour the whole of it over the fillets. Serve.

It is, of course, obvious that this procedure can be followed in treating *any* fish large enough to fillet—carp, tench, or perch, for instance—or a number of small fish which can only give a couple of fillets each ; it is very simple, and demands no expensive adjunct, or ingredient difficult to obtain ; it does not even require butter, and it is absolutely innocent of the charge so frequently laid against fresh-water fish dishes, that they are too elaborate, require too much wine, and that at best *la sauce vaut mieux que le poisson*. The onions need not be served with the fish unless approved.

Slices of *green* ginger (procurable at the herbalists' shops in Covent Garden) would be better than the powder of the dried root, and I can strongly recommend some scrapings of horse-radish. A glass of chablis or graves would improve the broth, and add to the flavour of the dish.

The important points are, first of all, the *essence of fish in which the fillets are cooked*. I cannot too often repeat, or too strongly urge this as a fundamental rule in fish cookery. Whether for a stew such as that we have been considering, or for the foundation in any circumstances of a fish sauce, for sea-fish as well as for fresh-water fish, do not waste the invaluable essence-yielding trimmings. Compare the standard English domestic sauce made of water, or milk and water, with flour, butter, and anchovy sauce, with one made upon a fish stock basis, and you will recognise the fact that we often throw away the very materials which are needed to complete with subtlety our dish of fish. The next point is the association of onions with fish cookery, and the very slow simmering of the composition. Lastly, the *egg* thickening, which should not be omitted on any account.

Accepting this as our standard method of stewing fillets of fresh-water fish, we need only consider the *matelote*, which is a stew of somewhat richer character. Eels, of which I shall speak presently, are, as we all know, specially dedicated to this dish by the chief writers on cookery, but fillets of fish in variety can thus be turned to good account. In fact, Ude translates *matelote* by the English term hotchpotch, thereby indicating that it should be composed of a medley of fish.

THE MATELOTE.

After filleting the fish or a selection of two or three fishes—trout, eels, carp, tench, perch, or jack—and preparing a broth carefully as in the former recipe, commence by frying over a low fire at the bottom of a stew-pan in butter a dozen small red shallots cut up into very thin rings. Let them take slight colour, then remove the vessel from the fire, and add the fillets—say one pound of them—the broth, hot, and a muslin bag containing a teaspoonful each of marjoram and thyme, twelve peppercorns, and a blade of mace; pour into the broth a couple of glasses

of chablis or claret, close the pan, and set it over a low fire to simmer gently till the fillets are cooked. Remove the stew-pan, take out the fillets, lay them on a dish with another over them slightly weighted, and strain off the broth. Now, assuming that there is a pint of it, proceed to thicken the latter with a *roux* of an ounce of butter and an ounce of flour, skim and pass this sauce through a strainer into a small stew-pan, finishing it with a gill of chablis or claret, replace the vessel on the fire, and reduce the sauce one quarter by fast boiling, continuously stirring it. When this has been done remove the stew-pan, cool its contents for five minutes, then put in the fillets. Set the pan in the *bain-marie* so that the fish may become gradually hot, finishing the heating over the fire.

The correct garnish of the modern *matelote* is one of button mushrooms and glazed button onions ; the former for the *matelote blanche*, the latter for a *matelote de campagne* (brown). For the former white wine is used, for the latter red, with a little Parisian essence for colouring. Again, the whole success of the dish, in whichever way it is presented, depends upon the carefully made broth, which is really its foundation.

It will be observed that modern practitioners have simplified their version of a *matelote*, which, with its elaborate arrangement and garnish, occupied a cook formerly for several hours.

When discussing the stewing of fresh-water fish it is necessary to mention that there are certain standard dishes in old French cookery which we need scarcely take into consideration. I refer to the *grande matelote* just alluded to ; carp, pike, trout, &c., *à la Chambord* ; *à la financière*, *à la Normande*, *à l'ancienne*, and so on. Highly wrought preparations such as these are beyond us both in the matter of the materials they need and the time and trouble they require. After all, it may be questioned whether we lose much. When a carp has been larded with bacon, stuffed with whiting forcemeat, braised in *mirepoix*, and served with a garnish of crawfish, mushrooms, truffles, and roes, and surrounded with a *ragoût* of the same, it might be almost fair to ask—where is the carp ? Completely disguised and overpowered by its grand surroundings, the coarse fresh-water fish of which these time-honoured dishes were composed was successfully effaced, the

climax of the delusion being reached by a garnish of fried smelts, fillets of sole, &c. !

FRYING.

Fillets of fresh-water fish, and small fish, whole, can, of course, be fried, for which process the instructions given for the frying of sea-fish should be followed. Prior to the frying it is a good plan to put the fillets into a *marinade* composed of four tablespoonfuls of salad oil, the juice of one lemon, or a tablespoonful of anchovy vinegar, a few sprigs of parsley coarsely cut up, and a seasoning of salt and pepper. These proportions are fixed for one pound of fillets. After having been steeped for an hour they should be taken out and wiped dry ; they can then be either egged and bread crumbed, or dipped in milk and floured. For gudgeon, small trout, perch, &c., the latter alternative is the better to adopt.

That excellent dish of eel, *Anguille à la Tartare*, comes under this head : Clean and skin an eel of about a pound in weight, take the flesh off the bone in two long fillets, and cut them into pieces three inches long, put these into a stew-pan, cover with fish broth with a glass of chablis or claret, and simmer for twenty minutes. Let the pieces of eel get cold in the broth, then drain them. Wipe them dry, egg and bread crumb them, and then fry in very hot fat till of a golden-brown colour. Dry well, and dish up on a napkin garnished with fried parsley, *sauce Tartare* being sent round in a boat separately. The broth should be saved for use on the next occasion, either for sauce or fish moistening.

BAKED FILLETS.

Fresh-water fish fillets can be baked in two ways. In the one method they can be done in the form of a pie, in the other *au gratin*, in both of which cases they should be placed in layers with finely minced parsley above, below, and amongst them. A seasoning of mixture (*b*) (page 123) and a sprinkling of grated horseradish root and finely chopped chives may be introduced, while a few sea-water shrimps or oysters will improve the dish. For the *au gratin*, cover the composition with a canopy of finely grated crumbs : cover the pie, of course, with puff paste. Moisten both with a strong broth composed as directed out of fish trimmings, and bake in a moderate oven.

BROILING.

This is an excellent way of cooking fillets or whole fish, provided that a nice clear fire be available. But while preparing this take care that it is not fierce. For effective broiling or grilling, though the fire should be clear, it must not be too hot. The operation can be carried out under the griller of a gas stove satisfactorily. Slices, fillets, or whole fish for broiling should lie in salad oil with pepper and salt seasoning for half an hour before being placed on the gridiron. Fish entire should either be split and spread open, or be scored with incisions along each side. *Maitre d'hôtel*, anchovy, capers, or *ravigote* butter should be spread over them at the time of serving. A freshly caught trout split and grilled with a lump of *maitre d'hôtel* butter melting upon its surface is a great delicacy.

FISH SOUP.

I have frequently mentioned the value of fish broth in regard to the cooking generally of fish. I may now go on to the subject of fish soup, for the broth I have described merely requires a little development to yield this very acceptable form of nourishment. It will be seen in the chapter on the subject, that a mulligatunny made with a strong decoction of fish, equals, if it does not surpass, the commoner preparation upon a chicken or mutton broth foundation.

Cut into pieces, after cleaning them, as many fish as can be spared¹—say two or three pounds of little fish—with the heads, tails, &c., of two large ones, and put these with some salt and black pepper, half an ounce of the former to a quarter of the latter, six ounces of onions, six of carrots, and a good allowance of savoury herbs—bottled or fresh as the case may be—into a roomy stew-pan; cover all with cold water, and bring it slowly to the boil over a low fire, skimming the surface during the process; after this, let it simmer gently for a couple of hours, then strain it off and let it get cool. The broth thus obtained

¹ In the case of sea-fish the bones and trimmings of whiting, haddock, gurnard, soles, and brill (*i.e.*, non-fatty fishes), sold by fishmongers as “cuttings,” supply excellent stuff for broth, while a cod’s head and bones, or a couple of pounds of conger eel, yield still stronger stock.

can now be used for *mulligatunny*, as explained in Chapter XVI. To convert it into a fish *consommé*:—

Return the broth to a clean stew-pan, add an equal quantity of calf's head, veal, or giblet broth, and a claret-glass of chablis.

If the broth be cloudy, in order to make it bright and clear it will be necessary to clarify it in the following manner: For three pints of soup pound eight ounces of clean raw fish, mix a raw egg with the pulp, and put this into the cold soup; set on a fire and stir without ceasing till boiling, at the *first signs* of which stop, draw the vessel back, let it rest over the gentlest heat for half an hour on the side of the range, and then pour it off carefully through a scalded cloth without disturbing the sediment and pounded fish at the bottom of the pan; heat gradually to boiling point, and serve. A few nice pieces of fish may be saved after the straining and put into the soup as garnish, with a handful of picked watercress leaves which have been blanched for two minutes in boiling salted water.

Fresh-water fish make a very nice *waterzootje*, for which please turn to page 146, the best varieties for the purpose being little trout, perch, eels, gudgeon, &c.

EELS.

Eels are most excellent in soup, and if assisted by a strong broth made of calf's head boilings and such vegetables as have been prescribed, with sweet herbs (especially a little basil), and judicious seasoning, a few pounds of this fish will yield a very fair imitation of turtle soup.

Touching eels generally. In this fish we possess a valuable article of diet. By some it is considered a little heavy and rich, but if properly prepared the indigestible oiliness is removed. Skinning eels alive is a perfectly unnecessary barbarism: they should be stunned by a blow on the backs of their heads, which should then be cut off. After this they can be skinned.

Occasionally it happens that an eel may be a little muddy, but this, as in the case of other fish which vary in the same way, may be attributed to the water in which it is taken, and can be overcome almost wholly by careful and speedy cleaning. This should always be remembered, and skinning is equally necessary. The

fish should then be blanched in boiling water for five minutes, and, after being taken out, rubbed with a clean cloth to remove the oily coating with which it is often enveloped. It can now be divided into fillets, and cooked in any of the methods specified for the treatment of fish ; and whether boiled, stewed according to the recipe already given, baked in a pie, or served *au gratin*, wrapped in buttered paper, and broiled on the gridiron, bread crumbed and fried, curried, or waterzootjed, it rarely fails to be pronounced excellent.

For a large eel Izaak Walton's plan may be followed : Having cut off the head, turn the skin over, and draw it down (as you draw off a stocking) as far as it is necessary for the removal of the viscera ; this operation having been performed very completely, wipe the fish well, and give it three or four scotches on both sides with a knife, put into these a mixture of chopped herbs and minced anchovy, and stuff its cavity with the stuffing given for pike ; next draw the skin back again, secure it with a tape at the neck end, and then roast or bake the eel, basting first with salt and water till the skin cracks, and then with melted butter and vinegar : when done, serve it with the liquid which exudes during the cooking as sauce. The vacuum to be filled with stuffing is so small that a little suffices.

EEL PIE is an excellent thing, especially cold. Fillet one or two eels : set their trimmings with an onion to make a broth. When this is ready take a stew-pan and fry in butter at the bottom of it two ounces of shallots finely minced. Keep the fire low, and as soon as the onion begins to colour add the broth with a tablespoonful of roughly-chopped parsley, a seasoning of spiced salt, an ounce of glaze, and two glasses of claret. Then put in the eel fillets and let the contents of the stew-pan come to the boil. Now stop, take the pan from the fire, butter a pie-dish, sprinkle it with chopped parsley, powdered thyme and marjoram, and a dust of salt. Lay the fillets in the dish pretty closely, disposing among them some sliced hard-boiled eggs. Finally moisten, level with the surface, with the broth strained through a block-tin strainer ; cover with puff paste and bake. Reduce the remainder of the broth, add half a glass of marsala, and pour this into the pie half an hour after the baking.

KIPPERED FISH.

Before winding up this subject I would observe that fresh-water fish is by no means to be despised when kippered or collared. Here is an easy method for a home-made kipper : After having been scaled and cleaned, cut the fish open like a haddock, pepper it well over, and rub in a mixture of salt and moist sugar, in the proportion of four of the former to one of the latter, with the juice of a lemon to each half-pound of the mixture : let the fish lie in this state covered with a layer of salt during the night. In the morning repeat the rubbing, and cover again with salt. On the third day the fish **must** be artificially smoked by being hung over a fire constantly replenished with damp straw, or in the smoke of a wood fire. In the evening of the third day it can be eaten. Cut it into pieces, and stir them about in butter in a *sauté*-pan over a low fire, using a two-pronged fork, serving them with the cheese, or for breakfast.

CHAPTER XII

ENTRÉES

CLASSIFICATION OF ENTRÉES—SELECTION—CLASS (a)—MARINADE—TRIMMING—LARDING—COOKING CUTLETS AND FILLETS—SERVING PLAIN ENTRÉES—CLASS (b)—CLASS (c)—CLASS (d)—NOTES ON COLD ENTRÉES—FINISHING ENTRÉES FOR SERVICE

THE apprehension with which this part of the bill of fare is so generally regarded is, I think, easily accounted for. There are, of course, various kinds of *entrées*, many of which require materials and appliances that are not at every one's disposal, and many, owing to the ambiguous wording or extravagance of cookery-book recipes, seem equally impracticable.

Bearing these difficulties in mind, my object will be to keep my directions as free from complexity and extravagance as possible. Since the first edition of this work was published, fashion in respect of food has changed a good deal. Simplicity is the chief characteristic now of the best work in *entrées*—distinct and pleasant flavouring, with good sauces, and neat finish, to the exclusion of all colourings and ornamentation.

To facilitate selection, *entrées* may be divided into four classes in the following manner:—

(a) Those of meat plainly cooked but very neatly dished, appropriately garnished, and accompanied by carefully selected sauces, such as cutlets, fillets, *noisettes*, *médailles*, and *épigrammes* of lamb or mutton: *grenadins*, *tournedos*, *filets-mignons*, and *chateaubriands* (or thick fillets) of beef; fillets, cutlets, *escalopes*, and *tournedos* of veal; and fillets of game or poultry.

(b) Compositions of meat requiring the mincing machine and

the mortar, such as *cassolettes*, *croquettes*, *rissoles*, *croustades*, *quenelles*, *boudins*, *pains*, *timbales*, *rissolettes*, and mixed ingredients *en caisses*, *en coquilles*, *en petites casseroles*, &c.

(c) Specialities requiring more expensive materials, sweet-breads in various ways, the *suprême*, *vol-au-vent*, *cromesquis*, artistic *salmis*, or *ragoûts*; *mousselines chaudes*, and any *entrée* of the second class when improved by treatment *à la financière*, *à la montglas*, *à la périgueux*, &c.

(d) *Entrées* which can be served cold, such as *mousselines froides*, the *chaud-froids*, *crèmes*, *aspics*, *ballotines*, truffled cutlets, &c., for in the summer season an iced *entrée* cannot fail to be attractive, while for providing contrast, and other reasons which I shall speak of presently, it is at all times valuable.

SELECTION.

Selection must be governed by the sort of dinner it is intended to give, the different items that compose the *menu*, and the capabilities of the cook. As a rule, for the sake of contrast, one dish should be chosen from class (a), and the other from either class (b), (c), or (d).

I have already said that it is a mistake to give more than two *entrées*. I repeat the advice now, whether for a dinner of forty covers, or a party of eight friends. Indeed, if a really correct *relevé* precede, and a good *rôt* follow it, one artistic *entrée* is, I am confident, ample at any dinner—great or small. A *filet*, *grenadin*, *chateaubriand*, or *côtelette* may well take the place of the *relevé*. Following the example given by the principal restaurants in London, I have adopted this plan in my *menus* for dinners of eight.

In ordering *entrées* the mistress should carefully consider the amount of work the cook will have upon her hands at the critical time of *servicing them*, and bear in mind that the more she has to do *then*, the more likely will she be to make mistakes. It is not fair to expect her to serve equally well two hot *entrées*, each demanding close attention up to the last moment. Select, therefore, for one of them something that can be prepared before hand, and be easily heated *en bain-marie* when required, so that the cook's attention need not be distracted from the other. On

these grounds the cold *entrée* is a happy invention. It can be made early in the day, and then be set in the ice-box, ready to follow the fish or *relevé*, as the case may be, without delay. The sauce can be treated similarly.

Dishes that merely require heating up, *ragoûts*, *salmis*, and such dishes as *ris-de-veau Milanaise*, *ragoût de mouton Dugléré*, are a great boon to a cook, for she can compose them at her leisure during the afternoon, and put them aside till within a few minutes of the time when they are wanted, keeping them and their sauces nice and hot in the *bain-marie* pan without deterioration.

There is another thing to watch when choosing *entrées*, and that is their general relationship with each other, or with the other dishes that compose the *menu*. Artists in ordering dinners go as far as to say that nothing should be repeated. It is incorrect, for instance, to give a *consommé de volaille*, and presently follow it with *croquettes de volaille*, or even fowl as a *rôt*. Mutton appearing in an *entrée* must not be seen again in any form. Two white meats ought not to be introduced side by side. It is clear, then, that the shorter the *menu*, the less difficulty there will be in regard to these knotty points: another argument in favour of simplification.

CLASS (a).

Nothing can be more acceptable than a plain *entrée*, composed of well-cooked, tender cutlets from a neck of mutton, on the sides of which the marks of the gridiron are plainly visible, served as hot as possible, with a really good sauce, and an inviting garnish of watercress, a *purée* of celery, spinach, endive, or sorrel, a little pile of *macédoine*, marrowfats, or asparagus points. The gridiron is invaluable: the cutlet comes to table full of gravy, yet not underdone: it has, to use a kitchen phrase, "seen the fire" (browned) in places, and is absolutely free from the grease which so often mars a dish of cutlets cooked by an unskilful hand in the *sauté*-pan. For the little club dinner, this class of *entrée* is always popular. It is clear that the cook can vary this simple dish by changing the sauce and the garnish. Choose the *neck* chops for these *entrées*. My remarks apply as well to lamb

cutlets, with which a garnish of delicately stewed cucumber is appropriate, see page 227.

The fillet of mutton is that tender strip of meat which runs down the inside of the saddle under the kidney. It is rarely of sufficient thickness to use for an *entrée* for a party, but neatly trimmed and broiled over a clear fire, it is just the thing for a connoisseur, for a lady's lunch, or an invalid coming round after an illness.

Noisettes, grenadins, médaillons, and escalopes are neatly trimmed round, or lozenge-shaped pieces, without bone or gristle, cut thick out of the loin, and cooked like cutlets.

The fillet of beef is the undercut of the sirloin, but this no butcher will cut unless the buyer is prepared to take the whole joint to which it appertains, or pay a fancy price for the whole under-fillet. If, however, the question be left in his hands, stating exactly what is wanted, and giving him a couple of days' notice, he will cut excellent meat for an *entrée* from the thick part of the fillet which is found in the rump.

When a French cook or writer on cookery speaks of a *filet de bœuf* he refers to the under-fillet complete, a trimmed piece of which is called a *filet mignon*; other variations, chiefly dependent upon thickness and shape, are known as *grenadins, tournedos, chateaubriands, &c.*, particulars of which will be given later on.

Veal cutlets are taken from the neck or loin, *escalopes* and *noisettes* from the cushion (called the *noix* in French cookery books), or best part of the fillet. These can be broiled, stewed, or braised. Larding is often resorted to with veal cutlets, fillets, &c., to counteract the dryness of the meat, in which case it is customary to braise or stew them, the larded side uppermost: occasional basting is necessary, and glazing to finish with.

Fillets of fowls and game are formed by cutting off neatly the whole of the breast meat right down to the wing joint; this you can divide into fillets according to the size you require.

Hare and rabbit fillets are produced by cutting out the long strip of good meat which runs down either side of the back bone. Well larded with bacon, trimmed and cooked *grenadin*-fashion, nicely garnished, and served with *sauce venison* or *soubise*, these fillets can be presented at any dinner with

confidence. The under-fillet, which, unfortunately, is not very thick, is still more delicate.

Whether an *entrée* be a fillet of beef, veal, or mutton, of fowl or game, or the neatly trimmed neck cutlet to which I have alluded, and whether it is to be grilled, *sautéé*, or braised, it is improved—especially in summer, when it is difficult to keep meat till it becomes tender—by being set *en marinade* from early morning until the time draws near for cooking it. I shall use this word frequently hereafter ; let me therefore explain its meaning and the object to which it is applied.

MARINADE.

The word *marinade*, as all know, really means pickle, but for the purpose now in view it would be better to describe it as a mixture, the component parts of which can be varied at pleasure, in which meat may be soaked for some time before it is cooked. Its immediate effect is to preserve the outside of the meat which has felt the knife moist and juicy, to increase its tenderness, to prevent its “turning,” and to improve its flavour.

The common form of *marinade* for beef and mutton is composed of salad oil and vinegar in the proportion of four tablespoonfuls of the former to one of the latter, with two shallots or two ounces of onion sliced, one clove of garlic (if approved), a bay-leaf, twelve whole peppers, a saltspoonful of salt, a couple of teaspoonfuls of dried thyme or marjoram, a tablespoonful of minced parsley, and a strip or two of very finely pared lemon-peel. This mixture can be preserved for daily use, with slight additions from time to time, and the flavour can be modified by changing the sweet herbs, or withdrawing them.

The taste of game can be imparted to fillets of beef, and cutlets or *noisettes* of mutton, by placing the meat in a *marinade* composed of a claret-glass each of vinegar, port wine, and mushroom ketchup, in which a tablespoonful of red currant jelly has been dissolved, with a dessertspoonful of chopped onion, and one of marjoram and thyme blended, the whole seasoned with mixture (*c*).

A hash of cold mutton slices that have lain a few hours in this preparation is very like that of venison ; and a hash made of cold hare (a little underdone in the roasting), similarly steeped all day, is really excellent. In the case of a hash or *émincé*, strain the *marinade*, and add it to the sauce in which the hare or mutton has to be heated up. If proper care be taken in respect of the marinading, in making the sauce, and in heating up the cold meat in it very gently—a process that should be conducted in the *bain-marie*—these hashes are worthy of a place among the nicest *entrées* (see Chapter XIX. about hashes).

Marinade need not be made in extravagant quantities. It should cover the bottom of the dish on which the meat is placed, the object being gained by occasional turning and basting. When wanted, the cook should lift the meat from the dish, let it drain a minute or so, and then proceed according to the recipe.

TRIMMING CUTLETS AND FILLETS.

A great deal depends upon the careful trimming of a dish of mutton, lamb, or veal cutlets. To prepare the first take the best end of neck of mutton.

First, saw off the chine bone, then saw the ends of the row of bones level, and cut off the outer flap ; now take a very sharp knife, and divide the row of cutlets down to the bone with *one* clean decided cut exactly between each of them, and, lastly, sever them one by one with a single light stroke of the chopper.

Next, lay them on a board, which should be slightly wetted, and give them a few strokes with a wetted cutlet bat, take off all gristle and superfluous fat, trim them into shape, scraping off the meat at the ends of the bones, exposing about an inch and a half of them, and then place them in the *marinade*.

The outer flap, ends of bones, and trimmings remaining after the preparation of the cutlets, with vegetables, herbs, and seasoning, should be used for broth. This, when the fat has been removed, will be useful for sauce-making, or for moistening a stew.

NOTE:—There is a most important thing to note in respect

of the trimming of cutlets. It is this: Very few English cooks understand that, to be worth eating, a cutlet must be *at least* three-quarters of an inch thick before cooking. As a rule they try to get two out of one, each about half the thickness I have given. The result is a dry, uninteresting piece of meat by no means like the cutlet I described on page 166. Lamb cutlets, slightly smaller of course, are prepared in the same way.

Properly speaking *tournedos*, *grenadins*, *filets mignons*, and *noisettes* of beef are cut out of the under-fillet. The measurements may be fixed as follows: Oval or pear shapes, two to two and a half inches long; one and a half to two inches across, and two-thirds of an inch thick; round shapes, two inches in diameter, same thickness. *Grenadins* are generally pear-shaped or oval, *filets mignons* and *tournedos* round; *noisettes* also round but smaller, about one and a half inch in diameter. The *chateaubriand* is a specially thick *filet mignon*, *i.e.*, an inch and a quarter thick, and about two and a half inches in diameter. *Grenadins*, *tournedos*, and *filets mignons* of veal should be trimmed in much the same manner. *Escalopes* may be described as lozenge-shaped *noisettes*. As it is not desired to obtain in cooking veal the internal redness that is essential in the case of a *tournedos* or a *grenadin de bœuf*, the meat need not be cut quite so thick.

LARDING FILLETS, &c.

For the process of larding, raw fat bacon of good quality is required. It must be as *cold* as possible to prevent it from breaking. For this ice is needed, except in the coldest weather. Cases containing various-sized needles are sold for this work, for the lardoons, or threads of bacon, vary in thickness according to the size of the thing to be larded. Choice of thickness is a matter of discretion, but uniformity of thickness must be carefully attended to. For a small operation it is best to cut three or four slices of bacon a quarter of an inch thick and two inches across, to set them to get cold, then cut them into strips a quarter of an inch wide; that is to say, the width of the thickness of the slices. Thus each strip will be of equal width and thickness, and

if the measurement be accurate, all the strips will be of equal length, *i.e.*, two inches.

To lard a fillet or cutlet : See that the meat is neatly trimmed, and thread a needle of a size suitable to the size of the strips. Thrust the point of the needle into the meat, and, holding the latter firmly with the left hand, put in the needle, and draw the thread of bacon *through* the meat, leaving a piece of it outside on both sides. Go on with the next threads at intervals of half an inch until the meat is nicely studded with bacon nails, so to speak ; snip off the ends of the bacon on each side with scissors leaving a quarter of an inch protruding. This method I have followed with success in the case of cutlets, *filets mignons*, *noisettes*, &c., calling it “larding *through*” to distinguish it from “larding *in and out*,” concerning which instructions have been given. See page 109.

Larding is specially valuable in the case of dry lean meat, poorly fed poultry, venison other than that of the fallow deer, and foreign game. It is in consequence continually recommended by French writers of the old school, the traditions of which dated from a time when the inferiority of the national meat supply demanded such assistance. In the opinion, nowadays, of many competent judges good English meat (perhaps excepting veal), poultry, and game, if of the right age, well hung, and properly cooked, do not require larding.

NOTE :—Cutlets, &c., for the grill should not be larded, because the excessive heat would dissolve the bacon.

COOKING CUTLETS AND FILLETS.

Côtelettes grillées :—A cutlet or fillet to be grilled, having been lifted out of the *marinade* and wiped, should be dipped at once in a little melted butter or salad oil, and broiled over a clear fire. Cutlets may be bread crumbed (*Côtelettes panées*) for grilling if desired. See that the bars of the gridiron are perfectly clean and well lubricated. Do not turn a cutlet or fillet, while grilling it, with a fork ; the prick causes the gravy to flow—use cutlet tongs. Put the piece of meat very near the fire to begin with, so that it may be seized and its juices

preserved. This having been done, the gridiron may be slightly drawn away.

Côtelettes braisées (or fillets) are done in this way:—Choose a *sauté*-pan with an upright rim or shallow stew-pan as recommended on page 13. Line it with two ounces each of minced onions, carrots, and turnips, with half an ounce each of celery and parsley. Lay the cutlets, larded side upwards, upon this bed, and moisten with broth made from their trimmings in sufficient quantity to come level with their surfaces without covering them: set the pan over the fire, bring just to the boil once, and then simmer gently, closely covered, till they are done.

The whole success of braising depends upon the simmering. If after this process has commenced the cook carelessly allows the broth in the pan to come to the boil, the cutlets will be tough. It is a good thing to cover the contents of the stew-pan with a sheet of buttered paper, lest exposed pieces of meat on the surface be discoloured and dried.

Côtelettes sautées:—For this process the fire must be brisk, so that the meat may retain its juices and become of a light golden colour. For six cutlets one ounce of butter is enough. They must not overlap one another. Care must be taken that the butter does not burn. Four minutes on each side is the time given by Gouffé for a fillet steak of beef about an inch thick. When they are done take the cutlets out of the pan, drain, lay them on a very hot dish, and cover them: stir an ounce of flour into the butter in the *sauté*-pan, add by degrees half a pint of broth, bring to the boil, skim off the fat flavour as may be desired, and strain through a strainer into a hot sauce-boat. The cutlets, by this time free from grease, can be dished up and served.

Côtelettes frites:—This operation is conducted in the frying-kettle or *friture*-pan, and the cutlets, prepared with bread crumbs or dipped in batter, are cooked in a bath of very hot fat.

Côtelettes panées:—The process of bread crumbing a cutlet is by no means a thing that can be done without trouble. (Very careful directions will be found (page 140) in respect of the crumbing of fish which can be followed exactly with reference to cutlets,

epigrammes, &c.) By taking care to carry out these instructions an even surface as smooth as skin is obtained which does not retain the frying medium as a rough surface does, besides looking far nicer. Among the crumbs may be sprinkled very finely minced parsley, or powdered and sifted dried sweet herbs, while grated cheese is sometimes added with good effect. The frying should be conducted in *abundance* of fat (see Fritters); the colour of the cutlets should be a *pale* golden brown, and they should be carefully drained and dried before serving.

NOTE:—The directions given for the treatment of cutlets in various ways in this section are equally applicable to filets mignons, grenadins, tournedos, &c., &c.

Côtelettes farcies:—Prepare six or eight lamb or small mutton cutlets, cut them two-thirds of an inch thick and trim them neatly. Cook these gently in the *sauté*-pan and then lay them out upon a joint dish with another over them slightly weighted so as to keep them flat. When cold, release them from the pressure, trim again if necessary, brush them over with egg and coat them on both sides with fowl forcemeat *soubisée* (page 130). Let them rest half an hour, and then bread crumb, and fry them in very hot fat till of a golden colour, drain, dry, and dish in a circle overlapping each other, and fill the centre of the ring with green peas.

Côtelettes fourrées:—For these prepare the cutlets as in the foregoing recipe, but sautez them only on one side. Lay them out in the same way, and when cold mask them over on the side that was cooked with stiffly reduced sauce, smoothing this dome-wise with a palette knife; dredge finely sifted *panure* over them, and replace the cutlets in the *sauté*-pan, the uncooked side downwards: push the pan into the oven to finish the cooking, basting the masked side with butter; when nicely coloured dish them like *côtelettes farcies*. The masking may be diversified in several ways:—

à la fermière:—Reduced *sauce veloutée* with finely minced mushrooms.

à la milanaise:—Reduced *sauce Milanaise tomatée* dusted over with grated parmesan instead of crumbs.

à la Nelson:—Reduced *sauce soubise*, crumbed.

ENTRÉES

à la Catalane :—Reduced *sauce Milanaise* with finely grated ham, and crumbs.

à la d'Uxelles :—Reduced *sauce d'Uxelles*.

à la Toscane :—Reduced pine-kernel sauce.

à la Périgueux :—Reduced *sauce Madère* with which finely Minced *foie gras truffé* has been blended.

SERVING PLAIN ENTRÉES.

In the beginning I observed that plain meat *entrées* were always acceptable “*if served as hot as possible, with a well-made sauce, and an inviting garnish of vegetable.*” Now these conditions can rarely be secured if the customary method of serving them be followed, *i.e.*, arranged prettily in an *entrée* dish round a border mould of rice or a croustade of bread, with the garnish in the centre, and the sauce poured into the outer circle. This tasteful arrangement must take a little time, and meanwhile the cutlets or fillets are deteriorating. So I say: Dish these *entrées* in a hot dish, and help each, with its garnish and sauce, at the side table, serving it at once without any dressing up or handing round.

In any circumstances let the sauce prepared for an *entrée* of cutlets or fillets be sent round, properly hot, *in a boat*. If poured into the dish round the cutlets, it makes them sodden, becomes lukewarm itself, and loses its effect entirely.

For grilled cutlets, &c., there is no better garnish than watercress and potatoes, *frites* or *sautées*. Several nice vegetable garnishes are mentioned in the Chapters on Vegetables, and some will be found in Chapter VII.

CLASS (b).

In Class (b) we come to those very useful *entrées* which may be called “made dishes,” for in preparing them, as I have said, the mincing machine and mortar must be employed. A *crème*, *mousseline*, or *pain*; or a dish of *croquettes*, *boudins*, *rissoles*, or *quenelles*, if carefully prepared and nicely cooked, served with a good sauce, and an appropriate garnish, is worthy of a place in any *menu*. The recipe must be accurately followed, and the

utmost cleanliness is absolutely indispensable both in regard to utensils and manipulation.

Modern introductions in the form of kitchen knick-knacks have done much to reduce work in regard to this type of *entrée*. The cook can now fall back upon pretty little silver or china cases, cutlet, and *quenelle* moulds, and moulds of all shapes and sizes, little silver or earthenware *casseroles*, fire-proof china and silver scallop shells, &c., &c. And not only is much time and labour saved by these things but the dishes turned out by their means look far more finished and tasty than was ever possible formerly.

Chicken, veal, poultry of all kinds, game, sweet-breads, pigeons, duck, rabbit, the livers of all poultry, of rabbits, and game—whether previously cooked or not—provide materials out of which these *entrées* can be made. It is in the thorough pounding and judicious blending of two or more of them, the selection of the adjuncts to improve them, the turning out of moulds of neat shape and the proper consistency, and the quality of the sauce which masks or accompanies them, that the work of a good cook can be recognised.

Ham and tongue, which in town of course can be procured in small quantities as required, bacon, sausage meat, home-made German sausage, and calf's or lamb's liver, are often useful for these *entrées*.

The following recipes are given in illustration of the methods of preparing the standard *entrées* that have been mentioned:—

Croquettes:—Pass eight or ten ounces of cold cooked chicken or other meat through the mincing machine; add two ounces of minced cooked ham or tongue, and two ounces of cooked mushrooms, also minced small. Reduce to a quarter of a pint three gills of the sauce as given (page 61) (brown or white as the case may be), and stir the mince into it over a low fire, season with spiced salt (*b*), (page 123), add two yolks, take off the fire, mix well, and spread the mixture an inch and a half thick in a soup-plate. Set it aside (in the ice box if possible) to get cold and firm. When this has taken place, strew a pastry board with a good layer of fine *panure* (page 140). Divide the *croquette* mixture into eight equal parts, put them upon the board, dredge a light coating of *panure*

over them, and, using two wooden spoons, roll them in the *panure* into the shape of corks, balls, or ovals. Let them dry. Have ready the beaten egg as described on page 141 and proceed to egg and crumb the *croquettes* according to the method there described, letting them dry thoroughly after each breading. When finally dried, fry the *croquettes* in very hot fat as explained in Chapter XX. Drain and dry after frying, and dish garnished with fried parsley, potato chips, or *croûtes*, upon a dish paper. Whatever sauce is chosen should be sent separately in a boat, on no account in the dish with the *croquettes*.

NOTE:—The first rolling in *panure* is very necessary. It makes the shaping of the *croquettes* easy, prevents the mixture sticking to the spoons used for patting them into shape, and presents a dry surface for the egging. *Croquettes* may be varied in numerous ways by the introduction of flavourings with ham, tongue, *foie gras*, mushrooms, shallot, herbs, &c.

Rissoles:—The mince for *rissoles* is prepared like that for *croquettes*, but instead of being bread crumbed, little portions made of the mixture when it is cold are enveloped in thin wrappers of puff pastry obtained in this way: Having rolled out the paste the thickness of a penny, stamp out of it rounds three and a half inches in diameter, place the portions of mince in the centres of these, wet their edges, fold them across in halves, and fix the edges, enveloping the mince, and thus producing cocked-hat shapes. Dredge these over with flour, and plunge them into very hot fat as in the case of *croquettes*. Let them dry, dust them over with salt, and serve in the same way as *croquettes*.

Cassolettes are little cases filled with mince. These can be made of rice or potato. For the former weigh twelve ounces of rice, put it into a vessel with sufficient hot water, or broth if it can be spared, to cover it; boil up and simmer until the grains are quite soft, and the liquid nearly absorbed; now drain, and put the rice into a warm bowl at once, adding half an ounce of butter, and work it to a paste with a wooden spoon; butter some two-inch *dariole* moulds, and press the paste into them, mark out a little circle one and a half inch in diameter and half an inch deep in the top of each; let them get cold

in the moulds, then dip them into hot water and turn them out. Dry them well, brush them over with egging, and crumb them with a coating of very finely sifted *panure*. Let this set, and then repeat the crumbing. When the second breading has set, fry in a bath of very hot fat till of a deep golden colour. Let them get cold: then with a small sharply-pointed knife pick out the tops which were marked in the first instance, and with a teaspoon scoop out the paste inside the cases, leaving a shell about a quarter of an inch thick. Have ready a good hot mince, brush the cases inside with butter, heat them in a gentle oven, fill them with the mince, put on the caps that were picked off, serve on a dish paper and garnish with fried parsley.

Potato cassolettes:—Boil two pounds' weight of potatoes, drain dry, and pass them through a wire sieve. Put the *purée* into a stew-pan with two ounces of butter, stir well over a low fire to expel moisture, adding three yolks and a seasoning of spiced salt. When well mixed turn the potato *purée* out upon a pastry slab, and with two spoons pat it into a ball, flatten this to a thickness of two inches; let it get quite cold; then, using a two-inch cutter, press out of it little drums two inches deep and two inches in diameter. Mark out the tops as in the case of rice cassolettes, and finish in the same manner.

NOTE:—Accident is less likely to occur when scooping out the insides of *cassolettes* if the cook slip them into a little mould which fits them. She can then hold them in the mould with her left hand, and scoop them out with her right.

Croustades:—Recipes for these will be found on page 98.

Caisses:—These are procurable, of course, in fireproof china in supersession of the old-fashioned paper cases. They should be warmed, filled with some special *salpicon* or mince of game, chicken, or other nice meat improved with mushrooms, tongue, ham truffles, &c., and serve at once.

Coquilles (scallop shells), in silver-plated or china ware, can be used effectively for portions of fine *ragoûts* or minces. The shells should be buttered, filled, dusted over with *chapelure*, and, generally speaking, placed in the oven till their surfaces take a nice colour, to assist which a few little pieces of butter should be spread over them.

Cromesquis :—The process of cooking these is explained in Chapter XX. The mince for them should be prepared in the same way as the *croquette* mixture already described.

Crépinettes :—Strictly speaking a *crépinette* is a portion of highly seasoned, carefully composed mince wrapped in a piece of pig's caul: these are bread crumbed, dried, and broiled over a low fire until nicely coloured. A good domestic *crépinette* can be made by substituting for the caul very thinly made wrappers of savoury pancake. In either case *crépinettes* can be cooked in the oven, or in the *sauté*-pan.

Boudins, quenelles, pains, crèmes, and mousselines are carefully treated of in Chapter IX. under the head of Forcemeats. The method of cooking them, *i.e.*, poaching *au bain-marie*, will be found in Chapter VIII., which deals with "Elementary Methods." The chief points that may be noted here are:—

(a) *Quenelles* are now poached in *quenelle* moulds, *boudins* in little *darioles*. In this way both the trouble and risk of shaping with spoons are overcome.

(b) After the poaching and the turning out of a dish of *quenelles* lay them on a clean cloth to drain, then dish according to the directions given in the recipe as to garnish, &c. The most effective method of modern introduction is to serve them in a silver dish liquefied with clear *consommé* of game or chicken as the case might be, and garnished with a very choice vegetable. One of the chicken, in the spring for instance, with *pointes d'asperges*, later on with *fonds d'artichaut*, or peas, in the winter with truffles in discs.

(c) *Quenelles* and *boudins* may be bread crumbed and fried like *croquettes*: for this operation they must be cooled after poaching for fifteen minutes. They can also be *fourrées*; that is to say, some of their meat scooped out, and a fine mince of truffles with ham or mushrooms put into the hollows, which are then closed with some of the meat which was taken out, and smoothed with a palette knife dipped in hot water, or the back of a spoon. This process should be carried out before turning them out of their moulds.

Pains de volaille, crèmes, and mousselines may be taken in this category. Preparations of meat, &c., suitable for them are given

in Chapter IX. To finish them, and *boudins* also, a masking is necessary, *i.e.*, a sauce with which they must be coated before final service.

Masking :—May be described in the case of moulds of white meat as *sauce veloutée* reduced until it coats the spoon. This can always be composed of the giblets, carcasses, bones, skin, mushroom trimmings, &c., which are saved after the removal of the meat for the dish (see Giblet Broth, page 61). An ivory tint is obtained for this by adding a yolk. Brown masking for game *pains*, &c., is obtained in the same manner, assisted by a few drops of Parisian essence, if need be.

Côtelettes and *médallions* are also made of meats prepared as for *crèmes*, &c. They are poached in the same way in the little moulds in which they are placed, and when finished they are masked in like manner, brown or white according to the circumstances.

Timbales are of two kinds. The one may be described as a pastry case made of *pâte brisée* (see Chapter XXI.) rolled out rather thickly, containing a *ragoût* of a superior kind as employed for *vol-au-vents*. The other, sometimes distinguished by the title “macaroni timbale,” belongs to the school of dishes which have just been discussed. The method is as follows: Choose a plain round charlotte mould, butter it thickly with a brush dipped into butter only partly liquefied. Boil four ounces of macaroni (the smaller piped works better than large) for ten minutes, let it get cold on a joint dish, spread out to prevent the pieces sticking together. Then take a skewer, and commence lining the mould with pieces of macaroni,—the bottom should be covered with rings like a coiled serpent, and the wall as the wisps of straw in a beehive, all touching each other, and adhering to the buttered surface. The task merely requires patience. When it is completed lay over the macaroni a coating of chicken forcemeat half an inch thick, and fill the hollow centre with fillets of chicken, pieces of ham or tongue, *foie gras*, truffles, &c., in the manner followed when arranging the slices of cake in a cabinet pudding—not too closely. Dilute this when the packing is completed by degrees with sufficient cold *sauce veloutée* (in which two or three yolks of raw eggs have been mixed) to come level

with the surface of the packing: cover the top with a layer of forcemeat, and poach the mould in the same way as *boudins*, *pains*, &c., page 120.

A *timbale* may be wholly filled with forcemeat, with truffles and mushrooms dotted about in it. A nice one is made of liver forcemeat, with dice of *foie gras au naturel*, and truffles dotted in during the packing—*timbale de foie gras truffée*.

CLASS (c).

The special kind of *entrées* which I have reserved for consideration in this class are not as a rule to be expected from the ordinary domestic cook, although clever women are to be found no doubt who can at all events present some of them very creditably. In any circumstances they are really better left alone than attempted without proper appliances and materials. The best advice that can be given, I think, is this: Be contented with selections from classes (a) and (b), but pay particular attention to materials and adjuncts. See that the sauces are made on good strong foundations with the best butter procurable, and the nicest flavours the cook can extract in the form of fresh *fumets* from fish, chickens, game, vegetables, &c., to the total exclusion of ready-made assistants and loaded wines. Avoid garnishes of tinned *fonds d'artichaut*, peas, &c. It is allowable to use preserved truffles when the fresh tuber is out of season, and French *foie gras au naturel* and *financière*, but these things should be employed more as aids than for service alone. The carefully described *entrées* which have been selected for the *menus* can be managed without difficulty by an intelligent cook.

In this class I placed the *vol-au-vent*, an old dish yet too good to be improved away, or to be dubbed with a new name by modern innovators. It has long held its place at the head of the whole family of *entrées* of light pastry. *Ragoûts*, both white and brown, can be served within its crisp border—from the time-honoured *financière* (brown) to one of sweet-breads alone à *la Reine* (white).

Very useful *entrées* are to be found, of course, in *petits pâtés*, *timbales*, *rissoles*, *bouchées*, and those artistic *croustades* for which pastry cases are employed instead of the easier substitute of

hollowed-out rolls, or cases of rice or potato. The knack of making nice light puff-pastry is, however, far from common. Neither reading nor even practical demonstration will teach it. So unless you are certain that your cook possesses the gift, never permit her to waste good materials in fruitless experiments. An *entrée* of pastry, if not unmistakably good, is a blot upon the face of your *menu*.

The only alternative is to procure the paste uncooked from a good pastrycook, to roll it out and use it as may be wanted, presuming, of course, that the cook understands her oven and the question of temperature. Pastry thus obtained must be kept in as cold a place as possible till it is required. Indeed, it may be said that failure in this branch of kitchen-work is oftener caused by warmth than anything else. Except in cold wintry weather, neither the water nor the pastry slab is cold enough for the successful making of *feuilletage*. This matter will be discussed, however, in another chapter.

CLASS (d).

Unless the weather is very cold a refrigerator is necessary for the satisfactory production of cold *entrées*, for unless these dishes are really cold, and their sauces also, they are not nice.

Pains, crèmes, and mousselines, cooked as described for service hot, can be presented cold also. Let them get cold and set in their moulds, then warm a little externally to loosen them, turn out and put them in the refrigerator, masking them when cold, garnishing, and serving as may be required.

Purées of chicken, veal, and game, either separately or in combination, may be set with the aid of gelatinated sauce for their moistening, as sweet creams are, in the following manner:—

Lightly roast a good-sized chicken, protecting it with buttered paper. Cool it, and remove all the white meat from it, reserving the legs and thighs for a grill. Put the carcass, wing bones, skin, and the giblets of the bird on a board, and having crushed them thoroughly with the chopper proceed in the way described for giblet broth (page 61). Turn three gills of this to a good white sauce with half an ounce of butter and the same of flour, adding

three-quarters of an ounce of dissolved gelatine. Let this cool. Now mince in the machine, and pound the meat saved with half its weight of cooked fat of ham or bacon, seasoning with salt and white pepper. Pass the *purée* into a bowl through a hair sieve, moisten it to the consistence of thin batter with the sauce, adding a tablespoonful of cream. Whisk the preparation to blend it thoroughly. Next set the mould in a basin of crushed ice, and begin to pack it (a plain charlotte best) by degrees, dotting about during the process three tablespoonfuls of half-inch squares of *foie gras*, and truffles, or cooked mushrooms cut into dice. Let this stay in the ice or in the refrigerator for an hour, and when required turn it out as in the case of a sweet cream; mask it with white, ivory, or fawn-coloured masking—made out of the broth, and any of the sauce that may be left. Set again in the refrigerator, finally garnishing when required for service with greenery and *aspic croûtons* (page 89). For a plain cream truffles, &c., may be omitted.

Pains, crèmes, and mousselines can also be set in moulds lined with aspic, for which process see page 91. The mould having been lined, the cream mixture is poured into it; it is then put into the refrigerator for setting, and turned out in due course garnished, &c., as in the previous case.

Recipes for maskings and garnishes suitable for cold *entrées* will be found in Chapter VII.

The chaud-froid [also written "*Chaufroix*," because the dish is said to have been invented by a *chef* named Angilon de Chauffroix, *entremetier des cuisines* at Versailles, 1774]:—A good *chaud-froid* of chicken might be described as a cold *suprême*, and one of game as a cold *salmis*. Each possesses the flavour of the hot dish, and is masked with a gelatinated sauce prepared in the manner given for *pains* or *crèmes*. No pains should be spared in the extraction of savoury essences or fumets from the carcasses, &c., and in the reduction of the sauces to concentrate flavour. A *chaud-froid* may be composed either of fillets of chicken or game without bones, or of the various parts of the bird cut up with their bones as for *fricassée*. I prefer the former method. In the first place it presents a less troublesome dish for those who have to eat it, and in the next the bones can be turned to account

in making the broth for the masking. The following example will be sufficient :—

Chaud-froid de caneton :—Roast a duckling carefully, taking pains to keep it juicy. Let it get cold. Now take off the meat of the breast, passing the knife close to the bone to keep it as whole as possible ; detach the wings, thighs, and legs, and remove the meat from them in the same way. Trim all the meat thus obtained in neat fillets, peeling off the skin to begin with. Lay the carcase upon a board with the skin, bones, and giblets previously saved, and crush them as small as possible ; sprinkle this with marsala and lay it in a stew-pan with an ounce and a half of butter, three ounces each of onions and carrots minced small, half an ounce of celery, and a teaspoonful of seasoning (*a*) ; fry for seven or eight minutes, then moisten with a pint of warm broth, add the peelings and stems of a quarter of a pound of mushrooms, and go on exactly as described for gilette broth (page 61). When the full flavour has been extracted strain off the broth, skim it, and with a *roux* of half an ounce of flour and the same of butter proceed to turn it into a sauce, stirring in half an ounce of dissolved gelatine, and adding a few drops of Parisian essence to brown it. Bring to the boil, skim, simmer ten minutes, and pass this through the hair sieve into a bowl. When it shows signs of setting, dip into it, one by one, the fillets, or pieces of meat, using a skewer for the operation, and lay the coated pieces out on a roomy joint-dish laid over ice. When all have set nicely, detach them from the dish with a palette knife, and arrange them in dome shape in the centre of an *entrée* dish : garnish this with good meat jelly (page 91) or broken aspic as a border, and keep it as cold as possible till it is wanted. Another simpler plan is to decorate a dome-shaped mould, or a plain charlotte, to set it in ice, and pack it with the fillets in layers, setting each layer with the masking sauce diluted. This renders unnecessary the process of masking the fillets independently. One of the *mayonnaise* sauces may accompany this, or cold *Béarnaise*, *mousseline*, or *Seville* (page 76).

NOTE :—In this way a *chaud-froid* of chicken or game can be made. If desired cooked ham or tongue in strips, truffles in discs, mushrooms in dice, hard-boiled egg in slices, *foie gras*

in half-inch squares, &c., may be introduced in the layers. In the case of chicken or turkey the masking must, of course, be white or ivory; no wine is needed, but cream in the proportion of a tablespoonful to a quarter of a pint should be allowed.

Ballotines are little galantines of small birds which are cross-tied before cooking in round shapes, and pressed when hot after cooking so as to maintain that form (see Galantine Forcemeat for Poultry and Game, page 128, and the Preparation of Galantines, page 309). Chicken *ballotines* are made in this way: Prepare a completely boned, full-grown chicken as for galantine, but do not fill it quite so full as you would were it to be required whole; fold this in oblong shape, sew it up, and wrap it in a cloth as usual, securing the ends; mark this off into three or four equal portions according to the length of the roll, and at each mark tie the roll tightly with tape, giving it the appearance of a chain of sausages. Each portion should be about two and a half inches long. The compression of the tape will give them a round shape. Braise this in *mirepoix* or broth and let it get cold in the liquid. When quite cold sever the ties, remove the cloth, and cut the portions across where they were tied. Now trim and glaze the *ballotines* (page 92), and dish them in a circle garnished in the manner suggested for the *chaud-froid*.

Petites caisses:—These make a useful sort of *entrée*. The nicest perhaps is that in which a whole or half a cold small bird, prepared as for *ballotine*, is set in a boat or kite-shaped china or paper case. Take an example in *petites caisses de cailles à la galée*: Bone the quails, fill them with forcemeat for game (page 128) with or without truffles as may be desired, roll them up, wrap them in buttered papers, and tie them in shape with tapes crosswise. Line a shallow stew-pan with thin slices of fat bacon, lay the little rolls upon this, and moisten level with their tops with hot broth; bring this to the boil, then reduce the heat, cover the pan and simmer very gently for fifteen or twenty minutes, when the birds will be done. Let them get cold in the broth. Then remove the wrappings, trim and dip them into a *chaud-froid* masking flavoured with a *fumet* extracted from the bones and trimmings of the quails. Let the masking set firmly

and finish by putting them whole, or in halves cut lengthwise, in the cases, garnishing with greenery and broken jelly.

Petites caisses de foie gras :—In this case *foie gras au naturel* and truffles, cut into half-inch squares, are set in cases with strong meat jelly over ice and garnished with the same jelly, broken, arranged domewise on their surfaces.

NOTE :—Any nice salpicon or coarse mince of chicken, game, tongue, ham, or sweet-bread, with *foie gras*, and truffles if desired, can be served in this manner. The setting can be effected either with brown *chaud-froid* sauce flavoured with game or chicken *fumet*, or with strong meat jelly similarly flavoured. The excellence of these dishes depends to a great extent on the quality of the meat jelly, or the sauce of which the masking or setting is composed. A watery aspic would spoil everything. Reference should be made to the notes regarding aspic (page 87) and meat jelly (page 91). Comparatively little is required, but that little should be of the best.

Coquilles :—The preparation for these may be described as the same sort of thing as that just given for *caisses de foie gras*, &c., *i.e.*, a coarse mince of good things set in scallop shells instead of in cases with jelly or *chaud-froid* sauce. Little *mayonnaises* are sometimes served in *coquilles*; that is to say, the mince is moistened with *mayonnaise* sauce masked with it, and the surface sprinkled with chopped olives, capers, or grated ham.

Cutlets and médaillons can be stamped out of slabs of galantine, or cold poached forcemeat *à la crème* (page 130) with appropriate cutters, then dipped into masking sauce, white or brown as the case may be, laid out upon a dish, and set like the fillets for a *chaud-froid*. When required for service they can be detached, trimmed, and set on the sides of a *socle* in the form of a pyramid garnished with aspic *croûtons* and watercress.

NOTE :—Tender cutlets, *médailles*, and *noisettes* of lamb or mutton, *filets mignons* of beef, venison and hare for cold service should be first larded “through” (see page 171) and then gently braised. When done they should be laid while warm on a joint dish with another over them slightly weighted—just sufficiently, that is to say, to press them flat. When cold they should be trimmed and glazed, then neatly laid in a silver dish placed over

ice, and set in clear meat jelly, which should be poured in in liquid form very gently on the side of the dish. Garnish may be arranged and set with the cutlets if liked: hard-boiled yolks, balls of green butter, cold cooked peas, asparagus points, *quartiers d'artichaut*, fillets of cooked cucumber, turned olives, &c., &c. With lamb cutlets mint-flavoured jelly is nice: this can be got by straining a little of the liquid of mint sauce into the jelly; green peas go well with this; an excellent summer *entrée*. One of the *mayonnaises* or other cold sauce may accompany.

Quenelles and *quenelles fourrées* (see directions for *quenelle* forcemeat, page 130):—Put some of this into buttered *quenelle* moulds, poach them gently when set, let them get cold in the broth, then warm and turn them out of their moulds: mask as described for the duckling fillets for the *chaud-froid*, dish, and garnish like *médailles*. For “*fourrées*” scoop out a hollow in each *quenelle* while it is hot and in its mould, fill this with *d'Uxelles*, minced *foie gras* or truffles moistened with a very little melted *chaud-froid* sauce, cover, and smooth over the opening with some of the extracted meat of the *quenelles*; let them get cold and finish as mentioned for plain *quenelles*. *Sauce mousseline* would go well with these.

Boudins:—These offer another form of presenting poached forcemeat. The preparation, chosen from those given in Chapter IX., should be put into buttered darioles in the form of lining. In the hollows left a good teaspoonful of choice mince in *sauce poulette* should be introduced: enclose this with more of the lining forcemeat, and poach the moulds very gently; let them get cold in their moulds, then warm, turn them out, trim, and arrange them on a dish over ice, mask them with *chaud-froid* sauce or simply glaze them: dish in the manner given for *ballotines*.

Petits pâtés, *bouchées*, &c., are usually served in neat little pastry cases obtained by lining patty pans, small mince-pie pans, or *bouchée* moulds with croustade paste, as explained page 98, and filling them when turned out of the moulds and cold with very savoury *salpicons* mixed with strong meat jelly and top dressed with broken jelly. Shell-fish shredded and moistened with jellied *Hollandaise* sauce can be thus used. Rolls of puff pastry

enclosing any of the forcemeats, especially curried farce (page 131), in the manner of sausage-rolls make nice luncheon *entrées*.

NOTE REGARDING COLD ENTRÉES.

The chief points to note in respect of all these recipes for cold *entrées* is the absolute necessity of following accurately the instructions given for forcemeats, the extraction of *fumets* or essences to strengthen the flavour of the broth with which the masking is made, the careful composition of those maskings and the avoidance of the so-called aspic made of coloured water and gelatine when savoury aspic or meat jelly are mentioned. The best of all jellies are those which—made on a strong foundation with which a calf's foot and well-crushed bones of veal, game, or poultry are associated—require no gelatine to set them. Moderate care in the use of the carcasses and giblets of birds in the manner frequently explained in this book will yield the sort of thing required without expense. Avoid the modern error of making prettiness in the appearance of dishes a matter of greater importance than their flavouring. Be chiefly concerned about having good savoury *fonds* or bases in the way of broths produced by *bonâ fide cookery* to the exclusion of all ready-made concoctions, colourings, &c., and be contented with neat, attractive garnishing without useless and vulgar ornamentation.

FINISHING ENTRÉES FOR SERVICE.

ORNAMENTATION :—At the time of the appearance of the first edition of this book extreme exaggeration was noticeable in this branch of the cook's business. The consequence was that instead of adding to the attractiveness of their dishes many cooks succeeded in making them repellent. The fashion was never taken up by people of good taste, and the leading French artists laughed at it. To-day it is almost, if not quite, extinct. You never see anything of the kind at the restaurants patronised by Society, nor at the tables of those who know what good food is.

Savoury cookery cannot be kept too distinct from sweet cookery to which branch colourings, forcing bags, and pipes appertain. Brown and white have always been the colours

allowed in the former, with perhaps scarlet or pink in certain fish sauces obtained from lobster coral, and green as in green butter, &c., procured from spinach. Pink is also got from tomato juice, pale yellow from yolks of eggs, and fawn colour by blending white and brown. Any departure from these standard tints is to be condemned as puerile and unnecessary.

GARNISHING is so important a subject that I have set apart a chapter for its discussion. With many *entrées* and *relevés* the garnish is as important a part of the combination as the sauce, and requires just as much care. The simpler it is the better, in order that its character may be clearly defined and recognisable. Conglomerations of good things are not necessarily nice, nor are they artistic. The tendency of the present day is towards simplicity; nevertheless, it is possible at times to see *fonds d'artichaut* in association with mushrooms, truffles, *pointes d'asperges*, and even *foie gras*! Any one of these alone might be acceptable as a garnish with an *entrée*, but when all are mixed together the effect is confusing, the special flavour of each thing is lost, and the result is that "*tripotage*" of expensive accessories which was so pitifully condemned by Count d'Orsay in the early fifties.

DISHING:—To look effective, *entrées* should be arranged well above the level of the silver dish upon which they are served. For this purpose *socles* or platforms are used (see the end of Chapter VII.). Having thus obtained a firm foundation, the *entrée* itself becomes, as it were, a superstructure erected upon the *socle*. Nothing looks more slovenly than an *entrée* arranged on the level of the dish itself.

But all the trouble of elaborate dishing can be saved by following the practice I have already advocated (see page 24). Abolish handing round your dishes as much as you can, and not only will the service be brisker and the food itself better, but the cook will be thankful to find that she has no longer to waste valuable time in building up an edifice the symmetry of which the first guest destroys.

CHAPTER XIII

VEGETABLES

GENERAL REMARKS—POTATOES—PEAS AND BEANS—GREENS IN VARIETY—
MISCELLANEOUS—ROOTS—FUNGI—PRESERVED VEGETABLES—GARDEN
HERBS

CRITICS of English cookery seem to agree in saying that, wanting as we are, as a rule, in our general knowledge of kitchen work, our ignorance of the treatment of vegetables is greater than in any other branch of the art. Be this as it may, it cannot be denied that until comparatively lately the universal method of serving vegetables at an English dinner-table was with the joint alone. Dressed vegetables, or *entremets de légumes*, were rarely heard of. Of late years, however, facilities in the way of travelling abroad have been great, and by degrees many of us have learnt to appreciate a dish of vegetables, specially prepared, such as are commonly seen at foreign restaurants and *tables d'hôte*. A filip has in this way been given to vegetable cookery in England, and people with any claims to refined taste have at last come to perceive that the old custom of heaping up two or three sorts of vegetables on the same plate with roast meat and gravy is a mistake.

The art of cooking vegetables is by no means difficult to acquire, but, like every branch of a cook's work, it requires patience, attention to instructions, and the capacity of taking pains. Processes that appear troublesome must not be shirked, while great care must be taken in dishing, and in the making of the sauces which accompany or mask them, for these things cannot be dispensed with if vegetables are to be served at their

best. Here note carefully that, with the exception of the water used for blanching, the *cuisson* or liquid in which vegetables of all kinds are cooked, provided that the operation be properly conducted, should never be thrown away. It should be used in preference to water for the moistening of the sauces which may be required to accompany them, or for the dilution of other vegetables which may be chosen for the production of broth for soups or stewing. This important point is either lost sight of altogether or very slightly referred to by the majority of writers of English cookery books.

All the simple sauces given in Chapter VI., based upon ordinary white sauce, are well within the reach of the domestic cook, and are particularly suitable for service with vegetables. The concoction that should be altogether prohibited is the tasteless milk-and-watery one bountifully thickened with cornflour—an excellent medium for fixing scraps in an album—which the so-called “plain cook” has been taught to compose. Sauces for vegetables ought not to be very thick, and the slight body necessary for them should be obtained by *roux* of flour and butter, *beurre manié*, or yolk of egg: cornflour is out of place in them altogether (see *liaison au roux*, page 44).

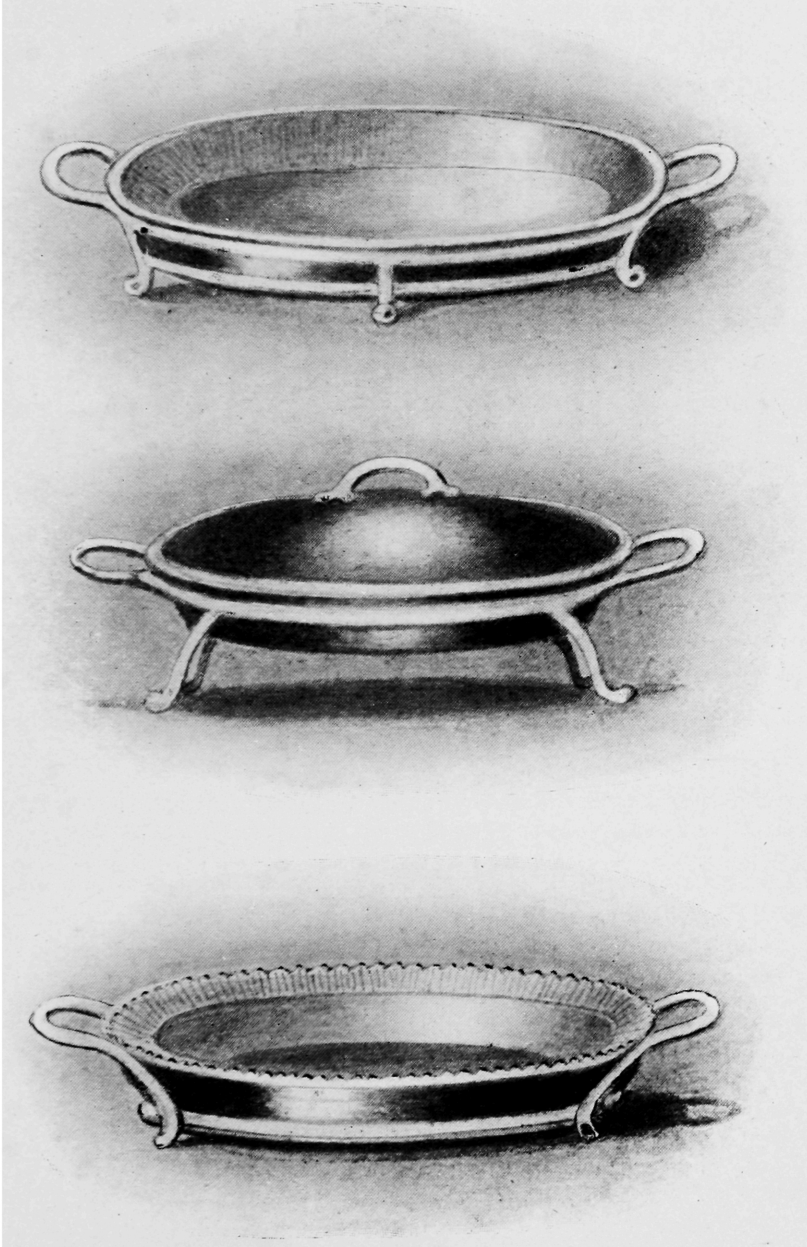
Be sparing of butter when adding it to vegetables. As soon as the full heat of the dish passes off the butter becomes greasy.

It is a waste of money to buy *old* vegetables, and a waste of time to try to cook them.

POTATOES.

POTATOES:—It is only fair to admit that our cooks are in many cases wrongfully blamed in the matter of potato-cooking; that is to say, their failure is often attributed to the wrong cause. We all know that the potato grows capriciously. A crop will sometimes prove mealy and light for the table, and at other times waxy and heavy. It is unreasonable, therefore, to expect all potatoes to turn out equally floury as a matter of course, and to find fault with the cook if she fail so to serve them.

There are fortunately so many ways of cooking potatoes that we need never be at a loss for a recipe. If nice and mealy, we can, of course, boil or steam them—the latter method for choice



LÉGUMIÈRES.

(FIREPROOF CHINA ON PLATED STANDS.)

—and serve them plainly. In order to preserve the natural salt which contributes much to its flavour, whether it be boiled or steamed, a potato ought not to be peeled. If it be *very* old, the removal of the skin and eyes cannot be avoided, but, in a general way, a potato is far better cooked “in its jacket.” When done, the skin can be removed, if desired, in the kitchen, and the dish be served plainly, or in any one of the ways I shall presently speak of.

Boiling:—Choose potatoes as much of a size as possible for boiling: do not boil large and small ones together if you can help it. Place them in a saucepan and just cover them and no more with cold water, allowing salt at the rate of a dessertspoonful per quart of water. Set the vessel over quite a moderate fire and bring the water in it to the boil slowly, then check the speed of the cooking by drawing the pan to the edge of the fire, and simmer gently for eighteen or twenty minutes. Test with a skewer, and when nearly done accelerate the heat for the last two or three minutes to finish them quickly. Drain off the water now, leaving the potatoes in the dry empty saucepan, place this on the margin of the fire uncovered so that the steam may escape and the potatoes may be thoroughly dried.

Steaming:—For this the potatoes should be scrubbed, dried, and wiped, after having been set for five minutes or so in cold water. Then place them in the steamer over boiling water, close the pan and let them steam till done: the time will vary according to size from twenty to forty minutes: the fork (or a skewer) must go through them easily, if not, they are not done. A minute in a fast oven will dry them if needful. The “patent rapid steamer” is a capital appliance for this process.

New potatoes should be scrubbed, rubbed with a coarse cloth, and boiled or steamed according to taste. They cannot be expected to be very mealy, of course, for when first taken from the ground they are immature. When done and drained it is usual to stir new potatoes in a *sauté*-pan over a low fire in just sufficient butter to lubricate them, sprinkling them with chopped parsley, and dusting them with salt. When quite hot they should be dished and served. Mint, chervil, marjoram, or summer savoury may be used for a change instead of parsley.

Having boiled or steamed potatoes satisfactorily, let us see in how many plain ways we may serve them, presuming that we have turned them out as flourily as could be desired.

First, of course, they may be sent up plainly, either in their skins or crumbled into the dish made hot to receive them. Secondly, they may be turned out upon a wire sieve, be rubbed through it with a wooden spoon, and dished plainly in that form as potato-snow (*pommes de terre à la neige*, or *rapées*). Lastly they may be mashed.

(i) *P. de t. écrasées* (the English way) :—Break them up first in the dry hot saucepan in which they were boiled, working them well with a wooden spoon, and adding as much butter as can be spared, enough milk to moisten, and salt. When fairly well mashed, pass them through the sieve so as to catch the knots, and then form them as desired. Brush with butter, and brown the mould in front of the fire or in the oven before serving.

(ii) *Purée de p. de t.* (the French way) :—This is served in a more fluid condition than English mashed potatoes. Having boiled, broken up, and passed the potatoes through the sieve, put them into a stew-pan; set this over a low fire, and (for a pound and a half of *purée*) stir into it by degrees the yolks of two eggs and two ounces of butter, adding instead of the milk a few tablespoonfuls of broth from the soup-kettle, with a dust of white pepper and a very little mace, or nutmeg. The addition of the broth should bring the *purée* to the consistence of very thick batter.

Mashed potatoes can be utilised in several ways :—

(a) *À la duchesse* :—For one pound of mashed potato allow one and a half ounces of butter, two yolks, one tablespoonful of grated Parmesan, a gill of milk or cream, and a seasoning of mixture (b) : Mix thoroughly while hot, let it get cold, then roll it out on a floured pastry board rather thickly and cut it into equal portions, round or oval; press these rather flat so as to form thick discs; dredge them over with flour, lay them on a buttered *sauté*-pan over a low fire and turn them about gently until they are well coloured a light brown; dust over with salt and serve in a hot *légumière*.

(b) *P. de t. soubisées* :—Prepare the potato as for *duchesses*,

blending with a gill of creamy *sauce soubise* reduced till it coats the spoon instead of milk or cream.

(c) *Croquettes de p. de t.*:—Again a *duchesse* mixture, but flavoured with seasoning (a) (page 123) rather highly: when this gets cold lay it out upon a floured board, roll it out, and form it into balls or cork-shapes; egg and bread crumb these (page 140), let the coating dry, then plunge the *croquettes* into very hot fat, fry them till golden brown; drain, dry, and serve garnished with fried parsley.

(d) *Boulettes de p. de t.*:—Mash thoroughly a pound of dry rather floury potatoes, pass the *purée* through the sieve, work into it the yolks of two eggs; stir into it a dessertspoonful of finely minced parsley and marjoram blended; moisten it with enough cream or milk to bring it to the consistency of lissom dough: season well with mixture (b) (page 123); and lastly, add the whites of the eggs whipped to a stiff froth. The mixture should be stiff enough not to spread out when dropped from a spoon. Lay it out upon a floured board and form it in balls the size of a playing marble. Prepare a bath of boiling fat, and then fry the *boulettes* by passing the little balls of paste one after the other into the fat. As each of these is seized by the fat, it will expand, and as soon as it turns a rich golden yellow, it is done. *Boulettes* can only be successful when the potato is dry and floury. For frying, please see Chapter XX. on Fritters.

(e) *Tartelettes Parmentier*:—Make a *duchesse* mixture of rather firm consistence, and arrange it while hot in well floured tartlet pans. Let it get cold in the pans to become set in shape, then expel the *tartelettes* from their moulds, flour them, egg and crumb them with finely sifted *panure*, and fry in very hot fat till of a golden colour: serve as *croquettes*.

(f) *P. de t. émietées*:—Having boiled a pound of good mealy potatoes, drain very dry and turn them into a stew-pan; mash well, season with mixture (b), and moisten them with *beurre fondu* (page 67), work this over the fire until it turns a golden colour and is perfectly smooth, then, gathering it to the side of the pan, shape it in elongated oval form like an *omelette*. Lay this carefully in a *légumière*, push it into the oven, and baste with butter till the surface colours nicely, then serve.

(g) *Flûtes au Parmesan* :—For these roll out the mixture as for *croquettes* on a pastry board, powder it over well with grated Parmesan : then make out of it a number of thin rolls three and a half inches long, and a little thicker than a drawing pencil ; egg these, and bread crumb them with a breading half Parmesan and half finely sifted *panure* ; let this dry and then finish like *croquettes*.

NOTE :—In frying *croquettes*, &c., it is necessary to use plenty of fat, and see that it is hot enough. If the frying medium be not properly hot, and insufficient in quantity, it will not be possible to get the golden colour or the crispness which is desirable.

Potatoes which may prove unsatisfactory when plainly boiled can be treated successfully in the following ways, assuming, in respect of proportions, that a pound of cooked potatoes has to be dealt with.

(1) *P. de t. sautées* :—Boil the potatoes in their skins, and when partly cooled, peel and cut them in slices one-third of an inch thick, cut these across according to the size of the potatoes so as to obtain as nearly as possible a number of pieces about half an inch square. Melt an ounce and a half of butter in the *sauté*-pan over a low fire, put in the pieces of potato, and stir them about till they are lightly browned, using a two-pronged fork for the work ; shake the pan every now and then to loosen them ; scatter minced parsley over them, with a seasoning of fine salt, and dish them on a very hot dish.

NOTE :—This operation must be carried out with patience, the object being to cause the potatoes to *absorb* the butter yet not to burn : if the butter appear to be exhausted before the potatoes are slightly coloured, add a little more, but avoid putting in too much, for that would make them greasy. When the operation is finished there should be no butter remaining in the pan. Any flouriness that may be shed by the potatoes during the cooking will become powdery and add to the niceness of the dish.

(2) *P. de t. Lyonnaise* :—Finely mince an ounce of shallot or onion and stir it into the potatoes while being cooked as in *p. de t. sautées*.

(3) *P. de t. à l'Indienne* :—Another variation of *p. de t. sautées*. Mix together a good teaspoonful of coriander powder with a

saltspoonful of turmeric and the same of salt. Proceed as for *Lyonnaise* seasoning by degrees with the mixture during the cooking. Seasoning (*d*), page 123, may also be used.

(4) *P. de t. Provençale*:—Rub the *sauté*-pan with a clove of garlic, and go on as for *p. de t. sautées*, seasoning with mixture (*b*), and sprinkling with chopped chervil and lemon-juice.

NOTE:—Potatoes *sautées* may be further varied with a sprinkling of finely grated ham, Hamburg beef, or Parmesan.

P. de t. ménagère:—Cut up six good-sized boiled potatoes in quarter-inch slices: flavour half a pint of milk with onion, spice, pepper, and salt, as for bread sauce; strain and thicken it, as laid down for melted butter, with half an ounce each of butter and flour, producing a nice *sauce blanche*; put the slices of potato into a stew-pan, moisten with the sauce, and heat them up gently to boiling point: take the vessel off the fire, cool for a minute, stir in the yolk of an egg, add a large spoonful of finely chopped parsley, with a pat of butter the size of a shilling, and serve. A tablespoonful of cream is an improvement.

P. de t. Parisienne:—Cook the potatoes as above, but moisten with *sauce soubise* (page 63).

P. de t. Milanaise:—The same with *Milanaise* sauce (page 64).

P. de t. maître d'hôtel:—The same with *maître d'hôtel* sauce (page 62).

P. de t. printanière:—For these choose mealy potatoes, cut them into pieces the shape and size of a plover's egg, and steam them till nearly done: have ready half a pint of good *sauce blanche* slightly flavoured with mace, and put the pieces of potato into it. Simmer them in the sauce, and when they are done stir into them a green herbs paste as given for *sauce verte* (page 59), adding a coffee-cupful of milk in which the yolk of an egg has been mixed, or a dessertspoonful of cream to finish with.

P. de t. maître d'hôtel (another way):—Cook, peel, and slice the potatoes as for *sautées*, but do not cross-cut the slices as in that case. Butter the bottom of a *sauté*-pan, lay the pieces of potato upon it, and pour in a gill of broth from the stock-pot. Set the pan over a moderate fire and cook gently so that the potatoes may gradually absorb the broth, turning them about with a two-pronged fork during the process carefully to prevent

breaking. When the broth has been taken up draw the pan to the side of the fire, and stir into it an ounce and a half of *maitre d'hôtel* butter: serve in a very hot dish.

P. de t. château:—Prepare the potatoes for this dish in the style of *p. de t. printanière*, shaping them about the size of bantam eggs; cook them in the way just given with broth, and when they have absorbed it, stir into them an ounce of plain butter melted and serve.

NOTE:—It should be noted that the addition of milk or cream to potatoes as given in several of the foregoing recipes has the disadvantage of turning the composition sour after keeping. For this reason it may often be wiser, especially in hot weather, to moisten them with broth and enrich them with butter and eggs.

Waxy potatoes passed through a wire sieve and served like vermicelli are neither wholesome nor nice.

P. de t. frites:—There is perhaps no nicer way of serving potatoes with roast birds, game, fillets, chops, steaks, grilled chicken, roast pigeons, &c., than in the form of “chips,” *i.e.*, *pommes de terre frites*.

NOTE:—Processes which really require two words to distinguish them being represented in English by the one term “frying,” both cooks and their mistresses are apt to confound potatoes *sautées* with potatoes *frites*. The former method has been discussed, the latter will now be explained, and attention is invited to the great difference which exists between them.

In the first place, after washing the potatoes well, peel them, and, if you have not a machine for the purpose, slice them carefully a *uniform* thickness—about the sixteenth of an inch—and cast them into a bowl of cold water, in which leave them for fifteen minutes, then drain, and spread them on a clean cloth to get rid of the moisture. Wipe them thoroughly, and spread a sheet of blotting paper ready for draining the chips hereafter. Now dissolve a good allowance of clarified beef suet (which for them is quite the best frying medium) in the *friture*-pan, or a shallow frying-kettle, set the frying basket in it, and when the fat is properly hot, slip in the potato slices—there should be enough fat to *completely cover them*—and let them, as it were, boil in it: watch them as they are cooking narrowly, turning and

moving them about continually, and as soon as they assume the golden tint you want—a nice rich yellow, mind—lift the basket quickly from the fat, drain, and turn the chips out upon the blotting paper for a minute or two. When quite dry, dish them in a very hot silver dish (or garnish the dish, with which they are to go, with them) dust over with salt, and serve.

“Properly hot.”—This term is explained in Chapter XX. If *too* hot, *i.e.*, smoking, the chips will be fried too dark a colour. Test with a piece of bread at the end of a skewer: if the fat fizzes freely it is ready to receive the slices of potato.

The other points to note well are, first the equal thickness of the slices, for if cut both thick and thin, the latter will be done more quickly than the former, and it is no easy thing to fish out the pieces that have taken colour from those that have not. *Drying* the chips well after their bath in cold water is essential number two, plenty of boiling fat the third, and careful drainage and drying when done the fourth.

P. de t. frites may be trimmed into various shapes—filberts, dominoes, long narrow strips, &c.—and cooked exactly as “chips.” Uniformity in size is again necessary, soaking in cold water, and careful wiping before cooking. The cook must be a bit of an artist too in designing her patterns, or there will be sad waste in the cutting.

Pailles de p. de terre (potato straws):—For these choose very long potatoes, and out of them cut a number of long narrow strips, soak them in cold water for twenty minutes, dry, and fry in two processes as laid down for *p. de t. soufflées*. Measurement:—the eighth of an inch thick, the same wide, and as long as the potato will allow.

A slicing machine and a set of French vegetable cutters will be found most useful and economical for trimming purposes. With the former ribands *p. de t. rubanées* are cut, which are effective with fillets of beef, cutlets, game, &c. After being cut, the ribands must be soaked in cold water for fifteen minutes, and then be treated as *p. de t. frites*.

P. de t. soufflées:—Cut as many potatoes as you require in oval shape all the same size, about two and a quarter inches long, and one and a quarter thick; trim the ends and sides flat

forming a rectangular block of each, and then slice the potatoes crosswise in slices the thickness of a two-shilling piece. Put these into cold water for twenty-five minutes, then dry them on a cloth. Prepare two frying-kettles; in one put an allowance of ordinary frying fat, in the other some specially well-clarified fresh beef suet. Half fry the pieces of potato (*i.e.*, without allowing them to take colour) in the first fat, drain them on a sieve, and let them get cold. Shortly before they are wanted plunge them into the second fat, which should be very hot, move them about, and let them swell out, then drain, dry, and serve on a napkin. Pieces that will not swell must be fished out and set to get cold, and then tried again in the hot fat (Dubois).

P. de t. Anna:—This *entremets* may be described as thin slices of potato, put in a well-buttered pan in layers with butter between each layer, then closely covered with a tightly fitting lid, and cooked either with hot coals above the fire around the vessel, or simply in the oven. The proper vessel is made in thick copper, with a lid hollowed like that of a braising-pan to hold hot coals, but the dish can be produced very nicely in a fireproof *terrine*, with a lid fixed with paste. The preparation is easy, something like that followed in making an apple charlotte. Having sliced, macerated for twenty-five minutes, and dried the potatoes, butter the pan liberally both on the bottom and sides, and line both with slices of potato overlapping each other like the scales of a fish; then commence to pack the interior with similar layers, carefully smoothing over each layer with butter, giving the topmost one a coating of butter. Thus packed—salt being the only adjunct, a dust of which should be sprinkled over each layer—either place the vessel closely covered in a mild oven, or on a low fire with hot embers on its lid. In five-and-forty minutes the potatoes will be ready. A quarter of an hour before serving open the pan, its contents will be found packed together *en masse*, and slightly shrunken from the wall of the vessel; cut this through—like a tea-cake—crosswise, thus forming four quarters; with a palette knife invert each quarter, put the cover on again, replace the pan in the oven for ten minutes and when serving turn out the cake of potatoes in a dish made specially hot to receive it.

The butter used for this dish must be pliant ; in cold weather, therefore, it should be braided with a butter bat, or softened on a piece of linen. The important point to keep in mind is the close packing of the pieces of potato. This can be done with a skewer and fork used with patience.

Dubois, from whose work the foregoing is taken, adds another method which is easier.

P. de t. à la maréchale :—Slice the potatoes in the same way, and cook them in a *sauté*-pan in butter over a very low fire till tender : then arrange them in layers in a fire-proof baking-dish or *légumière*, dusting parmesan cheese between each of them, and basting the whole with the butter in which they were cooked. Bake for half an hour in a gentle oven, and serve in the dish.

PEAS AND BEANS.

PEAS (*petits pois*) :—May be boiled, cooked in the jar, or stewed. It is a *sine quâ non* that boiled peas be young and fresh. You rarely get a dish of peas in town equal to those gathered in a country garden : those bought in the London market are, as a rule, rather too old, having been allowed to attain the largest size possible, or wanting in the necessary freshness. It is, I need scarcely say, a great mistake to buy shelled peas.

Boiled peas :—Put one quart of water with a teaspoonful of salt, one of sugar, and half an ounce of green mint on the fire : when it boils, pour in a pint measure of shelled peas ; boil quickly with the pan uncovered ; when done, drain, and turn them out upon a *sauté*-pan with an ounce of butter, set over a low fire, sprinkle a little salt and very finely pounded sugar over them, and work them in the pan with a fork till the butter melts, and is blended with peas, then empty them upon a hot dish and serve. Use a glazed earthenware or a non-tinned vessel for cooking peas in order to preserve a good colour.

NOTE :—It is a good plan to shred the empty pods of the peas in very thin strips, and boil them with a two-ounce onion, mint, sugar, and salt as a preliminary step. This yields a flavoured broth which, when strained off and brought to the boil in a clean stew-pan, makes a capital *fonds* for cooking the peas and im-

proving the flavour. Observe that the liquid produced by boiling peas ought not to be thrown away. It makes an excellent moistening for *sauce blanche*.

Petits pois accommodés:—Old peas may be cooked in this way: Prepare a broth in the manner just described: choose an earthenware casserole if possible, and put into it the shelled peas, with as much of the broth as will just float them: bring to the boil and then reduce the heat and simmer patiently till the peas are thoroughly tender, then take up the pan, strain the liquid, thicken it with *beurre manié*, or butter and flour, adding a teaspoonful of sugar, next put in the peas, stir well, bring by degrees to steaming-point, and serve.

Peas in the jar:—This—a process of steaming, or jugging—is quite one of the best ways of cooking peas. You get the whole flavour of them, they are rarely overdone to a mash, as boiled peas in clumsy hands often are, and even old peas become tender and eatable by such treatment. Having shelled a pint of green peas, put them into a two-pound jam, or preserved ginger jar, with a screw lid—or any kind of jar with a closely fitting top—(the vessel must be completely closed), and put in with them a tablespoonful of butter, a saltspoonful of salt, and a teaspoonful of powdered sugar, a dozen mint leaves, and a very little black pepper. Cover the vessel down tightly, and immerse it in a stew-pan, or *bain-marie* half full of boiling water. Set the latter on the fire and boil briskly: the peas should be examined in half an hour, by which time, if very young, they should be done.

Purée de petits pois:—There is no way of turning *old* peas to a satisfactory account as good as the *purée*. For this, boil them as previously described, and then work them through the sieve. When you have got them through, add butter, black pepper, salt, and a very little sugar, with a spoonful of cream or good milk, and serve in a small mould.

The flavour of lettuce and spring onions is considered a help to peas.

Peas form a favourite *entremets* alone; they should be, of course, carefully dressed, and served as hot as possible. The following styles—also applicable to them as garnishes—calculated for a pint measure of shelled peas, are recommended:—

Petis pois au beurre :—Boiled, or jugged peas, served with a pat of fresh butter melted in a small saucepan, and mixed with them at the last moment. The dish must be very hot.

À la poulette :—Make half a pint of white sauce with the cuisson of the peas, reduce this a little, stir in a yolk of egg, and a dessertspoonful of cream; moisten the peas with this, and serve.

Au jambon :—Finely minced ham, tossed in butter lightly over a low fire, mixed with boiled or jugged peas.

Au lard :—The same method, using bacon instead of ham. The bacon atoms should be nice and crisp.

Petits pois au laitue :—For a pint measure of picked peas take two good-sized cabbage lettuces and braise them (see page 212). Having completed this, arrange the lettuces in a *légumière* as a bed, and put the peas in a dome over them; or, make a ring of the lettuces, and fill the centre of it with the peas.

The service of cooked peas cold is now an established custom; the following may be taken as an example :—

À la crème :—Arrange in a *légumière*, sprinkle with a few drops of tarragon vinegar, and pour over the peas a coffee-cupful of cream; set the dish in the refrigerator till wanted.

In like manner the following cold sauces will be found suitable :—*mousseline* (page 75), *asparagus* (page 80), and cold *Hollandaise* (page 75).

FRENCH BEANS (*haricots verts*) :—These require the closest attention. They are considered to be the correct accompaniment of the roast saddle, the roast loin, and, of course, of venison, and are nice cold.

Now it is a mistake—though many cooks do it—to slice the pods of this bean into *thin strips*. By doing this nearly all the flavour of the bean is lost. The pods, which *must* be gathered young, should be simply peeled all round to get rid of the delicate fibre, their ends should be nipped off, and they should then be plunged into plenty of *boiling* salted water—the vessel uncovered, and allowed to steam freely to preserve their bright green tint—and at least a teaspoonful of sugar should be mixed

with the water. If quite young, there will be no fibre to remove, and the beans may be cooked without any trimming beyond pinching off their ends. A *tinned* vessel should not be used. It is impossible to prevent a certain amount of loss of flavour in boiling French beans. For this reason the following methods are preferable.

Haricots verts étuvés :—Butter a stew-pan, lay in the beans, sprinkle with salt, cover with broth, stew slowly, adding a little broth to make good loss by reduction. When tender, drain, arrange the beans in a *légumière*, thicken the broth with half an ounce of butter and the yolk of an egg, and pour it over the beans.

French beans in the jar :—The same process as has been explained for peas. In this case the pods must be cut across in diamond shapes about three quarters of an inch long. This is the best way of trimming scarlet runners.

Haricots verts can be served in various ways :—

1. *Aux persil frais* :—Turn them out into a hot dish, and for a pint measure melt an ounce of butter in a little saucepan with a dessertspoonful of finely chopped parsley, pepper, and a pinch of grated nutmeg—pour this over the beans, and serve.

2. *Au sauce blanche* :—Make half a pint of *sauce blanche* with flour and melted butter, using the water in which the beans were cooked, salt, pepper, or seasoning (*b*); stir into this the yolk of a raw egg, beaten up in a tablespoonful of milk, or a dessertspoonful of cream, give it two or three drops of lemon juice, and add as above.

3. *À la Milanaise* :—Make a *sauce blanche* as above, enrich it with cream or the yolk of an egg beaten up in a tablespoonful of milk, dredge into it a tablespoonful of grated Parmesan cheese, and pour it over the beans. Serve as hot as possible.

4. *Au lard* :—Mince two tablespoonfuls of fat bacon with a teaspoonful of shallot, and toss them awhile in the *sauté*-pan without allowing the shallot to take colour : add the boiled French beans, toss them about for a minute or two more, and serve. Or, omit the shallot, fry the bacon until crisp, and add the pieces to the beans without any of the melted fat.

5. *À la crème* (cold) :—Sprinkle with drops of tarragon vinegar

and pour a coffee-cupful of cream over the beans. Serve very cold.

6. *À la maître d'hôtel*:—Stir a tablespoonful of *maître d'hôtel* butter into them. Serve very hot.

7. *Sautés*:—After boiling turn them into a *sauté*-pan with just enough butter to moisten them, stir gently over a low fire with a fork, and let them absorb the butter, then sprinkle with salt, and serve.

Sauces:—*Hollandaise*, *soubise* and *veloutée maigre* are all applicable to French beans, and a *poulette* made of some of the water in which the beans were cooked, thickened with yolks of eggs, and seasoned with salt, assists them greatly. A quarter of a pint of sauce will moisten a pint measure of beans. For cold service, *mousseline*, *Hollandaise*, *maître d'hôtel*, &c., are suitable.

FLAGEOLETS.—English people are apt to ignore the *beans* of *haricots verts*, kidney beans, scarlet runners, and dwarf beans, which, when shelled green, and served in various ways, are known abroad as FLAGEOLETS. As a rule we try to eat the pods long after they have outgrown their edible stage, and have become stringy and tough. Now, the young *bean* itself, when about three-parts grown is delicious, and, omitting the mint, may be cooked as laid down for peas, and served as recommended for *haricots verts*. *Flageolets à la crème*, *soubisés*, *à la poulette*, or *à la maître d'hôtel*, make quite a presentable *entremets*, and a nice garnish. These remarks apply to the now largely imported flageolets, in their season. The proper herb for flageolets is “summer savoury.”

Haricots verts panachés:—A capital dish is composed of young green pods and shelled beans mixed together. You can thus dispose of the old pods and use the tender ones to the best advantage. Cook them separately as already explained, toss each of them in butter, and then blend them. This recipe will be found useful by those who grow their own beans.

BROAD BEANS (*fèves de marais*), when nice and young, may be boiled like peas in boiling salted water, slightly sweetened, then turned, after draining, into a buttered *sauté*-pan, turned about and

served. If at all old, they must be cooked until the skins can be peeled off, then, having been skinned, they should be finished like young beans in a *sauté*-pan. They may be sent up as a *purée* somewhat stiffly worked with butter and cream. Unless very young indeed the skins *must* be removed.

The water in which fresh beans are cooked should be used for sauce : all those given for *haricots verts* are appropriate.

Fèves à la bourgeoise :—Having boiled and skinned the beans, turn them into a *sauté*-pan over a low fire, with a tablespoonful of fresh butter ; mix with them a tablespoonful of finely chopped “summer savoury” (*sarriette*), moisten with some of the water in which the beans were boiled, slightly thicken this with *beurre manié*, season with pepper and salt, and when nice and creamy serve in a hot *légumière*.

DRIED HARICOT BEANS (red and white), butter beans, lentils, &c., if properly cooked make good garnishes for certain dishes, while in ordinary domestic cookery they are valuable, for they are very nutritious and wholesome. They must be soaked for at least twelve hours, and then be placed in cold water with a little salt, and gradually boiled. When boiling-point has been attained, the vessel should be drawn to the side of the fire, and its contents simmered till they are soft. They should be served with a pat of butter melting among them with chopped parsley, a dust of freshly ground black pepper, and salt. Bacon, cut into dice and fried, may be introduced with them, or they may be served *à la Milanaise*, *à la poulette*, *à la maître d'hôtel*, or with brown sauce. When served with a leg of mutton, and moistened with *brown soubise* sauce, the old but excellent *gigot à la Bretonne* is produced. *Haricots secs tomatés* is another nice preparation.

The tedious process of soaking can, however, be avoided by another method which demands a certain amount of patience, but is otherwise easy enough : Put the beans as they are into cold water salted, the proportions being, one pint measure of beans, three pints of water, one teaspoonful of salt. Bring to the boil over a moderate fire, then put in a quarter pint of cold water, and continue this system of bringing to the boil and

throwing back by the addition of cold water every half-hour till the beans are tender.

A large onion, say eight ounces, with half an ounce of celery and two ounces of carrot should always be boiled with a pint of dried beans, and a few drops of tarragon vinegar are pleasant with all of them after dishing.

Haricot beans (cooked) are very nice if treated in the manner explained for potatoes *sautées à la Lyonnaise, Parisienne, Indienne, &c.*

A *puree* of white haricots, moistened with white *soubise, veloutée* or *poulette* sauce, makes a very good white garnish for cutlets, fillets, *croquettes*, &c., while a *purée* of lentils *à la Conti, i.e., a purée* of the beans diluted with rich game stock, makes a good brown one. The proportion of sauce for these *purées* is: half the quantity of *purée*, that is to say a quarter of a pint of the former to half a pint of the latter.

NOTE:—The water in which peas or beans are boiled, *eau de la cuisson*, is, remember, a *good stock*. Use it when making vegetable sauces in preference to milk or plain water, thickening with *beurre manié*, not with cornflour.

The pepper used with these vegetables should be black, and freshly ground. For this, of course, the cook should use one of the handy table pepper-mills, which are easily procurable. For varying flavour change the garden herbs, omitting parsley (see page 243).

GREENS IN VARIETY.

CABBAGES (*choux*):—This vegetable is so often spoiled by bad cooking that I think it necessary to jot down a code of rules for the treatment of *greens generally*, and of cabbages especially.

- i.—Use the freshest vegetables possible.
- ii.—Remove all dead and bruised leaves; if a cabbage, cut it in halves or quarters, according to its size, and trim off the stalk neatly.
- iii.—Put the vegetable into strongly salted water (cabbages and cauliflowers head downwards) for fifteen minutes, changing the water three or four times, to get rid of insects, caterpillars, &c., but do not soak them longer.

- iv.—Soft water should be used for all vegetables. Hard water can be softened for cooking cabbages and greens by a small allowance of soda—a piece of washing-soda the size of a hazel nut, or a saltspoonful of carbonate of soda will soften two quarts.
- v.—All fresh vegetables must be plunged into *boiling* salted water for a few minutes to *blanch* them; they must then be drained, cooled in cold water, the moisture pressed out, and after that plunged into fresh boiling salted water.
- vi.—One tablespoonful, or half an ounce, of salt to a quart of water is the proportion that should be allowed.
- vii.—A small allowance of sugar, one-third that of salt, brings out the flavour of green vegetables.
- viii.—The preservation of a nice colour is important in the cookery of green vegetables: this can best be secured by:—
- (a) Using a roomy vessel, *not tinned*—uncovered.
 - (b) Blanching.
 - (c) Using soft, or softened water.
 - (d) Using plenty of water.
 - (e) Permitting the steam to escape freely during the boiling.
- ix.—Bitterness such as is sometimes met with in kale, turnip-tops, &c., is remedied by the blanching process. See that the second water is also boiling at the moment the change is effected.
- x.—Never allow vegetables to remain soaking in the water in which they were boiled; drain them at once when they are done.
- xi.—The use of plenty of water in the cooking of all sorts of cabbages, kale, sprouts, &c., is not only preservative of colour, it is also advantageous in reducing the disagreeable smell which cabbage water always has when the common method is followed. A small allowance of water concentrates this unpleasantness.
- xii.—After draining greens always *press out* all the moisture that they still contain. Serve a cabbage in neat

quarters, without chopping. Greens should be patted with two wooden spoons into an oblong shape. This should be flattened and then cut into neat rectangular tablets. Pats of *maître d'hôtel* or other butter may be laid on these little portions when they have been arranged in a *légumière*.

Cabbages, cauliflowers, sprouts, and greens can be cooked in the steamer, by which process they do not absorb so much water. Their flavour, indeed, is more satisfactorily developed by this form of cookery than by boiling, owing to the retention of their natural salt. The only objection that may be urged is that their colour is rarely so bright. Vegetables should be carefully prepared as if for boiling, some salt should be sprinkled over their leaves, and they should be placed, dry, in the perforated receptacle that fits into the top of the steamer. Water should then be poured into the lower vessel, filling it not more than half full. The steamer should next be placed over a brisk fire. After steaming has set in, the contents of the receptacle should be examined now and then, and tested exactly as boiled vegetables are. Warren's vegetable steamer, and the "patent rapid cooking steamer" are reliable contrivances for this method of cooking.

There are tasteful methods of serving greens—*after* boiling or steaming them—which ought to receive every cook's attention:—

(a) *Entire*:—A small savoy, having been carefully drained and divided into quarters, should be laid in a very hot dish, with a pat of fresh butter or *maître d'hôtel* butter placed on the top of it to melt over all.

(b) *In squares*:—Pressed firmly after draining and then cut into neat squares or oblongs each of which may have a teaspoonful of melted butter. Useful for garnishing.

(c) *Cut up*:—Turned out, after draining thoroughly, upon a board like spinach and chopped, then put into a buttered *sauté*-pan over a low fire, and moistened with melted butter, milk with the yolk of an egg, or good broth, and worked well with a wooden spoon to exhaust moisture. Thus prepared the cabbage may be used as a bed on which a boned and braised piece of the loin of mutton, veal, or pork can be laid.

(d) *Mashed*:—Cut up as in the previous case and mashed with

potato in equal bulk, moistened with *beurre fondu* and milk, and seasoned with seasoning mixture (*b*). This makes a good central support for a ring of cutlets.

Of the better ways of dressing cabbages a few examples may next be given :—

1. *Chou braisé* :—This is a form of stewed cabbage that—if the head be nice and young—is worthy of being eaten alone : Take a savoy or any good sort of cabbage, pick it carefully, and let it soak in salt and water for a quarter of an hour ; if a large head, you must divide it into quarters, and even a small head had better be cut in halves. When satisfied that the cabbage is thoroughly clean, blanch the pieces by plunging them for five minutes in boiling water, then press and “refresh” the quarters, drain and drop them into a roomy vessel filled with boiling hot water, with half an ounce of salt and a quarter of an ounce of sugar ; and after boiling with the lid off, freely, for a quarter of an hour, take them out, cool them in cold water (in which they should remain for an hour), and drain them. Now mince a thick slice (two to three ounces) of bacon with four ounces of shallot or onion minced, a dessertspoonful of parsley, and a teaspoonful of marjoram and thyme blended, half the same of mignonette pepper and salt blended ; put all in a stew-pan, and set it on the fire. As soon as the bacon melts, lay the cabbage quarters in it, toss them in the melted bacon for a minute or two, and pour round them sufficient broth to nearly cover them, with a layer of clarified fat over all. Let this simmer very gently, with the stew-pan closed for an hour and a half, till the cabbage is done. Then lift out the quarters, drain them, stir over a low fire in another stew-pan to expel all moisture, place them in a hot dish and cover them up. Strain the broth, take off the fat, thicken it with floured butter (*beurre manié*) and pour it over the cabbage. The better the broth in this case the better the result. If, therefore, fowl giblets, ~~some~~ turkey bones, or scraps of game, ham, or tongue be available for it (see page 61), the effect will be all the nicer.

For garnish :—Dress the cabbage as has been described, and, after absorbing the moisture, put it upon a freshly scalded cloth from which the water has been wrung out ; roll the cabbage into a

rope one and a half inch thick, cut this into two-inch lengths, lay them upon a buttered *sauté*-pan, glaze them with thinly, diluted meat glaze, and warm to the necessary degree in the oven.

Cabbage for *chartreuse de perdreaux* should be similarly prepared. If possible the moistening broth should be made of game bones, and well seasoned with mixture (*b*).

2. *Chou à la sauce blanche* :—Divide a small cabbage into quarters, blanch them, take them out, and drain them; braise them in the manner just described, using milk instead of broth; when done strain and with the *cuisson* make a smooth *sauce blanche*. Having expelled their moisture in the manner described for braised cabbage, arrange the pieces of cabbage in a hot *légumière*, pour the sauce over them, and serve. By adding grated cheese to the sauce *chou à la Milanaise* is obtained.

3. *Chou au riz* :—Parboil the cabbage, cut it up into pieces the size of an egg, and put them with an equal quantity of half-boiled rice into a stew-pan, moisten with as much hot broth as will just cover them, season, bring to the boil and simmer till done. Stir during the process, for by degrees the moistening will decrease, and when the cabbage and rice are done, will be nearly exhausted; stir in then an ounce of butter, and dish in a hot *légumière*. Grated cheese should be handed round with this.

4. *Feuilles de chou farcies* :—Boil the head of a cabbage till the leaves become pliant: take it from the water, gently detach a number of leaves whole, and dry them on a clean cloth. Have ready about eight ounces of chicken or *quenelle* forcemeat, or of one of the stuffings given in the same chapter. Arrange a dessert-spoonful of this on a cabbage-leaf, which roll carefully up in the form of a sausage: wrap two or three more leaves round this, and tie the packet with tape. Make six or eight of these, and simmer them gently in good common broth till the leaves are done. Now pick out the rolls, untie their tapes, and arrange them tastefully in a hot *légumière*: then thicken the *cuisson*, and pour it over them: rolls of crisply fried bacon will form an appropriate garnish.

5. *Chou à l'Indienne* :—Melt two ounces of butter at the bottom of a stew-pan; set this over a moderate fire, and stir into it four ounces of minced onion with a tablespoonful of

chopped parsley; fry gently for five minutes without colouring, and then add a pound of blanched cabbage finely shredded; continue the frying for five minutes longer, stirring the contents of the pan well, and then moisten with enough hot cocoanut milk (see page 275) to cover the greens, simmer till they are done. Finish like *chou au sauce blanche*.

A little *cooked* cabbage, cut small, forms an agreeable addition to a *pot-au-feu*, and is expected in *potage croute-au-pot*.

BRUSSELS SPROUTS (*Choux de Bruxelles*), both on account of their convenient size and superior flavour, are susceptible of delicate treatment for garnishes, &c. Their boiling must be conducted after blanching for two minutes in the manner indicated for cabbages, *i.e.*, in plenty of water which must be boiling, well salted, and allowed to steam freely with the lid off. Care must be taken not to overdo them, or they will be spoiled. It is also necessary to choose the dish of sprouts all the same size, or the small ones will be overdone. Having been thus cooked and well drained, Brussels sprouts should be spread out in a buttered *sauté*-pan, and stirred over a low fire with a two-pronged fork to expel their moisture, and cause them to absorb a little butter, they can then be served plainly, or according to recipe number two just given for cabbage, *à la sauce blanche*, and also in the following methods:—

1. *À la maître d'hôtel*:—Stirred in butter in the *sautoir*, a pat of *maître d'hôtel* butter being melted over them, and a sprinkling of salt and pepper at the time of serving.

2. *À la Lyonnaise*:—Fry an ounce of minced onion over a low fire in half an ounce of butter; when a golden colour, add one pound of boiled sprouts, stir them together in the pan for a minute, and serve very hot.

3. *Au jus*:—Gently simmered after blanching in good broth not thickened, but slightly flavoured with tarragon vinegar.

4. *Au beurre*:—Served after stirring in the *sautoir* with a good allowance of melted butter, and seasoned with pepper and salt.

5. *À la poulette*:—Arranged after similar preparation, in a *légumière*, and masked with *poulette* sauce.

6. *À la crème* :—Sprinkled with tarragon vinegar, and served cold with a coffee-cupful of cream poured over them.

Cold sprouts are nice when eaten with cold asparagus, Sicilienne, or *Hollandaise* sauce (page 75), or with a plain dressing of oil, vinegar, salt, pepper, and minced chives or green onion.

The CAULIFLOWER (*Chou-fleur*) :—In plain treatment, what I have said for cabbages generally, holds good for this vegetable also, viz., soaking in salt and water with vinegar, careful picking, and, if to be boiled, blanching, cooling, and then plunging into a large vessel (not tinned) filled with boiling salted water, with the lid off in order to preserve the green tint of the leaves. A small proportion of sugar—a teaspoonful to a gallon—brings out the flavour of the vegetable. Whether boiled, or *steamed* which is perhaps the better way, you must watch them carefully lest they be overdone.

Cauliflowers can be served with *beurre fondu* (page 67) and a variety of sauces. Cut the stalk flat so that the cauliflower can sit up, as it were, the flower in the centre, and the leaves round it, and mask it with *Hollandaise*, *soubise tomatée*, *milanaise*, *poulette*, *sauce aux câpres*, &c., made with the *cuisson* of the cauliflower, and dust some finely rasped crust crumbs over the whole.

After having been blanched, very small heads may be gently cooked in *blanc* (page 233), or the flower of a large one may be divided into sprigs (*chou-fleur en bouquets*), which can be cooked in broth, or in milk and water, and thus used with an appropriate sauce to garnish an *entrée*.

Chou fleur au gratin (a) :—This is as practicable with the remains of a cold boiled cauliflower as with a fresh one. Dispose the pieces of cauliflower in a well-buttered dish that will stand the oven, pour over them enough melted butter to lubricate them nicely: dust a good coating of grated cheese over them, pepper and salt, bake for ten minutes, and serve.

(b) With a fresh cauliflower :—Boil the head in milk and water, taking care not to overdo it. Drain it, and proceed to make a sauce with an ounce of butter, one and a quarter ounce of flour, and a pint of the *cuisson*, pepper and salt. Next arrange the flower

in a neat fireproof dish ; either whole if large enough, or in a dome formed of the sprigs, with the tender green leaves introduced between the pieces ; pour the sauce gently over this so that it may soak into the vegetable ; dust a layer of cheese over the whole, bake, and serve as soon as the top takes colour. A red-hot glazing iron passed closely over the surface of the dish will brown it nicely. A spoonful of cream may be added to the sauce with advantage.

(c) For those who do not like cheese :—Arrange the pieces of cauliflower as just explained, sprinkling them with six olives and a dozen capers minced finely, with seasoning mixture (b) ; pour over this a coffee-cupful of hot melted butter, strew over that a canopy of finely-rasped crust crumbs, bake for ten minutes, and serve as hot as possible. Sauce may be substituted for the butter.

LETTUCE-CABBAGE (*Laitue*) :—Although commonly looked upon in English households as a salad vegetable, the lettuce is particularly agreeable when braised in broth and served hot with meat of any kind. In summer when they are plentiful this dish is much to be commended.

Laitues braisées :—Choose three fair-sized lettuces, soak them like cabbages to get rid of earth slugs and insects. Trim them neatly, casting away all bruised or faded leaves, wash them and plunge them into boiling water (salted) for ten minutes to blanch them, drain them, pour cold water over them, press the moisture from them, cut them in two, season with a sprinkling of salt, tie the halves together with tapes, put them into a stew-pan with sufficient broth to cover them, add two tablespoonfuls of melted dripping or stock-pot fat, six ounces of onion, a bunch of parsley, and a couple of cloves : cover with a round of buttered paper, and simmer for two hours, take them out and strain. When serving, sever the tapes, arrange them in a *légumière*, and pour about half a pint of good brown sauce made from their *cuisson* over them.

Laitues farcies :—After blanching the lettuces and cutting them in halves, carefully pick out a few leaves from the centre of each so as to form a hollow for the reception of a dessertspoonful of

chicken or veal *quenelle* forcemeat. Close the halves again and proceed as in the foregoing.

COS LETTUCE (*Romaine*) can be similarly treated.

Those who grow their own lettuces can produce a very good and uncommon dish with the stalks of the vegetable which shoot up just before seeding. These cut while young into five- or six-inch lengths, stripped of their leaves and tied in bundles like asparagus, should be cooked like seakale, and served in the same way. They are also nice when sent up cold, with cream, *mousseline*, or *mayonnaise* dressing.

SPINACH (*Épinards*) is a very useful vegetable, particularly agreeable in summer weather, and with common care no *entremets de légumes* are more delicate than those which we can make with it.

Having selected two pounds of leaves, carefully pick, wash them well, and blanch them by plunging them for five or six minutes in plenty of boiling water; drain, cast them into plenty of cold water to cool; drain them again, pressing out all wateriness, and then lay them on a board and chop them up. Put into a stew-pan one ounce of butter, three-quarters of an ounce of flour, and a teaspoonful of salt, with one of sugar; stir this over the fire for three minutes, then add the chopped spinach leaves; stir round for two minutes, and moisten with a coffee-cupful of milk, or broth; stir now over a low fire till the moisture is exhausted, and the spinach leaves the side of the pan; then add a gill of *sauce blanche*, stir well three minutes, and take the pan from the fire; next mix a half-ounce pat of butter with the spinach, and give it a tablespoonful of cream, after which turn it out upon a *légumière*, garnish it with sippets of fried bread, *fleurons* of puff-pastry, or savoury biscuits (page 99) specially made for the dish, and serve. Never use a tinned vessel for cooking spinach.

Cream is as necessary for spinach as it is for bread sauce if perfection be desired; the best effect is that produced by *sauce veloutée* with which cream is associated.

Épinards soubises :—Omit the *sauce blanche*, substituting *sauce soubise*. Finish otherwise as in the foregoing case.

Épinards au jus :—Add strong meat gravy instead of *sauce blanche*.

Épinards chasseur :—Add a strong *fumet* or essence of game instead of *sauce blanche*.

Épinards gratinés :—After having been finished in the manner mentioned, the spinach should be arranged in a fireproof *légumière* its surface sprinkled with cheese, and the dish pushed into the oven for a few minutes.

Fleurons of puff-pastry, *i.e.*, puff-pastry cut into fancy patterns and baked crisply—form a nice garnish for all these dishes.

Croustades aux épinards :—Are little open patties, like the lower half only of a mince pie, made of puff-pastry, or of *croustade* crust, filled with carefully made spinach *purée*, and capped with buttered or granulated hard-boiled egg.

Observe that, after blanching, water is not used in this method, nor is the spinach *boiled* : it is simply finished by stirring over a low fire in butter with a little broth or milk. The operation is performed in a quarter of an hour.

Note also that if they are young and tender it is not at all necessary to pass spinach through a sieve. After draining and blanching the leaves thoroughly, chop them up, and if cooked as I have described, they will take the consistency of a *purée* without any mashing. Of course the case of fibrous old leaves is different ; for such, passing through the sieve, cannot be avoided.

Spinach can be served with *œufs mollets* or *pochés*, or masked with an even layer of buttered eggs smoothed with a palette knife, while a dome-shaped mound of well-cooked spinach *purée* garnished with hard-boiled eggs forms an attractive centre for an *entrée* of cutlets. A pleasing looking *entremets* of spinach is made by shaping the greens in a circle, and leaving a hollow centre to be filled with “buttered egg” plain, or coloured red with tomato-pulp.

CURLED ENDIVE (*chicorée frisée*), chiefly used in England as a winter salad ingredient, may be treated *after* it has been cooked exactly as I have described for spinach, but being a tougher leaf

it will require a slightly different method of preparation: Endives should be trimmed for cooking by picking off the outside leaves, and cutting off the green tips. The heads should then be severed by a cut across the stalk, detaching all the leaves therefrom. Thus every leaf can be examined and cleaned. When this has been done, and the leaves have been drained dry, cast them into a roomy vessel full of boiling water with half an ounce of salt. Unlike spinach, which merely takes five minutes, endives must be boiled for twenty-five. When tender, drain, cool, press out the water, and chop fine on a clean board, finishing as explained for spinach.

White Purée:—Simmer two pounds of the white or pale yellow leaves only in *blanc*—just enough to cover them—for two hours, and then increase the fire, stirring till the leaves have absorbed the broth, and finally moistening them with a gill of creamy *veloutée* and a pat of butter. This is the correct foundation for a *blanquette à la Talleyrand*, i.e., neat fillets of cooked chicken heated up in the white endive *purée*, finished with cream.

It should be noted that a head of endive yields very little *purée*: the leaves seem to cook away to a mere fraction of their original bulk.

THE BATAVIAN ENDIVE (*Escarole*) is not as well understood in England as it should be, being offered for sale under its family name "chicory" as winter salading only. It is, however, much used as a cooked vegetable abroad, the treatment being similar to that advised for endive or sorrel, while the stalks may be dressed like leeks or seakale. Whole *escaroles* can be braised like celery (page 233), and served with sauces as given for cauliflower.

BARBE DE CAPUCIN, another endive, is also known as a salad herb for winter use.

SORREL (*Oseille*), which should be dressed in the manner described for spinach, is not half enough used. It must be passed through the sieve after chopping, and then be thickened with flour and butter, receiving a spoonful or so of good white sauce or cream as it is stirred over a low fire just before serving. Nothing is nicer than a mutton (neck) cutlet or fillet of beef with a sorrel *purée*, for the pungent taste of the vegetable suggests a

novelty to the palate. This sharpness is particularly suited to the richer meats, pork and veal. A mixture of spinach with sorrel is especially agreeable. Some prefer half sorrel and half spinach, or a quarter of spinach to three-quarters of sorrel. Sorrel is particularly nice with *œufs mollets* or *pochés*.

SORREL SAUCE.—I mentioned this vegetable in connection with *potage à la bonne femme* (see page 46), and I may add now that half a pint of broth thickened and blended with a like quantity of sorrel *purée* makes a good sauce. In cooking sorrel, whether for soup or this sauce, an ounce or so of onion, a teaspoonful of sugar, and a few lettuce leaves shredded, are a great assistance to it.

NOTE:—The tender leaves of beetroot, nettles, and watercress make excellent *purées* in the style of spinach.

MISCELLANEOUS.

ASPARAGUS (*asperge*):—Should be picked, trimmed, carefully washed, and tied up with tape in little bundles with all the heads level: then, with a very sharp knife, the stalks should also be cut level. Put the trimmed bundles into fast boiling water with a good allowance of salt (a quarter of an ounce to a quart) and a little sugar, and boil till tender—the time must, of course, vary with the size of the plants. The bundles should then be carefully drained and the tape severed, the vegetable being served *entiers*, with Dutch sauce (*beurre fondu*), or a plain dressing of oil, vinegar, pepper, and salt.

The following valuable wrinkle is given by Sir Henry Thompson in *Food and Feeding*:—

“Asparagus of the stouter sort, always when of the giant variety, should be cut of exactly equal lengths, and boiled *standing ends* (the green tips) *upwards*, in a deep saucepan. Nearly two inches of the heads should be out of the water—the steam sufficing to cook them, as they form the tenderest part of the plant: while the hard stalky part is rendered soft and succulent by the longer boiling which this plan permits. A period of thirty or forty minutes on the plan recommended will render fully a third more of the stalk delicious, while the head will be properly cooked in the steam alone.” Little frames

to facilitate this process, in which the bundle of asparagus is kept in an upright position without trouble, can be procured at 119, New Bond Street.

There is a custom still followed by very old-fashioned cooks I believe, of placing a slice of *toasted bread* in the dish selected to receive a bundle of asparagus, seakale, &c., over which they finally pour a plentiful bath of tasteless cornfloury water called "white sauce." Toast, it need scarcely be said, is utterly unnecessary, and the sauce—the *beurre fondu* aforesaid—ought invariably to be handed round separately in a hot silver boat, a few drops of tarragon or anchovy vinegar being stirred into it at the last moment.

Asparagus ought *never* to be served in the ordinary English fashion with an uninteresting *sauce blanche*. Those admissible as a change are :—*Hollandaise*, *béarnaise*, *mousseline* (hot), and perhaps *maître d'hôtel* (hot), or *sauce verte*.

A very nice way of serving asparagus as an *entremets* is iced, with pure cream (also iced) as its sauce. It is, in this way, particularly agreeable for a change in hot weather. Arrange the asparagus in a *légumière*, give it a few drops of tarragon vinegar, moisten with cream, and put the dish in the refrigerator till wanted.

Instead of cream "asparagus sauce" (page 80), *mousseline* (cold), *béarnaise* (cold), and *Hollandaise* (cold) (see page 75) may be given. A specially good one is:—

Sauce d'Argenteuil:—Pound three hard-boiled yolks of egg to a paste and work into it a sherry-glassful of salad oil, a teaspoonful of mustard, a saltspoonful of pepper and one of salt; mix thoroughly, and add two tablespoonfuls of cold *sauce veloutée* or cream, finishing with a teaspoonful of tarragon vinegar, and a dessertspoonful of chopped parsley. Serve very cold.

The green ends of asparagus (*pointes d'asperges*) form an agreeable garniture for an *entrée*; they are excellent when added to a clear soup, and make a very good *purée*. Asparagus peas are made by chopping the green ends of the shoots into dice, and then treating them as peas. With these effective garnishes are made for both hot and cold *entrées*.

THE JERUSALEM (GIRASOL) ARTICHOKE (*Topinambour*):—Wash two pounds of these artichokes, peel and shape them nicely, dropping each one into salt and water at once to prevent its turning black; when quite young, put them into a saucepan with a gallon of *boiling* water and two tablespoonfuls of salt. In the middle of the season put them into warm water, when old into cold. Boil till tender (which will take about twenty minutes after boiling, thrown back by their admission, recommences) and drain, serving them with any of the sauces based upon *sauce blanche* (page 58), or *blonde* (pages 62 and 63).

Braisés:—When three-parts done, lift them up, and simmer them till quite done, in broth: strain, thicken the broth, and use it for their masking.

Gratinés:—When half-boiled, drain them dry, and lay them upon a well-buttered tin, basting and serving them with the plain melted butter with which they were basted poured over them, or with any *sauce* selected as above sent round separately.

Sautés:—Cooked artichokes sliced half an inch thick, or cut into half inch squares, treated exactly like potatoes *sautées* (see page 194). For this method the artichokes should not be more than three parts cooked to begin with.

Au fromage:—An excellent *entremets* prepared with a *purée* of plain boiled artichoke, slightly diluted with *sauce poulette* and seasoned with pepper and salt: this arranged neatly in a well-buttered fireproof *légumière*, its surface dusted over with finely grated mild cheese, and the whole baked until the top takes colour. Good milk with the well-beaten yolks of two eggs may take the place of the *poulette*, or a *sauce soubise* enriched with one well-beaten yolk. The dish is improved if a *purée* of onion is blended with the artichoke *purée*—one-third to two-thirds.

Instead of using a *légumière* the *purée* may be baked in well-buttered *coquilles*, and served upon a napkin.

Beignets:—Cut half a dozen large ones, after they have been three-parts boiled, into long strips about a quarter of an inch thick, dry, flour, and dip them in the batter described (page 330), and fry them a golden tint: these fritters are excellent served alone as an *entremets*, or piled in a pyramid as the central garnish of an *entrée*.

Crème de topinambours :—Served in a mould, *iced*, with *sauce mousseline* or a good cold sauce ; or *hot* with a sauce made with the *cuisson*. For the mould : Two pounds of the artichokes boiled in milk, four yolks, pepper and salt. Mash the artichokes, and pass them through the hair sieve, stir into this the yolks and a tablespoonful of cream ; whisk this well, and add the white of one egg, and season with pepper and salt. Put the mixture into a well-buttered plain charlotte mould lined with tissue paper also buttered ; shake it well home, and cook in the manner described on page 120. Let it rest five minutes to set before attempting to turn it out, then do so, peel off the paper, dish, garnish with parsley or watercress, mask with *sauce Hollandaise*, *milanaise*, *milanaise tomatée*, *raifort*, *navarre*, or any nice sauce with a distinct character, and serve.

Cold :—Turn it out of the mould, set this in the refrigerator or a cold larder, and when quite cold mask it with a *chaud-froid* sauce made with the *cuisson* (see page 93), serve garnished with greenery. The mixture can also be set in darioles.

Topinambours frits :—Sliced in thin slices, dried carefully, and cooked exactly as potato chips. In this form they are very nice as an accompaniment with game, a roast fowl, or pigeon.

GLOBE ARTICHOKE (*artichaut*) :—An artichoke for service *au naturel* like a cabbage, must be well soaked in salt and water with a little vinegar to get rid of the insects which may be hidden between the leaves. Then it must be set head downwards in boiling water, slightly salted, and boiled till the leaves part easily from the *fond*. When done, drain and dish it hot : a little *beurre fondu* (page 67), in which a few drops of anchovy vinegar or lemon juice have been introduced, with a seasoning of black pepper and salt, forms the customary accompaniment.

There are two other ways of preparing artichokes for the table :—

(a) *Quartiers* :—Place the raw vegetable bottom downwards on a board, and with a very sharp knife at once cut it straight down, dividing it in half ; then divide each half thus obtained so that you have four quarters : next pare out the choke which adheres

to each quarter, as you would core an apple, and trim off the leaves, leaving about an eighth of an inch of them unsevered and adhering to the trimmed quarters. Drop each piece as you trim it into cold water in which a lemon has been squeezed, or a tablespoonful of vinegar poured, to prevent its turning black. When you have prepared enough for the dish you require, put the quarters into boiling water with a dessertspoonful of salt and a spoonful of vinegar; and in about fifteen minutes, when nearly done, lift them out and drain them. They may be now finished off in several ways:—

1. *Beignets d'artichaut*:—Cut into slices, dried well, dipped in batter, and fried in boiling fat till of a bright golden tint.

2. *Quartiers d'artichaut sautées*:—Partly cooked, then treated like potatoes *sautées*, and served in the same way.

3. *Q. d'a maître d'hôtel*:—Tossed in butter, and served in a hot *légumière*, with the melted butter, a squeeze of lemon juice, and a sprinkling of very finely chopped curled parsley.

4. *Q. d'a gratinés*:—Partly cooked quarters arranged in a well-buttered fireproof dish, and set in a moderate oven, basted with a little butter every now and then, and when quite hot sprinkled with finely chopped parsley and served.

5. *Q. d'a au fromage*:—Cooked quarters arranged in a fireproof dish, masked with a sauce *poulette*, grated cheese sprinkled over the surface, and set in a moderate oven till nicely browned, in the style of *chou-fleur au gratin* (No. 2).

6. *Q. d'a frits*:—The cooked quarters bread crumbed and fried in very hot fat like *croquettes*.

Quartiers d'artichaut having been boiled or gently stewed in milk or *blanc* (see celery) can be served in a *légumière* masked with *sauce soubise*, *milanaise*, *poulette*, *Hollandaise*, *verte aux herbes*, &c., and garnished with *fleurons* of puff pastry or cheese biscuits.

(*b*) *Fonds d'artichaut entiers* (artichoke bottoms) are trimmed in this way:—Cut the tops of the leaves horizontally, parallel with and close down to the top of the *fond* or bottom. Trim all leaves that may adhere to the *fond* quite closely all round (a strong pair of kitchen scissors will be found handy for this), and pare off the stalk smoothly. Now plunge the artichoke bottoms into boiling salt and water, and blanch them till tender to facilitate the

scooping-out of the choke, which should be done with a silver spoon. With artichokes thus prepared you can turn out:—

Fonds d'artichaut à la barigoule:—Having drained six artichoke bottoms of a fair size, and scooped out their chokes, give them a dust of salt and pepper, put them on a clean dish, prepare six dessertspoonfuls of *d'Uxelles* (page 85), fill the hollows with this smoothing it with a palette knife. Wrap each *fond*, when thus filled, in a thin slice of bacon, and put them in a *sauté*-pan with a breakfast-cupful of good broth. Push the *sauté*-pan into a moderate oven, and bake for twenty minutes, baste occasionally, ascertain if tender, then remove the bacon, dish up and serve (Gouffé).

Fonds d'artichaut à la moëlle:—Cook six *fonds* till tender in *blanc*. Prepare three ounces of beef marrow as explained for celery à la moëlle. Take as many silver *coquilles* as you have *fonds*, butter them, and place a *fond* in each shell, fill the cavity of the *fond* with marrow, heat the *coquilles* in the oven hot, and just before you serve mask the surfaces of the *coquilles* with *Espagnole*, or good brown sauce slightly flavoured with marsala. If you have no *coquilles*, little *croustade* cups answer very well: make them in round patty pans. It is imperative that these be served as hot as possible.

Fonds d'artichaut à la Mornay:—Follow the foregoing recipe, substituting sauce *milanaise* for the marrow; dredge grated Parmesan over the surface, put into the oven until golden-coloured, and serve.

Fonds d'artichaut soubisés:—As for *Mornay*, using a creamy *soubise* sauce instead of *milanaise*, and dredging finely sifted *chapelure* (raspings) over the surface.

Fonds d'artichaut à la béarnaise, or *Hollandaise*, make a very excellent *entremets*. Trim as already described, simmer them in *blanc*, and serve masked either with *béarnaise* sauce, or *Hollandaise*, in a *légumière*.

Cold boiled artichoke bottoms can be mashed up with cream or white sauce, and a little butter, seasoned with pepper and salt, top-dressed with crumbs or grated cheese, and baked in a *légumière* or in silver *coquilles*.

Or, the mixture, moistened with white sauce, can be placed

inside little pastry patties, like oyster patties, and served on a napkin (*bouchées d'artichauts*). This latter method is equally practicable with Jerusalem artichoke *purée*, and if the cook can make light pastry, these little patties will be found very nice indeed.

Cold cooked artichokes (*quartiers* or *fonds*) can be served with cream, *sauce mousseline*, asparagus, cold *béarnaise*, any of the *mayonnaises*, horseradish, &c.

Fonds d'artichaut Rossini:—In the hollow of each *fond* place a disc of *foie gras* neatly cut to fit it, mask over with brown *chaudfroid* sauce, and set the *coquilles* containing the *fonds* in the refrigerator: serve very cold. This can be also served hot.

Fonds d'artichaut Castelane:—Fill the hollows with a mixture of *pointes d'asperges*, truffles in dice, and little strips of celery, mask with *mayonnaise collée*, set in the refrigerator and serve very cold.

Remember when writing your *menu*, with regard to these two vegetables, that the *artichaut* is the *globe* or leafy kind. The Jerusalem artichoke should be called *topinambour*.

TOMATOES (*Tomates*) form a most valuable portion of our vegetable produce. Whether cut up cold in its raw state, and eaten as a salad, or in the form of *purée* as a soup or sauce—*au gratin*—dressed as an *entremets*—with macaroni—with fish, or with other vegetables as a garnish—the tomato never fails to be a welcome friend. In Italy, Spain, and Southern France, it forms a staple part of the daily food of all classes, and I believe that I am right in saying that it is a very wholesome vegetable.

Purée de tomates:—Put half an ounce of butter into a small stew-pan, with a tablespoonful of finely minced red shallot, put the pan on a low fire and lightly fry the mince; before the pieces take colour put into the vessel a pound and a half of ripe tomatoes, cut up, skin, seeds and all, into small pieces, season with mixture (*c*) and a teaspoonful of dried basil; and add a teaspoonful of sugar. Stir well over the fire until the tomatoes are reduced to a pulp, then pass all through a hair sieve into a bowl. Thickened with half an ounce of butter and half an ounce of flour, and

diluted with a gill of giblet broth, this makes an excellent tomato sauce. The simple *purée*, as it is, is in the proper condition for addition to macaroni, scrambled eggs, &c.

T. au gratin :—Choose a small fireproof dish, butter it, and pour into it the tomato *purée*, dust over the surface a layer of Parmesan, Gruyère, or other mild cheese, and bake for eight minutes : serve hot. This may be garnished with poached eggs.

T. gratinées :—For this choose a pound and a half of tomatoes of a good size, not over ripe, and cut a slice off the top of each tomato as you would take off the top of a boiled egg. With a teaspoon scoop out the pulp and seeds from the shells, taking care not to break them, and put the cases so obtained on one side : make a *purée* with the scooped-out pulp, proceeding as already described, thicken it with fine bread crumbs, and pass the pulp through the sieve : add two ounces of butter and one whole egg, season if this was not done in making the *purée*, mix well, fill the cases, dredge the surface of each with finely-grated cheese, lay them on a buttered dish, bake in a moderate oven for ten minutes, and serve in the dish.

T. farcies :—Proceed exactly as in the foregoing case as far as the preparation of the cases and the cooking of *purée* are concerned. Have ready a bowl of very finely sifted *panure*, and for each case allow a tablespoonful of it ; put this into another bowl and moisten it with some of the *purée* to the consistence of jam, season with mixture (*b*), and add for each case a tablespoonful of finely minced ham, lean and fat in equal quantities, and one raw egg ; mix well, and with it fill the cases, smooth the surfaces level with the tops of the cases, and sprinkle them with grated cheese ; put a few little bits of butter on them, and having laid the stuffed tomatoes on a buttered paper laid upon a buttered fireproof baking dish, push the dish into a moderate oven, and, as soon as the tops of the tomatoes take colour, draw out the dish, arrange the tomatoes in a hot *légumière*, and send it in as hot as possible.

Following the recipe just given in respect of the preparation of the tomatoes and the method of working, considerable variety can be obtained by consulting the chapter set apart for stuffings and forcemeats. Among the former cashu-nut, *d'Uxelles*, mushroom, and chestnut are very suitable, and among the latter fish, fowl,

curry, and game. With these some of the *purée* can be mixed without difficulty.

T. farcies à l'Italienne :—Allow for each case a tablespoonful of minced cooked spaghetti or macaroni moistened with the *purée*, a tablespoonful of grated cheese, and bread crumb to stiffen, with one egg and two ounces of butter for the whole; fill the cases, and complete in the manner already described.

T. farcies Sicilienne :—A dessertspoonful of minced olives, one of anchovies, a teaspoonful of capers, moistened with the *purée*; stiffened with bread crumb, for each, with one whole egg and two ounces of butter for all. Finish as above.

NOTE :—The thing to be particular about is the consistency of the farce: this should not be slack or sloppy; the proper condition should be that of light dough.

N.B.—The *skin* of the tomato affects some people seriously; it is therefore advisable to remove it from all dishes in which it might be accidentally eaten. This is, of course, done when the vegetable is passed through the sieve, but in cases where the sieve is not used the skin can be removed by plunging the tomato for a minute into boiling water, and cooling it immediately afterwards in cold water. The skin can then be peeled off without injuring the tomato.

The ONION (*Oignon*) apart from its value in the stock-pot and stew-pan as a flavouring agent, can be made a good deal more of than is customary in domestic cookery. This absence of development would seem somewhat strange, for whether plainly boiled, or stewed, onions rarely fail to please those who are fond of them. These remarks are specially applicable to Spanish onions.

For plain cooking blanch, cool, drain and simmer the onions gently in water, or milk and water till they are done. For stewing substitute broth for the moistening in the simmering stage: the *cuisson* in either case should be used for the sauce, with which they should be masked. Thicken it, pass it through the strainer, and finish with a pat of butter—white in the former, brown in the latter instance.

Oignons au gratin :—Blanch two pounds of onions, cool, divide

them in quarters, and boil them in milk and water till tender; cut them up as finely as possible, moisten this with a sauce made with their *cuisson*, season with mixture (*b*), mix well, adding one whole raw egg and a coffee-cupful of cream. Put the *purée* into a buttered fire-proof dish, strew a good layer of grated cheese over the surface, sprinkle a little melted butter over the cheese, and bake in a moderate oven till thoroughly heated and the top takes colour.

Oignons gratinés :—Having been cooked whole until almost done, the onions should be drained from their *cuisson* and laid upon a buttered *légumière*; push this into a moderate oven, and baste with melted butter every now and then; when they are soft, sprinkle them with grated cheese, and serve.

Onions are valuable for garnishing purposes in *ragoûts*, and for braised or roasted meat (brown); and for *fricassées* and boiled meats (white).

(*a*) For brown garnish :—Choose twenty small onions, as much of a size as possible; peel, trim, and blanch them in boiling water until nearly done, then drain them, and with a sharp knife cut off a thin slice from their bottoms, so that they may sit up without rolling about; lay them now in a buttered *sauté*-pan, sprinkle them with powdered sugar, and turn them about over a moderate fire till they are browned, then put them into the stew, or garnish the meat with them, as the case may be.

(*b*) For white garnish :—After trimming and blanching them as in the previous case, put them into a stew-pan with just enough hot milk and water in half proportions to cover them, season with salt and pepper, adding a teaspoonful of sugar; simmer gently until they are quite tender, then drain and use.

Oignons glacés are made exactly like *navets glacés*; and *oignons farcis* like *tomates farcies*.

LEEKs (*Poireaux*), when about the thickness of giant asparagus, should be trimmed with about two or three inches of their green stems left, the outer skin and rootlets removed: tied then in bundles like asparagus, they should be put into boiling milk and water in half proportions and boiled till tender, being finally untied, arranged in a *légumière*, and masked with a sauce made

from their *cuisson*, thickened with *beurre manié*, and the yolk of an egg.

A leek *purée* blended with grated cheese is nice as a sauce with a mutton cutlet, or *noisette*. Leeks may be laid upon a board after cooking and chopped up like spinach, finished in the same way, and used as a central garnish for a dish of fillets.

VEGETABLE MARROWS (*Courges à la moëlle*):—The best way of cooking these is to steam, or bake them till all but done, then to lift and drain them, removing the seeds, and shaping them into fillets, &c., as desired. Lay these in a buttered *sauté*-pan and move them about over a low fire to exhaust their moisture, then dish in a hot *légumière*, masking with a sauce made from their *cuisson* thickened with *beurre manié* and a yolk, sharpened with tarragon vinegar. Marrows if old should, of course, be peeled before cooking.

Courges au gratin:—Arrange the fillets, cooked as above, in a *légumière* in layers: moisten them with *sauce milanaise tomatée*, dust them over with grated cheese, and heat in a moderate oven till lightly browned, then take out the dish and serve it.

Beignets de courges:—Partly cooked and cut into convenient pieces, which should be dried, dipped in batter, and fried a golden brown in boiling fat (see page 330).

Courges frites (sometimes called mock whitebait):—Parboil the marrow, and then cut it up into a number of pieces about the size of whitebait, scatter these over the surface of a floured cloth. Let them lie in the cloth for half an hour to dry thoroughly, then shake off the superfluous flour, and fry them in relays at a gallop in a bath of seething fat, stirring them about with a fork; lift them out when they turn a golden yellow and drain them, pile them on a napkin, and serve with a dusting of salt, and a lemon cut in quarters, handed round with brown bread and butter. Or they may be served as a garnish with boiled fish, cutlets, fillets, &c.

But vegetable marrows are at their best when gathered very young (*courgettes*)—about the size of a goose's egg—and served whole: the seeds being then scarcely formed, need not be cut out.

These can be served *à la maître d'hôtel*, with Parmesan sauce, &c. Cold, with oil and vinegar dressing, they are excellent.

Carefully avoid the awful English custom of serving marrows on *sodden toast*.

CUCUMBERS (*Concombres*) may be cooked exactly as laid down for vegetable marrows. They form a delicate garnish for boiled fish, or cutlets, when dressed as follows:—

Concombre à la poulette:—Take a good-sized cucumber, or two small ones; cut them into one and a half inch lengths, pare off the skin of these and split them in quarters lengthways, thus producing four fillets; trim off the seeds along their inner sides, dropping them into a bowl of water as they are trimmed: when all are ready drain, and put them into a stew-pan with sufficient boiling water to cover them well, half an ounce of butter, and a teaspoonful of salt. Simmer them until they are done; then drain the liquid off, and turn the pieces of cucumber out upon a clean dish, cut each piece in half and cover them up. Make half a pint of *poulette* sauce with the *cuisson*, put the pieces of cucumber into it, warm gently in the *bain-marie*, and serve.

Or, the pieces may be simmered until cooked, then drained, piled up on a hot silver dish, and served with a pat of *ravigote* or *maître d'hôtel* butter melting over them. In this manner they are very nice with a dish of lamb cutlets.

For *concombres farcis* and garnish see page 100. In respect of other methods it may be added that the recipes given for vegetable marrow are equally applicable to cucumbers.

PUMPKINS (*Potirons*) may be treated when very young and tender much in the same manner as marrows and cucumbers. Their value in soup is shown in Chapter XXX., page 432.

INDIAN CORN, or maize (*Maïs*), when procurable is, as a rule, appreciated when treated *à l'Américaine*—stripped while still white from the green cob, boiled like peas, and then drained, tossed in melted butter, peppered, salted, and served. Plenty of

butter is a *sine quâ non*. Or the corn may be stripped off after boiling the cob, and similarly treated.

Tossed, after having being stripped, in butter, sprinkled with grated Parmesan, and moistened with tomato sauce in sufficient quantity to give the dish a slight red colour, Indian corn makes a capital *entremets*—à l'*Italienne*.

It is useless to serve Indian corn unless the cobs be quite young. As soon as the grains turn yellow they become tough.

AUBERGINES are now imported so largely that they may be counted among our ordinary vegetables. Unluckily they are gathered when fairly mature and come to England full grown. When not more than two or three inches long, before their seeds have developed, they are most delicate. In this condition they can be simmered till tender and served with white or brown sauce, or be treated in any of the ways recommended for *fonds d'artichaut*. When mature they are perhaps at their best when cooked in the Indian manner.

Aubergines à l'Indienne:—Trim the pod by merely severing the stalk, for the stalk end of the pod is the nicest part of an *aubergine*; then cut the pod in halves, lengthwise. With a scoop now take out nearly all the fleshy part, leaving each half-pod skin, with some of the fleshy part adhering to it, in the shape of a boat; put all the part removed into salted water as it is scooped out, to prevent its turning black. When all has been thus obtained, drain, dry, and put it into a buttered *sauté*-pan; stir it about with a fork over a low fire, season with seasoning mixture (c), and for each pod allow one hard-boiled egg chopped small; stir this together in the pan for ten minutes, adding half an ounce of butter per pod, then fill the half-pod cases with the mixture, smooth over the surfaces with a palette knife, and sprinkle them with *chapelure* and a little melted butter; arrange the half-pods on a buttered paper laid upon a baking sheet lubricated with dripping, push this into a moderate oven, and bake until the surfaces take colour, then dish the *aubergines* in a hot *légumière*, pour a little melted butter over them, and serve.

Aubergines gratinées :—Trim and cut the pods in halves as in the foregoing case, brush the surfaces with butter, and dredge grated cheese over them, lay the half-pods in a buttered fireproof dish, and finish like *tomates gratinés*.

Aubergines can be served with various sauces. For this they should be trimmed as already described, and cooked whole either by boiling or baking. When done, they should be cut across in half-inch pieces, and these should be arranged in a fireproof *légumière* neatly, and masked with the sauce chosen. A nice way is *à la Morny*, *i.e.*, moistened with sauce *milanaise*, the surface dredged over with grated Parmesan, and the dish pushed into the oven till the surface is slightly coloured.

STACHYS TUBERIFERA (*Crosnes du Japon*)—or “Japanese artichoke” in London—is a little tuber of delicate flavour well worthy of the cook’s attention, having a nuttiness of its own in no way like an artichoke. At the same time it should be gently cooked in the same manner for about fifteen minutes, and can be served with *maitre d’hôtel* butter, or *hollandaise*, *milanaise*, or *poulette* sauce. Like seakale, asparagus, salsify, celery, and other delicately flavoured vegetables it is very nice cold with *cream* as a sauce, or any of the cold sauces mentioned for those vegetables.

Sir Henry Thompson, who first introduced this vegetable to English gardens, also advises that it be used in salad: Split in two, raw or after having been boiled for five minutes, and mixed cold with little slices of boiled beet, and shredded celery, with either a plain French or *mayonnaise* dressing (see Salads, page 252).

ROOTS.

The cookery of roots is an important branch of kitchen work. For this it is necessary to provide the cook with root-knives, scoops, and cutters, for with their aid tasty-looking garnishes for *entrées* and *relevés* can easily be designed out of carrots, turnips, celeriac, parsnips, &c., while dishes of these vegetables for ordinary service are thus made to appear more tempting and artistic. There need be no waste, for the cuttings or trimmings are valuable for the stock-pot, and can be used in the form of *purée*.

Edible stalks—which I deal with in this section as well as with roots—such as celery, seakale, and cardoons, require more attention in respect of their preparation than roots. Thus we find that French artists use *blanc* as the medium in which to dress them, which improves their flavour and preserves their whiteness.

TURNIPS (*Navets*):—The ordinary way of cooking turnips is, after washing and paring them, to trim them neatly in halves or quarters, according to size, then, after blanching them in boiling salted water for five minutes, to steam, or gently simmer them in milk and water, or broth, until they are tender. The *cuisson* should be turned into a white sauce, which, after being passed through the strainer, should be finished with the yolk of a raw egg, and a few drops of tarragon vinegar. Arranged neatly in a *légumière*, the turnips should now be masked with the sauce, and served.

The flavour of turnips is improved if, after cooking in the manner just described, they are put into a buttered *sauté*-pan, and turned about in the butter until their moisture is somewhat absorbed, and they have taken up some of the butter, then finished with a sprinkling of salt and finely minced parsley, and dished without any sauce. They can also be served with melted *maître d'hôtel* or *ravigote* butter.

Purée de navets:—For garnishing a dish of cutlets, or masking a *Navarin blanc*, I recommend the following method: Put two ounces of butter into a shallow stew-pan or earthenware *casserole*, melt this over a low fire, and add two ounces of finely minced onions, fry until beginning to turn yellow, and then put in a pound of turnips finely minced; continue the frying, and when showing signs of colouring moisten with half a pint of hot milk and water in half proportions; let this come to the boil, and then simmer, dredging in by degrees an ounce of flour, stirring vigorously; increase the heat in order to reduce the moisture, then pass all through a hair sieve. Before using bring again nearly to the boil, stir in a tablespoonful of cream, and use as may be required.

Navets glacés (glazed turnips):—Trim twelve young turnips for this in neat shapes like small pears, or cones, and blanch them

for ten minutes in boiling salt and water, drain then, and put them into a *sauté*-pan with half an ounce of melted butter, and sprinkle them with powdered sugar ; stir gently over the fire until they begin to brown ; then add a gill of good broth, season with mixture (*c*), and continue stirring and basting them, adding a little more broth as the first allowance becomes exhausted. By this process the turnips will become glazed, and in the proper condition for garnishing braised meat, *ragoûts*, &c.

Navets Napolitaine:—For this turn to page 199, and follow the instructions there given for potatoes à la *Marechale*, seasoning each layer with mixture (*b*).

NOTE:—In the early spring, before the supply of English turnips begins, a very delicate radish-shaped turnip is sold in London which comes to us from abroad. With these, if the directions given for leeks are followed, a really excellent dish is produced—at least three inches of the green leaves should be allowed to remain attached to the turnips.

KOHL RABI, knol-kohl, or turnip-rooted cabbage (*Chou-rave*), when cut young, is more delicately flavoured than the turnip. The roots are susceptible of similar treatment, and are equally valuable in the stock-pot. Shaped the size of a bantam's egg, or cut into quarters, they may be partly boiled, and then lightly finished in the *sauté*-pan in butter, being served as they are, straight from the pan, with a dust of salt and black pepper.

CARROTS (*Carottes*) and PARSNIPS (*Panais*), when mature, should be cooked like turnips in an ordinary way ; when young they may be trimmed a uniform size in cones or pear-shape, boiled, simmered gently, and finally tossed in butter in a *sauté*-pan, with pepper, salt, and a slight dusting of finely powdered sugar. In this condition they may be finished with *ravigote* or *maître d'hôtel* butter. Carrots cut with a scoop into round balls or ovals, gently simmered till tender in milk and water, or *blanc*, and then masked with a sauce made with their *cuisson*, make an effective central garnish for a dish of cutlets. If glazed like turnips the dish garnished with them becomes à la *Nivernaise*.

Carottes braisées à la Flamande:—Choose a pound and a half of tender carrots, blanch them in scalding water, scrape off their tough skin, and trim them in slices the eighth of an inch thick. Put the slices into a stew-pan with one ounce of butter and four ounces of minced onions, fry for four minutes, turning them about gently with a fork over a moderate fire. Now season with mixture (*b*) and moisten with enough broth or milk and water to cover them. Cover the pan, and simmer for forty-five minutes, shaking the pan occasionally to ensure even cooking. When done, remove the pan, let its contents cool a little, and then make a *liaison* with one whole egg and a coffee-cupful of the *cuisson* in the manner explained for *bonne femme* soup (page 46); stir this into the stew-pan containing the carrots and place it *en bain-marie*, adding finally half an ounce of butter and a tablespoonful of chopped parsley. Dish the carrots in a hot *légumière*, and serve.

Purée de carottes:—For this follow the recipe given for *purée de navets*.

BEETROOT (*Betterave*):—This root, chiefly used cold in England as a salad by itself, or mixed with other vegetables in salad, is by no means to be despised when served hot with a rather sharp sauce, such as domestic *hollandaise*, gherkin, or caper sauce. Beetroot is far better baked than boiled. After having thus cooked it, peel off the skin, cut it into slices, season them with pepper, salt, chopped parsley, and cress, and give them a turn or two in a pan with a pat of butter and a few drops of vinegar. Dish neatly and pour the sauce over them. If allowed to get cold the slices may be served with one of the *mayonnaises* or any of the cold sauces recommended for cold artichokes.

Beetroot leaves can be turned to account, either dressed as spinach, for which the tender central ones should be chosen, or as cardoons, in which case the mid-ribs of the larger leaves should be cut out, trimmed in three-inch pieces and gently stewed in *blanc*.

CELERIAC (*Céleri rave*) is a root but little appreciated in the ordinary English household, notwithstanding its value in taking

the place of celery in cases when the latter cannot be used, such as neatly scooped-out balls for garnishing soups and *ragoûts*. It is nice in cooked salads, and makes a good garnish or vegetable to accompany meat of any kind, especially poultry.

Peel the heads, and with a root-cutter cut out of them a number of round balls, ovals, or other patterns. Plunge them into boiling salted water to blanch, drain them, put them into a well-buttered stew-pan, cover them with *blanc* or milk and water, and simmer till they are tender. Thus cooked they can be served with a brown or white sauce, or be glazed for a garnish.

Celeriac makes a nice garnish also, in the form of *purée*, for cutlets, boiled poultry, &c. Follow the recipe for *purée de navets*.

CELERY (*Céleri*):—The best way of cooking this vegetable is by braising.

Céleris braisés:—For this the heads should be very neatly trimmed, and cut short, say five or six inches in length. They can then be split lengthwise in two or four pieces, according to the thickness of the head, and be carefully washed. When prepared satisfactorily, the pieces, tied together again, should be plunged into fast boiling water and boiled for ten minutes. They must now be taken out, drained, and wiped, and then put to stew gently for about two hours in sufficient common broth or milk and water, with an ounce of dripping melting in it, to cover them. As soon as tender, they must be drained, turned out upon a hot *légumière*, and served like asparagus, with a pat of butter melting over them. Or they may be masked with a sauce brown or white made with their *cuisson*.

Blanc:—This, already mentioned with reference to cauliflowers, *fonds d'artichaut*, &c., is a kind of stock specially made to preserve the whiteness and improve the flavour of vegetables. Cut up as small as possible a quarter of a pound of veal or beef suet, and put the pieces into a stew-pan: melt and add three and a half pints of water, with a tablespoonful of flour, eight ounces of onions cut up small, a bunch of parsley, a teaspoonful of dried thyme or marjoram, the rind of a lemon, a teaspoonful of sugar and a dessertspoonful of salt, and stir well over a brisk fire for an

hour, then strain, and use when boiling celery, sea-kale, cardoons, Batavian endive, salsify, &c. Milk may be blended with *blanc* to increase its effect. Until it is wanted after the cooking of the vegetable for conversion into sauce, the fat is not to be taken off *blanc*. Two or three slices of lemon freed from skin pips should go in with the vegetables, for they assist the blanching process.

Stewed celery can be served advantageously *à la moëlle*, *i.e.*, with beef marrow. For three heads a quarter pint of thick brown sauce made out of the *cuisson* tinted with Parisian essence will be required.

The marrow should be treated in this way: Get the butcher to break the bone so that you can get the marrow out in as large pieces as possible; scald a piece of long cloth, wring it out, cool and lay the marrow in it, fold it up, and secure it with tape; plunge this into boiling water, and simmer for twenty minutes. Then take out the package, let it get cold without untying it; when cold open it and cut the cooked marrow into little squares; shortly before they are required heat these up gently in a little of the sauce in the *bain marie*. A dessertspoonful each of the marrow should be put into neat *croûtes creuses* of fried bread, described page 98; or make little pastry cases, in small patty pans, and fill them with the marrow. Pile the celery in the centre of the dish, pour the remainder of the sauce over it, and serve, with the marrow *croûtes* or *croustades* in a circle round it, very hot.

SEA-KALE (*chou-de-mer*) should be treated precisely as laid down for celery cooked in *blanc*. It well deserves our best attention, being most delicately flavoured. To the sauces recommended for celery *milanaise* may be added, for it harmonises well with this vegetable. Sea-kale, as advised for asparagus, may be served cold with plain cream as its sauce. Both should be really cold, and a few drops of tarragon vinegar may be sprinkled over the sea-kale before the addition of the cream.

CARDOONS (*Cardons*) must not be omitted, for although by no means an ordinary market vegetable, they can be got late in

summer or in the early autumn, and are easily grown in English gardens. Choose them well bleached and free from bruises. Cut them into three-inch lengths ; scrape off the prickles ; plunge them into boiling water acidulated slightly with lemon juice. Keep them at this temperature till the woolly skin peels when rubbed with a cloth ; then drain, and cast them into cold water. After having been thus cooled they should be trimmed and the stringy skin removed. To cook them, cover the bottom of a stew-pan with slices of fat bacon, lay the cardoons thereon, cover them with a layer of bacon slices, moisten with sufficient *blanc* to cover the contents of the pan, add slices of lemon, mignonette pepper, and salt, cover the pan, and simmer the cardoons very gently till they are done. Cardoons can be served with sauce white or brown made with their *cuisson*. Beef marrow is a favourite adjunct as already described, *cardons à la moëlle* being a well-known dish.

According to Audot, the mid-ribs of the leaves of white beetroot (*cardes poirées*), and the tender stalks of the globe artichoke plant (*pieds d'artichaut*), form a nice substitute for cardoons. The latter should be blanched, scraped free from their fibrous skin, cut into three-inch lengths, and stewed in *blanc* as described for celery *à la moëlle*.

In order to bleach the artichoke stems, it is necessary, after the vegetable has been gathered, to bend the shoot down and earth it up. The parts thus covered turn white, and in this way you obtain an excellent substitute for cardoons.

SALSIFY (*Salsifis, ou Scorsonère*) is an edible root of delicate flavour. There are two kinds of this vegetable—the white and the black. The former is called *salsifis* ; the latter, which is by far the better, *scorsonère*. The one is gathered in its first year's growth, the other not until it is two years old. The former variety is the commoner in London.

To cook ordinary salsify—say two pounds—either make *blanc* or put one quart of water, a tablespoonful of flour, a teaspoonful of salt, and a tablespoonful of vinegar, with four ounces of melted beef dripping, into a stew-pan : stir over the fire till boiling, then

put in the salsify, which should be cut into two and a half inch lengths. Slowly simmer for half an hour, the stew-pan not quite closed, drain them, and serve with butter melted (*beurre fondu*), or a sauce made with the *cuisson* sharpened with lemon juice.

Salsifis frits :—When cold the pieces may be floured, dipped in batter, and fried in boiling fat till they are crisp. Grated cheese may then be dusted over them as soon as they have been drained dry. Fried parsley may be used as a garnish.

Salsify can also be served with brown sauce and beef marrow (*à la moëlle*) or with plain gravy (*au jus*).

SCORSONÈRE :—Black salsify has a very perceptible flavour of the oyster. It may be cooked and served as explained for salsify. Dressed in *coquilles* makes a delicious *entremets*. The roots peel easily when boiled, and when mashed the pulp is as white as snow. Simply mash the roots, moisten with cream, season with mixture (*c*), fill the buttered scallop shells, dredge *chapelure* over the surfaces, add a few drops of melted butter, then bake till golden and serve. In this form *scorsonère* provides a good imitation of oysters scalloped.

Salsify *purée*, garnished with pieces of the vegetable a quarter of an inch long, and enriched with cream, can be served wherever oyster sauce is recommended—with a juicy fillet of beef, for instance. It makes a most delicate patty and an excellent white soup.

NOTE :—Never peel or scrape black salsify before boiling, for if cut when raw its natural milky juice escapes, thus depriving it of both moisture and flavour. Boil first, and peel afterwards. This advice, though contrary to that of most writers on cookery, is the result of personal experience.

FUNGI.

The MUSHROOM, now so easily produced artificially that it is procurable all the year round, is perhaps one of the most valuable assistants that we possess in cookery. Unfortunately mushrooms are exposed for sale in London too commonly in a condition wholly unfit for the kitchen—black, sodden, and

honey-combed. Unless quite fresh, pink in the gills, and firm, they should be rejected.

Mushrooms for garnishing purposes should be of the button size, though if not procurable, larger ones cut into convenient pieces may be used instead.

Garnishing :—In order to keep them white it is the practice of French cooks to saturate them with lemon juice, and thus for the sake of appearance the flavour of the fungus is impaired. If selected carefully as I have described (and it is worth while to pay a little more for the privilege), neatly peeled, their stalks trimmed close, and then cooked in *blanc* or milk, button mushrooms can be kept quite light-coloured enough for *entrées*, and their better flavour quite makes up for their slight dulness.

The process of blanching them for garnishes in the French manner can be carried out if desired in this way: As each mushroom is prepared cast it into a basin of cold water well sharpened with lemon juice. When all are ready, having been thus marinaded, drain and fry them for seven or eight minutes in butter in a *sauté*-pan with pepper, salt, and the juice of a lemon, tossing them occasionally; then empty them into a bowl, and cover them with paper till wanted.

Avoid *washing* mushrooms if you possibly can: wipe them, peel off the skin, remove the stalks, and tap the top of each of them so that any grit in the gills may be expelled. A fresh mushroom, properly gathered, is quite clean after the process I have indicated; stale and bruised ones may require a bath, but they ought not to be purchased. Chop small and put all the trimmings of skin and stalk into a stew-pan with salt and pepper, and enough broth or water to float them well; boil, simmer for fifteen minutes, and strain through fine muslin—for there may be grit in these pieces. This fresh ketchup is most useful for stews and sauces, for moistening mushrooms *étuvés*, or any sauce in which the fungi from which it was extracted appear.

To be eaten independently, mushrooms can be grilled, stewed (brown or white), broiled, or baked. They make a capital *purée*, in which form they can be presented as a sauce or garnish, or be introduced in an *omelette*. Their flavour is such that I think it a mistake to blend any other distinctly flavoured thing with

them. The simpler their treatment the better. For this reason a true connoisseur, as a rule, would sooner have a broiled mushroom with his fillet than one stuffed with ham and chopped truffles ; or a dish of them *au gratin* with plain pepper, salt, and butter, than one swimming in creamy *béchamel*.

Champignons étuvés :—Having prepared them in the manner just explained, put the mushrooms in a buttered stew-pan or *sauté*-pan with upright rim ; set this over a moderate fire, season with mixture (c) and proceed to fry, turning them with a fork for three minutes, then moisten with hot broth with which the fresh ketchup, extracted from the trimmings, should be blended. This should just cover the mushrooms. Stew gently now for a quarter of an hour and stir in an ounce of *beurre manié* (page 56). Serve in a *légumière* garnished with *croûtes* of fried bread.

Champignons gratinés :—Lay the mushrooms in a buttered fire-proof dish hollow side uppermost, fill the cavities with butter, season with seasoning (c) and set the dish in a moderate oven. In about twelve minutes the mushrooms will be ready : serve in a *légumière* on hot buttered toast, pouring over them any liquid that may have been extracted from them in the cooking.

Champignons grillés :—Having a clear fire and a well-lubricated gridiron ready, brush the mushrooms over with melted butter, and lay them, gills upwards, on the gridiron ; grill on both sides, from three to five minutes in all, according to size, and serve on *croûtes* as hot as possible.

NOTE :—For grilling, the mushrooms should be of a good size. The process can be carried out well enough under a gas-stove griller.

Champignons sautés :—In this case have ready a well buttered *sauté*-pan, lay the mushrooms head downwards on this bed, season with seasoning (c), and turn them about with a fork over a moderate fire for about a quarter of an hour : dish as in the foregoing case, pouring the butter and juice over them.

Purée de champignons :—Prepare and chop up eight or ten ounces of fresh mushrooms ; put them into a stew-pan with an ounce of butter, fry over a moderate fire for five minutes, then add the ketchup made from the trimmings carefully strained,

a coffee-cupful of milk or broth, a pinch of salt and one of pepper ; bring to the boil for a minute only ; simmer for a quarter of an hour, then remove the pan from the fire, let its contents cool, strain off the *cuisson*, and pound in a mortar, and pass the mushrooms through the sieve, using half an ounce of butter to assist the operation. Put half a pint of domestic Espagnole sauce into a small stew-pan, add the mushroom *cuisson* and the *purée* by degrees, and stir over the fire till the materials are well blended and the desired consistence has been obtained.

TRUFFLES (*truffes*):—When procurable fresh, must be very carefully cleaned, a tough-bristled brush being used to get the earth out of the corrugated skin, chinks, and indentations ; when thoroughly cleaned, peel and put them into a small stew-pan with equal portions of chicken broth and marsala in quantity enough to cover them, and for a pound of truffles a tablespoonful of clarified suet or stock-pot fat, two ounces of onion, two cloves, a faggot of herbs, and one clove of garlic. Stew for fifteen minutes closely covered, and empty into a bowl to cool in the liquid in which they were boiled. When cold they may be trimmed if necessary for garnishing purposes, the trimmings being carefully saved for sauces with the liquid, which should be freed from the fat and strained. The parings of the rough outside skin are not to be used.

Fresh English truffles should be cooked in this way as soon as possible, for much of their flavour is lost by exposure to the atmosphere. Very good truffles are found in Wiltshire.

MORELS (*morilles*) are not often seen in the market, but they grow in England notwithstanding, and are very useful in *ragoûts*, stews, &c. They have the character of being digestible, and are specially nice stewed when freshly gathered. Treat them as you would mushrooms in the cooking. A morel can be recognised easily owing to the corrugated appearance of its outer surface, which may be said to resemble honeycomb.

PRESERVED VEGETABLES.

Preserved vegetables must not be overlooked, for their value at times when fresh vegetables are not to be had is undeniable. No harm can arise from their consumption if they are procured from a reliable source, endorsed with the name of a manufacturer of established reputation, and the precautions given in the chapter on "Camp Cookery" are carried out. In respect of preparation follow one general code for all—or nearly all: Never put preserved vegetables into water. Do not warm them in their tins or bottles. Open the bottle or tin, empty its contents into a large perforated strainer, drain off the liquid (which keep), put the vegetable into a clean stew-pan, which cover closely and set it in the *bain-marie*-pan. As the vegetable warms, add half an ounce of butter, a saltspoonful of salt and half one of sugar. As soon as hot enough it is ready. Tinned vegetables require *no* cooking, they have only to be most carefully heated up, and the method I have given is by far the best.

NOTE:—The best vessel for heating bottled or tinned vegetables is the double porridge saucepan now easily got at all the stores. See page 14 about this.

The liquid drained from French preserved vegetables should be used in the sauces with which they are accompanied, or be amalgamated with them in *purées*.

FRENCH BEANS (*haricots verts*):—These should be turned out as just described, and kept in the *bain-marie* until hot: or, after draining, they may be put into a buttered *sauté*-pan and stirred about over a low fire with a fork until hot, and then served in a hot *légumière*. After this they may be treated in any of the methods already set forth for cooked fresh *haricots verts*. They make excellent salad, and may be cut up and blended with other vegetables in a *macédoine de légumes*. As a nice garnish they can be served *à la crème*, or *à la poulette*, with any plain *entrée*.

FLAGEOLETS:—Another useful tinned *légume*. Should be carefully warmed as described, and then served *à la poulette*, or *à la crème*, or plainly *à la maître d'hôtel*. They are very effective when associated with other vegetables in a *macédoine*, and

especially nice if mixed with *haricots verts*, moistened with some fresh butter, and served as *haricots panachés*.

FONDS D'ARTICHAUT:—If delicately handled, may be cooked up in any of the ways recommended for the cooked fresh artichoke. Similar advice may be given in regard to tinned *cardons*.

POINTES D'ASPERGES:—Are, as a rule, too soft to stand much manipulation. The safest plan is to heat them *en bain-marie* after draining and refreshing them, and then to turn them into the soup or sauce in which they are to be served. They make excellent little *crèmes d'asperges*, and an excellent addition to a *chaud-froid* if set carefully in the border of aspic, which should, of course, be iced. Pure iced cream is, in such circumstances, their best sauce.

MACÉDOINE DE LÉGUMES:—This is effective as a central garnish for cutlets, in winter especially. The *macédoine*, after the treatment described, must be gently heated in a really good *poulette*, or sauce *veloutée*. If required brown the sauce may be *espagnole*, or a nice plain brown gravy thickened.

These excellent French mixed vegetables make, when carefully prepared, a most presentable *salade cuite*. For this they should be put in a dish or bowl with ice round it. Sprinkle the *macédoine* with a few drops of tarragon vinegar, and moisten it with cream as cold as possible, one of the *mayonnaises*, or an ordinary dressing of oil and vinegar.

ASPARAGUS:—Cannot be treated exactly in the same way as other tinned vegetables, for it is not advisable to serve it hot, being much better cold. After having been drained and dished in a *légumière*, it should be set in the ice-box or refrigerator to get as cold as possible. Care should be taken to avoid damaging tinned asparagus, and in turning it into the dish also, lest the *pointes* break. As already explained, cream, *sauce mousseline*, or *d'Argenteuil*, in a cold silver boat, should accompany it. Few, however, care for tinned asparagus as an *entremets*. It can, perhaps, be better turned to advantage in *purées* whether for soup or garnish, and in *crème* or *mousse d'asperges* it is decidedly good.

The liquid in the tin, after having been drained, should on

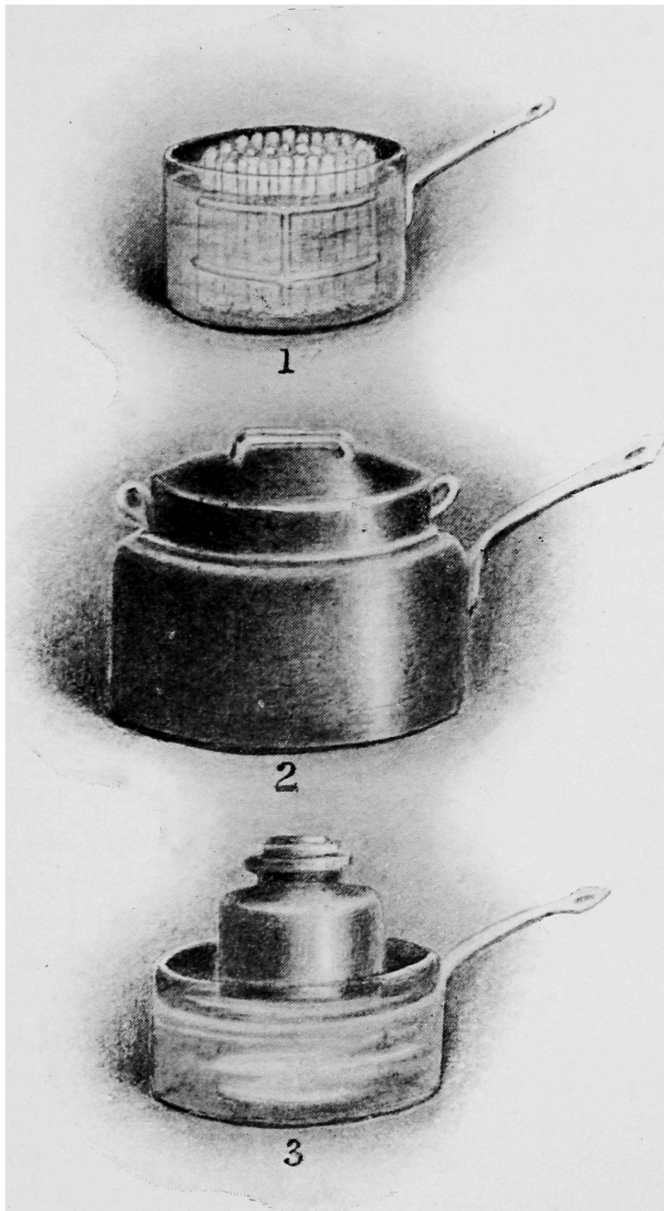
no account be thrown away ; it comes in most usefully for a thick soup made with asparagus, or for a *purée* for asparagus toast.

PEAS :—Of these there are three or four qualities. The *petits pois fins* and *extra fins* are at their best if done “in the jar” as recommended for fresh peas. The sugar, salt, butter, and mint leaves resuscitate them, and produce an effect very nearly as good as fresh peas. The *gros pois* are sometimes a little hard. If so, the best way is to serve them in the form of *purée*, proceeding in this way : First warm the peas as already explained, saving the liquid which is drained from them. Bruise the peas and pass them through the sieve. Turn the liquid to account as follows : Melt half an ounce of butter in a small saucepan ; work with it half an ounce of flour ; when well cooked but not coloured stir in the liquid ; let it boil once ; if too thick dilute with a little milk, and pass in the pounded peas, season with pepper, salt, and a little powdered sugar, trim in dome shape and serve as a central garnish for cutlets, or any *entrée* for which they may be suitable.

TOMATOES can be used in sauces, soup, and *purées* just as ordinarily cooked tomatoes are. Test them before seasoning, for they are sometimes sufficiently flavoured in the course of preserving.

PRESERVED SORREL (*oseille*) can be got at the best French provision shops, and, when the fresh plant is not in season, is useful in those dishes which require its presence.

PRESERVED TRUFFLES, MUSHROOMS, and *cèpes* are largely used in the restaurants to supply the places of the fresh. It may be, of course, that the truffle must appear in certain dishes at a time of year when it is out of season : in such cases the bottled substitute must perhaps be used, but why the leathery bottled *champignon* without flavour, or anything but its neat appearance to recommend it, should be thrust into dishes when the fresh fungus can be easily got, seems to me to be incomprehensible. It was probably a clever saddler who invented preserved *cèpes*.



1. ASPARAGUS—SIR H. THOMPSON'S WAY.
2. PORRIDGE SAUCEPAN.
3. PEAS IN THE JAR.

GARDEN HERBS.

I have mentioned garden herbs so frequently in the course of this book that I think it advisable to jot down a complete list of them. Of late years the herb bed, even in the best gardens, has not received the attention that was formerly bestowed upon it when the "still room" was an institution, and justified its name. A table showing what ought to be at hand may therefore be useful.

- Basil (sweet) (Fr., *basilic*):—Generally useful, especially with tomatoes, and in turtle soup.
- Bay-leaves (*laurier*):—Generally useful in the stock-pot, in broths, and sauces.
- Burnet (*pimprenelle*):—Very useful in salads, herb sauces, and wine cups.
- Celery (*céleri*):—Tender leaves only; useful in salads, &c.
- Chervil (*cerfeuil*):—Generally useful.
- Chives (*ciboulette civette*):—Preferable to onion in salads, omelettes, stuffing, &c.
- Cress, Garden (*cresson alenois*):—Useful in salads and herb sauces, also for greening.
- Cress, Water (*cresson*):—Useful as garnish, in salads, and for greening.
- Fennel (*fenouil*):—Used in a sauce to which it gives a special flavour.
- Horseradish (*raifort*):—Not only useful with beef, and a sauce for beef, but valuable for fish sauces.
- Marjoram (*marjolaine*):—Much used in stuffings, the stock-pot "*bouquet garni*," and in seasoning.
- Mint (*menthe*):—Used in a special sauce, with peas and new potatoes.
- Parsley (*persil*):—A most useful pot-herb, and generally in request in the kitchen for *omelettes*, sauces, greening, and garnishing.
- Purslain (*pourpier*):—One of the neglected herbs; a most useful pot-herb, and constantly used in soups abroad, to which it gives distinct character in the style of sorrel.

Rosemary (*romarin*):—Another of the neglected herbs; of use in all seasoning mixtures and stuffings—specially needed in “*poulet à la casserole*.”

Sage (*sauge*):—Specially wanted for duck, goose, and pork stuffings in association with chives or onions.

Summer Savoury (*sarriette*):—An almost forgotten herb; particularly of value with vegetables: used in France with broad and other beans as we use mint with peas: well worth cultivating.

Tarragon (*estragon*):—Continually wanted in salads and sauces, used in French mustard.

Thyme (*thym*):—Ordinarily used with marjoram by our cooks for stuffings, in the soup kettle, &c.

Turtle Herbs (*assaisonnement à la tortue*):—This is composed of sweet basil, marjoram, thyme, and bay-leaf (see Seasoning).

MARRONS (*chestnuts*):—These are prepared for savoury purposes in this way: Peel off the outer skins, put the chestnuts into boiling water to facilitate the peeling of the inner red skins; then lay them out upon a buttered *sauté*-pan, just cover with giblet broth (page 61), and simmer over a low fire till they are tender. For garnishing take them out, and brush them over with hot glaze. To use as a vegetable, thicken their *cuisson*, adding a little broth if necessary, and a few drops of Parisian essence for browning, put in the chestnuts, season slightly, and serve. For service white, stew in *blanc* with milk, and turn this to a white sauce, finishing it with a spoonful of cream.

CHAPTER XIV

SALADS

IN Chapter III. regarding the *Menu* I observed that amongst the accessories of an artistic dinner, a salad, though not mentioned in the bill of fare perhaps, was still expected to be present. At all good restaurants we find the salad handed to us, as a matter of course, with the *rôt. Poulet au cresson*,—*salade* is, of course, a familiar item in the French *menu*. This custom is being fast adopted in England by those who are quick to mark that which their neighbours do well. Nor is there much difficulty in the matter, for, setting aside home produce in its due season, the London market is nowadays so well supplied from abroad that in no month in the year are we left without salading of some sort.

SALAD STUFFS.

We all know that a salad demands two things—its vegetable foundation and its dressing, both of which may be a good deal varied.

First as regards the foundation of a salad. This may be composed of cooked as well as of raw materials: the vegetables principally employed in the latter condition being lettuces (cabbage and coss), the endives, tomatoes, onions, cucumbers, celery, young radishes, garden cress, and water cress, corn salad, *barbe de capucin*, &c., and in the former beetroot, French beans, *flageolets*, potatoes, artichokes, sprigs of cauliflower, turnips, peas, asparagus, celeriac, seakale, salsify, and young carrots.

Truffles are used in fancy salads in connection, as a rule, with

plovers' eggs, *pointes d'asperges*, celeriac, *fonds d'artichaut*, &c. In fact, the selection of materials is varied ; we have only to study how to turn it to the best advantage.

Besides vegetables, herbs, &c., that may be classed as garden produce, there are, as many know, a number of wild plants which furnish palatable and wholesome salading ; notably the dandelion, which you see offered for sale abroad for this purpose. The leaves of this plant may be too bitter and tough for some, but when subjected to bleaching artificially (*i.e.*, "earthing up"), they become very delicate and pleasant to the taste.

SALAD-DRESSINGS.

Touching salad-dressing a great deal might be written. Three or four recipes are to be found in every domestic cookery book, some of them very elaborate, but as in respect of many things that have been already discussed, so in respect of salads it may be said that the simplest form is the best. Let us try and be contented, therefore, with two only, and note how they can be altered and flavoured differently from time to time.

True connoisseurs, I think, adhere, as a rule, to the *very* simplest : that is to say, the simplest as far as the component parts, and the process of mixing them, are concerned. The artist's hand and eye, and some little experience to boot, are, of course, essential to acquire that nicety of judgment which a plain salad demands. An oil and vinegar dressing is, therefore, the hardest to describe.

Let me lead off with one general law for every salad, of which English people are, collectively speaking, ignorant. It is this :—

Abstain from the *vinegar* bottle as much as possible. You do not want an acid dish at all. Vinegar is merely added to lend a peculiar flavour to the composition, and to assist it with an almost imperceptible pungency. That most pernicious advice :—

"Four times the spoon with oil of Lucca crown,
And twice with vinegar procured from town,"

should be shunned most studiously. The correct use of vinegar is, therefore, a very important point for an amateur to master in mixing a salad.

PLAIN SALAD-DRESSING.

The following rules for dressing a plain lettuce salad in the French or Italian style may be trusted, I think :—

1. Pull the leaves of the lettuce from the stalk with your hand, rejecting all that are bruised and discoloured.

2. Turn those at all muddy into a basin, wash them and drain them thoroughly on a sieve, tossing them lightly in a cloth afterwards to get rid of every drop of water.

3. Leaves that are quite clean or that can be *wiped* clean *ought not to be wetted at all*.

4. When dry, put the leaves into a bowl, tear them in pieces, and turn them about with the wooden spoon and fork whilst an assistant sprinkles them with the finest oil you can buy.

5. As soon as every leaf is thoroughly anointed—glittering with a coating of moisture as it were—stop the oil and shake over them a *few drops* of tarragon vinegar, plain French red wine vinegar, or such as may be preferred, seasoning the whole with salt and coarse, *freshly ground* black pepper.

6. The spoon and fork must be kept going during the addition of the vinegar drops, and also whilst the pepper and salt are being dusted into the bowl.

7. The thing to avoid is a *sediment* of dressing. The leaves lying at the bottom of the bowl must, in that case, become sodden, and so the crispness you desire to maintain will be marred. A thorough lubrication is all that has to be accomplished.

8. A salad of this description should not be mixed until the exact time that it is required ; if made and kept waiting it will be worthless.

NOTE :—A common mistake which is committed in nineteen kitchens out of twenty must here be pointed out. I mean the domestic cook's practice of casting green salad stuff into cold water under some misguided idea of keeping them fresh and cleansing them. The result of this is that they become sodden, and being imperfectly dried, carry a certain quantity of water with them into the salad bowl. Already the salad is spoilt. Next, using a sharp knife, she shreds the lettuce, and mixes with it indiscriminately mustard and cress, watercress, tarragon leaves,

&c., as selected by the greengrocer. Lastly, recklessly brave in respect of the use of vinegar, she is afraid of oil. No wonder that our salads are failures, in spite of the excellent materials at our disposal.

Lettuces should be left enveloped in their coarse outside leaves on a cold marble or stone slab. The freshness of the hearts of the vegetables is in this way naturally protected. Directions have been given regarding the proper cleansing, breaking up, and dressing of the lettuce.

Observe that it is quite out of the question to give fixed *quantities* with regard to the mixing of this kind of salad. The quantity of oil, and of the other ingredients, must obviously depend on the quantity of green stuff that you may have got in the salad bowl. The salad-maker who carefully measures his oil and pepper in the bowl of a spoon, and doles out his vinegar, can only succeed in hitting off the real thing by accident.

This is the correct dressing for an endive salad, for which it is essential that the bowl be slightly rubbed with garlic, or a crust of bread (*un chapon*) similarly rubbed may be tossed among the leaves, and withdrawn before serving.

Of endives, remember, there are two varieties, *chicorée frisée* the curled, and *escarole* the Batavian. *Barbe de capucin* is also of this family.

Variety in respect of flavouring can be got by scattering finely minced chives, burnet, chervil, tarragon leaves, or rosemary over the lettuce leaves *after* the oil has been worked into them. For dinner-parties perhaps the chives had better be omitted (valuable as they are) or their absence supplied by a drop or two of shallot vinegar. Then, of course, there is the true *ravigote*—chervil, chives, burnet, and tarragon finely minced in equal proportions.

The white and yolk of a cold hard-boiled egg, well granulated by being rubbed through a wire sieve, are often shaken over the surface of a plain lettuce salad as a finishing touch with good effect.

OIL.

The proper oil to use in a salad is the very best Provence or Lucca as imported by well-known firms. I advise small con-

sumers to procure it in small rather than large flasks, for the sooner it is used after opening the better. Keep it, of course, in a cool cellar. *Huile raffinée* as supplied by Barto Valle, Carlo Grassi, and a few other importers of Italian specialities, is the best that can be got in London.

VINEGARS.

Though only used in comparatively small quantity in a salad, the quality and flavour of the vinegar are just as important as those of the oil. Common sharp pickling stuff is completely useless. French or Italian red and white wine vinegars are the best to use, especially the former. Very excellent herb-flavoured vinegars can be obtained at good houses where such things are specially selected which connoisseurs cannot fail to appreciate—Maille's *estragon*, *ravigote*, and *fines herbes*; Cosenza's *lacrima cristi*; Barto Valle's red wine and other varieties, &c. Since only a few drops are required at a time, an extra shilling is well laid out in securing the best vinegar for salads.

Two tablespoonfuls of *light claret*, with a dessertspoonful of Orleans vinegar, make an excellent sharpener. Use it in the manner described.

An enthusiast can, of course, *make* his own peculiar vinegars, and use them, according to judgment, to vary the delicate flavours of his salad-dressings. Here are a few suggestions:—

(a) To a pint of Orleans vinegar add a tablespoonful each of minced garden cress, chervil, and rosemary, with an uncut clove of garlic and a tablespoonful of minced shallot.

(b) For the same quantity of vinegar, four tablespoonfuls of shredded cucumber skin and a tablespoonful each of shredded horseradish and shallot.

(c) A dessertspoonful of each of the bruised *seed* of garden cress, celery, and parsley, and two ordinary capsicums finely minced, added to half a pint of red wine vinegar.

(d) A domestic tarragon vinegar is easily produced by drying a couple of handfuls of tarragon leaves, putting them into a pickle-bottle, and filling it up with Orleans vinegar. Cork and use after a week's saturation.

NOTE:—In speaking of capsicums I only allude to the skin, not

to the pith or seeds. This vegetable is procurable during the early autumn, and is often introduced in modern salads. The skin of red capsicum is better when lightly grilled in the first instance.

A very few drops of the strongly flavoured vinegars I have described are, of course, ample to "animate the bowl." An artist's ingenuity will aid him in concocting other varieties easily enough. When made, cork the bottle down tightly, seal it with wax, and set it in the sun. In a week or two you may strain the liquid, and take it into use.

NOTES ON ENGLISH SALAD-DRESSING.

The English form of salad-dressing—a recipe for which will be found page 79—is, of course, closely connected with *mayonnaise* sauce, and has many admirers. With some vegetable ingredients it works well enough, and is certainly nice with *cold* meat; it is, however, wholly out of place with the *rôt*. For this reason salads thus dressed are to be recommended for luncheons, picnics, &c., rather than for dinner. Unfortunately it is too frequently spoilt by being overdosed with vinegar—common, acid stuff without any flavouring—and in nearly every cookery book of the average capacity, you are told to mix oil and vinegar in *equal parts*, which I have already denounced. An old recipe called "Dr. Kitchiner's salad mixture," embodies as many mistakes as could well be made in a dressing of this kind: "Two tablespoonfuls of oil, or melted butter (!) two or three tablespoonfuls of vinegar." The "poet's recipe" previously alluded to is equally faulty.

In point of fact, the part played by the vinegar in these dressings is really so small as regards measurement that a fixed amount can scarcely be laid down. In proportion to the oil, *one-eighth* is actually the outside allotment that should be given.

Sugar, so frequently used by English cooks in salad, is altogether out of place. It was probably introduced originally to counteract the extreme acidity of inferior vinegar. Never spoil a dressing with Worcester or anchovy sauce. If required for a shrimp, crab, or lobster salad, anchovy vinegar may be substituted for tarragon, or the vinegar generally used. A spoonful of cream

improves English dressing ; when used it should be stirred in the last thing before serving.

I recommend very strongly that the salad, nicely dressed in its bowl, and the ice-cold sauce in its boat, should be preserved separately, and handed round together. If you mix a salad of this kind before lunch and let it soak, it deteriorates considerably before the time comes for its service. Cover up the nicely selected, well-dried lettuce leaves, &c., and they will be crisp, if handed round with their sauce following them at the time required. This advice holds good with a *mayonnaise*. The meat or fish of which the dish may be composed becomes sodden and dead, and the green accompaniments fall off in crispness if bathed for any length of time in dressing. Besides, after the meal, a *mixed mayonnaise* or salad is wasted, whereas one with which the sauce was separately served may be turned to account. You have in the former case only to pick the meat out of the lettuce leaves, and place it on a separate dish.

FRUIT SALADS—SAVOURY.

Tomato Salad :—Choose a pound and a half of ripe tomatoes, plunge them into boiling water for one minute, take them out, and cool them in cold water. After this, the skins can be peeled off. Now slice the tomatoes horizontally, retaining the seeds and juice, and sprinkling them with minced chives or green stem of onion. A plain oil and vinegar dressing should now be given, with a seasoning of salt and pepper. As in all salads, tarragon, or any aromatic vinegar, may be employed advantageously in this one, and minced basil or chervil may be sprinkled over the whole. Strips of red or green capsicum go well with it. Slices of stale bread should be placed in the salad plates. These absorb the juicy dressing and add to the niceness of the salad.

Salade de tomates Chambéry :—For this prepare the tomatoes as described for *farciés* (page 223). Put the cases into the refrigerator. Next get ready a coarse mince of cooked salmon, lobster, or crab, some cooked green peas, and gherkins—a tablespoonful each of the fish and peas, and a teaspoonful of the gherkins for each case : put this into a bowl, and mix into it six tablespoonfuls of *mayon-*

naise collée ; fill the cases with this, and dish them neatly decorated with cress. Keep in the refrigerator until wanted.

Orange Salad :—Peel free from pithy skin and divide the oranges into the natural quarterings of the fruit ; squeeze the pips out of these, gently assisted by a slit cut with a sharp pen-knife in the inner edge of each quartering. Put the orange pieces thus prepared into a cold salad bowl, and dress them in the manner described for tomato salad with plain dressing, season with mixture (c), sprinkling the whole with finely minced chives or green stem of onion, and a little tarragon or burnet. Squeeze the juice of one orange over all. This method of division will be found better than slicing the oranges. The fruit should be quite ripe for this dish.

Melon Salad :—Slice the melon, removing the rind, and in other respects follow the recipe for orange salad.

NOTE :—It will be seen that nothing can be simpler than to use other fruit for salads, following the principles that have been given ; a dressing of cream may be substituted for the oil, if liked, after sprinkling the fruit with vinegar and seasoning it with mixture (c). *Mayonnaise* dressing is also possible for all these salads. It is essential that they are served quite cold.

COOKED VEGETABLE SALADS.

A salad of cold cooked vegetables (*salade cuite*, or *salade de légumes*) can be either served with plain French dressing of oil and vinegar, or with one made with eggs in the English style. A *macédoine* of neatly cut pieces of beetroot, French beans, flageolets, peas, carrots, and turnips makes an excellent salad of this description, whether with French or English dressing. But seakale, salsify, cauliflower sprigs, celeriac, both kinds of artichokes, *crosnes du Japon*, and asparagus points are better with cream and vinegar.

It is, of course, clear that a judicious selection of two or three of the above would make a very nice salad, while some of them, French beans, artichoke bottoms, seakale, salsify, or asparagus points, would be excellent alone. Finely shred strips of celery, when celeriac is not used, improve these salads, and sprinklings of

minced tarragon, chives, chervil, &c., are as nice with them as with uncooked vegetables.

For a *macédoine* salad with plain cream dressing, see page 241. This can be applied to the vegetables just referred to either alone or in combination. Sprinkle them with vinegar very lightly, and finish with pure cream.

French bean salad (*haricots verts en salade*) is a good type of simple *salade cuite*. Do not cut the beans into shreds, nip off the ends, and take off the fibre. Boil them in plenty of slightly salted water in a vessel that is not tinned inside, and uncovered, and you will preserve their colour. Drain, dry on a cloth, let them get quite cold, put them into the bowl, dress them with salad oil, and dust them with newly ground black pepper and salt. Lastly, give them a few drops of red wine vinegar and a sprinkling of finely minced tarragon and chives.

Potato salad (*pommes de terre en salade*) is a favourite winter dish made on the lines just laid down for French bean salad. Having *steamed* the potatoes carefully—they must not be too floury to yield nice slices—cut them in slices and dress as in the foregoing. With this thin strips of celery or slices of celeriac are acceptable, and some add a few pieces of beetroot, but I think that this is a mistake, because the juice of the beetroot discolours the salad in an unsightly manner. A sprinkling of chopped chives is almost indispensable. Excellent with cold salmon in summer, using new potatoes.

All cooked salads can be garnished with, or set in, aspic jelly when served with the thick dressing. Broken jelly always makes a very attractive adjunct.

Salades cuites must be served quite cold.

FANCY SALADS.

These must be mentioned, if only as curiosities of salad-making, for the materials which enter into their composition place them in the category of *entremets* rather than among salads. They are, in fact, special dishes in themselves—to be eaten alone, not as agreeable adjuncts with the roast birds.

Œufs de vanneau en salade:—Remove the shells of a dozen

plovers' eggs, arrange them in a *légumière* in halves set upright, with a disc of truffle laid upon each of them, surround with cooked asparagus *pointes* which have been sprinkled with tarragon vinegar and moistened with cream, and serve very cold.

Salade d'Estrée:—This is composed of celery and truffles: the former must be cut into pieces about an inch and a half long, and these should be split lengthwise, but not severed; when cast into cold water the pieces curl round as if they had been crimped. The truffles having been cooked in the manner described (page 239) should be sliced. Each must be slightly dressed with oil, vinegar, pepper, and salt, and finally arranged in a small *légumière*, or in silver *coquilles* with a moistening of *mayonnaise* sauce.

Salade Rachel:—Is made in the same way with celeriac and truffles, each cut into discs the size of a shilling with a root-cutter.

Salade jockey-club:—Is only a slight variation, *pointes d'asperges* being substituted for celeriac, and the truffles cut in Julienne-like strips.

Salade à la ma tante:—Requires *fonds d'artichaut*, *pointes d'asperges*, and truffles, but the process is the same.

Salade à la Mirabeau:—Is a little more elaborate, having, in addition to the truffles, sliced potatoes with crawfish or prawn tails, but finished in the same way.

Salade Russe:—This is quite a dish of old time which some years ago became so terribly overdone with incongruities—fillets of anchovies, caviare, olives, and even slices of *pâté de foie gras*! being associated together—that the new French school propound a much simpler composition: cold cooked potato, French beans, artichoke bottoms, celeriac, and beetroot, neatly cut up, are put into a bowl with a sprinkling of minced cornichons, and a slight dressing of oil and vinegar. In a separate bowl a coarse mince of cold cooked chicken breast and fillet of beef is similarly dressed. Half an hour later the contents of the two bowls are lifted from their dressing, drained on a sieve, and arranged in the salad bowl, moistened with thin *mayonnaise* sauce, and garnished with truffles, white of egg, and hearts of lettuce. (*Dubois.*)

CHAPTER XV

GAME

IT may be said with truth that if there is a branch of the culinary art in which the English cook of the good old-fashioned sort can hold her own with her clever French brother it is in the *plain* dressing of game—the method which many good judges think the best. There is, of course, a difference between the produce of France and England, and the contention often advanced is that English game at its best—*i.e.*, when killed in good condition and well hung—does not require the cunningly-thought-out assistance in the way of larding, marinading, sauces, &c., which some varieties common in the markets abroad may perhaps stand in need of. Take, for instance, the English grey partridge and the French red-legged bird. If the former be young, plump, properly kept, and carefully roasted, it needs no aid save that afforded by good brown gravy, bread sauce, and fried bread crumbs in the English fashion: the latter, on the other hand, is certainly much improved by larding and a well-seasoned or truffled forcemeat for its inside. The same remarks can be made in regard to the venison of the English fallow deer and that of the roebuck—the *chevreuil* of French cookery. Competent authorities consider that even the pheasant is better served in the plain Anglo-Saxon manner than when larded and embellished with truffles. When, however, it comes to *entrées* of game, or the preparation of such species as want artistic help, the superiority of the French school is frankly admitted by every one.

Moreover, even in respect of our plain system, there are parts

of the French method of cooking game that I think we might adopt with advantage. For example, a hare is all the better if marinated for twenty-four hours before preliminaries are commenced for its roasting; and the *râble*, or body of the animal without the head, neck, shoulders, and thighs, is a thing that for small parties is much nicer than a hare entire, and economical at the same time.

On these grounds it is advisable, I think, to say a few words about the ordinary cooking of game, notwithstanding that the subject may be generally well understood in good English kitchens.

There is, however, an important point to settle before we go any further. In my first Chapter I spoke of the impolicy of the Town practice of purchasing poultry and game ready trussed, and in Chapter I., page 5, I pointed out what could be done with the giblets and trimmings gained by having the birds sent home plucked but otherwise untouched. At the risk of being accused of repetition I have over and over again referred to giblets in connection with the preparation of broths. It is necessary again to mention the subject in connection with game. These trimmings are most useful in flavouring the brown gravy which is always required, while the livers pounded and moistened with thickened game broth, make, with a little wine, an excellent sauce—especially valuable in a *salmis*. Worked to a paste this mixture is nice when spread on the *croûtes* on which plover, quails, larks, pigeons, and small birds may be served after roasting.

THE HARE:—The London poulterer's modern method of trussing a hare—in a curled or sitting-up position—is in itself sufficiently objectionable to force us to undertake the task ourselves. A more ingenious artifice for adding to the trouble of the carver, preventing the stuffing operation from being properly performed, and presenting the animal in the least attractive manner possible, could not have been hit upon.

For every reason, then, I say, buy your hare as it hangs untouched by the game dealer, for you can then have it trussed rationally in the old way, stretched at full length, and you will

probably find that it contains a liver, heart, and pair of kidneys, of which London-bought, ready-trussed hares are so often deprived. Having done this, proceed as follows for—

Roast hare :—Skin, clean, and wipe the animal well, saving the three parts I have mentioned carefully, *and the blood*. Do not wash or soak it in water. When quite clean, wipe the carcase inside and out, and let it soak in the *marinade* for game, mentioned at page 168, all day, turning it every now and then. As the hour for cooking approaches lift it out of the marinade, wipe it dry, and proceed to stuff it :—

First line the whole of the inside with thin slices of fat bacon, and fill it with a well-made stuffing as for turkey (page 123). The kidneys and heart should be minced and fried in fat bacon, with an ounce of onion ; when done, the contents of the pan should be poured into a bowl to cool, and when cold pounded to a paste, and mixed with the stuffing.

Next truss it :—Cut the sinews under the hind legs, bring them forward, and run a skewer through one hind leg, through the body, and the other hind leg. Do the same with the fore legs, lay the head rather back, passing a skewer through the mouth, through the back of the head, and between the shoulders.

The back of the hare should now be larded, or barded, *i.e.*, covered with thick slices of bacon secured with tapes or pinned down with little skewers ; it should then be wrapped in oiled paper and roasted in front of the fire, a constant basting of melted butter or clarified beef suet, with vinegar and water in equal parts, being kept up throughout the process.

When nearly done, the paper and barding should be removed and the back lightly dredged with flour ; the skin should now be allowed to brown and run into crisp blisters : the hare should then be served, with a sauce made as follows :—

Liver sauce :—Having made beforehand about a pint of good broth, cut the liver into dice, take a small *sauté*-pan, melt an ounce of butter in it over a slow fire, stir into it a tablespoonful of minced onion, fry the latter till it colours slightly, then put in the chopped liver, shaking the pan for a minute or two ; next add enough of the broth to cover the contents of the pan well, bring to the boil and simmer till the liver is cooked. Now

strain off the broth into a stew-pan, and pour into it through a strainer the *marinade* of claret, vinegar, ketchup, and red currant jelly in which the hare was soaked, put it on the fire, boil up, skim carefully, and keep it in the *bain-marie* while you pound the liver and onion mince to a paste; pass this through a sieve, and then proceed to thicken the broth as follows:—

Remove the stew-pan from the *bain-marie* and let the broth cool for two minutes; take part of it and stir into it separately, in a cup, the blood you saved in the first instance; mix well, and add this and the liver paste to the broth in the stew-pan, which should now be replaced on the fire and brought *almost* to the boil, when it will be ready. If the use of the blood be objected to, the ordinary thickening, with an ounce of butter and one of flour, conducted according to the usual method, must be substituted.

Those who do not like liver might prefer a *sauce poivrade* as recommended later on for roebuck, or one made as follows: Omit the liver entirely, but in other respects follow the recipe just given, withdrawing the onion after the straining.

The very sweet sauces with cherries, &c., that are fashionable at present are a mistake: even red currant jelly requires a suspicion of acid: if no *marinade* be used this is best imparted by Seville orange juice or lemon.

Râble de lièvre.—It is certainly a good plan—especially in the case of a very large hare—to remove the head, neck and shoulders, and hind legs, reserving those parts for soup or stew, and using the back and loins for roasting only. This is the *râble* already alluded to. But while borrowing the French idea I would not omit the English stuffing and lining the inside with bacon. The part to be roasted should be put into *marinade*, and the stuffing and larding conducted exactly as in the preceding recipe. If carefully secured at both ends, very patiently basted, not overdone, and served straight from the fire, this saddle of hare will be found very nice. Serve with either liver sauce, one of the nut sauces, or *sauce soubise*, which is excellent with hare.

Râble à la crème.—Roast the piece of hare like the foregoing, and when it is done put it on a hot dish, and cover it up. Drain off all the basting left in the pan after roasting, pour off the

dripping leaving the pure gravy free from fat, put this into a saucepan, stir into it half a pint of *espagnole* sauce, set over a moderate fire, and stirring well let it boil for five minutes, adding off the fire a coffee-cupful of cream, give this a few drops of vinegar, and pour it over the *râble*.

It is often said that the French *civet de lièvre* and the English jugged hare are virtually the same thing, the only difference being that one is done in a *casserole*, and the other in a covered jar or closed vessel. As a matter of fact there is no real resemblance between them. A *civet de lièvre* is a most delicate *ragoût* requiring both skill and judgment, while jugged hare may be called a self-cooked stew which any one can manage.

Civet de lièvre :—Proceed as in the first receipt as far as the skinning and cleaning is concerned. When ready, cut the hare up into neat pieces, and put them to *marinade* all the morning. Slice thickly and cut into half-inch squares twelve ounces of bacon, and put the pieces into an earthenware *casserole*, or roomy *sauté-pan*. Melt them over a moderate fire, then remove the lean pieces from the fat, preserving the latter and setting the former on one side.

Now take the cut-up hare from the *marinade*, dry the pieces on a cloth, and put them into the melted bacon fat, set the vessel over a quick fire, and give them a few turns in the fat for five minutes or so till they take colour. After this lower the fire and dredge over the pieces of hare a tablespoonful of flour, stir for five minutes, adding by degrees a moistening of broth and claret, in the proportions of two-thirds of the former to one of the latter, until the pieces are well covered. The wine should have been boiled beforehand in a non-tinned vessel, or the colour of the *civet* will be marred. Bring the contents of the pan to the boil, keep at that temperature for two minutes, add a bouquet of herbs, and ten ounces of finely minced onions, with a good seasoning of mixture (*b*), and reduce the heat to simmering point. When the meat is about half done, place a strainer over a bowl, empty the contents of the *casserole* into it, and strain off all the *cuisson*, cool it, skim off all fat, and with a *roux* in proportion to the quantity of it, turn it into a brown sauce, set it in the *bain-marie* pan. Now take the pieces of hare, remove the

meat as neatly as you can from the bones, and put the pieces so obtained into a stew-pan; moisten with the sauce, add the bits of bacon originally set aside and the *marinade* strained, and replace the pan over a low fire to heat up thoroughly before serving. If liked, the blood can be used instead of *roux* for the thickening: it should be added in the manner described for liver sauce. The French garnish with button mushrooms, chestnuts, and glazed onions separately prepared.

Jugged hare (terrine de lièvre):—For this proceed exactly as in the foregoing case as far as the frying of the pieces of hare in the bacon fat; then choose a large earthenware *terrine*, or any vessel that can be closed securely with paste; put the pieces of hare into it, with ten ounces of carrots, twelve ounces of onions, an ounce of celery all finely minced, a *bouquet garni*, the juice of a lemon, and a seasoning of mixture (*b*); pour in enough broth to cover the contents of the jar, with a sherry-glass of brandy, and seal the vessel with paste as closely as possible; place it in a pan of cold water, and set the latter to boil, continuing the boiling for three hours. When done, open the pot, stir into it a claret-glass of claret and a tablespoonful of red currant jelly; let the latter dissolve, then take the jar out of the hot water, strain the broth, take off the fat, thicken it with the blood, or with flour and butter, pass it through a strainer, and pour it over the meat again. Serve with a dozen balls of stuffing, made as for roast hare, and fried in butter. Instead of boiling the jar, it may be placed in a moderate oven and baked for two or three hours.

NOTE:—In preparing the broth for moistening this dish the head, neck, and all trimmings of the hare should be used. Break them up as small as possible, season well with marjoram, rosemary, and thyme, and proceed in the manner described for giblet broth (page 61).

This process can be followed with all sorts of game—pheasants, partridges grouse, plovers, quail, pigeons, pieces of venison or hare, rabbits, larks, &c. The OMNIUM GATHERUM STEW is always welcome, and should be used as a means to dispose of old birds, and birds which, having been badly shot, cannot be trussed for roasting. Lean ham, bacon, or tongue, and herb seasoning (*a*) improve it.

Lièvre à la châtelaine :—This is a receipt for braising a hare, a method that is to be recommended for old hares especially. Prepare the hare as already described, larding the back, but vary the stuffing as follows: Mince the flesh of the under-fillets of the hare, *i.e.*, the meat that is inside the animal under the loin which you can detach with the kidneys after the emptying process; also mince the heart, kidneys, and liver, add three ounces of cooked calf's liver minced, and put all into a bowl with an equal quantity of minced fat bacon, three to four ounces of bread crumbs, according to the size of the hare, an ounce of finely minced onion or shallot, a dessertspoonful each of thyme and marjoram finely chopped, the same of parsley, a seasoning of mixture (*b*), and a couple of well-beaten eggs. Line the inside of the hare with strips of fat bacon, stuff, and sew up the opening, tie the legs and shoulders in position and skewer the head back.

Choose a long braising pan, put a layer of bacon trimmings at the bottom of it, and strew over this a mince of onions, carrots, and celery; put the hare on this bed, moisten with a couple of gills of chablis and the same measure of good broth, cover the pan closely, set it over a low fire, and keep some hot cinders on the lid. Braise gently now for two and a half to three hours, every now and then adding a coffee-cupful of broth. When nearly done, take out the hare, strain off the broth, take off the fat, add about half a pint of good thick brown sauce to it, boil for five minutes, replace the hare, moisten with the sauce, and finish the cooking. Serve with the sauce poured over it, garnishing with glazed onions, button mushrooms, or chestnuts.

Hashed hare :—Trim from a cold cooked hare as much of the meat as you can find in slices, and cut out what remains of the stuffing: break up all the bones, head, &c., and put them with the skin and scraps into a stew-pan with an ounce of meat glaze, six ounces of onions, four of carrots and parsnips, and two of celery, all minced small, and a seasoning of mixture (*b*), any sauce that may have been left, a couple of glasses of red wine, and enough hot water to cover. Bring to the boil, and then simmer these ingredients for an hour and a half, and strain off the broth. Thicken it with butter and flour, flavour it with a dessertspoonful of red currant jelly, a clarét-glassful of claret,

a dessertspoonful of Orleans vinegar or the squeeze of a lemon. Heat up the slices of hare in this sauce very gently, taking care that they do not boil, and serve with the stuffing sliced and fried in butter as a garnish. If this sauce can be made early in the day it will be a decided advantage if the meat be put into it to *marinade* until the time arrives for warming up.

Lévraut à la casserole :—This excellent method of cooking—explained in respect of *poulet à la casserole*, Menu IX.—can be adopted in the case of a leveret with the best results. Truss as for roasting, but instead of stuffing, season the inside of the carcass after cleaning and wiping it with the preparation given for the *poulet*. After this proceed with the cooking in the same way. Particular attention must be paid to the basting, for which a good strong broth is absolutely necessary.

Sauces for hare :—Besides liver sauce, which may be called the national sauce for a hare, there are several equally good which are rarely tried : *Poivrade* as presently given for venison, *soubise* already recommended, *soubise tomatée*, *sauce à la Seville* with orange flavour, horseradish, *crème de céleris*, and the nut sauces. With a *râble* I have found bread sauce decidedly nice. Brown gravy ought to accompany the sauce : this will be given later on.

Hare soup :—There are three sorts of hare soup : the clear, the *purée*, and the *potage lié*. The first is a decoction of the coarser parts of a hare, head, bones, and trimmings, in *bouillon*, clarified, and garnished with some strips of the meat : the *purée* is made like the clear, but finished with the meat pounded, and blended with it with *liaison* : the *potage lié* is also made like the clear but not clarified ; after straining and skimming it is thickened with *roux*, and served without garnish. An uncommon form of the clear soup is one in which a slight thickening of finely pulverised tapioca (Groult's) is introduced, and a garnish of strips of the meat and truffles. With the thick soups claret should be used, with the clear chablis reduced, *i.e.*, half a pint of chablis boiled down to half its original volume. The large quantity of fortified wine, the spices, &c., which in former days were considered indispensable in the making of hare soup have been given up, and the chief thing now is to extract the

maximum of pure flavour, and to effect this with as few accessories as possible.

NOTE:—The choice fillets of the back and undercut can always be taken for an *entrée* or small dish, leaving plenty of material for a good soup in the head, neck, carcase, legs, thighs, and shoulders. With the *débris* of a cooked hare judiciously used a very good *potage lié* can be made.

VENISON:—English fallow-deer venison, if in good condition and properly hung, requires no aid in the way of larding or *marinade*. The chief care is the preservation of the fat, which is done by wrappings of buttered paper sealed by a paste of flour and water rolled about half an inch thick, the whole secured with tapes. Twenty minutes before it is ready the coverings must be removed, so that the skin may brown. Basting continually throughout the roasting is absolutely necessary.

Red currant jelly has always been served with venison, and rich brown gravy. Sweet and sharp sauces commend themselves to different tastes. For the former, red currant jelly melted in port wine and added to twice the quantity of brown gravy; for the latter, three claret glasses of gravy, one of port, and half one of raspberry vinegar, but these are bygone types no longer fashionable.

Roebuck venison is not highly esteemed in England; nevertheless, with a little trouble its dryness and general want of fat can be combated, the former by cookery, the latter by larding. It is first of all decidedly advisable that the meat should be *marinated*. The process not only improves its flavour, but it renders it more tender and juicy. Meat will keep when in *marinade* for a much longer time than if ordinarily hung.

Marinade:—Mince quite small four ounces each of carrots, turnips, eight ounces of onions, a tablespoonful of mixed herbs, fresh or from the bottle, and an ounce of parsley; put these into a stew-pan with two ounces of clarified beef dripping; fry for five minutes, and then add one pint of vinegar, one quart of water, one ounce of seasoning mixture (*c*), and half an ounce of sugar. Boil up, and then simmer for half an hour; strain, cool, skim,

and the preparation can be used or bottled as occasion may demand. It is a species of pickle. A piece of venison should be kept three or four days in this liquid : see that it is constantly turned.

The roasting of a piece of roebuck should be attended to carefully : first *set the flesh* after wiping it well by holding the joint before a bright clear fire for a minute. This facilitates the larding which should next be carried out (see page 109). When prepared, wrap it in oiled paper, and proceed to cook it in the manner prescribed for roast hare.

For a good sauce to accompany the above, take one pint of the *marinade* ; boil, and strain it ; thicken it with half an ounce of butter and half an ounce of flour ; colour with *caramel*, reduce a little, add a dessertspoonful chablis and serve.

Poivrade sauce for venison or hare :—Skim and have ready half a pint of good *bouillon*, strain half a pint of venison *marinade*, and put into a quart stew-pan and melt three-quarters of an ounce of butter over a low fire, add an ounce of flour, mix well, and then add by degrees the *bouillon* and the *marinade* : increase the fire, and boil about a quarter of an hour to slightly reduce, stirring well all the time, pass through a strainer into a hot sauce-boat. A tablespoonful of chablis reduced from a gill may be stirred in to finish with.

Roebuck can be jugged exactly like a hare, and braised also. In the latter case a moistening of *mirepoix*, page 85, is advisable.

When fallow-deer venison is in season, in July and August, a cheap and excellent dish can be made with the shoulder, which is generally to be got for about sixpence a pound. Bone and trim the meat into a neat shape, put it in *marinade*, and with the broken-up bone and trimmings, assisted by a calf's foot, stock, vegetables, and seasoning mixture (*b*), proceed to make a strong gelatinous broth. After marinading for six hours, take out the meat, wipe it, dust it with spiced pepper, line the inside of it with thin slices of cooked bacon, over that spread a layer of stuffing as described for hare *à la châtelaine*, substituting four ounces of minced cooked calf's liver for the liver, kidneys, and heart of the hare, roll up the meat, tie it into shape, bard with bacon, and wrap it in buttered paper : braise now like hare *à la*

châtelaine, using the broth made in the manner just described for the moistening, and serve with any of the sauces that have been mentioned, red currant jelly accompanying.

THE ROASTING OF GAME BIRDS and wild fowl is not a difficult task, nevertheless the work should be most carefully done, for game is easily spoiled, especially by over-roasting. Birds ought not to be done in the oven, because it is impossible to baste them properly if cooked in that manner. Of course the first thing to do is to pluck, draw, singe, and truss, placing a couple of small onions wrapped in a roll of fat bacon inside a large, or one if a small bird. Then to lay over its breast a broad slice of bacon, securing it in its position with tapes, and covering that with buttered paper. Next to roast the bird at a moderate fire, basting it frequently with clarified dripping, and, a few minutes before it is done, to remove the slice of bacon, and baste with butter, so as to let the breast take colour. Serve with plain brown gravy, fried crumbs, and bread sauce. For time in roasting see page 110.

For BREAD SAUCE, see page 70; for FRIED BREAD CRUMBS proceed in this way: Make four ounces of bread crumbs by putting a few thin slices of bread into the oven and keeping them there till they turn a golden yellow and are quite crisp: the oven ought not to be at all quick, or they will burn. Pound these in the mortar or roll them into crumbs on a board with a rolling-pin. Sift the crumbs with a wire sieve so as to get them of an even size. Brush the surface of a *sauté*-pan with butter as if for a pancake; scatter the crumbs over this not too thickly, and, using a fork for the work, stir them about to encourage absorption, turn out upon a hot fireproof dish, repeat the process with more crumbs if necessary, dry for a minute in the oven, and serve. "Fried" is not quite the correct term to use here, for the process is merely one of slight absorption followed by drying to prevent greasiness. Instead of this, *chapelure* (p. 141), if of a good colour, and evenly sifted, may be heated in the oven without any fatty adjunct, and served with the bird.

The tying of a slice or slices of fat bacon over the breast

(barding) is most necessary. In addition to the bacon, a well-oiled paper should always be wrapped round the bird, but this, as well as the barding, as has been said, must be removed for the browning stage towards the end of the roasting. Putting in the onions wrapped in bacon is of course perfectly optional; it certainly improves the flavour of any roasted bird.

Brown gravy:—The best of all sauces to accompany game-birds is brown gravy. Now in most English cookery books the word gravy is applied erroneously to any liquid extract of meat and even of fish. For all ordinary decoctions the proper term is broth. Gravy (*jus de viande*) must be strong, pure, and clear, a *bonâ fide* savoury extract of meat. The reddish-brown juice extracted by roasting a joint which is found in jelly at the bottom of the bowl of congealed dripping is the sort of liquid we require. There is, however, rarely enough of this excellent stuff at hand, so gravy must be made. What we have to do to get this is to draw the glaze from gravy meat, then to dilute this by the addition of a little water, next to extract all the sapid elements that remain, and to impart a pleasant flavour with certain vegetables and seasoning.

Recipes might be given for gravies demanding beef, veal, fowl, and ham; and in places where expense is a matter of no importance, extravagance could, of course, assert itself in this direction. Our object being, however, to do the best we can in ordinary circumstances, perhaps a reliable DOMESTIC GRAVY will meet our requirements.

For a pint of gravy:—procure one pound of fresh fowl giblets from the poulterer, half a pound of lean gravy beef, and use the giblets of the game itself besides. Pass the beef through the mincing machine; wash, scald, and dry the giblets, chop them into very small pieces. At the bottom of a stew-pan put four ounces of minced onions with an ounce of clarified beef dripping, and over this lay the cut-up meat and giblets. Put the pan over a low fire and fry till the contents are slightly coloured, then pour into it a small coffee-cupful of water or broth; keep the fire low, and reduce gently till a light brown glaze forms at the bottom of the stew-pan, turning the meat, &c., during the cooking, so that all may be coloured evenly. Add now a pint of hot water, a

bouquet of herbs, four ounces of minced carrots, and a seasoning of mixture (c), gradually increase the heat under the pan, skim carefully, and bring the contents of the pan to the boil, then ease off the fire again to simmering point, keeping the vessel three-parts covered. The simmering must be carefully maintained, for if allowed to boil the gravy will not be clear. After an hour's cooking in this manner the gravy may be strained off into a bowl, in which it must rest till the fat can be taken off and the sediment has settled. It is ready then to be heated when it is wanted.

Old partridges and game-birds are better if turned into the stock-pot at once ; still, very careful stewing often renders them palatable.

Perhaps the best way of cooking old partridges is with cabbage in the following manner :—

Perdreaux au chou :—Prepare two partridges as for boiling, with their legs tucked in : bard their breasts with bacon and put an onion inside each of them. Cut a savoy cabbage into quarters, blanch for five minutes, cool in cold water, and press all moisture from them. Now take a roomy stew-pan, line its bottom with thin slices of fat bacon, carrots, and onions sliced in rings, a sprinkling of powdered herbs, and a dusting of seasoning mixture (c). Put the partridges upon this lining, inserting a quarter of cabbage in the spaces between each bird, a slice of streaky bacon here and there, and covering them with more sliced carrot and onions and powdered herbs. Eight ounces each of carrots and onions will be required for the whole operation. Moisten with a strong broth which might be made with a pound of fowl giblets, and those of the partridges in the style of giblet broth, page 61. This should be sufficient in quantity to *cover* the birds. Put a breakfast-cupful of melted dripping in also, and cover with a buttered paper. Put on the fire, bring just to the boil once, then closely cover up and simmer over a low fire for an hour and a half till the birds are tender. Take out the partridges, bacon, and pieces of sausage, cover them up and keep them hot. Strain the broth, put the cabbage into a stew-pan over a moderate fire, and stir it about till the moisture is expelled. Take the fat off the broth, add any spare broth there may be to bring it to about a pint, thicken this with one ounce of butter and one ounce of

flour, and keep it hot in the *bain-marie*. Dish with the cabbage in a dome in the centre, and the birds, divided in halves, placed neatly upon it, with the sliced sausage and bacon all round as garnish. Serve the sauce in a boat very hot. Other birds can be thus treated—pheasants, grouse, imported game, Bordeaux pigeons, &c.

Chartreuse de perdreaux:—This is another dish of partridges and cabbage:—

Lightly roast three partridges. Prepare a good-sized savoy cabbage as for garnish (page 208), also get ready a cooked garnish of neatly turned carrots and turnips as described below. Butter a plain charlotte mould, line it with paper, butter this also, and arrange the carrot and turnip pieces neatly in rings at the bottom (to form the top when turned out), covering the sides with strips in the same way. Now proceed to pack the mould in this manner: Cut up the partridges in neat pieces. Put a layer of cabbage in the mould, place pieces of partridge over it, then another layer of cabbage with another of partridge, pressing each layer down gently, and continuing till the mould is filled. Heat the mould in the *bain-marie*, and when required turn out the *chartreuse* upon a hot dish. Serve with a good brown sauce, in the making of which the giblets of the partridges should be used, and a glass of chablis added to finish with.

The vegetables should be cut with a long half-inch cutter in two-inch lengths for lining the sides; for the top flat discs the size of a shilling and the thickness of a penny would be best. Pack the mould closely.

Pheasants and other game birds can be cooked *à la casserole*, following the recipe for *poulet à la casserole* in the case of the larger kinds. About a pint of really good game gravy or broth is necessary for their basting, and this should be prepared in the manner explained for brown gravy if possible, or according to my recipe for giblet broth, using game giblets and trimmings in its cooking. For smaller birds a slightly different method is advisable as follows:—

Cailles à la casserole:—Prepare the birds as for roasting. Choose a roomy earthenware *casserole*, set it over a moderate fire with two ounces of butter, melt this, put in the birds, and cook

them (*faire revenir*) for four minutes ; then, having ready three gills of clear *bouillon*, assisted with a glass of chablis, commence to moisten, push the *casserole* covered closely into the oven, basting every now and then till the quails are ready. By this time the *bouillon* will have been all used. To serve—take the birds out of the pan, set them on a hot dish, skim and pour the *cuisson* over them. This method is obviously practicable for all small birds that can be cooked and served whole, such as snipe, ortolans, larks, &c., or for partridges, plover, teal, wood-pigeons, and birds of a medium size, which for convenience should be divided in halves before dishing.

Various garnishes can be served with quails *à la casserole*: truffles in discs, *fonds d'artichaut*, points of asparagus, fillets of *foie gras*, *financière*, special marrowfat peas, &c.

The salmis:—This method of cooking game birds is too often looked upon as the manner in which they should be treated *en réchauffé*. No doubt a very palatable dish can be produced in that way, but it is really a hash, not a *salmis*. For the real thing the birds ought to be prepared in this manner: Choose (say) a brace of partridges: slightly roast them before a fast fire, basting well with melted butter and bacon fat; take the birds away as soon as they have browned nicely, and let them get cold. When cold, carve from each bird the wings, breast, and legs, and trim each piece as neatly as possible, removing the skin from it. Take all the trimmings, and put them with the carcasses, chopped up, into a stew-pan; add a slice of ham, also cut up with five ounces of onion, three ounces of carrot, and one of celery all finely minced; a teaspoonful each of marjoram, thyme, and rosemary, and a seasoning of mixture (*c*): moisten with as much broth as will just cover the contents of the stew-pan. Set it over a moderate fire, bring just to the boil once, and simmer for about an hour, then strain off the broth, and, when quite cold, take off all fat. In a separate stew-pan make a *roux* with one ounce of butter and one of flour, and proceed to thicken a pint of the broth. Strain this into a bowl and let it get cool, put the pieces of the birds into it, and let the whole rest for at least an hour, marinading, as it were, so that the meat may be well flavoured. When the time of serving arrives, transfer the *salmis* to a clean

stew-pan and put this into the *bain-marie*, and let it gradually become hot by that process, adding to it a tablespoonful of lemon or orange juice. Arrange the pieces of game neatly in a hot silver dish, and pour just enough of the sauce over them to mask them, serving the remainder in a hot sauce-boat. The addition of truffles, mushrooms, cockscombs, *financière*, &c., is of course a matter of choice.

Old partridges are very eatable when cooked as rabbits generally are in domestic cookery, boiled and smothered in onions ; or better *à la soubise*, as explained in the next section. Pheasants and partridges are also excellent when cooked and served like *poulet au riz* (p. 394). Birds too old for roasting can thus be turned to good account.

RABBITS :—Although they cannot be considered game, rabbits make, if carefully treated, some decidedly nice dishes when *cooked as game* and served in the same way. Thus, if a young and well-grown and well-nourished rabbit be prepared exactly according to any of my recipes for hare, it will be found a capital dish for a change.

Touching the time-honoured method to which I have just alluded, I recommend, instead of the ordinary way of boiling the rabbit whole—which is carried out as a rule far too fast, so that the flesh is found to be leathery and tough—that the following plan be tried :—

Cut up the rabbit neatly, as if for jugging, and proceed in either of the two following ways :—

(1) *White stew with onions à la Soubise* :—With the head, neck, trimmings of the flanks after removing the back fillets, and the shank ends of the four legs, all chopped up small, make a broth in the manner mentioned for the game *salmis*, moistening it with milk and water in half proportions : strain this off and skim it. Weigh one pound four ounces of onions so that after trimming there may be a good pound of them for the stew. Mince them quite small. Now take an earthenware *casserole*, or roomy stew-pan, and put into it three ounces of clarified dripping, melt this over a low fire and then put in the onions, fry till a light yellow colour is obtained, then put in the pieces of rabbit and stir them about for two or

three minutes. Cover now with the hot broth, bring to the boil once, skimming off the scum as it rises, then ease off the fire to simmering : continue this, very gently, the vessel partly covered, for one hour. If this be carefully done the stew will be ready. Pick the pieces of rabbit out of the pan, set them aside and cover them ; strain off the broth ; pass the onions through the sieve, adding a little broth to assist the operation. In a separate pan melt an ounce of butter, mix it into one ounce of flour, make a thickening of these by stirring over a slow fire for five minutes, add broth and onion *purée* by degrees, bring to the boil ; take off the fire for a minute and stir into it the yolk of an egg. Now arrange the pieces of rabbit on a hot dish, pour the sauce over them, and serve.

(2) *Brown stew with onions à la Bretonne* :—Make a broth as in the foregoing case, also weigh and trim a like quantity of onions : put them into a stew-pan with three ounces of clarified dripping, a saltspoonful of salt, and a teaspoonful of sugar : fry, stirring them about till they turn a reddish-brown colour, then moisten with the hot broth in quantity enough to cover them, and stew them till tender. When ready, strain, pass them through the sieve, skim, and save the broth in which they were cooked.

Now melt a couple of ounces of good beef dripping in a stew-pan, add the pieces of rabbit cut up as in the first case, and fry them over a fairly brisk fire till they take a good colour, season with pepper and salt, and dredge over them a tablespoonful of flour. When nicely coloured cover the meat with broth, including that in which the onions were cooked, and adding an ounce of glaze, and a sherry-glass of chablis ; bring just to the boil over a moderate fire once, then immediately reduce the temperature and ease off to slow simmering, with the vessel partly covered for one hour, when the rabbit will be done. Now proceed as in the former instance to strain, skim, and thicken the broth in which the rabbit was cooked, adding the *purée* of onions to it and serving the dish in the same way. A few drops of Parisian essence will be needed to finish the colour of the dish.

NOTE :—Whichever way be chosen remember that there should be no stint in regard to the onions. The pieces of rabbit should actually be bountifully smothered.

The French homely dish of rabbit is the *gibelotte*, a *ragoût* made as follows: Cut up the rabbit for stewing, and put the pieces in a simple *marinade* composed of two tablespoonfuls of salad oil, two of red wine vinegar, an ounce of finely chopped onion, a good seasoning of mixture (*b*), and a tablespoonful of chopped parsley. Keep this in a cold place for six hours. Make broth with the parts already mentioned. When the time comes for cooking the *gibelotte*: Take a quarter of a pound of streaky bacon, cut it into dice, and fry them with half an ounce of butter in a stew-pan till coloured. Now take out the bacon, and put in the pieces of rabbit, let them fry in the butter and bacon fat for two minutes, return the bits of bacon, dredge an ounce of flour over the rabbit, and let this brown. Next cover the pieces with the broth, add a sherry-glass of chablis, a teaspoonful of seasoning mixture (*c*), a bouquet of herbs, and just bring to the boil, then add a dessert-spoonful of red currant jelly, and two dozen button onions, lower the fire and simmer steadily till the rabbit is cooked. Serve it neatly arranged on a silver dish with the onions round it. If mushrooms can be got, put a few into the stew (say a dozen buttons) when the simmering commences, and add them to the garnish.

Among the different ways of serving rabbits *lapin au ris* ought not to be omitted. The process is exactly like that given, page 394, for *poulet au ris*.

WILD FOWL:—With reference to wild fowl—duck and teal especially—and the sauces suited to them a good deal might be written; this, however, I will not attempt to do here, having given recipes for their cooking and service in the Menus. To these reference is requested, particularly to the observations recorded, Menu XIX., in respect of the trimming of duck or teal for the table without wasting the parts of them that are never eaten.

CHAPTER XVI

CURRIES

CURRIES have gradually worked their way into English kitchens, and are nowadays much more in request than they formerly used to be. Nevertheless, the majority of our cooks have something yet to learn before they can consider themselves adept at this branch of their work. Setting aside mistakes which can be traced to erroneous instruction, there is, unfortunately, a too common tendency to look upon a curry as a means whereby the insipidity of cold meat two or three days old can be cloaked. This is unfair and misleading, for while it must be allowed that very good curries can be made out of cooked meat, as I presently hope to show, there can be no disguising the fact that if we desire to produce the Indian dish at its best it must be made of fresh materials.

The proper process is not by any means one that can be scamped or performed in a hurry. It takes time, patience, and considerable attention. Not that the actual cooking of a curry presents any special difficulty—a cook who can stew well and has mastered the art of very slow simmering will easily manage that part of the task—the knotty points are the various accessories, and the order and method in which they should be introduced. A good curry powder or paste is, of course, an important factor in the case, but it is only a part of a rather elaborate combination.

Touching the components :—

The first thing to be considered, of course, is the curry powder, concerning which it is almost impossible to lay down any hard-and-fast law, since tastes vary in regard to it as much

as they do about tea. At the present time reliable preparations are to be got in London, both locally blended and imported from India, and although I much prefer importing what I use direct from the maker in Madras, I am prepared to admit that people can be suited fairly well on the spot without taking that trouble. A good curry paste is an essential in curry-making as powder, for it contains ingredients that cannot enter into a powder. But even the best powders and pastes require variation, for of no flavour does the palate grow more weary than of that of a curry invariably made upon a standard plan with standard materials. How this can be done will be shown hereafter.

Assuming that the necessary condiments have been procured, the accessories are:—Butter, shallots or onions, garlic, cocoanut, almonds, green ginger, certain herbs and spices, turmeric (erroneously alluded to as *saffron* in more than one publication), a conserve to produce a subacid, sugar sometimes, and salt.

As regards turmeric and saffron, the former (*curcuma longa*) is the real Oriental ingredient: saffron (*crocus sativus*) grows in Southern Europe and Asia Minor, and has nothing to do with Indian curries. The latter word has, however, been misapplied in translating the Hindustani term *huldi*, and in this way the mistake to which I have alluded has crept into recipes which may be in other respects reliable.

In regard to the butter, no more should be used than is required for the thorough frying of the onions. The Indian cook is prone to overdo this, with the result that his curries are often very greasy—molten fat is not a luxury to educated European taste. Good clarified beef or veal dripping can be substituted for butter if desired.

The small red onions known as shallots are the curry onions of India, but ordinary cooking onions may be used with almost as good an effect.

One bulb of garlic will last a long time, for only a very small atom (an uncut clove) is required occasionally.

Next as regards that most important item—the cocoanut. This, be it understood, is added to a curry in the form of

milk, *i.e.*, an infusion produced by scraping the white nutty part of the cocoanut, and soaking the scrapings in boiling water. The liquid thus flavoured, when squeezed through muslin, is the milk required in curry-making. The quantity to be used depends upon the nature of the curry. Ceylon or Malay curries, for instance, require a great deal of nutty milk. The point in connection with this adjunct, however, that must not be missed is the period at which it should be added. If put in too soon the value of the nutty juice will be lost—cooked away, and overpowered by the spicy condiments with which it is associated. So we must reserve the milk, as we do cream butter or the yolk of an egg in the case of a thick soup or rich sauce, and stir it into our curry the last thing just before serving.

It should be noted carefully that the liquid found inside a cocoanut is not cocoanut “milk” according to the requirements of Indian cookery. *The infusion* is what is used in curry-making.

The strained milk extracted in the same way from pounded sweet almonds can be put into a curry very advantageously; it may be used alone or be associated with cocoanut milk. Two ounces of the latter nut to twelve almonds will be found a pleasant proportion. When cocoanuts cannot be got, almond milk (*lait d'amandes*) makes a capital substitute: a quarter of a pound of sweet almonds pounded with one bitter one moistened with a cup of boiling milk, or broth, and then strained.

The desiccated cocoanut and ground sweet almonds sold for puddings, &c., may be used, but as the former is rather sweet, care must be taken to correct it with the subacid. Treat these preparations like the fresh scrapings, *i.e.*, by infusion. One and a half tablespoonful each of these two ingredients thoroughly scalded by a couple of gills of boiling water, set to infuse till cold, then strained and squeezed, will give a good milk for a curry of a pound of meat or fish.

Green ginger should be grated like horseradish, or sliced very finely, and then pounded, with a little butter, to a paste: a teaspoonful of this will be found sufficient for a curry for which a pound of meat has been used. This condiment can be

procured from the herbalists at Covent Garden, and also at the various stores.

The flavours of curries are varied by the use of spices and herbs:—powdered cloves, cardomoms, allspice, cinnamon, mace, and nutmeg; fennel, bay leaves, chervil, sorrel, basil, thyme, and marjoram. A saltspoonful of the spice and a teaspoonful of finely minced herbs are enough, selection being made according to taste.

Turmeric exists in sufficient quantity in all prepared curry powders; in some curries, however, such as Malay curry, for instance, ordinary curry powder is not used, and then a little turmeric is needed.

Lastly, concerning the sweet acid, which is a necessary feature in a good curry. English writers on the subject recommend chopped apples, green gooseberries, and other acids in quantities out of all proportion to the requirements of the case. A very slight sharpness is alone necessary, and this can be produced with lemon juice and red currant jelly, or Vencatachellum's tamarind chutney with a little vinegar—a sweet and a sour, that is to say. The natives of Southern India use a conserve of tamarind worked with a little coarse sugar, and there can be no doubt that tamarind is the best of all acid ingredients. Chopped apples are unnecessary; at all events they are not used in curry-land itself. Some of the liquid, say a teaspoonful, out of a bottle of Madras-made lime pickle is to be commended for both flavour and acid.

Curries require a little good broth or stock, those of cooked meats especially, but the provision of this adjunct can generally be managed inexpensively, as will be shown.

French earthenware *casseroles* glazed inside are the best utensils for curry-cooking. These can be got at 119, New Bond Street, at the Stores, and any French utensil shop, of which there are now several in London. See remarks on these vessels, page 11.

Assuming that we have obtained a bottle each of Vencatachellum's curry powder and paste (the best to be procured in London), and his chutney just spoken of, the process to be followed in cooking a chicken curry may be thus described:—

1. Choose a small chicken—and here let me point out that *large* chickens nearly full-grown ought never to be used in curries—and having cut it in pieces as for a *fricassee*, put them aside, and dredge over them a little flour.

2. Next take all the trimmings, neck, pinions, leg bones, feet, head, &c., with any scraps of meat that can be spared, and put them into a stew-pan with four ounces of onion sliced, three ounces of carrot sliced, half a dozen peppercorns, a bunch of sweet herbs, a saltspoonful of salt, and half one of sugar, just cover them with cold water, boil, simmer, and make the best broth you can.

3. When ready, strain the contents of the pan into a bowl, cool, and skim it. About three gills of useful broth should thus be obtained.

4. Lastly, make a breakfast-cupful of milk of cocoanut, or almond, as already described, using, instead of fresh nuts, if need be, a tablespoonful and a half of desiccated cocoanut, and the same of ground almonds. Let this soak covered up.

5. Now choose a good-sized *casserole*, and having minced fourteen ounces of shallots or mild onion quite small, put the mince into it, with an ounce and a half of clarified beef dripping or butter; set over quite a moderate fire and fry patiently, stirring and shaking the pan every now and then, till the onions turn a nice yellow brown.

6. While the onions are cooking, put into a soup-plate a tablespoonful of curry powder, one of paste, and one of tamarind chutney; mix these to a paste with a spoonful of the broth, adding a teaspoonful of salt and one of sugar, and when the onions have browned nicely, stir it into the *casserole* with them.

NOTE:—These are reliable proportions, but as tastes vary very much it is impossible to fix *quantities* to suit everybody. Some might consider the curry produced by the measures I have given too hot, some not hot enough. Slight alteration one way or the other is obviously the remedy. To reduce heat lessen the allowance of *powder*.

7. Cook the curry stuff with the onions and butter for about seven minutes *briskly*, adding, if necessary, a little butter to

assist the cooking. It is a mistake to put the condiments and moisten them at once with broth, just as it would be to add broth to flour and butter for a thickening without submitting the two latter to a slow process of cooking in order to overcome the taste of pastiness which the uncooked flour would impart. Curry powders must in like manner be well fried, so that their natural crudity may be overcome. It is owing to the omission of this step in the process that so many curries have a rough, snuffy taste quite out of keeping with the desired effect.

8. As soon as the cooking of the curry stuff with the onions has been carried out, the pieces of chicken should be transferred to the *casserole*, and stirred about with the materials in it for five minutes, a slight moistening of the broth being added by degrees—a breakfastcupful at the outside. The *casserole* may now be removed from the fire and the chicken allowed to *marinate* in the curry stuff for half an hour.

9. After that the *casserole* should be placed over a low fire, and sufficient hot broth to just cover the pieces of chicken should be added by degrees, the heat beneath the vessel being slightly increased.

10. Stir till nearly boiling, then lower the fire at once. A very gentle simmering process should now be encouraged for five-and-forty minutes, the stew-pan not quite closed.

11. During this stage half the cocoanut milk should be put in, and if, on tasting, a little more acid, salt, or sweet be found necessary, the proper correction should be made.

12. As soon as the forty-five minutes' simmering is over, by which time the chicken should be done, the remainder of the cocoanut milk should be stirred in, and in three minutes the operation will be complete.

NOTES:—(a) The instructions that have been given should be followed in respect of all curries made in the Madras way. In the case of cooked meat the only difference in the working is that stage 9 is unnecessary. After *marinating* according to stage 8 it should be placed over a low fire, and diluted with the nutty infusion: then it should be stirred for a quarter of an hour, corrections as to acidity, &c., being made during that operation.

(b) An important point to note is the *weight of the onions* and their mincing. After many experiments I have found that the quantity I now give is necessary for the production of a really good curry. It will be found that in process of cooking the apparently excessive bulk is reduced by at least one-half, and becomes blended as pulp with the curry stuff.

(c) No thickening whatever should be used in a curry of this kind.

(d) Observe the limited amount of the moistening broth used. This is so proportioned that when the whole preparation is completed there is no more than a nice juiciness to be found with the curry. Flavour is lost when a greater quantity of broth is expended.

(e) I have omitted green ginger in the recipe because it is often difficult to get, and if curry paste is used as well as powder it can be dispensed with. If at hand the directions given page 275 can be carried out. Garlic is also left out, for there is enough in the chutney for the requirements of the case.

(f) When cooked meat is used it should be cut into half-inch squares, one-third fat to two-thirds lean. If rather underdone and juicy so much the better.

(g) Stage 8 is an important one, especially the *marinading* of the meat in the moistened curry stuff, a process which causes it to acquire full flavour. It is for this reason that meat and fish curries are found to be better when warmed a second time than when first presented. For instance, if a curry with its sauce be kept during the night in an earthenware *casserole* it can be warmed the next day in the *bain marie*, without further addition of any kind. Fresh rice will alone be needed. The warming-up must be effected gradually as described, and the curry must be stirred during the operation.

(h) Curries and the rice appertaining to their service should be served in earthenware *casseroles*—reserved for the purpose. In these vessels they can be left without any risk, and with a frilled paper pinned round them they look quite nice and uncommon.

Dry curry:—If a semi-dry or dry curry be required, the moisture after completing stage 12 must still be further reduced,

the pieces of meat being continually stirred about with a wooden spoon during absorption, to prevent their catching at the bottom of the pan. By degrees they will separate themselves, and the curry stuff that they brought with them will dry, and become powdery. When this point has been attained, remove the pan and serve. The fire must be *very low* for this operation. Excess of fat should be removed from the meat or the curry will be greasy, not dry. A dry curry is better if made with cold cooked meat cut into half-inch squares as already mentioned. Patience is the only thing necessary to insure success in a dry curry.

Kubâb curry :—Cut a pound of lean cooked mutton into pieces about an inch square, and one-third of an inch thick. Out of a slice of cooked bacon cut as many pieces an inch square also, but not more than half the thickness of the mutton; cut up also a similar number of pieces of parboiled white onion upon the same pattern as the bacon, and as many thin slices of green ginger to match. Transfix these mixed pieces with small plated silver wire skewers, or with very thinly cut wooden ones, maintaining the order I have given, viz., first a piece of mutton, then a piece of bacon, then a bit of onion, and lastly the thin slice of green ginger. Having repeated this until one skewer is filled, go on with another. When all have been completed, the *kubâbs* should be put in at stage 8 and finished as recommended for chicken curry, omitting stage 9. The introduction of the slice of bacon is a very great improvement.

Quoormah curry :—Cut up about a pound of tender cooked mutton, one-third fat and two-thirds lean, into half-inch squares, and stir the pieces about in a big bowl with a tablespoonful of grated green ginger and a sprinkling of salt. Melt two ounces of butter or clarified dripping in a *casserole*, and stir in twelve ounces of shallots or onions finely minced, and a small clove of garlic uncut. Fry till just turning colour, and then, having mixed them altogether to a paste in a soup-plate with a little broth, add a tablespoonful of rice flour, a good teaspoonful of powdered coriander, a small teaspoonful of turmeric powder, half one of powdered cardamoms, and half one of powdered cloves. Cook this for seven minutes, and dilute by degrees with half a pint of mutton broth and half a pint of boiled milk, bring to the boil,

and simmer for ten minutes : now cool a few minutes, and then put in the meat, stir well, and let it *marinade* for half an hour. After this replace the *casserole* over a very low fire and simmer for twenty-five minutes. As this is proceeding pass into it a strong infusion obtained from four ounces of ground sweet almonds diluted with half a pint of boiling water and squeezed, after fifteen minutes' infusion, through muslin. Mix thoroughly, adding such seasoning as may be found necessary, finishing off with the juice of a lemon, and a coffee-cupful of cream.

This, it will be perceived, is a rather moist curry, of a pale yellow colour, and rich yet mild in character. The total absence of chilli, indeed, constitutes, in the opinion of many, its chief attraction.

Ceylon curry :—This curry was peculiar originally to places where the cocoanut is extensively grown and appreciated. It is known by some as the Malay curry, and it is closely allied to the *molé* of Southern India. Though best adapted for the treatment of shellfish, and ordinary fish, associated with vegetables of the *cucumis* or gourd family, it may be used with chicken, or any nice white meat. We can describe it as a species of *fricassée*, rich with the nutty essence of the cocoanut, and very delicately flavoured with certain mild condiments. It ought to be by no means peppery or hot, though thin strips of red and green chilli skin or capsicum may be associated with it if desired. It therefore possesses characteristics very different from those of an Indian curry. The chief point is the treatment and application of the cocoanut, which should be as fresh and juicy as possible, and of which there should be no stint.

When fresh cocoanuts cannot be readily procured, a very good substitute is to be found, as has been said, in an infusion of desiccated cocoanut and almonds, and from Brazil nuts an infusion can be obtained that very much resembles cocoanut milk.

The condiments employed are shallots or onions, coriander powder, green ginger, turmeric powder, powdered cinnamon, and, if liked, the chilli strips.

Agreeable combinations are made with prawns, scallops, shrimps, langouste, crab, Dublin Bay crayfish or lobster, with fillets of cucumber, vegetable marrow, or aubergines in slices :

any firm-fleshed fish, or tender chicken with one of these vegetables. For example, take a prawn and cucumber curry :—

Prawn curry (Ceylon) :—Prepare a dozen fillets of cucumber in the manner explained, page 227. Pick a dozen and a half good-sized prawns. Pound their heads and shells in a mortar, and with that and a pound of fish cuttings proceed to make a pint and a half of fish broth as described, page 138. Have this ready in a bowl. Now choose an earthenware *casserole*, put into it two ounces of butter, and set it on a very moderate fire ; when the butter has melted stir in ten ounces of finely minced onions. Fry this till the onions begin to turn yellow, then mix in with them (previously made into a paste in a soup-plate with a little milk) one tablespoonful of rice flour, one teaspoonful of turmeric powder, one of coriander powder, one of cinnamon powder, and a saltspoonful of salt. Fry this with the butter and onions for five minutes, then moisten by degrees with the fish broth, mixing in with it two large tablespoonfuls of desiccated cocoanut, and one ground sweet almonds with a tablespoonful of grated or finely minced green ginger. Bring to the boil once, and then simmer gently for half an hour. Now place a roomy hair sieve over a bowl, and press all the liquid through it, catching up the exhausted nuts, the pieces of ginger, &c. Wash out the *casserole*, and return to it the contents of the bowl, slip into this the prawns and cucumber fillets, warm up to near boiling-point, give it the juice of half a lemon, and the curry will be ready to serve.

It is of course convenient to use boiled prawns, crabs, lobsters, shrimps, &c., for this curry. A somewhat longer process of simmering (twenty-five minutes for chicken and ten or twelve for fish) will be necessary for raw fillets. The pieces of chicken should be lightly tossed in butter in a *sauté*-pan with a finely-shred onion, before being put into the curry sauce. Scallops may be cooked *in* the curry sauce—after *marinading* put them in cold, bring them slowly to the boil, at the first signs of which reduce the heat to simmering till the scallops are tender—about twenty minutes.

Excellent by this method are curries made of vegetables. It is the only way in which mushrooms can be orientalised without losing their delicate flavour, which is quite overpowered in curry

of the ordinary type. Artichoke bottoms, new potatoes, chestnuts, and Japanese stachys are suitable, and a delicious curry of this kind can be made with sprigs of cauliflower (not overboiled) with a liberal association of picked shrimps—the two gently heated up together till hot enough to serve.

Molé :—This is prepared as follows : In a couple of ounces of butter, fry gently six ounces of finely minced red shallots or onions over a slow fire : stop when the mince turns yellow, and stir into it a dessertspoonful of rice-flour, and add by degrees the nutty infusion already alluded to for *Quoormah curry*. Work this to the consistency of a rich white sauce, adding as much fish stock or broth as may be necessary, and pass it through a hair sieve. Heat up of cooked fish or chicken in this and finish off, as already described, with a dessertspoonful of lemon juice. A saltspoonful of turmeric powder may be used if a pale yellow colour be considered desirable, and a garnish of finely sliced green ginger, and thin strips of green and red chillies might be added. If raw fish be used, make a little fish stock with the bones and trimmings, simmer the fillets in this, and use the liquid in making the *molé*.

Fish curries :—Although the Ceylon or Malay process and the *molé* are peculiarly well adapted to fish of various kinds, it should be noted that with shellfish especially nice curries can be made, either moist or dry, by the Madras method first treated of. With ordinary fish care is necessary to prevent overcooking, for it soon breaks up, and the object is to serve it in fairly firm pieces. Salt fish is remarkably nice cooked in the Madras way, and garnished with hard-boiled eggs. The celebrated Madras prawn curry is cooked with curry powder and paste exactly on the lines of the chicken curry. But as it is made with unboiled prawns, in England a little strong fish stock is needed to moisten the curry, and stage 9 is unnecessary.

CHUTNEYS.

In the olden time in India CHUTNEYS of various kinds were considered as essentially necessary with the curries as the goodly platter of rice which, of course, accompanied them. These may be divided into two distinct classes : the preserved or bottled chutneys, and those that are made of fresh materials on the spot.

Of the former I need say nothing : they are easily procured, and most people know the kind that suits them best. But concerning the latter, I think a little attention will be found advantageous. There can be no doubt that the presentation of these chutneys—the little *hors d'œuvres*, so to speak, of the curry service—ought to be encouraged. They give a special relish to the dish they accompany, and are always appreciated.

Fresh chutneys should be served in saucers, which should be tastefully arranged upon a tray. Four or five varieties can be presented together, so that there may be an opportunity of selection. China scallop shells are handy for this service.

Caviare dressed with a few drops of lemon juice and a dust of yellow pepper ; roes of fish pounded with a little butter ; potted prawns ; potted ham ; crab paste ; lobster paste ; and sardine paste can accompany the chutneys and materially assist them, according to the curries that may be served. Fried ham is a favourite adjunct with the old Anglo-Indian.

The best fresh chutneys are:—tomato, cucumber, mint, aubergine, cocoanut, mango or apple, tamarind, and potato.

For TOMATO CHUTNEY.—Remove the skin (see page 224), seeds, and watery juice, from two or three ripe tomatoes, chop them up with a sixth of their bulk of minced chives or green stem of onion, and season the mince with a little salt ; add a pinch of sugar, the skin of half a green chilli, chopped small, and a little bit of celery, also chopped ; give the whole a dust of black pepper, and moisten it with a teaspoonful of vinegar—anchovy vinegar for choice—and the same of salad oil.

For CUCUMBER CHUTNEY.—Cut the cucumber into thin *julienne*-like strips an inch long—say three heaped-up table-spoonfuls—mix with them a teaspoonful of finely minced chives, or green stem of onion, one of chopped green chilli, or capsicum, and one of parsley ; moisten with a dessertspoonful of vinegar in which a pinch of sugar has been dissolved, a dessertspoonful of salad oil, and dust over it salt and black pepper at discretion.

AUBERGINE CHUTNEY is made in this manner:—Boil two or three aubergines, let them get cold, scrape out the whole of the inside of the pods, pass this through the sieve to get rid of the seeds. Rub a soup-plate with a clove of garlic, empty the

aubergine pulp therein, dress it with a teaspoonful of minced green onion, one of green chilli, one of vinegar, and the same of grated green ginger, season with salt and black pepper, pat the mixture into a little mould, and serve in a saucer.

COCOANUT CHUTNEY consists of pounded cocoanut, flavoured with minced onion and green chilli, green ginger, and an atom of garlic, moistened with tamarind or tomato juice, and seasoned with red pepper and salt. The proportions may be fixed as follows:—two tablespoonfuls of the cocoanut, a teaspoonful of grated green ginger, half one of onion and chilli, and vinegar (instead of tamarind) sufficient to sharpen. A delicate pink tint is given with a little finely pounded skin of red chilli, or capsicum.

MINT CHUTNEY is made in the same way, substituting pounded mint for cocoanut. Blanch the mint leaves for twelve minutes in boiling water, drain, and press out all moisture before pounding them. The leaves must be as young and tender as possible.

MANGO OR APPLE CHUTNEY is made like cucumber chutney, with the addition of a teaspoonful of chopped green ginger.

TAMARIND CHUTNEY is a good one.—Pound together a tablespoonful of tamarind pulp (the preserved West Indian will do) and one of green ginger, season it with salt, a teaspoonful of minced green chillies, and one of mustard seed fried in butter; mix thoroughly and serve.

MASHED POTATO CHUTNEY is flavoured with minced onion, green ginger, chilli, salt, pepper, vinegar, and a pinch of sugar. With these relishes, curries are undoubtedly far nicer than when sent up unassisted. The amount of onion is, of course, a matter of taste, and the garlic can be omitted if desired.

Tinned **BOMBAY DUCKS**, when presented with curries, only require crisping upon a wire drainer in a brisk oven for two or three minutes.

Papodums, an Anglicised corruption of the Tamil *paparums*, or, Hindustani *paupuds*, a thin wafer biscuit eaten with curries in Southern India, peculiar to Madras, are now procurable in London. They should be plunged into very hot fat, one by one, for not more than a couple of seconds each, being drained, dried, and served as crisp as possible. This is far better than toasting

them. They cannot be made out of India, as one of the components, the fine flour of green-gram, the pea of a kind of a vetch, is necessary, and the exact proportions of the other things a native mystery. Thin slices of unripe banana, and uncooked aubergine similarly fried, like potato chips, are nice with curries.

MULLIGATUNNY.

Originally peculiar to Southern India this well-known soup derived its name from two Tamil words—*milagu* (pepper) and *tannir* (water); for in its simple form as partaken of by the poorer classes in Madras it is, as its name indicates, a “pepper water.” Eaten with a large quantity of rice it is of itself to them a complete meal. The English, taking their idea from this composition, added broth with chicken or mutton, and thus produced a soup of a decidedly invigorating type. Composed in this way on a fairly strong foundation *mulligatunny* can be served as a *potage lié* (thickened), as a gravy soup (not thickened), or as a clear soup.

A good *mulligatunny* paste is the best preparation of condiments to use for this soup, but curry powder or paste, or a blending of both, may be substituted. In any case the curry stuff must be cooked separately with just as much care as curry-making. A soup made by blending raw powder or paste with meat broth, or stock, is not *mulligatunny*. The crudity and heat so often complained of can scarcely be avoided by following such an erroneous method.

Indian condiments purchased in England vary in strength to such an extent that it is difficult to fix the quantities for recipes with any degree of certainty. If Vencatachellum's *mulligatunny* paste be imported direct, or procured from some reliable source, it will be found that a well-filled tablespoonful will be sufficient to make a pint and a half of well-flavoured soup. Slight addition or reduction, as the case may be, will of course settle the question after one trial. A tablespoonful of his curry paste, or the same measure of his curry powder, or a dessert-spoonful of each, not over-filled, may supply the place of *mulligatunny* paste.

The stock need not necessarily be made of choice soup-meat : “second boilings” do very well, or a broth extracted from a pound or so of fresh scrag well broken, trimmings of cutlets or fresh giblets, with a bacon bone or rind, an ounce of glaze or spoonful of beef extract, four ounces each of onions and carrot, with a seasoning of mixture (*b*). Having prepared three pints of this, strained, cooled, and skimmed it, set in a bowl, and proceed as follows :—

Thick mulligatunny :—1. Put two tablespoonfuls of scraped or desiccated cocoanut, and two of ground sweet almonds into a bowl, and pour over it a breakfast-cupful of boiling water ; cover the bowl with a cloth, and let the nut steep till required.

2. Next mince well eight ounces of shallots or mild onion. Melt an ounce and a half of butter at the bottom of a two-quart stew-pan, put in the mince, and let it fry over a low fire slowly till it begins to turn brown, then mix to a paste in a soup plate and add two full tablespoonfuls of *mulligatunny* paste, one tablespoonful of tamarind chutney, and a dessertspoonful of *crème de riz*.

3. Cook slowly now for seven minutes, still over a slow fire, stirring the mixture with a wooden spoon, and if too dry adding a little butter.

4. Next put in a coffee-cupful of the broth, mix well, increase the heat below the stew-pan, and by degrees add the whole of the broth—three pints altogether.

5. Bring this to the boil, skimming off the scum, and then simmer for a quarter of an hour.

6. After this pass the liquid through the block-tin strainer to get rid of pieces of onion, &c., and then proceed in the usual way to thicken it with an ounce of butter and an ounce and a half of flour, or with rice flour as described, page 45.

7. If at all lumpy the soup must be again strained, and then the nutty infusion, squeezed through muslin, must be passed into it.

8. Heat up almost to boiling-point, and then serve.

NOTE :—The yolk of an egg, wholly separated from the white, may be mixed with a coffee-cupful of the soup off the fire, and stirred into the soup at the last moment.

Gravy Mulligatunny:—This variety is made like the thick in all respects omitting the thickening and the addition of the yolk. It is of course opaque, nevertheless, if made with good stock as a foundation, it is a very nice soup, especially as a pick-me-up, being not as rich as the thick, and not as troublesome to make as the clear.

Clear Mulligatunny:—The object in this case is to present a bright, clear soup, the colour of clear turtle, with a decided flavour of *mulligatunny*. The easiest way of doing this is to put a muslin bag containing the condiments in seed form into the soup-kettle with the vegetables, and to remove it as soon as the broth has acquired the desired flavour. If heat be liked it can be imparted with a few drops of tabasco as a finishing touch, or of chilli vinegar if tabasco be not available.

The following proportions will, I think, be found satisfactory as far as the flavouring is concerned:—half an ounce of coriander-seed, and a quarter of an ounce each of cummin-seed, a fenugreek, and cardamoms, a clove of garlic uncut, a dozen black peppercorns, and the finely peeled rind of a lemon with one bay leaf. Before being put into the muslin bag, all of the seeds should be slightly pounded or bruised in a mortar; the bag should then be boiled with the soup, and removed as soon as the flavour is satisfactory. These quantities are estimated for about three pints of clear *bouillon*, but as tastes vary in the matter of flavouring they can obviously be slightly altered at discretion.

I would abstain from the use of all ordinary spices for fear of disturbing the flavour derived from the curry stuff. The soup itself—ordinary beef, veal, or chicken broth—must be clarified with meat, as explained in Chapter IV. (p. 30). Clear ox-tail thus flavoured is well-known under the name of *queue de bœuf à l'Indienne*.

A stock made from fish and vegetables provides a capital basis for mulligatunny whether clear or thick. A cod's head yields a good broth, and a pound of fish cuttings also. Ordinary fish boilings if not too salt or rich make very fair mulligatunny. In every case, onions, parsley, and sweet herbs assist the flavour, see page 160.

Vegetarians can fall back upon a stock composed of vegetables. This, carefully flavoured with a good *mulligatunny* paste and chutney, as just described, thickened with flour and butter, and enriched with *lait d'amandes*, cocoanut milk, cream, or the raw yolk of an egg, will be found to make a most excellent *soupe maigre*.

The stock should be composed as follows:—Weigh, when trimmed and cut up, half a pound, each, of carrots, turnips, and onions. Mince and put them into a stew-pan, with four ounces of butter, good clarified beef dripping, or clarified beef suet, a bunch of parsley, and an ounce of celery. Fry until the vegetables begin to turn a red colour, then moisten with two quarts of hot water. Boil and skim, then put into the pan half an ounce of salt, a quarter ounce of black peppercorns, a *bouquet garni*, and half a pint measure of green peas, with their shells cut into strips. Simmer for an hour, skim off any fat that may rise, and strain the broth into a basin through a tamis.

Be careful in using turnips. Unless they are very young they are apt to be too strongly flavoured. This is observable in winter especially. Leeks are invaluable; if available I would put half a pound of them in with the carrots; a few sprigs of thyme or marjoram are also useful. A pint of French beans may be used instead of, or in addition to, the peas. This soup, when skimmed and clarified, is quite fit to serve alone. Macaroni or vermicelli may be added to it as a garnish, and grated Parmesan may accompany it.

For ordinary *mulligatunny maigre*, however, plain vegetable *cuisson*, the water, that is to say, in which certain vegetables have been boiled is useful. As a matter of economy, house-keepers should note this. Suppose it is necessary to make a *salade cuite*, i.e., a salad of cooked vegetables, or a *macédoine*, the water in which the carrots, onions, leeks, peas, flageolets, French beans, and young turnips are boiled will provide an excellent stock for ordinary white sauce, or *mulligatunny*. The water in which green peas have been boiled, boiled again with an onion sliced and the pods shedded, yields a capital broth for this purpose.

An excellent *mulligatunny* is made in association with a *purée*

of split peas, lentils, or haricots, simply using the *cuisson* for the moistening. For this consult the recipe for lentil *purée*, page 431, and work that into the *mulligatunny* paste, &c., instead of stock.

As a rule, the native cook in India makes the ordinary domestic *mulligatunny* without previously prepared stock. It is usually made of fresh uncooked chicken or mutton, and thickened or not as may be ordered. I subjoin a recipe adapted to the resources of the English kitchen. Imported birds do very well for it.

Chicken mulligatunny :—Cut up a good-sized chicken or young fowl as if for *fricassée*, reserving the breast, two wings, legs, and thighs only. Chop up the rest of the carcass quite small with the giblets and trimmings, and put them into a stew-pan with four ounces of onion, the same of carrot, a *bouquet garni*, a teaspoonful of salt, and an ounce of celery, and make a good broth with them, moistening it with milk and water in half proportions—a pint and a half in all.

When this is done, mince up finely ten ounces of onions, and put them, with two ounces of butter, into a small stew-pan on a low fire, fry together till slightly browned, and stir into the butter a tablespoonful of *mulligatunny* paste and a dessertspoonful of tamarind chutney.

Cook this slowly with the butter and onions for seven minutes, and then dilute with a coffee-cupful of the broth, put in the pieces of chicken, and stir them about in the pan with the onions for five minutes, then moisten with the remainder of the broth. If the pieces are not completely covered, put in water enough to do so. Let the contents come once to the boil, then ease off the fire, and simmer for a hour and a half very gently.

While this is going on, prepare a nutty infusion as mentioned for thick *mulligatunny* and cover it up.

Now, having ascertained that the chicken is so tender that the meat comes away from the bones easily, strain off the whole of the soup into a bowl.

Pick out the pieces of chicken for service, brush off any pieces of onion or carrot that may adhere to them, and put them aside.

When cold, skim the surface of the soup and, when quite clear of grease, proceed to thicken it, using an ounce and a half of butter and the same of flour, and stirring in the soup slowly.

All having been poured in, add the nutty infusion, using a piece of muslin in order to catch up the bits of nut, and put in the pieces of chicken. Let the *mulligatunny* come almost to the boil, and serve.

The chief points to observe are:—First of all the preparation of the chicken and the broth, and the separate cooking of the paste or powder; next their amalgamation, moistening, and the simmering, with the addition of a pleasant sub-acid; then the straining, cooling, skimming, and thickening; and lastly, the introduction of the nutty infusion, with the pieces of chicken. If a rich soup be desired, a tablespoonful of cream, or a couple of raw yolks of eggs, may be stirred into the tureen with the soup, by degrees, just before serving.

With a shilling's worth of giblets, the carcase of a pheasant, or a rabbit, a quart and a half of excellent *mulligatunny* can be made on these lines. A coffee-cupful of milk may be included. No garnish of meat will be available with the giblets, but that is of small consequence.

It will be seen from these observations that, while there is no difficulty whatever in making *mulligatunny* of a superior as well as of an ordinary kind, it is a soup that demands no little care and attention. Whether it is worth the trouble or not is a question that can only be decided by practical experiment. I have no hesitation in recommending the trial.

N.B.—A lemon cut into quarters should always be handed round with *mulligatunny* whether thick, gravy, or clear.

CHAPTER XVII

LUNCHEONS

WITH a wisely selected list of guests, a prettily arranged table, a light yet artistic *menu*, with cups of champagne, moselle, claret, sauterne, hock, or chablis, well iced and not spoiled by sugar, and coffee with liqueurs to finish it, a Luncheon or French breakfast party is a very enjoyable form of entertainment. In composing the *menu* avoid the order and style of a dinner. Be satisfied with half a dozen dishes at the outside, carefully contrasted one with another, and endeavour to arrange their service so that all may be over in forty-five minutes. Selection might be made from the following :—

Oysters, or savoury *canapés*, *olives aux anchois*, or an *antipasto* of *hors d'œuvres*, for which see Chapter XXIX.

A dish of eggs dressed in one of the modern styles, or a good *omelette aux légumes*, or *fournée* with oysters, shell-fish, mushrooms, truffles, &c., &c.

Whitebait, fish *au gratin*, in the form of *orlys*, *boudins*, *paupiettes*, *coquilles*, or fricasseed with cucumbers *à la Cingalèse*. Or cold in *mayonnaise*, *mousseline*, or *crème*, according to the time of year.

A *poulet*, or pheasant *à la casserole*, or *au riz*; duckling, *à la Dubois*, a *filet de bœuf* cooked entire, and served in slices, prettily garnished with vegetables, with *sauce raifort*, *Béarnaise*, *Valois*, *Milanaise tomatee*, or *Bordelaise*. Mutton or lamb cutlets, or *noisettes*, with *sauce soubise tomatee*, *Navarre*, *Suédoise*, *d'Uxelles*, or *verte aux herbes*. A fricandeau of veal or veal cutlets with any of the sauces that have been mentioned.

Among other appropriate dishes there are *salmis* of game, curries (which are perhaps better adapted for service at luncheon than at dinner), the hash of marinated mutton (page 323), *navarin*, *haricot*, *fricassée*, or *ragoût*. A *chaud-froid*, *crème*, or *pain* of game, chicken, &c.

Pressed beef, cold lamb, *poulet à l'ivoire*, *galantine*, *poularde farcie Parisienne*, or a raised pie on the sideboard, with plain French or other salad. In the winter a *terrine* of game, game pie, brawn, boar's head, &c. But see Chapter XVIII. about sideboard dishes.

Entremets de légume and macaroni or spaghetti, according to the advice given for those things elsewhere.

For sweets the fruit salad is always safe, with or without cream, or *compôtes* of special fruit; fancy pastry, *éclairs*, *petits choux*, *meringues*, *omelettes au rhum* or *kirsch*, *pannequets Celestine*, &c.

A savoury is always expected, for which Chapter XXIX. should be consulted. The cheese service with green butter, cream cheese, *pailles au parmesan*, and so on, may or may not be given according to discretion. A good savoury is usually found enough at the end of a luncheon party.

Soup is invariably given at a *déjeuner* abroad. In England, on the contrary, it is not generally considered a necessary thing at luncheon. Those best adapted for service on such occasions are delicately flavoured *clear* mulligatunny, *consommé aux œufs pochés*, or any nice, clear *consommé* prettily garnished.

For a small luncheon party I would suggest a dish of fish or dressed eggs, followed by a simple cutlet or *filet mignon*, with a nice vegetable garnish and sauce, with something hot or cold on the sideboard with a salad, one good sweet, and a carefully made savoury.

Compose, in short, a little *menu* of mixed dishes, introducing some nice slices of cold or hot meat about the middle of it. If the *entrée* following the fish or egg dish be of meat, the sideboard dish should be one of poultry or game, and *vice versa*. In summer a *mayonnaise* or an *entremets* of vegetables might be given, and if the preliminary dish be one of fish here might be presented a really good *omelette* associated with vegetables. For instance,

one with Parmesan laid upon a creamy *purée* of cauliflower or pine-kernels, or a layer of *haricots verts soubisés*, or composed *aux petits pois, pointes d'asperges, tomates, fonds d'artichaut, or truffes*, may safely form an item of the choicest luncheon bill of fare.

A few dishes suitable for luncheon may be useful:—

Poitrine de bœuf à l'Italienne:—A piece of fresh brisket, weighing, say, three pounds, must be chosen for this, not too thick, for it has to be rolled. Bone and flatten it with a bat on a board, skin downwards, brush its surface over with beaten egg, and sprinkle over it a seasoning of mixture (*b*) and a farce composed of two tablespoonfuls of finely chopped cooked mushroom, one of parsley, and a dessertspoonful of minced shallot. Roll up the meat now, carefully, enveloping within it the seasoned farce, and secure it with tapes. Mince two ounces of bacon very small, season it with a saltspoonful each of powdered thyme, marjoram, salt and pepper, and put it with an ounce of butter, three ounces of onion, and two ounces of carrot finely minced at the bottom of a stew-pan; set this over a moderate fire, fry for five minutes, and then place the roll upon it, and turn it about till it browns nicely. Now moisten with a pint of hot tomato *purée*, diluted with sufficient beef broth to cover the piece of meat. Allow the first sign of boiling to appear, then reduce the heat under the vessel, cover closely, and simmer very gently till it is done—it ought to be kept at least three hours at a gentle heat. When ready to serve, take the pan from the fire, strain off the *cuisson*, place the roll upon a very hot dish, remove the tapes, with a sharp knife slice the meat in neat portions, arrange them so as to overlap each other, garnish with glazed onions, *haricots verts*, Brussels sprouts, or any nice vegetable, and after removing the fat from its surface pour the *cuisson* over it, and serve. A dish of *spaghetti à l'Italienne* (recipe, Chapter XXV.) should accompany.

Quasi de veau à la casserole:—Having got, say, five pounds of the chump end of a loin of veal, bone it, lay it on a board skin downwards, brush the upper surface with a beaten egg, spread over that a half-inch layer of veal stuffing (page 123), dotting over it two ounces of fat of cooked ham or bacon cut into quarter-inch dice, and the kidney similarly cut. Now roll the meat up,

and secure it in shape with ties of string or tape. Take a *casserole*, or stew-pan large enough to hold the roll, put into it two ounces of clarified suet, melt this over a moderate fire, and then stir in, minced quite small, three ounces each of onion and carrot, half one of celery, a dessertspoonful of parsley cut up, and a teaspoonful of seasoning mixture (*a*), with one of salt; fry all together for a couple of minutes, then lay the roll of meat upon the top of the vegetables and fry it with them briskly till it is coloured; now cover, and put the vessel into a moderate oven, withdrawing it now and then for basting with strong broth just enough to keep it from burning. As soon as it is done take out the meat, remove the strings, trim the extremities neatly, lay it on a flat dish made hot to receive it, and cover closely; strain off and skim the *cuisson*, pass the vegetables through a hair sieve, put the *purée* thus made over a low fire, stir in the *cuisson*, add two gills of tomato *purée* or one of conserve, pour over the meat, and serve with tomatoes *gratinées* (page 223), in a ring round the meat, alternated with crisp rolls of fried bacon.

NOTE :—In all cases when a boned joint is chosen for luncheon it is highly advisable—especially in the case of a chump of veal—to prepare it in part the day before. The crushed bones and trimmings can then be set with vegetables, &c., to make a broth without hurry. During the night the meat may be *marinated* (see page 108), which certainly improves the flavour of it.

Epaule d'agneau farcie:—Choose a nice shoulder of lamb or Welsh mutton; bone, and, following the previous receipts, spread over its upper surface a farce composed exactly like goose stuffing (page 124), substituting mint-leaves for sage. Cook this like the brisket of beef, with this difference—omit the browning of the meat; moisten, after putting it into the pan at once. When done, cut the roll into convenient disc-shaped portions, arrange these overlapping one another, mask them with a *purée* of cucumbers, and serve surrounded by neatly shaped cooked cucumber fillets (see page 227 for this). As this is a white dish, the meat should be moistened with milk and broth in half

proportions, and some of this, strained, should be blended with the cucumber *purée*.

Poitrine de mouton, gratinée :—Put the breast in a stew-pan with two ounces of bacon chopped up, half an ounce of butter, three ounces each of minced carrot and onion, one of celery, a seasoning of mixture (*b*). Set this over a good fire. Let the bacon and butter melt, and turn the meat about in it till it begins to colour ; then cover the whole with warm broth or water, adding half an ounce of glaze ; permit the signs of boiling to appear, then lower the heat, cover the pan, and stew very slowly till tender. Now take the pan from the fire, lift out the meat, strain off the vegetables from the broth. Proceed to take out the bones from the breast, then set it to get cold under a weight. When wanted release the weight. Egg and bread crumb the outer flap of the meat ; let this dry ; brush it over with melted butter, lay it upon a buttered *gratin*-dish, and set it in the oven to brown ; strain and pass the vegetables through the sieve ; remove the fat from the broth and turn it, if liked, into *sauce piquante*, or, by adding a tablespoonful of tomato conserve, give it a pleasant sharpness.

In a small joint-dish, made very hot, arrange a bed of chopped greens, make a hollow in its centre, and in this put the *purée* of the vegetables ; lay the breast upon it, and serve the sauce in a boat, or pour it round the meat if you think it better so. A bed of spinach is appropriate.

Petits poulets à la fermière :—Cut two three-parts-grown fowls in halves, season them with pepper, salt, and powdered rosemary. Use the giblets for a broth for sauce (page 61). Take an earthenware *casserole*, or a *sautoir* with high sides and a dome-shaped cover, lubricate its surface with two and a half ounces of clarified suet, lay the half-chickens upon this, putting in with them three ounces each of onions, carrots, turnips, and French beans—the onions minced, the carrots and turnips cut into balls with a scoop, and the French beans in diamonds ; add an ounce of parsley, and a seasoning of mixture (*c*). Cover the pan closely, and keep it over a low fire for five minutes. After that push it—still closely covered—into quite a slow oven, and cook for three-quarters of an hour very gently, without touching the vessel.

Dish the birds surrounded with the trimmed vegetables. Moisten the vessel with a gill of hot broth, thus liquefying the glaze produced by the cooking: stir this into half a pint of brown gilette broth sauce (page 62), with a sherry-glass of chablis; mix, boil up, skim, and serve the birds with the sauce and a nice salad.

Poulet sauté:—A tender fowl, not quite full grown, should be chosen for this. Cut it up as explained (page 302) for *fricassée* of chicken, setting the giblets, back, pinions, and trimmings on for a broth for a sauce as in the foregoing case. Lubricate a *sauté*-pan with an ounce and a half of butter and a tablespoonful and a half of salad oil, heat this over a moderate fire, and then put in the pieces of chicken, with three ounces of minced onion, an uncut clove of garlic, and a seasoning of mixture (*b*); fan the fire—it ought to be fairly brisk, but not very quick—and turn the chicken about so that the pieces may be “seized,” then put the pan into the oven, and finish the cooking. Watch the process and take out the wings and tender breast pieces first, for they will be done before the thighs and legs. When all are cooked pick out the pieces, put them in a hot *entrée* dish, cover them, and prepare a sauce to finish them with as in the case of *poulet à la fermière*. Pour this over the chicken, and serve. Fried *croûtons* of bread with olives, chestnuts, mushrooms, little balls of potatoes separately cooked, &c., can be used for garnishing the dish.

Fricassée de volaille:—Cut up a tender fowl, or large chicken, and make a broth with the giblets, &c., exactly as in the previous case. Fry the pieces of chicken similarly, but do not let them take colour, using an ounce and a half of butter, omitting the oil; sprinkle them with a tablespoonful of flour, stir well, then take the pan off the fire, and moisten its contents by degrees with hot broth sufficient to cover them; replace over a fairly fast fire, and at the first signs of boiling reduce the heat under the vessel, and then allow the *fricassée* to simmer very gently until the chicken is perfectly tender. Now take out the pieces, arrange them in a hot *entrée* dish, and cover them closely; strain the *cuisson* into another stew-pan, adding two raw yolks of eggs, and a tablespoonful of cream, thicken this as you do in making custard, pour over the chicken, and serve. Fillets of cucumber, chestnuts,

fonds d'artichaut, mushrooms, olives, or cashu-nuts, with *croûtes* may be used for the garnish.

Fricassée de volaille Livournaise :—Proceed as in the previous case, but add two tablespoonfuls of finely grated cheese to the sauce, blend three ounces of separately cooked *spaghetti* with the chicken, and garnish the surface of the dish just before serving with discs of tomato.

RABBITS make an acceptable change in the luncheon bill of fare, especially if cooked in the style of the *gibelotte*, as explained in Chapter XV. Ample time is required for these stews; operations should be commenced at half-past nine for a one o'clock meal. That excellent dish, boiled rabbit "smothered" in onions, is generally spoilt by over-quick cooking. As a matter of fact it should not be allowed to *boil* at all, for after nearly reaching that temperature the heat below the vessel should be reduced, and the process changed to gentle simmering without acceleration till the cooking is completed. I cannot too often emphasise the fact that the toughness and indigestibility of English domestic cookery are wholly caused by hurried work. Few cooks will boldly tell their mistresses that they cannot do such-and-such a dish *in the time*; they try their best, and the result is of course a *fiasco*.

Rabbits cooked as above can be served with various maskings: with potato and onion *purée* (*à l'Irlandaise*), with Jerusalem artichoke *purée* (*à la Palestine*), with celery and onion *puree*, with young turnip *purée* (*à la Navarin blanc*), with grated cheese mixed with *soubise* (*à la Milanaise*), with *soubise tomatée* (*à la Toscane*), &c. A tablespoonful of chopped capers or gherkins may be scattered over the masking.

Chickens may be treated exactly in the same way.

The following suggestions may be useful for those who have to cater for delicate appetites :—

A chicken neatly cut up as for a curry, then dipped in well-beaten egg, rolled in breadcrumbs, well-dried, then fried a golden brown, and served with *Hollandaise*, tomato, *soubise*, *fines herbes*, or good bread-sauce, and garnished with fried parsley. Practicable with cold cooked chicken.

Perdrix au chou (page 267), or two partridges cooked, and

smothered with chestnut or other *purée*, as just described for rabbits.

The undercut of the saddle, cut out entire, grilled over a brisk fire, and sent in with potato chips or *duchesses*—or juicy neck cutlets, similarly cooked and served—with a pat of *maitre d'hôtel* butter melting over either of them.

Poulet gratiné :—Order a chicken (an imported bird will do) to be boned and split for grilling, the bones and giblets to be sent in with it. Set the latter to make a broth, and partly cook the chicken by giving it a few turns in butter in the *sauté*-pan. Then put it on a dish with another over it, weighted, to keep it flat. When cold, brush over its upper surface with beaten egg, and spread over it a half-inch layer of good *farce à gratin de foie* or cashu-nut stuffing, smooth this, let it get dry, and then egg and crumb it. Now put the chicken on a buttered gratin dish, cooking and finishing it like the breast of mutton (page 296): serve on a bed of *riz tomaté* (page 395).

Pigeons à la casserole with peas, see quails, page 268.

Chicken or game in cases ; curry puffs ; or little patties of puff-pastry filled with any tasty mixture.

A savoury *omelette* ; peas, spinach, or tomato *purée* masked with buttered eggs, and garnished with little cheese biscuits.

A dish of French beans or peas, tossed in butter with dice of fried ham or bacon ; or cold with a little cream or *sauce mousseline* or *Hollandaise froide*.

Coquilles of *fonds d'artichaut*, or of any delicate vegetable.

A dish of macaroni or spaghetti selected from Chapter XXV. ; or of savoury fritters from Chapter XX.

Ramequins en caisses, or a little cheese *omelette*.

Savoury toasts of all kinds—Chapter XXVIII.

Chapter XIX. should be consulted in respect of *réchauffes*.

For an easily made "sweet" there ought not to be much difficulty in making a selection. *Beignets* of fruit, fruit *compôtes*, a sweet *omelette*, *crêpe* or *pannequet*, *soufflé*, *omelette-soufflée*, &c., cost little trouble, and are quickly made. Besides, it is at luncheon that the excellent plain puddings peculiar to English domestic cookery seem to be specially appreciated.

SANDWICHES :—For lunch out of doors, travelling, at receptions, and in circumstances when time is an object, the sandwich is of course an invaluable stand-by. It can be made in many ways, and, with the exercise of a little discretion, in great variety : here are a few good ones :—

New spongy bread is of no use whatever for this branch of work. A close-grained bread made specially in long, rectangular loaves is the best for the purpose, and this should be at least a day old. In this condition it can be cut thin with a smooth surface and clean edges. A very sharp carving knife is required for the operation. An eighth of an inch is about the proper thickness.

Use the best butter and be liberal with it, not only on account of the good effect it produces in respect of the combination, but also because it is answerable for the close adhesion of the bread to the preparation it encloses.

Meat Sandwiches :—*Purées* of cold cooked game : grouse, pheasant, partridges, black game, teal, wild duck, hare, &c., in which the pounded or finely minced meat is moistened to a paste with a strong gelatinous *fumet* extracted from their bones and trimmings strained and set in a cold place till firm, form excellent materials for sandwiches. The paste should be worked up with butter, and spread on the bread in the usual way.

Good home-made potted ham, tongue, pressed or spiced beef, or game may be used in the same manner.

Chicken or turkey may be cut into very thin julienne-like strips, and arranged with an equal quantity of ham, tongue, or *foie gras* similarly cut, between slices of bread spread with *ravigote* butter. Fancy butters (see Chapter XXIX.), judiciously selected, are of great value in sandwich-making.

Slices of *galantine*, *pain*, or *crème*, whether of meat, fowl, fish, or game, make excellent sandwiches.

Sandwiches of *foie gras* may be composed either with strips of the *foie gras au naturel* or with remnants of a *pâté de foie gras* pounded with butter to a smooth paste. A *purée* of *foie gras* is now issued from Strasbourg affording inexpensive material for sandwiches.

The forcemeats given in Chapter IX., especially the liver

game, and curried forcemeats, poached in a plain charlotte mould according to the recipe recorded, page 120, and allowed to get cold, can be used for sandwiches with good effect.

With shredded or grated ham, tongue, or pressed beef—associated with very thinly sliced fat of ham, tongue, or pressed beef, as the case may be—a useful sort of sandwich can be made. Also with fish :—

Fish Sandwiches :—(a) *Purées* of shell-fish, salmon, trout, &c., mixed with a little gelatinated *Hollandaise* or *mayonnaise* sauce.

(b) *Purées* of kippered or smoked salmon (lax), anchovies, sardines, tunny, Finnan haddock, or Yarmouth bloaters, softened by *Hollandaise* or *mayonnaise* and a little cream, or pounded hard-boiled egg and plenty of butter.

(c) Fillets of anchovies in thin strips laid upon bread spread with green butter (page 417), with strips of cucumber or minced olives between them.

(d) Prawns, shrimps, lobster, or crab finely shredded, set in gelatinated *mayonnaise* sauce, with finely shredded garden-cress scattered over the surface of the mixture before closing the sandwich.

(e) The same set on bread spread with lobster butter, page 60.

(f) *Caviar* with a sprinkling of lemon juice and seasoning of Nepaul pepper laid upon bread spread with *maitre d'hôtel* butter.

(g) Mock crab, made according to the recipe, page 412.

Cheese Sandwich :—Gruyère or any good English cheese grated finely into a mortar and pounded with an equal weight of butter, a teaspoonful of good vinegar and one of made mustard to every two ounces of cheese, with a seasoning of salt, black pepper, and a little Nepaul pepper.

Egg Sandwich :—Hard-boiled eggs crushed in a mortar with an equal weight of butter, a dessertspoonful of finely minced parsley and chives, a teaspoonful of vinegar being added for every three eggs, and a seasoning of salt and Nepaul pepper. Or, sharpened with a teaspoonful of minced capers instead of vinegar, and flavoured with chervil and strips of cucumber. A tablespoonful of grated ham, beef, or shredded lax, with the powdered eggs, is a third variety ; while chopped anchovies or sardines with garden-cress give another.

Curry Sandwich :—Cut up and pass the meat of a cold curry through the mincing machine. Bring the mince to the consistency of smooth paste by mixing any cold curry sauce or gravy with it and a little butter. Use in the usual way.

The seasoning of sandwiches depends, to a great extent, upon their component parts, which, in most of the instances I have given, are already seasoned. The best for ordinary use is either seasoning (*b*), or for an Oriental composition (*d*) (page 123). Nepaul pepper is the best hot pepper.

The most useful condiments and accessories are plain mustard, French mustard, horseradish mustard, chutney, vinegar, capers, gherkins, red cabbage or walnut pickle in small quantities, green chillies and capsicums—also in small quantities and pounded if possible—and olives.

NOTE:—To cut up a chicken for *fricassée*:—Place the bird upon a board, head towards you; cut off the neck close to the body; make an incision half-way between the breast bone and the wing joint on either side; detach the wings; snip off the pinions at the second joint. Pass the knife now between the body and the thighs, feel for the joint, and detach the latter; separate the drumsticks from the thigh pieces; snip off the leg bones close to the meat. Detach the breast from the carcase, trim and divide it in two by laying the knife *across* it, and giving the back of the knife a smart stroke with a mallet. You now have eight nice pieces. The back, ribs, neck, and trimmings can be added to the giblets, and used for the broth. Flour the selected pieces, and set them aside until they are wanted.

CHAPTER XVIII

SIDEBOARD DISHES

IN this chapter I propose to say a few words about the preparation of joints or large pieces of meat, poultry, galantines, &c., for cold service suitable for luncheons and suppers.

On the score alike of economy and good quality I would urge all who like to have such *spécialités* as galantines, pressed beef, tongues, brawn, cold boiled fowls masked with white sauce, &c., to cook them at home. Without wishing to cry down the ready-made specimens of this kind of food to be purchased at the various Stores and the shops of purveyors of dressed provisions, I cannot but point out that we ought to be able to turn out any of them just as nicely in our own kitchens. It is only at the very best places that their preparation is marked with any special excellence, and this is chiefly noticeable in regard to external finish rather than the quality of the food itself.

There is nothing at all difficult in the dressing of such dishes ; they simply require proper care in cooking, and neatness in the trimming and dishing afterwards. The practice which now prevails of profusely ornamenting cold dishes for luncheons and suppers cannot be commended. Glaze properly applied, as will presently be described, broken aspic jelly, or neatly stamped-out pieces of the same for garnish, with bunches of parsley or watercress, snowy dish papers, and frills to cover unsightly knuckle ends of ham, &c., are all the accessories that are necessary. The laying-on of devices of sorts on the surfaces of hams, tongues, galantines, and poultry, and worse still, the squeezing of patterns

upon them in colours similar to those laid upon cakes by confectioners, are wholly out of place on the one hand, and silly waste of time on the other. It is but lost labour too, for all the lovely tracery and gimcrack moulding is studiously scraped off by the carver as soon as business begins. If it were the custom for people to display in their dining-room windows for the admiration of passers-by the dishes prepared for their little entertainments, this embellishment might, perhaps, be excused. Since, however, we have not come to do anything quite so outrageous at present, why should we encourage a vulgarity which is almost as bad.

GLAZE, as has been already said, can be purchased in London ready made. This merely requires to be melted to render it fit for use. Circumstances may, however, arise necessitating its preparation at home, in which case the process is as follows:—

Make a strong broth of all the odds and ends that there may be at hand—trimmings of meat, giblets and bones of poultry, skeleton remains of fowl or game, bacon rind, a few scraps of lean ham or bacon, and so on. When ready strain the liquid, free it from grease, and clarify it with half a pound of raw beef, according to the recipe given, page 30. Then put it into a stew-pan over a fast fire, and reduce it until it begins to thicken sufficiently to coat upon the spoon with which it is being stirred. Constant stirring is downright essential to prevent the glaze sticking to the bottom of the saucepan and burning. As soon as satisfied with its consistency, pour it into a small jar. When cold, the glaze will solidify like glue. When it is required for use, place the jar in which you have set it in the *bain-marie* and let the jelly melt; then dip a brush into it, and paint the surface of the tongue, or joint, over thoroughly; when dry, the appearance will be that of a clear varnish. The gloss should be bright and clear, by no means heavily laid on, and of a pale cigar-brown colour. The thick layer of dull treacly material—sometimes even of a reddish colour—that is frequently to be seen in shop windows, is repellent rather than ornamental, and certainly not at all what glaze ought to be.

Before laying on the varnish see that the meat is very cold,

and quite dry, and use a brush called by artists in oils a softening brush. A second application, when the first has dried well, may be given if the effect appear too thin.

For the best glaze veal and veal bones are supposed to be used in the making of the broth, but it is quite unnecessary to go to such expense if materials such as have been described are available. But the broth *must* be clarified if a bright glaze is wanted.

SALTING MEAT :—Although it is an easy thing to have special pieces of meat salted to order by the butcher, it may happen that that assistance is not within reach, or that for some reason it is desired that the work should be done at home. There can be no doubt that very good results are without difficulty produced in this way, while to some it is a matter of satisfaction to know that the process has been carried out in their own kitchens.

Some pieces of beef are certainly better if salted without saltpetre, although by the omission redness is lost. A tongue, on the other hand, would be scarcely presentable without the colour which saltpetre produces. The following recipe is composed to meet either case: it is intended for small pieces of brisket, say about five pounds, or for an ox tongue. It can, of course, be doubled or trebled for larger operations.

For the brine it is as well to have a small wooden tub. Make the former as follows: Choose a large earthenware *casserole* or iron saucepan, and put into it one pound of common salt as used for ice-making, and one pound of bay-salt, eight ounces of brown sugar, an ounce of black pepper, and, if for a tongue, an ounce of saltpetre. Moisten this mixture with three quarts of cold water, set the vessel on a fairly brisk fire, and bring the contents of it to the boil. Continue boiling for twenty minutes skimming off all scum, and making good loss by evaporation by additions of hot water. When clear of scum the brine may be cooled and strained into the tub.

Now clean, and prepare the meat or tongue by rubbing into it well about four ounces of common salt. When this has been carefully done, including all indentations, holes made by skewers, &c., set the meat aside, and let it drain for the rest of the day.

After having been thus drained it should be put into the brine in the tub that evening.

NOTE:—While the meat is in brine it should be completely covered by it, a weight set upon it to keep it down, and the tub itself covered by a piece of coarse flannel. Meat should be soaked for not less than a week to be properly salted.

SPICED BEEF, ROLLED:—This good old-fashioned thing for luncheon is best made of a piece of thin flank or brisket weighing about five pounds. If ordered specially for rolling, the butcher will bone and salt it sufficiently for the purpose. When the meat is sent in wash it in cold water and spread it out flat, skin downwards, dry it, and lay a thin coating of the following seasoning over the upper side (in the same manner as you would spread jam over the paste before making a rolypoly pudding): half an ounce of powdered cloves, half an ounce of peppercorns freshly ground, half an ounce of powdered mace, a dessertspoonful of finely powdered thyme, with one of marjoram, the chopped peel of a nice-sized lemon pared very finely, and a quarter-ounce of Nepaul pepper—mixed thoroughly together. Roll up the brisket, secure it with tape, wrap it in a freshly scalded cloth, and tie it firmly with a string. Cook it patiently until tender (see directions for boiling salt beef, page 116), and set it, when done, in the larder under a weight; when cold, remove the string, trim the joint neatly, glaze it, and when the glaze is dry the beef may be considered ready for the table. A couple of glasses of marsala mixed with the liquid in which the beef is cooked during the last hour will improve the flavour greatly. Saltpetre ought not to be used for the salting of beef for this dish.

PRESSED BEEF should come to table in a rectangular shape, neatly trimmed, with its top glazed. Full directions for preparing the joint will be found page 116, in the recipe to which reference has been made in the preceding paragraph.

TONGUES ought to be cooked in the same manner. As regards shaping and trimming, however, they require care, for they have an annoying habit of curling themselves round—contracting, that is to say, in the boiling—which must be corrected as soon as they are taken out of the water. To set up a tongue

properly you must place it hot upon a board, pin the root end down by driving a couple of strong skewers right through it into the board; stretch the tip out straight and secure it to the board also with a steel-pronged fork; support the tongue in shape by weights on each side, put it in a cold larder, and let it get quite cold. When this has taken place the tongue may be released, trimmed, and brightly glazed.

BRAWNS can be made of any meaty substances possessing a strong gelatinous property, such as calves' head and feet, pigs' heads and trotters, ox cheek, palates and feet, &c. But as these parts are not very savoury by themselves it is necessary to salt them slightly, and to associate with them tongue, beef, scraps of ham, or some other meat that may help to provide flavour. Brawns must be made while the meats prepared for them are hot, in order that the maximum of the solidifying power of the gelatine may be secured. The meat should be sufficiently tender to be torn in pieces by two strong forks rather than neatly cut, for cleanly cut edges do not adhere so closely in the mass as those that are rough.

CALF'S HEAD BRAWN.—Choose a small calf's head and split it in two, cut out the eyes, break the bones of the jaws, remove the brains, bone it, and let it lie in brine for a week. The next step is to wash well and scrape but not to soak it. Now put it into a stew-pan with cold water enough to cover it. Bring to the boil very slowly, and then add vegetables and flavouring as if for soup; simmer gently for an hour and a half or until the meat is quite tender, and can be separated with two strong forks easily; after this strain the head from the broth, and vegetables, tear the meat to pieces while it is hot and juicy, *en masse* rather small, seasoning it carefully with mixture (*b*) whilst doing so. If you have no spiced pepper, mix a dessert-spoonful of powdered dried thyme and marjoram blended, with a teaspoonful of pepper and a saltspoonful of mace, and dust it freely into the meat. When seasoned, well broken up, and mixed, add to it twelve ounces of cooked ham, tongue, or bacon, which, cut into dice, fat and lean, should be gently warmed in a little of the head broth, and stirred among the pieces of head.

Now, having previously got ready and heated a round brawn

tin, put into it by large spoonfuls at a time the prepared hot meat, pressing the layers down firmly, and placing a weight on the top when the packing is completed. Put the tin into a cool larder and let it remain all night to set. The next morning it can be turned out whole, and served for breakfast or lunch. The broth in which the meat was stewed should be blended with the soup stock, for it will be gelatinous and strong—the proper basis, in fact, for a good mock turtle.

NOTE:—Half a large calf's head makes a nice brawn. If required the butcher will send it up dressed ready for boiling, and take care that the tongue accompanies the half head.

Boar's head:—An excellent brawn can be made with half a pig's head, say four pounds, half a pound each of cooked tongue, and cooked pressed or salted silverside of beef. Cook the pig's head as in the foregoing recipe, and warm the tongue with the beef like the ham. Tear up the meats whilst they are quite hot, season as before explained, stir the mixture well together, press the whole tightly down in a brawn tin, and let it remain for a night with a heavy weight above it. When required, dip the tin into hot water to loosen the sides of the brawn, and it will slip out fully formed, and ready for the table. In this instance the half pig's head may be slightly salted like the calf's head for three days only, and a couple of pettitoes would add to the solidity of the brawn.

Rabbit brawn:—Bone two full grown rabbits, put the meat aside, crush the bones and the heads, and put the *débris* into a stew-pan with three calf's feet split in four pieces each: cover with cold water, bring slowly to the boil, then add, finely chopped up, six ounces each of onions and carrots, one of celery, one of parsley, and a good seasoning of mixture (*b*). Now simmer gently till the meat comes away easily from the bones of the feet. Then strain off the broth, and pick out the feet. Put the rabbit meat now into a clean stew-pan, cover it with some of the broth and stew very gently until it is quite tender, add the meat of the calf's feet, and with it put into the pan half a pound of cooked ham, and half a pound of cooked tongue: reduce the broth over a low fire, stirring well; then strain off the contents of the pan, tear the meat to pieces with the forks,

add ten ounces of cooked bacon cut into half-inch squares, stir all together, season with herb mixture (a), and with it fill a brawn tin, pressing it well home, lay a weight over it, and leave it in a cold place for twelve hours; then turn out the brawn, trim, glaze, and garnish it.

Game brawn:—An excellent brawn can be made on the lines of the above by substituting the meat of a hare for the rabbits with the flesh of a brace of partridges, or any mixed assortment of game.

In choosing a brawn tin it is better to select one of narrow rather than broad dimensions—eight inches in diameter and five deep will be found a convenient size. This advice is given with a view to carving, which is much easier when the surface is not too extensive.

GALANTINES:—These are of course particularly suitable for luncheon parties and suppers.

Choose a very fine fowl, capon, or hen turkey, from three and a half to four pounds in weight; purchase two pounds of lean veal, three pounds of fat bacon, and a pound of cooked tongue. Having plucked and cleaned the bird, preserve the giblets carefully, scald them, cut them up small, and put them aside.

Next lay the bird breast downwards on a board, and proceed to bone it—to do this well the cook should have a lesson from one to whom the process is familiar—sever the pinions, legs, and neck, but draw the skin carefully over the places, and sew them up, so that the outer skin may be as whole as possible. Cut off all the meat from the pinions and legs (removing the sinew) and flatten the carcass with a cutlet bat. Break up the bones that have been removed, and with them and the giblets proceed to make a broth, adding enough water to cover the whole, and, when once boiling, the vegetables recommended for *pot-au-feu*, page 28. For notes in respect of boning see page 314.

Now make a forcemeat with the veal and two pounds of the bacon, as explained for galantine forcemeat, page 128.

Blanch and cut up the remaining pound of bacon and the tongue in half-inch squares.

To make the foundation of the work as level as possible, trim

away nearly all the meat of the body of the fowl with a very sharp knife almost to the skin ; the meat that is thus detached should be kept with that of the wings and legs.

These things having been done, the packing of the *galantine* should be proceeded with :—

First lay the bird on a board skin downwards, and spread a layer of the forcemeat, three-quarters of an inch thick, evenly over its surface ; upon that a layer of the slices of the bird, then a layer of tongue and bacon squares, upon that another layer of the meat that was cut from the bird, over that a second spread of the tongue and bacon squares, and lastly a thick layer of the forcemeat. Between each layer there should be a dusting of seasoning mixture (*b*).

The packing having been completed, carefully draw together the edges of the skin of the flattened carcase, disturbing the layers as little as possible, and sew the *galantine* up securely with fine twine. Envelop this in a clean cloth freshly scalded, and tie it up carefully with cross strings to preserve the oval shape of the *galantine*. Set this in a deep stew-pan, cover it well with the giblet and bone broth, to which a claret-glass of chablis has been added, let it just come to the boil once, then cover the stew-pan, and draw it back to simmer gently for three or four hours. When done, lift it off the fire, and let the *galantine* get cool in the broth for one hour, then drain it, take off the cloth, wrap it in a fresh dry one, and place it on a dish with a heavy weight above it. When quite cold, take out the *galantine*, melt off any fat that may be attached to the skin, wipe it carefully, and glaze it a pale brown colour, setting it in the ice-box, and finally serving it garnished with *croûtons* and broken lumps of aspic jelly. In the winter, of course, the larder would be cold enough.

A *galantine* to be *correct*, should, of course, contain an allowance of truffles : if fresh, these should be first cooked in the manner described (page 239), and then introduced in fairly large pieces during the packing of the carcase ; preserved truffles can be used as they are in the same way : truffle trimmings should be minced fine and added to the forcemeat. Little dice of sweetbread are effective if dotted about in the layers of tongue, and pistachio nuts are an improvement. A nice flavour can be

got by putting in with the layers of tongue and bacon dice similar sized pieces of a freshly opened *pâté de foie gras*

NOTE:—The broth in which the galantine was cooked should be used as a foundation for a good vegetable *purée*.

A VEAL GALANTINE is an excellent thing for luncheon or supper. The loin is the best part to choose, but a breast may be used with good effect. If the butcher be told that the joint is to be boned and rolled he will cut it accordingly. A piece of about six pounds' weight will make a nice *galantine*, with one pound of lean veal and one pound of fat bacon for the forcemeat, and three-quarters of a pound of cooked tongue for the packing.

Bone the loin, and put the bones as in the former case to make broth, vegetables in like proportion being added as soon as the boiling commences. Take out the kidney and suet, cutting the former into squares, and reserving the latter for any other purpose. The pieces of kidney are to be used with the tongue in packing the *galantine*. For the rest, lay the boned joint on a board, skin downwards, spread a layer of forcemeat, as in the case of the fowl *galantine* over it, about an inch thick; over this put the tongue, cut into squares, and the kidney, cover with another layer of forcemeat, draw the ends of the loin together, stitch it up, and secure the whole firmly with tapes, keeping it in an oblong shape, wrap it in a cloth as previously described, and cover it with the broth, simmering after once boiling for four hours. Finish exactly as in the first case.

The practice of ornamenting (?) *galantines* and cold sideboard dishes with a tawdry array of plated silver skewers (*hatelets*) thrust through truffles and cockscombs is surely to be condemned as barbaric. What attraction can there possibly be in such puerile trickery?

Game galantine:—This may be described as a blending of game with the meat of the bird in a *galantine* of capon or turkey, and using game forcemeat, page 128, instead of ordinary veal forcemeat, the proportion for the packing being one-third game, one-third turkey or capon, and one-third fat of ham, with a sprinkling of ham or tongue (lean) in quarter-inch dice, truffles, or dice of *foie gras*, the whole slightly moistened with well reduced

game essence. The cooking and finishing as in the case of turkey *galantine*.

Galantine of saddle of mutton :—The saddle for this should be cut rather long with about three bones of the best end of the neck attached to it. Saw off the chump end but do not shorten the flaps of the flanks. Lay it skin downwards on a board, remove the kidneys, fat, and under fillets: detach carefully the rib bones, following them one by one with the knife until the spine is reached; leave them, and work round the spine itself, taking care not to penetrate the skin. This is a mere matter of patience, a steady hand, and a short, very sharp knife. In the end the whole frame of the saddle will thus be excavated, and the meat can be flattened out upon the board. Proceed now to make a pine kernel or chestnut stuffing (page 124), and with this line the inside of the saddle, laying over it half a pound of fat bacon in quarter-inch dice, the fillet meat and kidneys also cut up, and finish with another layer of the stuffing. When this has been arranged and smoothed over, draw the ends of the flaps together, enclosing the packing, sew it up all round, wrap it in a cloth freshly scalded, and for the rest follow the directions for *galantine* of turkey.

NOTE :—In packing the inside of the saddle leave a good margin at the edges, and decrease the stuffing somewhat on either side to facilitate the bringing together of the skin.

Poitrine de veau à l'oison :—Order a piece of the breast of veal to be cut for rolling—four or five pounds according to requirements. Bone, removing tendons and sinew, and *marinade* this for one night. The next morning lift the veal from the *marinade*, wipe it dry, lay it on a board skin downwards, flatten the surface with a cutlet bat, and brush it over with the beaten white of egg, over that spread very thin slices of fat ham or bacon, and over them a good layer of goose stuffing (page 124). Now roll up the breast, secure it firmly with tapes, wrap it in a scalded cloth, and cook, and finish like a *galantine*.

POULTRY :—There are few nicer things among cold dishes than cold boiled chickens or fowls neatly finished with white or jvory-

coloured masking and tastefully garnished. Provided that the birds be very gently cooked, not overdone, and the masking skilfully managed the dish is worthy of a place on the sideboard for any lunch or supper.

Assuming that the cooking has been conducted correctly, and that to flavour the broth and the fowls six ounces of onions, six ounces of carrots, two ounces of celery, a bouquet of herbs, and seasoning, have been put in with them, the *cuisson* thus produced will furnish the basis of the *chaud-froid* sauce or white masking nicely, to make which proceed as follows :—

Masking :—There should be at least three pints of broth when the fowls are cooked. With this make a good *sauce blonde* (page 61), using two ounces of butter and three ounces of flour to thicken it. Dissolve an ounce and a half of gelatine in warm broth, stir this into the hot sauce, and pass the whole through the hair sieve. As the liquid gets cooler it will gradually become firm : seize the opportunity when this stage is at hand to mask the fowls by passing the sauce gradually over them through a funnel. The birds should be placed on a roomy dish for this operation, and any excess of sauce that may flow upon the dish from them can, after it solidifies, be removed with a slice, melted, and used as may be required. Before masking the birds must be quite cold, so that the masking may be seized by the cold surface over which it is poured.

Masking, to be even and smooth, should be finished in one operation : everything depends upon its condition : if too cold it will be lumpy, and if too warm it will flow too easily. A little practice soon puts this right.

Some like cream in this sauce at the rate of a tablespoontul to a pint as a finishing touch. Yolks of eggs improve the masking and give it an ivory or pale yellow tint, according to the quantity used. The fashion of adorning fowls masked in this manner by putting devices of various kinds in coloured jelly, patterns cut out of truffles, &c., upon the breasts is, let me repeat, trumpery, a silly waste of time, and by no means beautiful when it is done. Golden-tinted, bright aspic, broken, or cut into triangular *croûtons*, forms, with parsley or watercress, all that is needed in the way of ornament.

Boning:—Ordinary boning of birds, referred to in describing a *galantine*, is commenced,—after cutting off the legs, at the drumstick joint, and the pinions, and after skinning it, the neck,—with an incision along the centre of the back, the skin with the flesh adhering to it being detached from the bones right and left, care being taken not to penetrate the skin. There is, however, another method—a very useful one for certain dishes—which may be called—

“Boning from the breast,” *i.e.*, the work commences after cutting off the head by skinning the neck like an eel; on reaching the breast the skin (which is very flexible) is stretched a little, and the boned neck severed from the carcase; still stretching the skin to admit of the use of the knife the merrythought bone is laid bare and snipped off; then passing the knife cautiously along them the breastbone and side bones attached to it are removed. The vent having been sewn up the whole interior of the bird is thus hollowed out, and ready to be filled with forcemeat through the only opening at the neck. When this has been done the skin of the neck is drawn firmly under the bird, and secured by needle and thread between the shoulder-bones. Sufficient forcemeat should be put into the bird to fill it well, and give the breast a plump appearance. Trussing is then carried out, and as the legs, wings, and back have been left untouched, the fact of the bird having been boned does not appear until the carving commences. For the forcemeat Chapter IX. should be consulted, *farce à quenelle de volaille* being accepted as a standard. Thus prepared, the bird should be wrapped in a well-scalded cloth, secured with tape, and cooked and finished like a *galantine*, *i.e.*, after having been set in a cold larder for a night, released from the cloth, wiped, and finished with a neat masking.

NOTE:—It should be noted that the removal of the merrythought bone alone is an easy thing which should be carried out in respect of all birds for which the stuffing of the crop is recommended, while as a matter of convenience to the carver it is always appreciated even if there be no stuffing. With a pair of nippers, the forked bone, having been laid bare with the point of the knife, can be snipped off and coaxed out without damaging the flesh or the skin of the bird.

Poulet à l'ivoire :—Also practicable with a hen turkey, a capon, or poularde. The bird for this dish is stuffed in the crop after removing the merry-thought bone, it is then trussed for boiling, and cooked in *blanc* (page 114) or in giblet broth clouded with flour to keep the bird white. After having been cooled for a night in the larder, it is masked with ivory masking; that is to say, a masking made as just described, tinted slightly with the yolk of an egg or two, according to the size of the bird. For the stuffing one of mushrooms is correct, button mushrooms being used in order to keep it as light-coloured as possible, but I recommend my pine-kernel stuffing, which is particularly nice with poultry of all kinds.

Poularde farcie, Parisienne :—For this follow the recipe for boning from the breast, and fill the cavity with *farce à quenelle de volaille*, with which truffled *foie gras* cut in half-inch squares should be blended. A small tin of *foie gras* with half the quantity of forcemeat mentioned in the recipe (page 130) will be found sufficient for a small hen turkey or a poularde. When prepared satisfactorily, the bird may be braised, and, after cooling for a night, neatly glazed; or it may be cooked *à la galantine*, and finished as explained for birds boned from the breast.

Dinde à la Dubois :—In this case the turkey should be cleaned by making an opening *in its side*. Having done this properly, wiped it carefully, and sewn up the aperture, proceed to remove the merry-thought bone in the manner described in the paragraph explaining boning from the breast. Fill the crop after that with *farce à la crème de volaille* (page 130), using veal for the mixture, truss and wrap the bird in buttered paper, and braise it gently until it is nicely done, then let it get cool but not cold; lay it upon a board, remove the trussing strings, and with a sharp knife, assisted by a pair of nippers, remove the breast entirely, taking care not to disturb the stuffed crop, which should now be perfectly firm. When this task has been completed, the carcass of the bird will have the appearance of a shallow hollow case, the wings, with the legs and thighs intact, on either side of it, and the crop forming a finished piece at one end of it.

The hollow must now be packed in this manner: Having saved

the unexpended part of the *farce à la crème*, spread a layer of it evenly over the surface of the hollow half an inch thick. Next cut into thin *julienne*-like strips all the meat removed with the breast, put them into a bowl, adding a *foie gras an naturel* similarly cut, a half-pint measure of truffles cut into discs, a quarter of a pound of cooked tongue, and half a pound of cooked fat of ham cut into dice; moisten all this with half a pint of stiffly reduced hot *sauce veloutée* (page 83), with which three yolks have been mixed and two tablespoonfuls of cream. The mixture should be stiff enough to stand without spreading out. With this fill the centre of the hollow case, shaping it dome-wise so as to resemble a plump breast in continuation of the crop, and covering the surface and sides with a good layer of the *farce à la crème*, lastly smoothing it all over with a palette-knife dipped in hot water. The turkey should now be placed upon a buttered tin or baking dish, its surface brushed over with melted butter, protected by paper also buttered, and then pushed into a very gentle oven to cook and set the *farce* and packing. When this has been done, withdraw the pan from the oven, set it in a cold larder, and let the bird get cold. The next day take the turkey from the pan, trim, and wipe off any fat that may adhere to it, and either glaze it if wanted brown, or mask it *à l'ivoire* if wanted white. Dish up on an aspic *socle* nicely garnished.

Poularde ou dinde farcie à l'Indienne :—Bone a poularde or hen turkey as for ordinary *galantine*, commencing with an opening down the back, and as in the case given as an example; cut the meat level, leaving a skin case, as it were, with not more than half an inch of meat attached to it. Cut up all the meat thus detached in thin strips, and put them into a bowl with an equal quantity of fat of ham or bacon similarly cut and half a pound of lean ham cut into dice. Mix together, seasoning the meats with Oriental seasoning salt (page 123) and a dessertspoonful of rasped green ginger. Next make the *farce* described (page 131) and use it in the manner explained for the *farce* used for the fowl galantine, spread a layer of it over the surface of the boned poulade, and over that arrange the mixed meats which were seasoned in the first instance; covering all with the remainder of the *farce*, bring the sides together, sew them all round, wrap

in a freshly scalded cloth, and tie the roll securely with tapes at each end and at three-inch intervals. Cook as described for *galantine*, and finish in the same way.

NOTE:—*Terrines* and pies belong, properly speaking, to this section, but for more convenient reference I have devoted a short chapter to the subject separately (see XXII.), in continuation of that in respect of pastry.

Game essence (fumet de gibier):—For this the remains of cooked game can be used, or a bird that has been badly shot, or one in the condition which London game-dealers call “rough.” If uncooked the bird or birds used for *fumet* should be part roasted. Assuming that there is the carcase of a pheasant, the breastmeat of which has been used, or a brace of partridges in a like state—lay the birds upon a board, and crush them well with a chopper, put the *débris* thus obtained into a stew-pan, with six ounces of minced onion, one of celery, two of lean ham or bacon, a seasoning of mixture (*b*), and a *bouquet garni* of herbs. Sprinkle this with a glass of marsala, and moisten with second stock or giblet broth in quantity sufficient to cover it. Place the vessel over a moderate fire, bring to the boil, and simmer its contents for an hour, by which time a good strong broth will be extracted, then strain it off and set it to cool and throw up any grease there may be. When clear, flavour the broth with a teaspoonful of red currant jelly, and a teaspoonful of anchovy vinegar. Set on the fire, colour, if need be, with Parisian essence, and reduce the liquid by a quarter, getting it as strong and savoury as possible.

CHAPTER XIX

RÉCHAUFFÉS

THE proper treatment of the remains of cold meat, fish, and vegetables, and the art of dishing them up in an attractive manner, form a very important part of a cook's work. In no branch of it can a skilful practitioner's hand be detected more readily. This, unfortunately, is not recognised in the majority of English kitchens. Warming up things, as it is called, is too often slurred over by cooks who are not in sympathy with their calling, and treated as if it were beneath serious notice. Mistresses should take some pains to disabuse their cooks' minds of this mistaken notion. As a matter of fact, there are many dishes that can be devised out of cooked materials which take rank among the most delicate that we have.

It continually happens that for the service of these compositions neat little fireproof china cases, scallop shells, flat *gratin*-dishes, miniature *casseroles*, *terrines*, &c., in French ware, come in most usefully, giving an air of finish to a *réchauffé* that it might not possess if sent up in an ordinary dish. In like manner *darioles* and pretty little moulds may be used with advantage for *boudins* and *crèmes* instead of a single large mould. A neat *légumière* is another description of dish to be commended for the serving of *réchauffés*.

There are certain general rules to be observed with regard to the treatment of cold meat, &c., which ought never to be forgotten.

1. All ready-made sauces and ketchups should be prohibited. A fresh sauce made upon a good broth foundation should be

left alone ; its flavour should be derived from the vegetables and herb seasoning used in its preparation. Sharpness should be obtained by reduced vinegar or lemon juice.

2. Always cut off carefully all parts that have been browned in the previous cooking, such as skin, &c., and any excess there may be of fat.

3. Use these trimmings, and all bones (well broken), assisted by stock vegetables as given for giblet broth, to make broth for the sauce for the *réchauffé*, upon which its success depends.

4. Be particular as to the quality of the butter, flour, and eggs used in the kitchen, and, if recommended in the recipe of any special dish, do not omit a small allowance of wine.

5. Never be without glaze, red currant jelly, fresh Parmesan for grating, grated bread crumbs (bottled), lemons, good French vinegar, bottled garden herbs, and the seasoning mixtures given, page 123.

6. Hashes and minces are much improved if the cold meat of which they are composed be *marinated* in the sauce prepared for them for some time before being warmed up.

7. Teach the cook that meat that has been once cooked does not require to be boiled or stewed again. Describe a hash or a mince to her as meat gently warmed up in the sauce separately made to receive it.

8. The warming of curries, *salmis*, *fricassés*, hashes, stews, &c., should be conducted by the *bain-marie* process—*i.e.*, the vessel containing the thing to be heated should be placed in a larger one (or *bain-marie*-pan) with two or three inches depth of hot water round it. The latter should be set to come to the boil, the inner vessel closely covered, and then to simmer till the desired heat is obtained.

Reference is suggested here to pages 57, 58, and 59 in respect of simple sauces and the methods of varying them.

COLD FISH of any kind provides valuable material for nice little breakfast and luncheon dishes. Fairly large slices of firm fish, not over-cooked in the first instance, may be served whole, *au gratin*. or heated in the *bain-marie* in a nicely made sauce,

flavoured according to taste, and garnished with pieces of cooked cucumber or vegetable marrow. But if much broken up, it is better, perhaps, to serve it in china cases or *coquilles*, or to work it up into *croquettes* or cutlets.

Broken fragments of cold fish are very nice when put into a buttered *sautoir* and stirred about with a fork till quite hot over a low fire, then arranged in a hot *légumière* and masked with buttered egg and garnished with sippets of fried bread. A colouring of tomato sauce with the buttered egg is an improvement.

Another way of serving cold fish is to shred or cut it into small pieces and stir it about in a hot *sauté*-pan containing some previously cooked spaghetti or macaroni cut into half-inch lengths, moistening it with any sauce there may be, or plain melted butter with a little tomato *purée* or sauce; when the contents of the *sauté*-pan are thoroughly well heated, to turn them out on a very hot dish, dust over with grated Parmesan, and serve at once. This can, of course, be composed upon a small gas ring in a few minutes if the ingredients are ready. Boiled rice can be substituted for the macaroni or spaghetti.

Fish pudding :—Cold fish is often worked up, of course, in the form of fish pudding, which, if properly made, is quite an acceptable breakfast or luncheon dish. There are two or three methods of preparing this. One may be described as a mixture of cooked fish and mashed potato, two-thirds of the former to one of the latter, moistened with any sauce that may have been left, or melted butter with a little milk, one raw egg well beaten, and a seasoning of salt, pepper, and grated nutmeg, well worked together over a low fire; when well mixed and hot, turned into a buttered basin, shaken firmly down, set in moderate oven for ten minutes or a quarter of an hour, and finally turned out upon a hot dish with some finely rasped crumbs shaken over all—a little sauce accompanying if liked. Twice-laid, as this dish is called by some, may be mixed as described, and shaped in a dome with two spoons like mashed potato, streaked with a fork outside, brushed over with melted butter, and baked till it takes a pale brown tint. Chopped hard-boiled egg may be stirred into the fish and potatoes with advantage.

A similar arrangement can be made with cooked rice, spaghetti, or macaroni (the two last cut up small), the pudding being set in a buttered mould, and kept in the oven long enough to set firmly.

But the *best* fish pudding, I think, is that made of pieces of cooked fish poached in a savoury custard like cabinet pudding. Having mixed an egg with a quarter-pint of milk and seasoned it with salt and white pepper, choose a half-pint plain charlotte mould, and arrange the shredded fish therein, pouring the custard mixture gently round them: when filled, poach the mould in the manner explained (page 120). This should be turned out, and served with any nice fish sauce. Or the mixture may be cooked in small moulds just large enough for one person each. These are very nice cold with *mayonnaise* sauce and a salad.

Boudins:—These can be made with a *purée* of cooked fish, pounded, with a quarter of its weight of bread crumb, diluted with melted butter, seasoned and bound by raw eggs, and cooked in the same manner. (See Fish Forcemeat, page 129, for proportions).

Kegerée (*khichri*) of the English type is composed of boiled rice, chopped hard-boiled egg, cold minced fish, and a lump of fresh butter; these are all tossed together in a *saute*-pan, seasoned with pepper, salt, and any minced garden herb such as cress, parsley, or marjoram, and served in a very hot dish.

The Indian *khichri* of fish is made in the same way, with the addition of enough turmeric powder to turn the rice a pale yellow colour, and instead of garden herbs the garnish is composed of thin *julienne*-like strips of chilli, a seasoning of Oriental mixture (page 123), and a garnish of hard-boiled eggs cut in quarters.

With minced fish moistened with a *poulette* sauce, *croquettes*, *rissoles*, and *croustades*, directions for which will be found pages 175–76, are easily made; and with puff pastry *bouchées* and little patties. A few minced shrimps assist the *salpicon*, and if there is some cold lobster or oyster sauce left it can be thus disposed of satisfactorily.

NOTE:—A broth can be made of the head, fins, skin, and

bones of cooked fish, assisted by a tablespoonful of minced onion, a bit of celery, a bouquet of herbs, and a seasoning of mixture (c) moistened with milk and water in half and half proportion, which, when strained and thickened with a *roux* of butter and flour, produces a far better sauce for the purposes I have indicated than the usual domestic one made with milk and water, with bottled anchovy sauce! The *cuisson* should always be saved for use in this way for re-cooking, and if this be done no trouble is necessary for the production of broth.

HASHES AND MINCES:—In English households these are, as a rule, regarded as unavoidable evils, and quite the most uninteresting forms in which food can be presented. There is certainly just cause for this opinion. It cannot be expected that a hash of hardened slices of meat, or the leathery atoms of a mince, diluted with a watery liquid dosed with Worcester sauce, can be looked upon with satisfaction by any one. But why is it that such parodies of cookery are so constantly to be met with? The reasons for this are easily explained: Owing to the contempt with which ignorant cooks regard the dressing of cooked food, no trouble is taken in respect of the preparation of the meat, or the sauce in which it is to be heated, and no care being considered necessary when the process of warming is being carried out, the contents of the vessel are allowed to boil, which hardens the meat and ruins the whole undertaking.

A careful study of the little code of rules which I have given in respect of the treatment of cold meat will, I hope, clear the air of any mistaken ideas on the subject.

Hash (emincé):—Having cut and trimmed the meat (say one pound), and saved the scraps and trimmings, spread the former out upon a joint dish, sprinkle it with the following mixture: One ounce of glaze dissolved over the fire in four tablespoonfuls of hot water, one of good vinegar, and one of red currant jelly, with half a teaspoonful of salt and one of seasoning mixture (a), a two-ounce onion sliced in rings, a teaspoonful of chopped celery leaves, and a tablespoonful of parsley. Cool this as soon as the glaze and jelly have melted, pour it over the meat, and let it lie marinading, as it were, while the cook proceeds to make the broth for the sauce.

NOTE :—If no glaze is available, four tablespoonfuls of broth may be substituted.

Next, put five ounces of minced onion, an ounce of minced celery, two each of carrots and turnips, a bunch of parsley chopped up, and a teaspoonful of dried herbs into a good-sized *casserole* with two ounces of clarified dripping: set over a moderate fire, and stirring well with a wooden spoon, fry until the vegetables take colour. Moisten now gradually with five gills of hot broth or water, adding the scraps and trimmings of the meat and any bones there may be broken small; let the contents of the vessel reach boiling point, then reduce the fire, and let them simmer gently with the lid tilted, so that the pan may not be quite covered, for an hour, then strain the broth into a bowl, cool it, and skim off the fat that rises to its surface.

Now mix a *roux* of an ounce of butter and an ounce of flour in a clean stew-pan, add the broth by degrees, bring it slowly to the boil, stirring well, then skim and pass the sauce now produced through a pointed strainer into the rinsed-out stew-pan; in this lay the meat taken out of the *marinade*, strain that into the pan, set it over a low fire and heat up very gently, carefully avoiding boiling, dish in an *entrée*-dish garnished with fried *croûtons*, and serve.

NOTE :—A tablespoonful of marsala or claret, with a couple of tablespoonfuls of tomato *purée* or *consève*, may be added to improve a hash. To give the flavour of venison (see *Marinade*, page 168) wine should be put into the mixture just described for soaking the meat for a hash—one tablespoonful enough—and a little extra seasoning of herbs (*a*). Hashes are certainly improved by marinading for a whole night whenever that is possible. (For the ketchup referred to page 168, see page 237.)

Hash with vegetables :—Prepare the meat in the manner described for ordinary hash, and make the best broth you can with the bones and trimmings assisted by a few vegetables, herbs, and seasoning. Mince quite small four ounces each of onions carrot, and turnip, an ounce of celery, and a tablespoonful of parsley, melt two ounces of butter or clarified suet in a stew-pan, put in the minced vegetables, fry till colouring, mix into them

an ounce of flour, and then begin to moisten by degrees with the broth (about a pint), bring to the boil, simmer till the vegetables are quite soft, skim carefully, put in the meat and the *marinade* strained, warmed up gently, and serve like ordinary hash.

Hashed lamb :—This is very nice if the lamb be marinated in mint sauce. Proceed in other respects as for ordinary hash, but strain the mint sauce *marinade* into the hash sauce to finish with.

Navarin of lamb :—Cut the cold lamb up in rather thin slices and set it aside: make the broth as for hash in the manner described but with a moistening of milk and water, and do not let it take colour. When this is ready strain it into a bowl. Put six ounces of minced onion into a stew-pan with two ounces of butter, fry over a low fire, adding one pound of finely cut turnips; stir together without colouring, mixing in an ounce of flour: then moisten with the milky broth, and bring to the boil, simmering afterwards until the vegetable, &c., can be passed through a hair sieve, and stirring frequently during the cooking. Pass the *purée* through the sieve into a clean stew-pan, put in the meat, set the pan over a low fire, and heat up its contents very gently; when quite hot, without boiling, take the pan off the fire and stir into it a tablespoonful of cream, or the yolk of an egg beaten with a coffee cupful of the *purée*, and an ounce of butter. Dish like a hash.

Mince (hachis) :—Cut and trim the meat as if for hash, pass it through the mincing machine, dust it over with seasoning (*b*), and a little flour, and cover it up. Make a broth, and turn it to a sauce like that given for the hash. Put the mince into a stew-pan, dilute it with enough sauce to moisten it nicely, stir this over a low fire until it is hot, but without boiling, take it off, arrange in a *légumière* or *entrée* dish within a border of mashed potato, and serve.

The method of serving minces may be diversified in several ways :—

1. *Mazagran* :—Boil eight ounces of rice as if for curry, drain, return it to the hot vessel in which it was boiled, stir into it two ounces of butter (using a two-pronged fork), a breakfast-cupful of good tomato sauce, the same measure of grated cheese. Mix

well, season, and arrange the rice in a *légumière*, making a hollow in the centre for the mince. Fill the hollow, cover the surface with rice, smooth over with a palette knife, dust over with raspings, and serve as hot as possible.

2. Make a case of mashed potato, with high sides like a *vol-au-vent* case, arrange the mince in it, garnish the surface with cooked mushrooms, and serve.

3. Hollow out a number of small dinner rolls, and fry them a golden yellow, drain and fill them with the mince, put a curl of fried bacon on the top of each, heat them in the oven for two or three minutes, and serve.

4. Make a number of little potato cases (*cassolettes*, page 176) and fill them in the same way; or, put the mince into little *casseroles*, or china cases.

5. Make some *croustade* cases as described (page 98), and fill them when ready with the mince, heat thoroughly, and serve.

6. Or,—cut the paste in circles three inches and a half in diameter, place a dessertspoonful of the mince in the centre of each, brush the edges of the paste with white of egg, fold them over, pinch the edges all round, let them dry, and then fry them a golden yellow in a bath of boiling fat (*rissoles*).

7. Serve the mince in a hot dish, garnished with triangular sippets of *fried* bread all round the margin of the dish, and neatly trimmed poached eggs on its surface.

8. Put it into a fire-proof baking dish, or into silver or china *coquilles*, dust over the surface rasped crumbs or grated cheese, push into the oven till nicely heated and slightly browned, and serve. Easily browned under a gas-stove griller.

9. For ten ounces of finely minced meat allow three of minced bacon or beef suet, season with mixture (*b*), and stir in two raw eggs one by one with two tablespoonfuls of hash sauce. Mix thoroughly, put the mixture into a buttered charlotte mould, shake it well home, and poach it according to the process just alluded to. Turn it out after four minutes' rest, mask it with hash sauce, and serve garnished all round with cooked chestnuts, mushrooms, button onions, Brussels sprouts, tomatoes, or another nice vegetable.

Stir over a low fire eight ounces of semolina with sufficient

broth to form rather a firm paste. Take it off the fire and incorporate with it two ounces of butter, two of grated cheese, and one whole egg. While it is hot roll it out about one-sixth of an inch thick, butter nine open tartlet moulds, and line them with it. Fill up the hollows with mince, cover each with a piece of semolina paste, wet and pinch the edges securely, let them set, then take them out of the moulds, egg and crumb them, plunging them one by one into boiling fat till of a nice colour, drain and dry them, serve on paper, and garnish with fried parsley.

With reference to garnishing, remember that *toasted* bread is not *fried* bread. Many cooks are apt not to distinguish very carefully between the two; and whereas a crisp piece of fried bread is an agreeable adjunct to certain dishes, sodden, perhaps slightly smoked *toast* is by no means desirable.

Bacon rolls crisply fried are valuable with all *réchauffés* of meat, and poached eggs are acceptable when served on the surface of hashes and minces, while grated ham, tongue, and pressed beef come in usefully to assist the flavouring of minces, *croquettes*, *rissoles*, &c.

Minced ham, tongue, or pressed beef, mashed up with well-boiled potatoes, hard-boiled eggs, and plenty of melted butter, can be cooked and served in the fashion of twice-laid (see page 320), or be made into balls, crumbed, and fried for breakfast.

Macaroni and dustings of Parmesan (or any mild grated cheese) vary the monotony of warmed-up meats immensely, and go well with nearly every cold vegetable. Having made a nice *sauce blonde* (page 61), with a white broth made from the bones, trimmings, &c., as explained for the Navarin, arrange trimmed fillets of cold veal, rabbit, or chicken in a shallow baking dish upon a layer of spaghetti or macaroni, previously boiled till tender: pour the sauce over all, garnish with slices of tomato, dust over the whole with a dressing of grated cheese, bake till lightly browned, and serve. The same recipe is practicable with brown meats, only make a brown sauce to start with, instead of a white. Or, mix all together, heat up, and instead of baking, serve piled up on a hot flat dish.

If not overdone, thick slices of tender beef, veal, or of mutton

can be effectively re-cooked as fillets in any nice sauce by the *bain-marie* process, and in this form will be found in every way acceptable at the little home dinner. The process precludes all chance of the meat becoming tough, so it is a mere question of taking pains with the sauce and letting the meat *marinate* in it before the gentle heating takes place. A single whole rib of beef cut out of a cold joint three-quarters of an inch thick cooked in this way in a brown sauce, and garnished with a quarter of a pound of mushrooms, makes a most presentable dish. A mutton steak cut out of a leg in the same way is also nice. These thick slices can be served with a garnish of *macédoine de légumes*, or any nice vegetable. The best sauces are *Bordelaise*, *Madère*, *soubise tomate*, brown *soubise*, *milanaise*, *poivrade*, *Robert*, &c., according to the meat used, but the meat must be really juicy, or, in plainer terms, must have been slightly underdone in the first instance.

Batter plays its part effectively amongst *réchauffés*. Any nice mince, bound with egg, rolled in slices of *cooked* bacon, then dipped in batter and fried in very hot fat, presents a very fair *cromesqui*. Fish fillets dipped in the same way, and fried, are nice, and so are fillets of rabbit or chicken. (See *Orlys*, p. 333.)

Pounded cooked fish incorporated *with* batter, that is to say, worked into it, and fried in very hot fat by dropping the mixture into the pan by small spoonfuls at a time, produces a dish of fritters suitable for breakfast alone, or as a garnish for a larger dish of fish.

A remarkably nice little dish, also contrived with batter, is the *crêpe de poisson*, or, indeed, of anything. The *crêpe* is a pancake. Having turned out a nicely-made very *thin* pancake, spread it out upon a flat dish, and cut it into pieces three inches wide and four inches long, brush their surfaces over with beaten egg, and upon each piece place a very thin slice of cooked bacon slightly smaller each way than the *crêpe*, over the bacon put a tablespoonful of any nice mince, well worked with a carefully prepared cold sauce to give it moisture and cohesion: then roll up the *crêpes*, put them on a buttered tin, brush them with a whipped egg, scatter bread crumbs over them, and bake brown in the oven.

Cold cooked vegetables, such as cauliflowers, salsify, onions, Jerusalem artichokes, celery, vegetable marrows, sprouts, &c., may be mashed up with potatoes, or alone, diluted with melted butter, cream, or milk with the yolk of an egg beaten into it, dusted over with grated cheese, and cooked *au gratin*. Mixed vegetables may be cut into dice and warmed up in white sauce *à la macédoine de légumes*, and cold peas, cauliflower, French beans, and cabbage, may be turned about in butter in a stew-pan, and served *à la maître d'hôtel*. You will find a good many recipes for the treatment of cooked vegetables in the chapter I have devoted to that especial subject. All warming up of vegetables other than by baking should be conducted in the *bain-marie-pan*.

No more useful present could well be given to a young lady commencing housekeeping than a set of silver, or silver-plated *coquilles* (scallop shells). Served in these inviting-looking little dishes, a mince, or *réchauffé* of vegetables, is worthy of a place at any table. A *purée* of artichoke, capped with finely grated cheese, any cold fish, minced game, even the remains of a macaroni *au gratin*, sent up in this tasty manner, seem ever so much nicer than in an ordinary way. The shells should be well buttered to begin with, and the mince or chopped vegetables should be well diluted with sauce to keep it nice and moist. The surface should be sprinkled over with cheese or finely rasped crumbs. When quite hot, brown the crumbs with a hot iron salamander-fashion, and serve the shells tastily on a napkin. Crisply fried sprigs of parsley may garnish them.

CHAPTER XX

FRITTERS

FAILURE in the production of the many excellent dishes which come under the head of "fritters" may be attributed to four things: the first, improperly made batter; the second, a wrongly shaped utensil; the third, an insufficiently brisk and even fire; and the fourth, an inadequate amount of the frying medium. If these points be carefully attended to in the manner which is explained in this chapter the operation will present no difficulty whatever.

The process is applicable to all *friture* work, or "wet frying," as it is called by English writers to distinguish it from *sauté*-work, and should be adopted for the frying of fish, *beignets rissoles*, *croquettes*, *cromesquis*, &c.

Fritters sweet as well as savoury can be made with fruit and vegetables, fish both cooked and uncooked, remains of macaroni, and with batter alone as in *beignets soufflés*.

As the main point is this kind of frying consists in providing a bath of fat for the thing to be cooked, it is necessary that a deep rather than a broad and shallow vessel should be chosen for it. The ordinary English frying-pan is of no use whatever in this connection. See Chapter II. on Kitchen equipment. Here it will be found that I recommended a wire rest or drainer for use in this branch of work, upon which things that have been fried can be set to dry thoroughly, either in the oven's mouth or in front of the fire. No particle of grease, however minute, should remain on a fritter or be traceable on the paper upon which it is served.

Besides the kettle, for some things a useful utensil will be found in the wire frying-basket. If provided with this—described as an open-work draining-pan, slightly smaller in diameter than the *friture*-pan—all the larger operations, such as potato chips, small fish such as smelts, whitebait, &c., are disposed of easily. But for ordinary work a perforated slice, or stock spoon, will do well enough.

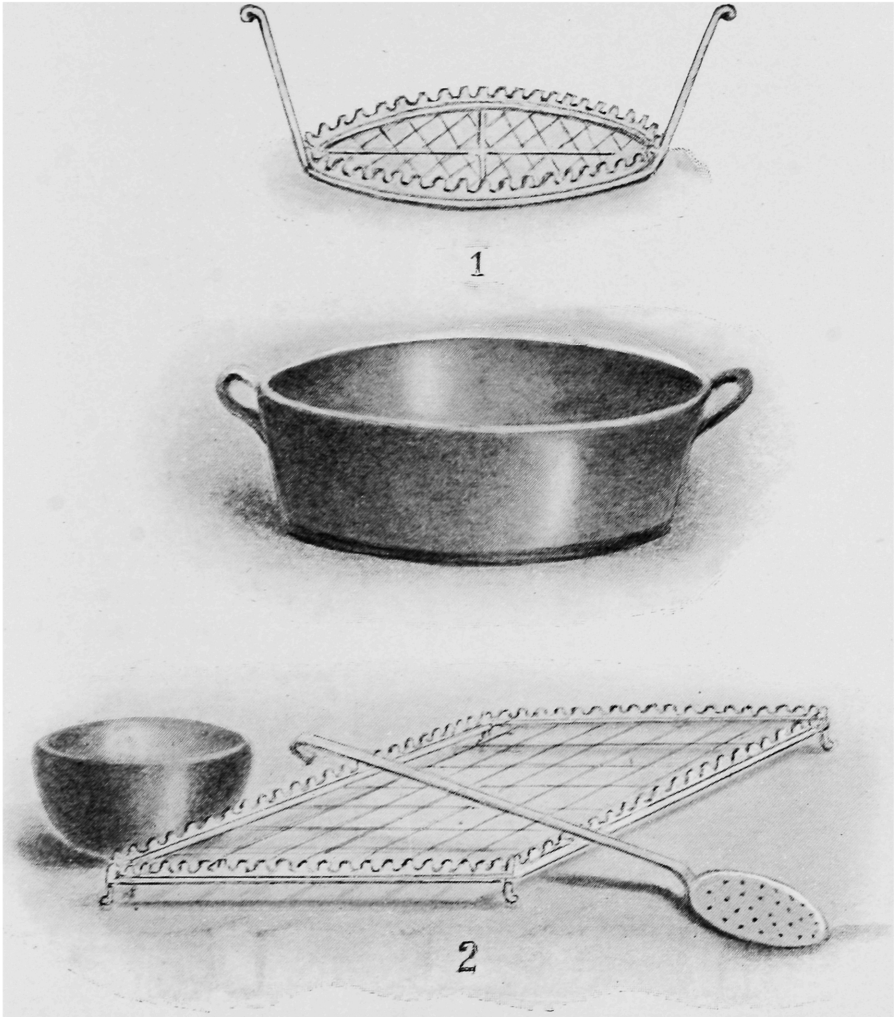
Frying medium.—For general purposes the best frying medium that a cook can have is clarified beef suet, for which I give directions in my chapter on pastry, or clarified beef dripping prepared in the same manner. Butter is not to be recommended for this kind of frying, as it heats very quickly and is apt to burn. Oil is, of course, an excellent medium, but it is apt to boil over unless slowly heated, and is, besides, expensive. Lard, no doubt, may be used, but I do not like it nearly as well as suet, for it seems to adhere to a certain extent to the thing fried.

Frying batter (pâte à frire):—The best batter for *friture* work is made in this way. Not less than two hours before the cooking is to take place mix in a bowl four yolks of eggs with four table-spoonfuls of the best salad oil. Blend with this by degrees, mixing it thoroughly, seven ounces of flour, and a saltspoonful of salt. The flour should be dry and of the best quality. Work this now with care to a smooth, creamy paste by adding *lukewarm* water, little by little, to produce that consistency, using a whisk throughout the operation. The batter is correct when it covers the spoon when lifted out of it with a coating about one-eighth of an inch thick. As soon as this is done the bowl containing the batter should be put in a warmish place covered with a cloth. Just before using it add the whites of two of the eggs whipped to a stiff froth.

NOTE:—This recipe can be reduced for small dishes of fritters by exactly one-half.

The method of working may be codified as follows:—

1. Prepare the batter in the manner just explained, cover it, and set it aside in a warm place.
2. Prepare the fish, meat, vegetable, fruit, or whatever it may be, and arrange the pieces on a dish neatly. See that they are perfectly dry.



1. FRYING KETTLE AND DRAINER
2. WIRE DRAINING STAND.

3. When the time arrives put the dish of things to be fried on a table handy, with the bowl of batter next to it. At this period the whipped white of egg should be added to the latter.

4. Take the frying vessel, see that it is thoroughly clean and dry.

5. Set it on a gas boiler, or over a good bright coal fire, and put the fat, or whatever the frying medium chosen may be, into it bountifully.

6. When melted, the fat ought to be quite two inches deep, yet with sufficient space above it to preclude all fear of boiling over.

7. Now put a half-inch square of bread on the point of a skewer, and determine if the fat be hot enough by thrusting this into it: if the sippet fizzes briskly and produces large air bubbles, the fritter bath is ready. If smoke rises from it the fat is too hot.

8. Now dip the morsel to be fried (well dried, or the batter will not adhere to it) into the batter, which should be of sufficient consistency to coat it nicely: plunge the frying-basket into the fat, and slide the fritter into it carefully.

9. The fritter must be *covered* by the fat, not partly in and partly out of it.

10. Now maintain the heat evenly, let the fritter cook, stirring it gently with a fork, and when of a rich golden tint, lift up the basket, and hold it a moment or two over the pan so that the fat may drain off.

11. Lay each fritter, as you take it from the basket, on a dry clean cloth, or on a sheet of new white blotting paper, to complete the draining. Or lay them on the wire drainer, and either put this in the mouth of the oven or before the kitchen fire.

12. When the fritters are quite dry, dish them on a paper in a very hot dish, and, if savoury fritters, give them a dust of finely powdered salt; if sweet, shake a canopy of powdered loaf sugar over them.

13. If of any size, fritters should be fried one after another. The putting in of things to be fried in any quantity chills the fat, and prevents the "seizure" which is so necessary for the produc-

tion of crispness. Heat the fat again before each relay to the desired degree already explained.

14. The fat having been cooled for a quarter of an hour should now be poured through muslin into a clean bowl : it will harden, and be fit for work again until it assumes a leaden tint, which may take place after it has been used two or three times. Re-clarifying in boiling water will tend to make it whiter.

15. It must be remembered that fat in which *fish* has once been fried must be reserved afterwards for fish only, as it acquires a fishy taste. To prevent accidents it is a good plan either to label the bowl containing it with the word "fish," or to use one of a different colour from the others.

Cromesquis :—These can be made of various good things : oysters and other shell-fish, minced fish of any kind, sweetbreads, game, *foie gras*, or any delicately composed mince of fowl, or of meat, with tongue or ham. Three things are needed in its composition : the mince or *salpicon*, a little jacket of fat bacon or udder of veal, in which it is enveloped, and the batter in which it is dipped. The udder or bacon should have been previously cooked and cold, cut into thin slices, two and a half inches long and one and a half deep : two oysters, or a heaped-up teaspoonful of any *salpicon*, should be laid in the centre of each : the jacket must then be folded over it very neatly, fixed with white of egg, allowed to dry and set, and kept ready for the dipping process, which must be carried out cautiously. The frying should be conducted as already described.

Salpicon :—To prepare this for *cromesquis* of chicken, turkey, or veal mince the meat rather coarsely, the pieces being cut like little dice, and stir into it, in a stew-pan on a low fire, with just sufficient domestic *velouté* to moisten it ; add the yolk of an egg, heat up without boiling, turn this into a soup-plate, and let it get quite cold and firm ; then divide it into little portions, and fill the bacon slices. Minced truffles and mushrooms, of course, improve any *salpicon*.

Fish cromesquis :—For these mince the fish, stir into it, in a stew-pan on a low fire, a few spoonfuls of well-reduced white sauce, add a little seasoning, with a pat of butter and the yolk of an egg, when off the fire, and set it to get cool and firm.

Orlys, or *fritters à la Orly*, as they are sometimes called, are made of chicken, fish (soles especially), oysters, &c. The two former having been trimmed in neat fillets, are *marinated* as described in the next paragraph for "angels on horseback" for two hours, then drained, wiped, dipped in batter, and fried. Careful draining and drying must follow, and fried parsley and tomato sauce are the correct concomitants.

Huîtres à la Orly :—Known also as "angels on horseback"—*i.e.*, oysters plainly dipped in batter and fried in the manner explained for fritters. Prepare the oysters in the way described for oyster sauce (page 59), drain them, saving the broth in which they are cooked for a sauce: set the oysters when cool to *marinate* all the day in a soup-plate, with the juice of a lemon, a few thin slices of onion, some whole peppers, and sprigs of parsley; turn them occasionally till they are wanted for the *friture*-pan, then lift them out, drain them on a cloth, dip in batter, and fry. Oyster fritters thus treated form an excellent garnish, and may be served as a savoury.

Huîtres à la d'Uxelles :—Choose large sauce oysters, cook them as explained above, press them between two dishes till they are cold, then split each oyster like a kidney for broiling, put a small allowance of *d'Uxelles* mixture (page 85), upon the cut surface, enclose this sandwichwise by closing the oyster; let it set, then dip in batter and fry as fritters, piling them in a heap upon a hot *légumière* garnished with fried parsley.

Beignets de légumes :—I have already indicated the vegetables which, after parboiling, cooling, and draining, make good fritters. The process is exactly the same as for other fritters.

Beignets de poisson :—For these pound half a pint of boiled shrimps in a mortar with an ounce of butter and a little fish broth; when quite worked to a *purée*, incorporate it *with the batter*, and drop the mixture, by dessertspoonfuls at a time, into the *friture*-pan: let the fritters cook till they turn a rich golden colour and are as crisp as biscuits, then drain dry, and serve them on a napkin with crisply fried parsley.

Beignets :—Omit the shrimp *purée*, and simply fry dessertspoonfuls of the plain batter; the result will be *beignets*, or, as some call them, pancake fritters, which may be either sent up as

a savoury *entremets*, to be eaten with butter, pepper, and salt, or as a sweet one, when they must be dusted over with powdered sugar and sprinkled with lemon juice. In the latter case a spoonful of brandy or liqueur mingled with the batter improves their general effect.

Beignets de fruits :—All fruit fritters can be cooked in the batter I have described, a tablespoonful of brandy or liqueur and sugar being incorporated with it—peaches, apricots, plums, pears, and apples, pine-apple, oranges, and bananas. For the five former, when out of season, we can use preserved fruit. Pine-apple (preserved) requires a little stewing in syrup to soften it. Cool, drain, and dry before using.

Whatever fruit be chosen, let it be set *en marinade* in a little liqueur, brandy, or rum. Delicate fruits require liqueur, pine-apple is better associated with rum, bananas and oranges, with curaçoa, rum, or brandy. A wineglass is enough for a good-sized dish. The fruit, sliced, and prepared for the *beignet*, should be laid in a soup-plate, dusted over with sugar, and sprinkled with the brandy or liqueur. After an hour the slices should be turned over, basted again, and this should be repeated during the afternoon, until they are required by the cook. The brandy or liqueur used for the *marinade* should be mixed in the batter. The pieces must be wiped dry and dusted over with icing sugar before they are dipped in the batter. Orange quarters and slices of *ripe* bananas may be used raw, but the slices of pine-apple must be stewed till tender. Unless perfectly ripe, it is a waste of time and materials to attempt to do anything with a banana—as a fruit.

Beignets soufflés :—In a two-quart stew-pan put one and a half gills of water, two ounces of butter, a few drops of lemon essence, and half an ounce of sugar. Put on the fire, and when the butter comes to the surface take the pan from the fire immediately, add by degrees eight ounces of finely sifted flour, mix, and when smooth stir over the fire with a wooden spoon for a few minutes to dry the paste. Remove the pan again, let the paste partly cool, and then add, one by one, two whole eggs and the yolks only of two more. The paste ought now to be stiff enough not to spread out when a lump of it is dropped from the spoon.

Now melt two pounds of frying-fat in the frying-kettle over a moderate gas fire. Take the paste, divide it into little portions with a teaspoon, drop each upon a floured board, roll them into balls, and arrange them so that you can plunge them in small detachments at a time into the fat. Test the latter ; it must be rather less hot than for ordinary fritters, *i.e.*, a sippet of bread on the point of a skewer should only produce a slight fizzing : put in the first detachment of little balls, and turn up the gas to accelerate gradually the temperature of the fat. Move the balls gently in the pan, and when they turn an even golden colour, drain, dry, and treat as fritters, sprinkling them with finely sifted sugar. Lower the heat of the fat, and go on with the next detachment. Drain as they are cooked and dry in the mouth of the oven. Dish in a hot *légumière*, piled upon a neat dishpaper and well powdered with icing sugar, sending in with them separately cut lemons, sifted sugar, and butter. If made without sugar *beignets soufflés* can be served dusted with salt, butter, pepper, and salt accompanying them.

Beignets soufflés au Parmesan :—For these omit the sugar and lemon, season slightly with seasoning (*c*), stir in with the flour two ounces of grated Parmesan, adding one egg and completing as described for *beignets soufflés*.

The Fritôt :—This is another description of fritter produced by a method well adapted to fish fillets, pieces of chicken cut as for *fricassée*, vegetables such as *bouquets* of cauliflower, *quartiers d'artichaut*, fillets of salsify, &c. The thing chosen should be *marinated* with a sprinkling of lemon juice and minced parsley. When required each piece must be wiped dry, dipped in milk and floured. When this has had time to dry, frying in very hot fat should follow. Finish and serve in the manner given for *beignets soufflés*.

CHAPTER XXI

PASTRY

ALTHOUGH the art of making really good pastry is a gift rather than an accomplishment, there can be no doubt that a cook of ordinary capacity can improve herself by learning the rules about it, which practical experience has found expedient.

In order to make these as simple as possible the fewer recipes that are given the better. So I propose to confine my remarks to four varieties as follows :—

- (a) Puff-paste—*pâté feuilletée*.
- (b) Pie crust—*pâté à pâtés chauds*.
- (c) Raised pie-crust—*pâté à pâtés froids*.
- (d) Short crust—*pâté à tarte*.

The first to be used for patties, *bouchées*, tartlets, cheese cakes, mince pies, the *vol-au-vent*, tarts, &c.

The second for all savoury pies, made in an ordinary pie-dish, such as pigeon pie, veal and ham pie, &c.

The third for savoury pies, made of raised crust, such as pork pie, game pie, &c.

The fourth, which has a short-bread-like texture, much liked by some, for tarts, &c.

If a cook can present a good sample of each of these pastes, she need not bother her head with “other ways.” The following hints will be found useful :—

1. Use a marble pastry slab. Except in winter-time, the chief difficulty the pastry-maker has to contend against is high temperature: a jugful of iced water poured slowly over the surface of the slab (since marble retains cold far more readily than wood) is the surest safeguard. In fact, in a warm kitchen, or in summer,

without iced water at her elbow, the cook can scarcely hope to turn out really light puff-pastry.

2. Everything connected with this department must be as bright and clean as possible.

3. Weigh all the ingredients carefully. It is a mistake to talk about cups of butter and tablespoonfuls of flour in dealing with pastry, for you cannot fix such measurements accurately. Weights are much safer. Carelessness in this matter often causes failure.

4. Every cook should remember that the less she thumps and mauls the dough the lighter it will be, and that the quicker the work is done the better.

5. Wash the hands before going to work in very hot water, and plunge them into iced or quite cold water afterwards, drying them well before proceeding to business. The frequent use of cold water to cool the hands while working is advisable.

6. A little practice will enable the cook to mix her dough, in the first instance, with two strong wooden spoons, or with a Wedgewood mortar pestle and one spoon. This is really a matter worthy of consideration. Setting aside any over-sensitive notions on the score of cleanliness, it stands to reason that the less the paste is touched by the warm human hand the better and lighter it will prove. Similarly, therefore, let the turns in the rolling-out stage be done with two spoons. If the mixing stage were carried out in a roomy enamelled iron pan, or bowl, set in ice, the spoon process could be easily managed.

7. In hot summer weather pastry should be made, if possible, in the morning before the real heat of the day had set in. It will keep perfectly well folded in three if set in a cold larder, or in summer in the refrigerator. When the time comes for using it lay it upon a cold slab, roll it out once, and it is ready.

8. Baking :—Too slack or too fierce an oven will destroy all the careful work I have just described. A good *hot* oven is required, sufficiently brisk to raise the pastry, yet not severe enough to burn or even scorch it. Inexperienced cooks are inclined to err on the side of extreme heat, which, I think, accounts for those harsh, talc-like slabs of pale brown crust, piled up one on top of the other, which so many of us are forced to accept as puff-pastry.

NOTE:—Matters can be made certain in this respect if the cook be provided with an oven thermometer, the indications of which she can be shown in a few minutes.

Touching ingredients:—The flour used should be the best procurable, and in a moist climate, such as ours generally is, it is necessary that it should be dried in the oven and sifted to begin with, for the presence of damp in flour ruins pastry.

Another cause of failure in attaining light crust is the moisture and oiliness of the *butter*. All butter contains water, and even the best of it requires close pressure before the pastry-cook dare use it. Then when used for this purpose it should be firm; not frozen like a stone, but quite hard enough to be kneaded in a cloth to a pliant consistency without stickiness or oiling. A judicious use of ice for this ingredient is, therefore, unavoidable if you desire to use it with success in pastry.

It is owing to this difficulty about butter that the best cooks now admit that of the two *suet* makes the lighter puff-paste in hot weather. If well clarified it is firm, dry, and capable of being pounded, and spread over the dough, and though pastry thus made may not be quite up to the standard of that made with butter under the best conditions of temperature, it will be found to approach it satisfactorily.

Clarified beef suet:—For the reasons that I have described, it may be found better occasionally to use this instead of butter; if so, procure as much good, fresh suet from a sirloin of beef (that surrounding the kidney is the best) as you require and cut it into pieces. Place a fish-boiler, or large stew-pan, on the fire, fill it three-parts full of water, and put into it the chopped suet. By degrees this will melt, the skin and impure fragments will sink, and a rich oil will float upon the surface of the water, which should be kept at a simmering pitch. When satisfied that the whole of the fat has melted, suspend operations, take the pan from the fire, and let it get cold; when cold, the clarified fat will be found congealed upon the surface of the water. Now take it off in flakes, drain every drop of water from it, wipe it dry, and put it into a clean stew-pan; melt it again, and strain it through a piece of muslin into an earthenware bowl. The fat will again consolidate—in a firm, whitish cake, as it were—far firmer than

butter, though quite as sweet and clean, and the very thing you want for ordinary pastry and delicate *friture* and *sauté* work. Suet thus clarified will keep perfectly good a long time. Observe that you do not *boil* the fat. The melting is gradually effected at simmering-point. Dripping can be clarified in the same manner for frying purposes.

Keep the bowl of suet in a cool larder, for although it is not as delicate as butter, clarified suet is all the better for being kept cold.

Lard is a useful thing during the colder months of the year ; it requires the assistance of ice to fit it for pastry-making if the weather be at all warm, and then, if carefully used, it affords either alone or in association with butter a very fair ingredient for a common pie-crust.

PUFF-PASTE (a) :—Having the following ingredients ready : A pound of cold butter, or a bowl of cold well-clarified suet as the case may be, a canister of dry well-sifted flour, salt, and a jug of iced or naturally cold water, temperature about 40°, weigh a pound of flour, and turn it out upon a cold marble slab, make a hollow in its centre, and mix into it half an ounce of salt and a quarter of a pint of the cold water ; mix the flour gradually with the water, and when this is done, and the paste half mixed, sprinkle over it by degrees as much more iced water as may be needed to form a lissom dough.

Mix it all now thoroughly, until it ceases to adhere to the slab, and pat it into a round ball, cover it with a cloth, and let it rest ten minutes. Now take one pound weight of the iced butter, or clarified suet ; if the former, knead it in a cloth till it is pliant ; if the latter, pound in a mortar till it is in a like condition. Next flour the slab, flatten out the ball of paste to a thickness of about two inches, and pat it into a square shape, spreading the butter or suet evenly over its surface, but leaving a margin of at least one inch of paste in excess of the butter ; then fold the four corners of the paste to the centre, enclosing the suet, and forming, of course, a smaller square piece. Roll this evenly out nearly a yard long, then fold over one-third of the length towards the centre, and fold the other third over it. This folding in three is called by cooks giving the paste one turn. Be careful that

none of the butter or suet breaks through the edges of the paste as you roll it out. Now, reversing the direction, roll the paste out again, then, having folded up the paste as before, let it rest, if the weather be at all warm, for ten minutes in the ice-box, in a dish placed over ice, or on a very cold slab. After this, reversing the direction of each rolling, give it two turns, rest ten minutes, then two turns more—six rolls out in all: lastly, fold the paste in three again, cover it with a cloth, and again keep it in a cold place. When required lay it on the cold slab and roll it to the thickness desired, and cut it according to your requirements.

For patties, a *vol-au-vent*, &c., six turns are recommended by the best authors: more than six may do harm. Keep the flour dredger handy and flour the rolling-pin well before each turn. Keep the hands cold during the whole operation. As soon as the work is done fold the paste in three, flour it, lay it on a dish, cover it with a cloth, and set it in a cold larder, or in the refrigerator until it is wanted.

The chief object is to keep the paste and the butter in level layers, as it were, without an undue quantity of the latter in one place, too little in another, or escapings over the edges. Much must, therefore, depend upon the careful distribution of the butter in the first instance, and the evenness of pressure and lightness in the rolling. For this reason the old practice of strewing the butter over the surface of the dough in little pieces has been given up for that of spreading it evenly, so that it may be rolled out smoothly—not in patches.

Baking powder may be used advantageously in pastry-making: here is Yeatman & Co.'s recipe for puff-paste made in connection with their powder:—

Weigh a pound of flour carefully sifted, and one of butter. Choose a cool place to work in, see that the flour is good and dry, the butter firm and free from moisture, and fill two shallow baking-tins with broken ice. Put the flour on a cool slab, mixing into it a heaped-up teaspoonful of the baking powder: when mixed, form the flour in a ring, as it were, and in the centre of it put the yolk of an egg and a teaspoonful of salt: add a little iced water, and gradually work the flour into it from the inside of the ring, sprinkling additional water as required—about two gills

altogether—until a smooth, fine dough, free from all stickiness is produced. Pat this into a lump, and put it in the ice-box for a quarter of an hour, then roll it out about the size of a dinner-plate: spread the butter upon it, and wrap the edges of the dough over it, carefully covering it: now turn it upside-down, and roll it out very thin; reverse it again, and fold it in three. Place it after this on a baking-sheet over one of the pans of broken ice, and put the other pan of ice *upon it*. Repeat this cooling process between each double turn, and use as soon as possible when five turns have been completed.

Although composed for English and American kitchens—for a temperate climate, that is to say—observe the use of *ice* advocated in this receipt. Instead of the butter you can, as I have said, use clarified beef suet in all cases when you cannot provide yourself with butter in a proper condition—firm, cold, and quite free from water.

PIE-CRUST (*b*):—This may be made exactly like puff-paste, but with less butter or suet, about ten or twelve ounces to the pound of flour being enough. But the ordinary kind is somewhat different, that is to say, a close *crust* an inch thick, glazed externally, with egg—a firm, plain paste that can be cut out in a whole piece without its breaking into fragments; pale brown and crusty externally, and soft and pale yellow internally, with bits of the pie adhering to it.

Put one pound of well-dried and sifted flour on the slab, or in an enamelled basin; make a hollow in the centre, and work into it two-thirds of a pound (eleven ounces) of butter or cold clarified suet pounded smoothly, adding a teaspoonful of salt. When mixed, stir in the yolks of two eggs, and sprinkle over it by degrees as much iced water as required to form a thoroughly smooth dough: dredge some flour over the slab, and roll the paste out half an inch thick. Fold it in three, roll it out again, and again fold it. Set it aside covered with a cloth in a cold place. Repeat this until seven or eight turns have been completed, then fold up the paste and cover it with a cloth, giving it a quarter of an hour's rest. After this roll it out half an inch thick, when it may be cut to cover the pie.

Or, *French savoury pie-crust*:—Put eighteen ounces of flour upon a slab, and rub lightly into it three-quarters of a pound of cold butter or clarified suet; add a teaspoonful of salt, and complete the dough by adding to it by degrees a quarter of a pint of water in which the yolks of two eggs have been beaten. Roll the paste out, give it two or three turns, fold it, wrap it in a cloth, and keep it in a cold place one hour before using.

A plainer crust can be made by reducing the suet, and a richer and more volatile one by adding a couple of ounces or so of iced butter.

RAISED PIE-CRUST (*c*):—This is perhaps less understood by the domestic cook than the other kinds that I have mentioned. It is certainly one that people rarely attempt to make at home under an impression, perhaps, that raised pies are difficult to make and expensive. This is a mistake, for, as a matter of fact, nothing can be more simple. Pies of this kind are inexpensive, and whether for breakfast, the luncheon-table, or the picnic basket, cannot be too highly recommended. To be certain of success it is necessary to procure a proper raised-pie mould (one of tin will do) with movable sides secured by a pin at either end, so that the pie may be easily released when baked.

Put two gills of water into a stew-pan, and heat it over the fire; when quite hot stir into it eight ounces of clarified suet and two ounces of fresh butter with a teaspoonful of salt. Stir till the fat has melted, cool this to lukewarm, and then pour the contents of the stew-pan by degrees into a bowl containing a pound and a half of well-dried flour. Work the mixture to a stiff paste, adding a little water, if necessary, and turn it out upon a cold pastry slab; roll it out at least half an inch thick, as evenly and level as possible, and let it get quite cold, and use in the manner described for raised pies in the next chapter. This receipt for raised pie-crust is a Leicestershire one, and will be found similar to that used for pork pies in that county. If a slightly plainer crust be preferred the proportion of five ounces of suet and one of butter to the pound of flour may be adopted.

Pâte brisée, as used by French cooks for raised pies, is composed in the same manner, but is a little richer in respect of the

ingredients used : Eleven ounces of butter or clarified beef suet melted over the fire with a gill and a half of water, should be allowed for eighteen ounces of flour, a teaspoonful of salt, and sufficient cold water to form a pliant dough, two yolks of eggs being added with it.

NOTE :—It is a good plan to make the tops or covers of raised pies with puff pastry.

SHORT-CRUST (*d*) :—For a pound of flour allow ten ounces of cold fresh butter, two ounces of sifted loaf sugar, two eggs, and a little milk. Mix together the flour, sugar, and a pinch of salt, with the butter; work this well, then add the two eggs well beaten, and lastly sufficient milk to form a pliant paste; roll it out and fold it. When this has been done cover the paste with a cloth, and let it remain in a cool place for half an hour. This, of course, can only be used for tarts, &c., in sweet cookery.

By omitting the sugar, and reducing the other ingredients, with a certain allowance of grated cheese added, a savoury paste is obtained, out of which biscuits can be stamped, which make a nice garnish for spinach, sorrel, and other *purées*, and go well in a like capacity with buttered eggs. These proportions may be adopted : Six ounces of flour, three ounces of butter, two yolks of egg, three ounces of grated Parmesan, a saltspoonful of salt, the same of Nepaul pepper, two gills of water to moisten. Roll out a quarter of an inch thick, press out the biscuits with a two-inch cutter, lay them on a buttered baking sheet, push into a moderately quick oven and bake.

CHAPTER XXII

PIES

PIES may be divided into two distinct classes, *i.e.*, those baked in pastry or raised pies, and those done in the pie-dish with a covering of paste. For the former birds and ground game are, as a rule, boned; in the latter they are put in whole, in halves, or disjointed pieces, according to size and description. Then, of course, there are pies made of cooked meat, and those of uncooked meat, which require slightly different treatment.

An ordinary pie (the *pâte dans un plat* of French cookery)—the pie of the pie-dish.

Having selected the flesh or fowl for the pie, the first thing to prepare is the jellied broth which must be made separately, and part of it poured in and amongst the layers in the pie-dish before the paste is laid over it. A little wine lends valuable aid to such moistening: the remains of a good bottle of champagne or chablis can be used with great advantage in pigeon pies, chicken and ham pies, &c., claret or burgundy in game, venison, and hare pies. The broth ought not to *fill* the pie-dish; about a breakfast-cupful will suffice for a pie of moderate size in the first instance, some of it being saved for addition after the baking, as will presently be described.

Discourage the use of strongly flavoured ready made sauces of the Worcester type in pie-making, and rely on the savoury qualities of the meats, their broth, and seasoning. Glaze, and one or other of the essences mentioned on page 84, may be used with good effect.

The *seasoning* is a matter demanding close attention: it is here that the preparations described at page 123 will be found of the greatest value; cooked mushrooms, truffles, and sweetbread (from remnants that may have been saved after an important day's cooking) are always welcomed additions. Finely chopped liver is a capital thing to shake over the crevices when building a pie, and minced cooked kidneys may be used in the same way. Ham and tongue go well with every kind of pie, bacon is quite indispensable, and sliced Brunswick or other flavoured sausage, most useful at times.

All pies require a certain proportion of fat to prevent dryness. In an ordinary pie the weight should be one-third that of the lean. This is as a rule provided by the introduction of *cooked* ham or bacon fat, for by using it in that state greasiness is prevented. Some pies require a larger allowance. For instance, in French raised *pâtés* at least half the weight of the lean is allotted, provision being to a great extent made for it in the forcemeat.

Always rub the pie-dish with a shallot before packing it, butter it, and sprinkle it with chopped parsley.

It is customary to garnish the surface of a savoury pie with halves or quarters of hard-boiled eggs: if you have a few button mushrooms that have been stewed in milk or broth you can use them for that purpose also, and strew some finely minced parsley over the whole.

The cupful of broth should be poured gently into the packed pie-dish the last thing, just to moisten the contents.

The covering pie-crust, for which recipes were given in the last chapter, must now be laid on, and the pie set in the oven, the temperature of which should be tested by the oven thermometer if possible, a medium heat between fast and slow being the thing required. Let the baking be conducted slowly, and, if at all afraid of an excess of heat, protect the paste with buttered paper as soon as it has browned.

Before laying on the covering paste wet the rim of the pie-dish and place over it a band of paste an inch and a quarter wide and a quarter of an inch thick. Wet this with a brush dipped in water, and then put on the cover, pressing it firmly to the band, lastly passing a knife round the outer edge to trim it neatly.

In respect of the baking it should be noted that it is just as necessary to observe the rules of slow cooking in the case of a pie as it is in that of a stew. The contents of the pie-dish should never be allowed to boil. Yet how often this is done is proved by the overflowing of the broth, the tell-tale marks of which are left on the outside of the dish, while the air of the oven, vitiated by the burnt spillings, taints the pie crust most unpleasantly. In these circumstances can we wonder that the meat of the pie is leathery and dry?

Always leave an aperture in the centre of the pie-crust, which can be covered with an ornamental device in pastry when the cooking is completed. This is necessary as a vent for the escape of the gas which the cooking of the meat generates, and also as an opening through which the rest of the jelly broth can be poured as a finishing touch half an hour after the pie is taken out of the oven. The glazing of the crust should be done towards the end of the baking by brushing a well-beaten-up egg over its surface.

If these general rules are acted upon, home-made pies can be produced inexpensively and in every way as nice as the best that can be bought.

There ought to be little or no difficulty in preparing a moistening broth for a pie. The method carefully explained for giblet broth (page 61) and for hash broth (page 323) can be followed easily enough. In the case of uncooked meat the amount of moistening should be as described, but cooked meat having no juice of its own to be brought out in the cooking must have sufficient broth to come level with the top of the contents of the pie-dish when it is packed. And as some of this will be absorbed during the cooking additional moistening must be given after the baking.

A calf's foot or a couple of sheep's feet with the crushed bones and giblets of a fowl, or a few veal bones are valuable things in the making of jelly broth, since they yield gelatine and flavour as well. If not, it will be necessary to use gelatine, allowing half an ounce to three gills of plain broth to produce a firm jelly. See page 91 for notes upon meat jelly.

PIES OF COOKED MEAT:—The following notes concerning a domestic pie will be useful, I hope, to housekeepers who may desire occasionally to use up a pound or two of good meat in some way that may seem uncommon, and give satisfaction.

A question arose one day touching what could be done with the remains of a fine saddle of mutton. There was a piece of good cold-boiled rather fat pickled pork in the house, about a pound of gravy beef could be spared, and the carcase of a cold roast fowl was also available. It was decided to make a pie. Accordingly as many slices as possible were cut from the meat that remained untouched at the tail end of the saddle and the under fillets: each slice was trimmed free from burnt skin, &c., and laid upon a separate plate. About a pound and a half of these slices having been obtained, all the remnants of good lean that still adhered to the bones were cut off and passed through the mincing machine.

The bones were then broken up, and cast into a large stew-pan with every atom of skin, fat, gristle, &c., that could be found left in the dish after the trimming operation. The whole saddle was thus disposed of.

Into the stew-pan with the mutton bones and scraps, were put four ounces of onions finely minced, three ounces each of turnip and carrots minced, a bunch of parsley, an ounce of celery, a teaspoonful of seasoning (*c*), a bouquet of sweet herbs, the pound of gravy beef minced, and all the remnants of the fowl thoroughly broken up and roughly pounded.

The whole was then covered with warm water, brought to the boil, a dessertspoonful of red currant jelly added, and after that simmered gently for about two and a half hours, by which time about a pint and a half of good broth was obtained. This was strained, set to cool, and in due course skimmed free from fat.

The pie-dish was then packed:—First, a coating of butter and sprinkling of finely minced parsley, then a double layer of sliced mutton, over that a layer of sliced pork, another of mutton, and so on alternately, with mince in the crevices here and there: the surface was covered with thin slices of the pork and garnished with hard-boiled eggs cut into quarters, and then a portion of the broth was poured by degrees over everything, time being given

for the liquid to settle in and amongst the contents of the pie-dish : when finished, the moistening came within an inch of the top of the pie : parsley minced small was shaken over the top layer as a last touch.

The pie was now covered with pie crust (*b*) and baked in quite a moderate oven.

At the end of the baking, after the pie had cooled for half an hour, the remainder of the broth which had been saved for the purpose was gently poured in a lukewarm state into it through the vent in the centre of the crust. An ornamental flower cut in paste, which had been baked separately, was placed over the aperture, the crust was glazed, and the dish was allowed to get thoroughly set and cold during the night in the larder.

Observe the absence of any ready-made sauce in the concoction of this simple composition. Its flavour was obtained from the seasoning, herbs and vegetables used in the broth, and the general blending of the various ingredients.

When cold, this pie was really excellent ; there was not a bit of grease in it ; the meat lay invitingly embedded in a nice jelly, and although no wine was put in, and nothing expensive used, the flavour was capital. Instead of the pickled pork, slices of ham, bacon, tongue, or juicy pressed beef, provided that a good proportion of fat was brought in by them, might have been used. A little consideration will enable the cook to vary both the contents and the flavour of pies made on these lines.

Veal and ham pie :—Assuming that the cook has a cold chump end of loin of veal upon which there is about a pound and a quarter of not over-roasted meat left, let her slice up all the meat as if for hash, trim off all the browned skin and edges. Put this meat, protected by a cover, back into the larder. Break up the whole of the chump bone as small as possible and put the pieces with all gristle and skin cut off in trimming the meat, into a roomy stew-pan, then, using the same ingredients, proceed to make a broth in the manner just described for the domestic pie. Strain off, cool, skim off all fat, and use this for moistening the pie by and by.

Now to pack the pie-dish :—Having weighed the meat, take half that weight of sliced cooked rather fat ham, and a quarter of

streaky bacon. Over the parsley sprinkled at the bottom of the dish put a layer of bacon, then veal, next ham, repeating the veal and ham layers, with slices of hard-boiled eggs here and there till the top is reached, where another layer of bacon must be put. Season with seasoning (*b*) between each layer. Moisten now with half a pint of the jelly broth, and finish as in the preceding recipe.

In the case of previously cooked meat a savoury gelatinous moistening is quite indispensable, and attention must be paid to its flavouring. As regards the baking, there is of course less time wanted than in the case of uncooked meat: as soon as the paste is cooked and nicely browned the dish can be removed from the oven.

PIES OF UNCOOKED MEAT:—It is almost an established rule to use beef-steak as the groundwork of pies made of uncooked birds, rabbit, hare, &c., and it very often happens that this meat, being neither as tender nor as juicy as it might be, is to a great extent wasted. To prevent this, choose a tender piece of topside or rump steak, and get the butcher to cut it as thin as possible. Out of these slices cut pieces, say four inches long by two and a half wide, lay them on a board and season their upper sides with seasoning mixture (*b*). Next cut thin slices of cold boiled fat bacon of a like size and lay one of them on each piece of beef, rolling up the latter and enveloping the bacon. Rub the pie-dish with a shallot, butter it, sprinkle finely chopped parsley over it, and line the bottom with a layer of these little rolls arranged closely together. After this the packing of the pie should go on according to the recipe selected, and the description of material in hand. These small rolls of beef will be found much nicer than the customary thick pieces of steak to which I have alluded, and by no means the worst part of the pie.

Beef, however, is by no means essential as a basis for these pies. Veal cut and rolled with bacon as described for beef is as good, and mutton a very fair substitute—neck cutlets larded, for instance.

A beef-steak pie made up of these rolls, packed in layers, well seasoned, and assisted by a little good jelly broth, is decidedly

good, for although pies made of uncooked meat produce juice of their own, a moistening is at all times requisite to commence with, and the addition of some good gelatinous stuff after the baking is certainly an improvement.

Chicken and tongue pie :—A chicken, a pound of cooked ox-tongue, six ounces of fat bacon, and six mutton cutlets from the neck, and the nut stuffing (page 125), using pine kernels as there described. Bone the chicken, cut the meat into neat fillets, slice up and trim the tongue, and lard and trim six nice mutton cutlets from the neck, severing the bones close to the meat. Use the chicken bones and giblets, the tongue skin, and trimmings, and all the remnants of mutton left after shaping the cutlets, in the manner described for giblet broth (page 61) : after straining this reduce it one-third by fast boiling, adding a glass of chablis ; strain again when it is finished and skim. Next pack the pie-dish : butter it, cover the bottom of it with a layer of stuffing, over this then lay the mutton cutlets, above them a layer of the slices of tongue with some of the fat bacon, next the pieces of chicken with slices of tongue and bacon here and there, garnish with hard-boiled eggs, and finish with a layer of bacon slices on the top. Pour in half a pint of the broth, by degrees allowing it to soak into the packing, cover the pie with crust (*b*), protect this with buttered paper, and bake gently for an hour and a half in a moderate oven.

Rabbit pie :—Two young rabbits, a pound of cooked bacon, and herbs stuffing No. 1—half the quantity in the recipe enough. Skin, clean, and wipe the rabbits, bone them, trim the meat in fillets, and cut the bacon in thin slices ; set them aside. Put the heads, carcasses, well crushed, and all scraps of the rabbits, with the vegetables, and usual ingredients for flavouring a broth already laid down, into a large stew-pan, and make a broth with them for the pie. While this is being cooked, cut up the livers and kidneys of the rabbits, and put the pieces into a buttered *sauté*-pan with a tablespoonful of minced onion, one of parsley, and a teaspoonful of seasoning (*b*) : stir about over the fire for five minutes, and then empty the contents of the pan into a bowl. When the broth is strained off, cool, skim, and then reduce it as in the previous recipe.

Now spread a thin layer of the stuffing over the bottom of the pie-dish ; immediately above it put a layer of bacon slices, then one of the rabbit fillets, dusting them with seasoning (*b*), and filling the interstices between the pieces with kidney and liver mince ; put a second layer of bacon over the rabbit, and rabbit again above that, repeat the kidney and liver mince, and another layer of bacon. When the pie-dish is nearly full moisten its contents with half a pint of the broth, cover the surface with a layer of stuffing, and lay thin bacon slices over that. After this cover the pie with paste (*b*), and bake ; time, if the oven be in a proper condition, about one hour and a quarter. After partly cooling, the remainder of the broth may be poured into the pie.

Hare pie :—This should be made like the foregoing exactly, with two slight variations, viz., after having been boned the meat of the hare should be marinaded in accordance with the advice given (page 168), and the *marinade* should be strained into the broth on its completion.

Pigeon pie :—A pound of veal cut thin, three Bordeaux or good-sized young pigeons, half a pound of fat of ham, the same of cooked bacon, and stuffing No. 8. The process is not very different from that of the pies already described. About three-quarters of a pint of good giblet broth, in the making of which a calf's foot should be used, must be provided separately, and flavoured with a glass of chablis. The veal should be cut into neat pieces and rolled with the bacon cut into thin slices, as recommended for beek-steak pie. Do not cut the pigeons in halves : let them be prepared whole as if for roasting, while a dessertspoonful of chopped bacon seasoned with mixture (*b*) and mixed with a dessertspoonful of the stuffing should be put inside each bird. The pie-dish should be rubbed with a shallot before it is packed, and a layer of the stuffing should be spread over the bottom of the dish before the veal rolls are arranged upon it. The pigeons should be arranged upon this foundation with pieces of the fat of ham and stuffing between them ; hard-boiled eggs may be laid on the surface, with a covering of bacon slices and stuffing. The moistening, the baking, and finishing as in the case of the rabbit pie.

Veal and ham pie :—Cut a pound and a half of veal from the

chump end or fillet into pieces as explained for beef-steak pie, cover each piece with a thin slice of streaky bacon ; season, and roll these up. Butter, strew with parsley, and cover the bottom of the pie-dish with slices of ham, over them arrange a layer of rolls of veal, seasoning with mixture (*b*), and filling hollows with slices of hard-boiled eggs ; then put in a layer of slices of ham with one of rolled veal over it ; continue till packed, finishing with a layer of ham. Pour in half a pint of gelatinous broth, cover with paste, and complete as in the previous cases.

Of small birds, such as quail, fieldfares, larks, ortolans, or wheatears, very nice pies can be made. About eight birds are enough for one of moderate size. Bone the birds, wrap them in slices of bacon, after putting a dessertspoonful of *foie gras* in each of them. The broth ought to be very strong. For this a calf's foot, all the bones of the birds, and a pound of fresh giblets (chicken or game) should be used ; while about half a pound of bacon and a pound of fillet of veal will be wanted for the foundation of the pie. Choose *d'Uxelles* stuffing, or farce No. 1, for the lining and filling of crevices. Then, after buttering and rubbing the pie-dish with a shallot, line the bottom of it with the stuffing of farce, and upon that put a layer of the pieces of the veal rolled with strips of bacon, seasoning with mixture (*b*) throughout the packing. Now place the eight quails on the surface of the veal, with slices of bacon, ham, or tongue, and a little of the stuffing, or farce, between each bird ; cover with slices of bacon, moisten the pie with the broth, saving some of it for the final process previously described, cover it with pie-crust (*z*), and bake.

Bearing these examples in mind, the cook ought to be able to work out variations of her own without much difficulty.

RAISED PIES :—I alluded to these pies in the preceding chapter, and observed that many people seemed to think that they were too difficult to be made at home. Now, in point of fact, they are easier in regard to their paste than the fruit tarts which our "plain" cooks attempt without hesitation ; the preparation and packing of the meat of which they are composed are simple operations, and

the strong jelly which is finally added in a liquefied condition equally plain. The first thing to do is to obtain a proper raised pie mould of a medium size, and the next to follow the instructor carefully.

In raised pies it will be found that forcemeats come into play. These compositions appertain specially to French cookery, of which they are a distinct feature. They have nothing to do with *stuffings*, which, again, may be called purely English. For this reason I have kept them apart (see Chapter IX. where full details will be found).

Recipes for raised pie-crust were given in the last chapter: here it will be necessary to give directions for lining the mould and packing it.

Lining the mould:—Put the ball of dough, made as described (page 342), on a floured slab, and roll it out as evenly as possible not less than half an inch thick. Butter the mould with a brush well, and lay the paste over it, pressing it gently down into the mould, and taking care to make it fit the inside of the mould, bottom and side, closely, and leaving about an inch overlapping the rim.

Packing it:—Line the hollow thus formed with the farce chosen, and then pack the mould with the meat selected for it, pressing it together firmly till the surface is reached. Overlay this now with slices of bacon, then spread the paste cover over it, fastening it securely to the rim by the overlapping lining paste, making a hole in the centre of it, and neatly trimming it all round. Thus finished, the surface of the pie is brushed over with beaten-egg, the mould is then put into quite a moderate oven, and baked as gently as possible. After it is removed, while still hot, the jellied broth is poured into the pie through the ventilating hole, which is then closed with a *fleuron*. A raised pie should be kept in a cold place for twenty-four hours before being released from the mould for service.

Raised pies can be filled in a plain way, as will be seen in the following recipes:—

(a) With MUTTON:—Choose a well-hung neck of mutton, cut the meat from the bones in one piece, divide that into slices half an inch thick, and cut them into squares half an inch across,

keeping the fat and lean separate: if the neck be a lean one, a few ounces of fat bacon cut into dice should be taken to assist the pie, the proportion being one-third of fat to two-thirds of lean: thoroughly season the meat, when it is cut up with salt, freshly and rather coarsely ground black pepper, and a tablespoonful of finely chopped curled parsley. With this the pie should be packed as closely as possible, fat and lean mixed irregularly. Contrary to the custom with ordinary pies, no broth is put into raised pies at this stage. The chief thing is the close arrangement of the packing: if put in loosely the meat contracts in cooking, sinks, and comes away from the side, leaving a space between it and the paste. When the mould is filled, put on the cover, not forgetting to leave an opening in its centre, cement the edges with white of egg, and pinch them together firmly, brush the top over with a well-beaten egg, and bake the pie in a slow oven, protecting the top after it has browned with buttered paper.

The moistening:—After the meat has been cut off in the first instance, all the bones well broken, and trimmings of the neck, with half a calf's foot or a couple of sheep's feet cleaned and cut up, should be seasoned with mixture (*b*) and put into a stew-pan, covered with broth, boiled and simmered for at least three hours, so as to make a clear yet strong broth. Strain this; when it is cold it should solidify as a jelly. Half an hour after the pie has been baked and is still hot, pour about a gill of it, luke-warm, through the opening in the top of the cover. Fix the *fleuron* over the hole with white of egg, set the pie in a cool larder, where it should remain for twenty-four hours before using.

NOTE:—It should be observed that the amount of moistening required for raised pies is so small that it should be a concentrated essence rather than a broth. This condition is obtained, of course, by reduction.

(*b*) With PORK, when you get it at its best in the winter-time, the process is similar to that just explained: choose the meat of the neck or loin, eight ounces of fat to sixteen of lean: omit the parsley: the seasoning used for pork pies in Leicestershire and Warwickshire—where these pies are acknowledged to be speciali-

ties—is composed of black pepper and salt only, the proportion being two-thirds of the latter to one of the former. Recipes that mention sage, &c., are incorrect. Pack the pieces of meat as closely as possible, and bake the pie very slowly: a little liquid jelly made from pettitoes and bone scraps should be poured in while the pie is hot after the baking, but no moistening should be added before that operation.

NOTE :—Two pounds of meat, one-third fat and two-thirds lean, and as much paste as a pound of flour mixed, according to the recipe, will yield, will make a good mutton, veal, or pork pie on the lines above given.

GAME PIE (plain) :—If a raised pie be made with game, the birds, hare, &c., should be boned, game forcemeat (page 128) should be used for the lining, and half-inch dice of fat bacon should be used here and there. Season with mixture (*b*), and pour liquid jelly (made from the bones, trimmings, and a couple of sheep's feet) into the pie after it has been baked. Follow the process explained already for the lining and packing of the mould.

Pâté froid de gibier :—A mixed assortment of game—a pheasant, partridges, grouse, black game, quail, a hare—any two or three sorts of birds with a hare will do : proceed to bone them : set the meat aside for the moment : break up the carcasses of the game, crushing them thoroughly, and, using any bird that may have been badly shot besides, follow the course given (page 317) to make a game *fumet*.

Now examine the meat, separate the better and more tender part of it from the coarser, making use of the latter for the forcemeat with the livers, hare, kidneys and heart. Put the former, cut into inch pieces into a bowl, with an equal quantity of fat of cooked ham or bacon similarly cut. Season the mixed meats with mixture (*b*), and sprinkle among them a *marinade* composed of a tablespoonful of red currant jelly diluted with a claret-glass of claret or chablis, and a tablespoonful of walnut pickle vinegar. Let this alone, stirring it now and then with a wooden spoon, for six hours.

For the forcemeat see page 128, utilising the materials already mentioned.

When the time arrives, line a raised pie mould in the manner just described, spread a good coating of forcemeat over the bottom of it and up the sides. Next place a good layer of the mixed meats over the forcemeat at the bottom of the mould, and then go on packing it closely, with dice of truffles dotted in here and there, until the dish is almost filled, then cover the surface with a layer of the forcemeat with slices of bacon over it.

To add to the flavour of the pie, a *terriner* or tin of *pâté de foie gras* can be used. Trim the *pâté* into half-inch dice, and dot them about here and there amongst the game meat during the packing of the pie-dish. If mushrooms happen to be available, a quarter of a pound of them may be cleaned, peeled, and cooked for five minutes in butter in a *sauté*-pan over a low fire; then, if large, cut them into convenient pieces, or if buttons, put them in whole as you go on with the packing.

The packing being completed, the pie should be covered over with the paste cover, glazed, and baked in quite a moderate oven for about two hours: while warm, after having been removed from the oven, a gill of the *fumet* should be poured in through the vent to finish with. After this the pie should be put in as cold a place as possible for twenty-four hours.

A raised pie is often served at a ball supper or luncheon party with its cover removed, the slices of bacon on the top taken off, and the space filled with broken aspic jelly, turned olives, hard-boiled eggs, &c.

Raised salmon pie:—Take two pounds of salmon, remove the skin and bones, trim it in slices, and sprinkle them with seasoning (c). Set these aside in a cold place. Make with three-quarters of a pound whiting a forcemeat as explained page 129, and with the bones and skin make a fish broth on the lines of that given page 138, moistening it with half chablis half water. After straining this put it on to boil until it is reduced to half a pint. Line a raised pie mould with paste (c), fill the bottom with a layer of the forcemeat, then a layer of the salmon, an inch thick, then forcemeat, continuing the packing till the pie is filled. Put a cover of puff-paste over the top, brush it over with white of egg,

and bake the pie slowly. When done, let it cool for half an hour, and then pour in, through the hole made in the top, a gill, or a little more if the pie will absorb it, of fish *fumet*. Truffles can be mixed with the fish and forcemeat during the packing. The pie should be put away in a cold place for a day.

NOTE:—All raised pies should be left in their moulds during refrigeration. Not until required for the table should they be released by removing the pins which secure the mould.

Raised pies can be prepared in a different way from that which has been described. Having lined a mould with the paste as ordinarily for raised pie, instead of lining with forcemeat and packing it with meat, fill it with flour, put on the cover, protect it with buttered paper, and bake in a moderate oven till the paste is cooked. When ready remove it from the oven, cool it for a quarter of an hour, detach the cover, take out all the flour, and put the empty case now produced into a warm oven simply to dry it inside. Now put it into a cold larder or refrigerator, and when quite cold fill the hollow with any nice selection of cooked meats—turkey, fowl, pheasant, grouse, hare, &c., cut in neat fillets, with dice of *foie gras*, ham, and bacon fat, cooked mushrooms and truffles if liked, moistening each layer as the packing is conducted with strong jellied broth made very savoury by the use of game bones, seasoning, &c. This must be brought level with the top, the cover must then be replaced, and the pie allowed to solidify during the night in a cold larder. When required for service the pie must be released from the mould, and finished like the other pies that have been mentioned.

TERRINES:—All the trouble of pastry-making can be avoided, and an excellent series of pies obtained by means of the French glazed earthenware *terrines* or covered pie-dishes to which I referred page 317. The directions just given for the packing and cooking of raised pies can be followed in using *terrines*—the fire-proof earthenware dish, in fact, supplies the place of the pastry case. But whereas *cooked* meat can only be used in the latter in

the manner described in the recipe last given—*i.e.*, put into an already baked case in layers by degrees, cold, and set with a strong gelatinated broth or *fumet* sufficiently diluted to penetrate amongst the assorted materials of which the pie is composed—pies of both cooked and uncooked meat can be prepared in *terrines*. Uncooked meats with forcemeat lining, &c., arranged as within a paste-lined mould, can be baked and finished in a *terrine* very easily.

The process of packing having been carried out, lay a band of joining paste round the rim of the *terrine*, wet it, and fix the cover to it, put the dish in a baking tin with an inch or so of water round it, and bake in a very moderate oven for two hours. Take it out, let it rest a quarter of an hour, remove the cover, and pour into the *terrine* from one to two gills of the *fumet*; cover again, and set the dish in a cold larder or refrigerator for a night. When required take off the cover, decorate the top with broken jelly, and serve.

SAVOURY PUDDINGS:—These are generally appreciated at luncheon. The best paste for them, I think, is one made as follows: Put a pound of well-dried flour on a pastry slab, make a hole in its centre, break an egg into this, mix the flour with it, adding a teaspoonful of salt, and sufficient water by degrees to produce a smooth, pliant paste. Pat this into a square shape, and lay over its surface six ounces of pounded clarified suet, mix well, roll it out, give it three turns, and it will be ready for use. A basin is the best thing to use for the boiling; brush it well with semi-liquefied butter, line it with the paste rolled at least half an inch thick, put in the meat, moisten with a gill of cold, well-reduced broth, fold the paste over the top securely, tie the basin up not too tightly in a freshly scalded cloth, put it into a vessel containing fast boiling water, and boil the pudding steadily for from three to four hours. To ensure success, a meat pudding should be as perseveringly boiled as a Christmas pudding.

Beef-steak pudding:—A very good one can be made by preparing the beef as laid down for pies. Cut the raw meat into thin slices, divide these into pieces two inches long by one and a half inch wide, place a thin slice of cold cooked bacon over each

piece, season this with mixture (*b*), and roll each of them up. Line the pudding basin with paste, and fill it with layers of the rolls, moistening them with a gill of strong jellified broth, close the paste securely, wrap in the cloth, and boil for three hours.

Beef-steak and oyster pudding:—For this roll an oyster inside the strip of bacon, and wrap it up in the piece of beef. Finish in the same way.

Beef-steak and kidney pudding:—Cut the kidney into slices and treat them like the oysters, rolling slices of kidney and bacon inside each piece of beef.

Excellent puddings are made with birds, boned, and rolled up with a slice of bacon, and any nice stuffing, inside them.

Partridge pudding:—Choose a brace, pluck, draw, and bone them, lay them out flat, putting a thin slice of cooked bacon over each of them, over that lay a dessertspoonful of *d'Uxelles* stuffing (page 125); roll the birds up and put them into the pudding basin, put in a little rich jellified broth made from their bones, &c., see *fumet* (page 317), close the paste over them, wrap in the scalded cloth, and boil for three hours. This is obviously practicable with any game.

NOTE:—Birds that are not drawn for ordinary roasting, such as woodcock, snipe, and golden plover, should not be boned. Wrap them in thinly sliced bacon, season with mixture (*b*), and put them into the pudding basin with a moistening of good jellified broth or *fumet*, and cook as in the other cases.

CHAPTER XXIII

EGGS

ALTHOUGH many people must be aware that there are numerous ways of cooking eggs nicely, why is it that so few attempt to go beyond the ordinary methods which have obtained in English kitchens since the days of their great-grandmothers? A really newly laid egg is perhaps never nicer than when plainly and properly boiled, but to many this is a luxury rarely procurable in the creamy condition of freshness desired. The other forms of cooking eggs familiar to us are, of course, poaching and frying, in neither of which our cooks are very successful, while their attempts at buttered or scrambled eggs may be recorded among the regrettable incidents of the breakfast table. But where we fail most conspicuously is in varying the serving of eggs, even supposing that we succeed in poaching them nicely, or in turning out a well-made dish of buttered eggs. The cook falls back on toast (often badly done) and we eat our eggs, rarely if ever flavoured or garnished, with an adjunct of smoked sponge. Now the exercise of a little consideration would in nineteen cases out of twenty enable her to use some trifle lying in the larder that would just make all the difference. Sweet herbs, so little used in English cookery except in standard compositions such as stuffings, are most valuable in this branch, giving flavours that pleasantly diversify dishes made of eggs. Indeed there is scarcely anything that cannot thus be turned to account.

The accessories which are more or less of utility are:—Good butter, milk, cream for certain preparations, a little clear broth, meat glaze, various herbs, onion or chives as used for *omelette-*

making, the tomato, cold vegetables, and carefully sifted bread crumbs. The remains of fish, game, and poultry; grated ham, corned beef, and tongue, and slices of sausages, may be also occasionally made use of by an ingenious cook.

Mushrooms lend themselves most acceptably to this branch of cookery, coming in handily in every method in which eggs can be treated, while all the shell-fish are valuable. Truffles *foie gras*, &c., appear in certain special dishes.

French white or brown fireproof china *légumières*, easily got in sizes, will be found continually useful in this branch, and small cases, *coquilles*, *cocotes*, or little *casseroles*, quail cases, &c., in the same ware, can often be employed.

In order to master the various ways of serving eggs properly we must adopt the methods followed by French cooks. Thus we have to consider separately:—

- (a)—*Œufs sur le plat*,—eggs on a dish, set in butter.
- (b)—*Œufs brouillés*,—buttered or scrambled.
- (c)—*Œufs durs*,—hard-boiled.
- (d)—*Œufs mollets*,—medium do.
- (e)—*Œufs pochés*,—poached.
- (f)—*Œufs en caisses*,—in little cases.
- (g)—*Œufs frits*,—fried.
- (h)—*Œufs à la coque*,—boiled.

ŒUFS SUR LE PLAT:—Butter the surface of an eight-inch fire-proof *légumière* with an ounce of butter, dust over it a seasoning of pepper and salt, and slip four eggs into it, carefully avoiding breaking the yolks; dust over again with pepper and salt, and put the dish in the oven, adjusting the latter for *top* heat, and protecting the former from heat below by placing it on a wire drainer. Let the eggs set in the butter, as poached eggs set in water; the moment they are sufficiently firm (about four minutes) serve in the dish in which they were cooked.

NOTE:—Heat from above being a necessary feature in preparing *œufs sur le plat*, it should be noted that the dish can be cooked under the griller of a gas stove quite satisfactorily.

Œufs au miroir:—In this case the process is virtually the same,

except that the yolks of the eggs are glazed, as it were, with a small quantity of boiling butter, the whites being sprinkled with salt to prevent their being *miroités*. The dish is then set in the oven in the same way as the foregoing till the yolks are glazed; it is then taken out, and if the eggs are not quite cooked, that must be completed on the hot-plate of the range. But if done under the griller, this trouble will be unnecessary.

Œufs au miroir are not served in the dish in which they were cooked; they are neatly trimmed round, superfluous white being removed, lifted carefully with a slice, and dished on a hot *légumière* with an appropriate garnish separately prepared.

Œufs sur le plat can be served with at least forty variations, according to the adjuncts associated with them:—*au jambon, au langue de bœuf, aux herbes, aux champignons, aux truffes*, and so on. Take the first: Sprinkle over the buttered dish a layer of grated ham, moisten with melted glaze and broth a quarter of an inch deep, lay the eggs on this bed, season them, sprinkle with melted butter, and set the dish in the oven or under the griller till the eggs are lightly set. Any tasty mince will do diluted with broth and glaze, or good white sauce, as the case may be.

Œufs sur le plat, Lorraine:—Butter the dish, sprinkle it with finely minced chives, slip in the eggs, season them, and moisten them with two tablespoonfuls of cream.

Œufs sur le plat au fromage:—For this the eggs should be broken gently over very finely grated cheese that has been dredged over a good layer of butter in a fireproof china dish, sprinkled with melted butter, put into the oven or under the griller and allowed to set: they should be seasoned with pepper and salt and dusted over with cheese before serving.

Œufs sur le plat au jus:—In this case the bottom of the dish is moistened with strong gravy—that saved from a roast joint, for instance—the eggs are broken into it, seasoned, sprinkled with melted butter, and the dish is put in the oven or under the griller until the eggs are set.

Œufs sur le plat aux anchois:—Butter the dish with anchovy butter, slip the eggs upon this, and proceed as in the other cases.

Œufs sur le plat des pêcheurs:—Line the bottom of the dish with sardines carefully freed from oil and divided into fillets,

season, and moisten the layer with melted butter, break the eggs and put them over this, finishing as usual.

Œufs sur le plat aux tomates :—Pour into the buttered dish a gill of tomato juice pressed out of half a pound of *tomates gratinées* (page 223). Finish as in the other cases.

Œufs sur le plat, Livournaise :—Scatter a dessertspoonful of minced cooked mushrooms over the butter, and proceed as already described.

By using minced herbs of any kind sprinkled over the butter at the bottom of the dish, a plain dish of *œufs sur le plat* is improved and varied. For this you can use parsley and chives, chervil and chives, parsley and marjoram, summer savoury, rosemary, tarragon, chopped young centre leaf of celery, and, of course, the real *ravigote* (page 73), or the correct *fines herbes*—chopped mushroom, parsley, and chives.

Œufs à la Suisse :—Choose an eight-inch fireproof baking-dish, and butter it liberally, pour over the bottom of it a layer of cream a quarter of an inch deep, over that shake a coating of well-grated cheese an eighth of an inch deep, stir and set this to cook in a moderate oven for a few minutes; when the cheese and cream have amalgamated, take out the dish, and if wide enough to hold them without crowding, slip in, one by one, as carefully as you can—to avoid breaking a single yolk—four eggs; give them a dust of black pepper, and salt, and gently pour a little more cream over the surface, coating it over again with grated cheese. Replace the dish, and let it remain in the oven until the eggs have set without becoming hard.

The number of eggs obviously depends upon the size of the dish and the number of people who are to partake of them. As a rule four eggs will be found suitable for a six-inch dish, and enough for four people.

The part cooking of the under layer of cream and grated cheese *before* the insertion of the eggs is a special point, for it prevents the eggs being overcooked. This was communicated to me by Monsieur C., formerly *chef* to the Viceroy of India.

BUTTERED OR SCRAMBLED EGGS :—I have frequently mentioned eggs done in this way in connection with vegetable cookery, and

later on it will be found that they play an important part in toasts. By some the dish is called scrambled eggs, which is perhaps the more accurate title, being a translation of the French *œufs brouillés*. Now, although a well-known dish enough, it is by no means common to find a cook who can turn out *œufs brouillés* really well. The fact is that the operation is far more delicate than many believe, necessitating great care and no little judgment. The quantity of butter should be accurately weighed, it should be of really good quality, and put in as directed. Then the dish must not be kept waiting; it should be served as quickly as a *soufflé*. If cooked over a fast fire it will be lumpy—perhaps leathery. The process must be conducted patiently if “*le point voulu, crêmeux et délicat*” described by Dubois is to be arrived at.

Break three eggs into a bowl with a tablespoonful of salt and a dust of pepper: mix them well: weigh an ounce and a half of fresh butter: divide this into two equal portions, cut one of them up into small pieces, and put the other into a small stew-pan over a low fire: pour in the mixture, whisk it without stopping till signs of thickening show themselves, then take a wooden spoon, add the small pieces of butter one by one and stir it about unceasingly until it is lightly set. At this period a tablespoonful of good white sauce or cream should be added, and then the vessel should be taken off the fire, and the buttered eggs dished.

Œufs brouillés can be much improved with a spoonful or two of finely minced cooked veal kidney, chicken's liver, *foie gras*, mushrooms, truffles, sweet-bread, &c., mixed with a slight moistening of brown or white sauce, as the case may be. In all cases these additions should be made after the buttered eggs have been cooked, and at the last moment. This is a nice way of using dainty remnants.

Œufs brouillés au fromage:—About an ounce of finely grated Parmesan cheese will be found enough for the three-egg mixture just given: it should be mixed in with the small pieces of butter, and the finishing spoonful of *sauce veloutée* or cream must not be forgotten.

Œufs brouillés soubisés:—This can be produced if a spoonful of good *sauce soubise* be mingled with the eggs as a finishing touch instead of cream or white sauce.

Œufs brouillés au crème de crevettes:—Pick and mince the shrimps, pound the shells as explained in Chapter XXIX., and save the butter thus obtained, adding it with the shrimps to the cooked eggs at the last instead of sauce or cream.

Œufs brouillés tomatisés:—Add to the three-egg mixture a gill of tomato *purée* as given page 222, mixing it in with a dessertspoonful of cream at the last.

NOTES:—This method of dressing eggs in its plainer form is, of course, better suited for breakfast than any other meal, but there are several of the combinations now suggested that can well be presented at luncheon.

Remember that *œufs brouillés* are served in France in the same way as an *omelette*, *i.e.*, spread upon a hot silver *légumière* or china dish garnished with neat *croûtons*, or *fleurons* of puff-pastry either alone or as a masking for a dish of peas, asparagus points, or a nice *purée* of vegetable. Many think that the composition should be associated with toast, and nothing else. When required for service at breakfast, fried *croûtes* of bread are better than ordinary toast for buttered eggs.

HARD-BOILED EGGS:—With eggs in this condition a great number of nice dishes can be made, both cold and hot. It will be found, however, in modern French cookery that a large proportion of the best compositions under this head are so largely assisted by adjuncts of various kinds that you feel inclined to ask, “But where are the eggs?”

The simplest, perhaps, are the *croquettes*, *coquilles*, *bouchees*, *rissoles*, and *beignets*, which may be described as minced hard-boiled eggs blended with minced cooked mushroom, ox tongue, ham, anchovies, or other flavouring mince, moistened with a thick white sauce and nicely seasoned, set to get cold, then divided into portions, and, in the case of *croquettes*, rolled into nice shapes, egged, bread crumbed, and fried in plenty of hot fat till properly coloured. For *coquilles* the mixture is set in china or silver shells well buttered, and cooked in the oven; for *bouchées* it is put into little pastry cases and similarly treated; for *rissoles* it is wrapped in puff-pastry in the usual way; for *beignets* dipped in light batter, and in each case fried like *croquettes*.

A teaspoonful of flavouring mince is a reliable allowance for each egg ; it can be varied according to taste and discretion in many ways ; in fact, this is another case in which a thrifty cook may often find opportunities for the disposal of little bits of *foie gras*, sweetbread, truffle trimmings, &c.

Particularly nice *coquilles* of hard-boiled eggs can be made with shrimp or lobster butter as explained in Chapter XXIX. : moisten this over a low fire with sufficient good *sauce blonde* to bring it to the consistency of an ordinary thick sauce, into this stir the hard-boiled eggs finely minced, set this in well-buttered shells, and heat gently in the oven : finely rasped bread crumbs should be shaken over the surface of each.

Œufs au gratin :—Boil six eggs hard, put them into cold water, when cold remove the shells, cut them across in slices, arrange these upon a fireproof china dish well buttered, setting them in layers, and seasoning each layer with pepper and salt. Dust over each layer also a thin coating of grated Parmesan, and moisten the whole well with nicely made white sauce. Shake a canopy of grated cheese over the surface, moistening it with melted butter, and set the dish in the oven till well heated. A good colour can be got for the top of the dish by putting it under the griller of a gas cooking stove.

Œufs durs à l'Italienne :—Line a *légumière* with *spaghetti à l'Italienne* (page 383), fill the hollow with hard-boiled eggs cut in halves, moisten them with *sauce Milanaise* (page 64), scatter a thin layer of grated Parmesan over the surface, heat up gently in the oven, and serve.

Hard-boiled eggs may be *fricasséed*—in other words gently heated up in some good sauce—*Morny*, horseradish, *Hollandaise Navarre*, &c. ; mushrooms or truffle trimmings may be chopped up and sprinkled over them, but in this case no cheese is required. There is obviously here again ample scope for variation if a little commonsense be exercised.

Œufs farcis :—Boil six eggs for half an hour, take them out, and plunge them into cold water. When quite cold peel off their shells, and, with a dessert knife dipped in melted butter, divide each egg in half, slicing off a little piece of the rounded ends to admit of each half sitting upright upon a dish : now pick out the

yolks, pound them with an ounce of butter and a tablespoonful of cream in a mortar, and proceed to blend them with any tasty trifles there may be to spare ; season the composition delicately, and fill the egg cases therewith, trimming the *farce* neatly, with a dessert knife dipped in melted butter, in a convex-shape over each case—for there will be more than enough mixture to merely fill each cavity.

For the *farce* finely minced olives, capers, anchovies, and mushrooms ; very finely grated ham or tongue, the bruised liver of a chicken, pieces of cooked sweetbread, the remains of a *pâté de foie gras*, or a little sausage meat can be used. A judicious selection of two or three of these ingredients, seasoned with mixture (*b*) is what is wanted—say, one teaspoonful of mixed *farce* to each half yolk. Having dressed the cases neatly, *fry* little squares of bread as for *canapés* or *croûtes*, and place an egg on each of them : arrange them on a flat *au gratin* dish slightly buttered, pour a few drops of melted butter over each egg, and bake for five minutes. Lastly, nicely rasped crust crumbs may be strewn over the dish when going to table.

Eggs may, of course, be served in this manner very plainly *farcis* with minced curled parsley and chervil. A pounded anchovy with finely chopped olive, for instance, would not be a bad mixture when worked up with the hard yolks.

Œufs farcis are delicious when served *cold*, in which form they should be presented prettily garnished with broken aspic jelly upon a flat *légumière*. Or they may be set in a border of aspic, garnished alternately with turned olives and little balls of lobster or shrimp butter, and a *salade de légumes* in the centre. This dish is quite worthy of a place in the *menu* of a ball supper.

Another way of treating farced eggs is, after filling the half eggs neatly, to egg and bread crumb them, frying them in very hot fat. Use a perforated slice and fry them one after the other, dish in a hot *légumière* garnished with fried parsley.

Œufs durs à la mode de Caen :—Slice ten ounces of Spanish onions, blanch them in boiling water for five minutes, drain, and lay the onions in a stew-pan with two ounces of butter, fry over a moderate fire till signs of colouring appear, then stir in an ounce of flour and moisten by degrees with three gills of milk

and one of water ; season with seasoning mixture (*b*), bring to the boil, and then simmer for twenty-five minutes, or until the onion is quite soft. Now add a tablespoonful of cream, arrange the vegetable in a *légumière*, lay over it four hard-boiled eggs cut in halves lengthways, and over the surface dredge a layer of finely grated cheese : set this in the oven till hot, and serve.

Œuf durs à la soubise :—Cut the eggs in halves lengthways. Arrange them in a hot fireproof *légumière*, season them, and mask them with creamy *soubise* sauce. Scatter some finely rasped crust crumbs over the surface, and serve. If the sauce has been kept hot, no heating will be necessary ; if not, the dish must be put in the oven until hot enough to send up. A dusting of Parmesan is agreeable with *soubise*.

Œufs durs à l'Indienne :—Trim and arrange the eggs as in the last case, and mask them with curry sauce : serve at once. In this instance the *légumière* may be lined, if liked, with boiled rice tinted pale yellow with turmeric powder (see page 391).

Œufs farcis à l'Indienne :—Pick the yolks out of six hard-boiled eggs which have been cut in halves crosswise, and crush them with a fork, add for each half yolk a teaspoonful of finely minced shrimps, mix the two well, moistening to a paste-like consistency with an ounce of butter and a tablespoonful of curry sauce : fill the cases, trim the mixture in a dome shape in each ; finish as explained for *œufs farcis*, or egg, bread crumb, and fry them in very hot fat, or serve cold as may be desired.

Œufs durs sur crotûtes :—Cut four hard-boiled eggs in halves, trim them like *œufs farcis* to stand upright, but leave the yolks intact : set them on *crotûtes* of fried bread on a flat silver or china *légumière* slightly buttered ; pour a little melted butter over them, and heat them in the oven until quite hot, then serve with a pat of *maître d'hotel* butter, prawn butter, or any fancy butter—about the size of a shilling—melting over each half egg.

Œufs aux topinambours :—Choose a dozen good-sized Jerusalem artichokes, trim, boil, and set them to cool ; take six hard-boiled eggs, let them get cold and cut them up into dice ; cut the artichokes into slices, set the latter in a well-buttered *légumière*, strew the chopped hard-boiled eggs over them, pour over the whole some thinly mixed *sauce soubise tomatée*, dredge a fine

layer of grated cheese over the surface, put it into a moderate oven, and when it is quite hot serve.

Œufs durs à la poissonnière :—Shred as finely as possible a piece of cold cooked fish, say ten or twelve ounces ; heat it up in just sufficient sauce to moisten it to the consistence of jam ; season with salt and white pepper, arrange it in a hot *légumière*, make little hollows in it, into each of which slip half a boiled egg, mask with fish sauce, dredge over with grated cheese, sprinkle with melted butter, heat in the oven, and serve.

ŒUFS MOLLETS :—It is difficult to choose an English term for eggs cooked in this fashion. At the commencement of the chapter I called them medium hard-boiled, which perhaps may be allowed to stand. The object in view is to boil the eggs *just* sufficiently long to allow of the removal of the shells without damaging the surface of the eggs, yet without hardening the yolks. To do this the eggs must be plunged into boiling water and kept at that degree of heat for five minutes. After this they must be cooled in cold water for something less than a quarter of an hour, and then stripped of their shells very carefully.

Thus prepared, *œufs mollets* are served whole upon delicate *purées* of meat or vegetables, and upon minces of mushroom or truffles, and masked with white or brown sauce. They are placed on fried bread and masked with melted anchovy or *ravigote* butter, or a nice sauce, and they are rolled in bread crumb after having been egged, and fried in hot fat till lightly coloured.

Except in the case of frying, the eggs will require warming before dishing ; this is best done in hot salted water in the *bain-marie*—they must not be allowed to boil again.

POACHED EGGS :—Few cooks think that they require instruction in the art of poaching an egg, yet I have met many who were unacquainted with the real method. Put a *sauté*-pan or shallow stew-pan on the fire with hot water in it two-thirds its depth, give this a tablespoonful of vinegar or lemon juice, and a dessert-spoonful of salt ; the moment it reaches boiling-point crack the eggs on the margin of the pan, open them close to the surface of

the water, and let them slide gently into it. Cover the vessel after one minute's boiling, and reduce the heat to gentle simmering till the eggs are done; then lift them with a perforated slice or spoon, dip them into a basin of cold water for a moment to complete the setting, then trim and serve as may be desired.

Taking simple methods first—the poached egg on fried bread or *croûte*—a number of variations can be secured by pouring over a dessertspoonful of melted *maître d'hôtel*, anchovy, shrimp, *ravigote*, or other fancy butter, or plain melted butter with chopped parsley, chervil, or other herb with a drop or two of anchovy or tarragon vinegar. In the summer chopped tarragon (only a little) with the butter is excellent.

Next, sauces can be poured over them (a good way of utilising sauces remaining on hand from dinner the previous evening), and *purées* also, whether of meat or vegetable. There is nothing nicer, for instance, than a tablespoonful of tomato *purée*, or one of *sauce aux herbes*, *Milanaise*, or gently warmed with a poached egg.

Poached eggs can also be served in a *légumière*, or oval china dish, with a garnish round them of *purée* of any nice sort, or they may be laid upon a *purée*.

Œufs pochés à l'Indienne:—Arrange the eggs upon neat *croûtes* of fried bread, and pour over them a curry sauce somewhat thickened by reduction.

Œufs pochés à la béarnaise:—The same arrangement with *béarnaise* sauce.

Following these principles, nearly all sauces may be thus used, especially fish sauces.

NOTE:—The *croûtes*, of course, can be prepared for poached eggs by being spread with savoury paste or butter, or a mixture of both, such as chicken liver paste worked with anchovy butter, shrimp paste with shrimp butter, &c. Or they may have a fine mince of game, ham, or mushroom, with or without truffles, *foie gras*, just sufficiently moistened with good sauce, or melted glaze to spread smoothly.

EGGS IN CASES:—These may be described as eggs set in china cases, or *coquilles*, that have been lined with some nicely made

forcemeat, the composition of which can be varied in numerous ways: fish, shell-fish, game, chicken, veal, ham, *foie gras*, &c. &c., being employed for the purpose (see Chapter IX.). A simple example will suffice

Œufs en caisses aux crevettes:—Work in a mortar to the consistency of pliant paste a quarter of a pint of picked shrimps, assisting the operation with an ounce of butter, and adding one yolk and a quarter of a pint of white bread crumbs that have been soaked in milk: seasoned with finely chopped parsley, pepper and salt. With this line the bottom and sides of four small, previously buttered china cases, leaving a hollow in the centre of each to receive one egg. Slip the eggs into the cases carefully, sprinkle the surfaces with a little salt, and pour a small allowance of melted butter over them. Set the cases in a high-sided *sauté*-pan, with boiling water up to a third of their depth: cover and push this into a moderate oven, poaching gently for eight or ten minutes. On taking out the cases dish them in a *légumière*, giving each a cap of anchovy or capers butter, or of shrimp *purée*.

Taking this as a fair sample of the method, it is clear that by changing the lining ingredients you can produce a number of nice little dishes. This ought not to be difficult, for in many kitchens there are continually remnants of good things that can soon be turned into lining.

Although fried eggs and bacon may be called the commonest breakfast dish in great Britain and Ireland—often the one thing that a traveller can get at his inn—what an awful composition it generally is, particularly in respect of the eggs, the yolks of which are, as a rule, hard, and the whites leathery and burnt.

The prevailing custom is to empty a number of eggs into a large frying-pan with some rashers around them, and trust to their being fried in the melted bacon fat. This is, of course, wholly wrong. To be properly fried eggs must be done one after another in a small *deep* pan of hot fat over a sharp fire (a large iron ladle would do well for the purpose); while cooking the white should be coaxed gently over the yolk, to give the egg

a round form: lift with a perforated ladle or slice and drain immediately. The process is far quicker than poaching. Bacon to be eaten with fried eggs should be separately broiled over a clear fire.

Fried eggs can be served in the same manner as poached eggs on *croûtes*, or in a *légumière* with sauces, or with savoury butter melting over them, &c., &c.

BOILED EGGS:—There is another odd thing to point out in regard to the cooking of eggs, and that is that it is not every one that knows how to boil one. The most wholesome and handy way of carrying this out for the breakfast-table may be thus described: Put a small saucepan over a methylated spirit lamp, which can be placed upon a side table. When the water boils freely put in the eggs, and in ten seconds blow out the lamp, covering the saucepan with the lid closely. In eight minutes a hen's egg of the ordinary size will be done to perfection, the albumen soft, and the yolk nicely formed. The common method of boiling eggs at a gallop for three and a half minutes has the effect of overcooking the albumen, while the yolk is scarcely done at all.

NOTE:—It is generally believed that a cracked egg cannot be boiled without bursting or the escape of the greater part of its contents. This is correct if the egg be plunged into boiling water. But if it be placed in cold water, and the pan be set over a very moderate fire, being brought gently to the boil, the egg will remain whole and be just nicely cooked when boiling-point is reached.

CHAPTER XXIV

THE OMELETTE

ALTHOUGH it is possible, no doubt, to find an English cook who by some happy chance has acquired the knack of turning out a good *omelette*, the accomplishment is decidedly rare; and she who accomplishes it may be regarded—actually—as “one in a thousand.” Nevertheless it is by no means difficult to teach a willing pupil even from written instructions.

Various methods are to be found in cookery books of making *omelettes*, but among them very few that are accurate or sufficiently worked out in detail to be of any practical value. I confine myself to three kinds of *omelettes* :—

1. The *omelette* of the *cuisinière*—the standard dish of French domestic cookery—once described by a learned friend as “an *omelette* by the first intention.”
2. A process by which a very porous and light *omelette* is obtained—not an *omelette soufflée* as it is sometimes erroneously called, for that is cooked in the oven as a *soufflé*—but possessing the same frothy consistence.
3. The *chef's* method, recognisable in the *omelette* we get at the best restaurants, often *fourrée* (or packed with) truffles, mushrooms, oysters, *pointes d'asperges*, &c., a very excellent dish, perfect in form, cunningly garnished, sometimes finished with glaze, or a slight masking of some nice sauce.

A proper equipment is necessary for this work—a ten-inch *omelette* pan of the correct French pattern, with a shallow, well-

sloped rim. This may be in copper, aluminium, or steel, while the fireproof china pan procurable at 119, New Bond Street, is an excellent vessel in careful hands. But be the material what it may, an *omelette* pan must be kept for its own work only: it should never be washed: after each operation it should be wiped carefully while warm, and any particles of egg that might adhere to it, or browned butter marks, should be removed by an application of salt and vinegar rubbed in with a cloth. Besides this a tinned iron or plated spoon, and a pliant palette knife—the latter essentially necessary for *omelette* No. 2—will be required.

The regulation of the fire is an important matter, for whether it be required for fast or moderate work it must not be variable. For this reason a gas burner is the most reliable appliance that can be used. It can be regulated at will, and such heat as may be wanted will be steady without fluctuation. The closed English kitchen range is hopeless for this operation.

The process for *omelette* No. 1 may be given in detail as follows:—

1. Mix thoroughly in a bowl four eggs whole; do not beat them; season with a teaspoonful of salt and a saltspoonful of white pepper; add four little bits of butter the size of a hazel nut, a dessertspoonful of finely minced parsley, and half one of minced chives, or green stem of onion.

2. It is better to make two *omelettes* of six eggs each than to attempt one of twelve eggs. Success is impossible if the pan be too full.

3. Use a proper utensil (see page 14); see that it is clean and quite dry.

4. Do not overdo the amount of butter that you use for the frying—enough to moisten the surface of the pan thoroughly and evenly, and no more.

5. Be sure that the pan is *ready* to receive the mixture. If not hot enough the *omelette* will be leathery, or you will have to mix it in the pan like scrambled eggs (*œufs brouillés*).

6. The moment the butter ceases to fizz and turns brownish, the moisture having been expelled, the pan is ready.

7. Pour the mixture into the pan so that it may spread well over the lubricated surface, then instantly lift up the part of the

omelette that sets at the moment of contact, and let the unformed portion run under it ; repeat this if the pan be at all full, keep the left hand at work with a gentle see-saw motion to encourage rapidity in setting.

8. Now give the pan a shake, lift it, and shake it again ; then—before all the mixture on the surface has quite set—bring the pan to the edge of the *légumière* prepared for it, tilt it, and the *omelette*, slightly assisted by the spoon, will roll over almost of its own accord if the sides of the pan be sloped as I have described : it will not require folding.

9. Three-quarters of a minute is ample time for the whole operation, if the pan be properly hot when the mixture is poured into it, and the heat evenly maintained.

10. Have the hot dish close by the fire, so that you can turn the *omelette* into it without delay. A little melted butter, with some chopped parsley and chives, may, with advantage, be put into the dish.

NOTE :—As it rolls over into the dish the *omelette* catches up and buries within it, the slightly unformed juicy part of the mixture which still remained on the surface, and as it lies in the dish takes an irregular oval form, of a golden yellow colour, flecked with green, with a little of the juicy part escaping from beneath its folds.

This recipe, which differs somewhat from those generally propounded, was picked up by me from a friend who learnt it in the Black Forest.

An *omelette* ought never to be stiff enough to retain a rolled-up appearance. If cooked with proper rapidity it should be too light to present a fixed form, and on reaching the hot dish should spread itself rather, on account of the delicacy of its substance. Books that counsel you to *turn* an *omelette* to fold it, to let it brown on one side, to let it fry for about five minutes, &c., are not to be trusted. If you follow such advice you will only produce, at best, a neat-looking egg pudding.

Timed by the seconds hand of a watch an *omelette* cooked as I have described “by the first intention,” takes forty-five seconds from the moment of being poured into the pan to that of being turned into the dish.

An *omelette* flavoured like that we have just discussed is generally known as *au persil frais*, and one simply made of eggs flavoured with salt as *au naturel*. Though cream is considered by some to be an improvement, I cannot recommend it. Milk is certainly a mistake, for it makes the *omelette* heavy. A very little minced chives may be used in all savoury *omelettes*; but this is a matter of taste.

For an *omelette* of six eggs—a useful size—the whites of two of them should be omitted.

Omelettes may be flavoured and garnished in several ways. With various herbs for instance: minced chervil (*au cerfeuil*), tarragon (*à l'estragon*), marjoram (*au marjolaine*), and thyme (*au thym*), if not too strong, are agreeable, and many are fond of a spoonful of finely chopped green chilli, omitting the seeds, of course.

Ham, tongue, bacon, and corned beef are added to *omelettes* with good effect. The words *au jambon*, *au lard*, *au langue de bœuf*, &c., specify the addition. The meat, minced small, should be stirred about in a *sauté*-pan with a little butter over a low fire independently, and be kept handy for addition to the *omelette* during the rolling-over stage, as it goes into the dish.

Cold cooked vegetables, cut up and similarly stirred in melted butter separately, may be added in the same way: the sprigs of the flower of a cauliflower, artichoke bottoms or Jerusalem artichokes cut into dice, peas, asparagus points, French beans, and mushrooms. In the case of an *omelette aux légumes*, a sprinkling of grated cheese gives a pleasing finishing touch when the *omelette* is turned into the hot dish.

Omelette aux tomates :—For an *omelette* of four eggs the *purée* yielded by ten ounces of ripe tomatoes will be enough. Prepare the *purée* as explained page 222, stirring it well over the fire to absorb excessive moisture: spread this over the surface of the *omelette* when just on the point of turning it out of the pan. The *omelette*, slightly assisted by the spoon, will roll over, as has been described, enveloping the tomatoes within it as it passes into the dish. When fresh tomatoes cannot be got French *conservé* or *purée de tomates* can be used for this *omelette*.

Omelette au Parmesan (or any mild dry cheese) :—Allow for an

omelette of four eggs two tablespoonfuls of finely grated cheese, seasoning of mixture (*c*), and a dessertspoonful of cream, blending the whole well. Cook this, following the previous directions. Dish just *before* all the juicy mixture on the surface quite sets, so that some of it may escape from the folds into the dish, and sprinkle grated cheese over the surface. This must go "from the fire to the plate" with as little delay as possible.

The Curé's omelette:—Described by Brillat Savarin in his *Physiologie du goût*. The salient feature of this dish was the combination of tunny, and carp's roes with which it was garnished. These materials cannot be very easily got; nevertheless, a fair imitation of them can be produced in this way: Warm in butter in a *sauté*-pan three ounces of cold cooked salmon and the soft roes of two herrings very finely mixed together, with a teaspoonful of minced chives and a dessertspoonful of finely minced parsley with a seasoning of mixture (*c*). Add this to a six-egg *omelette* just at the moment when it is ready to be turned into the dish.

Fish omelette:—Following the recipe just given a nice *omelette* can be made with any cooked fish—with shell-fish especially.

NOTE:—An *omelette* can be served upon a bed of vegetable *purée* and sprinkled with cheese—peas, spinach, sorrel, &c. It can be improved with minced game moistened with strong broth extracted like the *fumet* (page 317), and the remains of a curry can be made use of in the same way.

PROCESS NO. 2:—1. Commence by breaking four eggs carefully, and separate the whites from the yolks. Have ready parsley, chives, or onion, and seasoning salt as for No. 1 *omelette*.

2. Whisk the whites to a stiff froth; and with a fork mix the yolks well, adding to them the parsley, chives, and seasoning.

3. Now set the *omelette* pan over a moderate fire, put an ounce and a half of butter into it, melt, and see that it covers the pan well without leaving any dry spaces.

4. When the butter is hot but by no means coloured, blend the white froth with the yolks, put the mixture into the pan, smoothing over its surface with a palette knife.

5. Let the *omelette* remain untouched, keeping the fire moderate and encouraging the setting of the under part.

6. In about two minutes examine the condition of things by detaching the edges of the *omelette*, and raising it by means of the palette knife.

7. If the under part has set sufficiently to fold without breaking, pass the knife completely under the *omelette*, double it over, and turn it into the hot dish ready close at hand.

8. Dust it over with salt, and serve.

NOTE :—The upper or exposed part of this *omelette*, not having been in contact with the pan, is, of course, very slightly done and frothy. This, when the under part is folded over it, becomes the centre of the *omelette*, giving it the character of a *soufflé*. Those who like this a little more set can obtain the effect by passing a hot iron over the upper surface during the cooking of the under part.

In other respects, *i.e.*, as to flavouring with herbs, the association of vegetables, minced meats, &c., with it, this *omelette* is the same as No. 1.

PROCESS No. 3 :—An *omelette* made by this method may be called the *omelette* of the great restaurants. It is as a rule *fournée* or packed with some special preparation, moistened slightly with a superior sauce. It is presented in the neatest shape—an elongated oval, with tapering ends, plump in the centre, and delicately smooth—often highly ornamented and garnished. In obtaining this finished result the *omelette* itself, I think, is deprived of much of the lightness which characterises the less pretentious dish of French domestic cookery.

For an *omelette* of six eggs two ounces of butter are required for the cooking, and one ounce cut into little pieces is put in with the eggs. These are mixed well, but not beaten to a froth. When the butter has melted and is hot, but not as hot as for Process No. 1, the egg mixture is stirred into it over a brisk fire, and gently moved about with a fork to keep it from catching the pan; when about half set the stirring is stopped, the pan is given a toss to loosen the *omelette*, and then replaced on the fire: when the setting is almost complete the specially prepared composition is

arranged on the surface, and the two sides of the *omelette* are brought together, covering it. The pan is now taken from the fire, a hot flat dish is laid over it, and the pan and dish together reversed, thus bringing the bottom of the *omelette* upwards when the pan is lifted from it. The shape of the *omelette* is now improved, the ends tucked neatly under it, leaving no rough edges, melted butter is brushed over its surface, the garnish arranged round it, and the dish served.

Garnishes for these *omelettes*, prepared separately beforehand, are generally in the form of fried bread cases (*croûtes creuses*) filled with a delicate mince or *purée*—of truffles, *foie gras*, game, mushroom, &c.

Omelette fourrée aux huîtres :—Open one dozen and a half of sauce oysters carefully, saving all their liquid, which put into a small stew-pan with the oysters, and proceed as directed at page 59; drain, save the liquid, and put the oysters aside. Mix half an ounce of butter and half an ounce of flour to a smooth *roux*, moisten with the oyster liquid, and, if required, a little milk to make the quantity up to half a pint. Stir over the fire till boiling, add half an ounce of butter, and let this melt off the fire. Take the oysters and cut them in halves: warm them in the sauce *en bain-marie*.

Make an *omelette* of six eggs as just described, and when it is ready spread the oyster mixture over the surface, envelop this by drawing the sides together over it, reverse the *omelette* as described, and serve.

Omelette fourrée au homard is made in the same way with minced lobster slightly diluted with *veloutée* and finished with lobster butter. It is clear that crayfish (*écrevisses*), mussels (*moules*), shrimps (*crevettes*), prawns (*grandes crevettes*), scallops (*pétoncles*), &c., can be used also for these *omelettes*.

These *omelettes* can also be *fourrées*, with *purées* of vegetables, mushrooms, and truffles; with the livers of chickens, kidneys, and fillets of game minced, and with some of the finer sauces associated with chopped mushroom, artichokes, &c.

The *omelette des matelots* is a speciality in its way. Make a *purée* of anchovies with five or six anchovies well freed from oil. Moisten this with two tablespoonfuls of white sauce or cream and

mix it with six eggs for an *omelette* by Process 3. Prepare some neat slices of smoked salmon, warming them in butter. Make the *omelette*, dish it as already described, and arrange the slices of smoked salmon along its upper side at the last moment.

THE SWEET OMELETTE:—For this, process No. 2 is the best: Break four eggs, separate the yolks from the whites, putting the former in a bowl, while the whites are whipped to a stiff froth. After this sweeten the yolks and give them the flavouring desired for the *omelette*; then blend the yolks with the whites and go on in the manner described for No. 2.

At the moment when the setting indicates that the *omelette* is all but ready to be detached from the dish and folded over, quickly spread over its surface a layer of apricot, raspberry, or strawberry jam. This should be all ready at hand before the cooking commences. As soon as the jam is spread, fold the *omelette* over into the hot dish, which should have a dusting of finely sifted sugar shaken over its surface. Immediately dredge a canopy of sifted sugar over the top of the *omelette*, glaze the surface with a glazing iron, pour a couple of gills of rum round it, ignite a teaspoonful of the spirit, communicate this to that in the dish, and serve on fire like a Christmas plum-pudding. If the taste of the rum be objected to, use brandy or, better still, kirschwasser.

Jam is not absolutely necessary in an *omelette au rhum*, but I think it improves it. If the addition of spirit and the setting alight be omitted, the *omelette* should be called *au confiture*. If jam be left out, flavour the egg mixture with essence of vanilla, ratafia, lemon, or almond, and call it *omelette sucrée*.

For *omelettes à la Célestine* make half a dozen small *omelettes* (or more, according to the size of the party) by dividing a six-eggs mixture into portions, each about large enough for one person, and cooking them separately in a small pan; fold them over, with a layer of jam upon them, dredge with sifted sugar, and arrange them in a pile, with rum or brandy alight, in the dish in which they are served.

For glazing sweet *omelettes* a specially made *omelette* glazing iron will be found most useful.

To prepare jam for a sweet *omelette* it will be found a good plan to put the quantity required into a small saucepan and heat it gently over a low fire: in this way it becomes more fluid and easier to spread. It may be improved with a tablespoonful of rum, brandy, or liqueur—that which may be selected for the *omelette* especially. Keep it hot, so that it may be ready to use the moment the *omelette* is prepared to receive it.

THE PANCAKE (*crêpe ou pannequet*):—For a savoury pancake (alluded to page 327) the batter given for fritters (page 330) can be used if lukewarm milk be substituted for the water, and melted butter for the salad oil. A sprinkling of very finely minced parsley and chives with salt, as for an *omelette*, may be mixed with this. The batter for pancakes should be made rather thinly.

There are two ways of cooking a pancake—*au four* (in the oven), and in an *omelette*-pan over the fire. For the former method: Lubricate an *omelette*-pan by brushing its surface with melted butter—there must be no excess of butter used for this—pour in the batter in just sufficient quantity to spread thinly over its surface, not thicker than a halfpenny; push this into a fairly brisk oven, and when the pancake is coloured underneath brush melted butter over its surface and reverse it, so that the side which was uppermost may also be coloured slightly. Pass each pancake as it is done into a hot dish prepared for it beforehand.

For the second method: Prepare two pans, each made hot, and with its surface buttered as in the former case, and pour the batter into one of them, set this over a fairly brisk fire, and as soon as the pancake is coloured beneath reverse it upon the other pan so that the upper part, now inverted, can also be browned. By this method the old-fashioned tossing is unnecessary.

For a sweet pancake omit the seasoning with salt and the herbs, substituting sugar. A tablespoonful of cream may be added.

CHAPTER XXV

MACARONI

THERE are two ways of serving macaroni according to the chronicles of English domestic cookery : either swimming in tasteless cornfloury white sauce round a boiled fowl or turkey, or baked with a little cheese on its surface in a pie-dish. In the former fashion it is generally presented in such a flabby, tasteless manner, that the general unpopularity of Italian pastes may be easily accounted for ; while in the latter, though a little more savoury perhaps, is spoilt as a rule by an insufficient allowance of cheese and butter—the sort of food, in short, that no one would take if he could get anything else. The latter dish is, moreover, handicapped by having been reduced to a domestic subterfuge. When driven into a corner with nothing in the house, depend upon it that the happy deliverance is “cheese macaroni,” the quaint title given to the preparation by some writers.

Macaroni, and the numerous varieties of the Italian paste family of which it is in England the best known member, should invariably be plunged into *boiling* water to commence with—no matter whether it is intended to cook them in milk or stock afterwards—in order to preserve the desired degree of firmness. Directions are often given for the putting of macaroni in cold water, and bringing it slowly to the boil ; some even counsel that it should be soaked. Flabby, messy-looking stuff can alone be the result of such treatment.

Macaroni must not be *wetted*, to begin with, by any liquid not boiling. “Washing macaroni,” said the “G. C.,” “is useless and unnecessary, putting it to cook in cold water is a blunder, soaking

it is a crime." Treat it like rice, and throw it into *plenty* of boiling, slightly salted water ; test it occasionally with a fork ; as soon as it is tender, without being soft or flabby, stop the boiling by a dash of cold water, take it off the fire, drain it thoroughly, returning it to the dry, hot pan.

Macaroni à la Napolitaine :—Assuming that three ounces of macaroni have been thus boiled, an excellent dish can be made by stirring into it, in the hot pan, two ounces of grated Parmesan cheese with an ounce of butter. Put half the cheese in first, and shake it well among the macaroni, then add the other half, finishing with the butter ; season with salt and black pepper (freshly ground by hand-mill if possible), and serve piled on a hot dish as hot as possible. Use a two-pronged fork for the mixing rather than a spoon.

Macaroni à l'Italienne :—If, in addition to the cheese and butter, the cook puts in a breakfast-cupful of good tomato *purée*, the combination is still nicer.

Macaroni au gratin :—For this prepare the macaroni exactly as for *Napolitaine*, but instead of serving it in this state, turn it into a well-buttered fireproof dish, or silver dish for *gratins*, arrange it neatly, dust over the surface an ounce of cheese with a dessertspoonful of raspings, pour over all an ounce of butter melted, and put into the oven till lightly coloured.

Observe that for the true dish the cook should depend upon the butter for the moistening. The practice in England is to secure this with a sauce or milk, and there can be no doubt, if the sauce be well made, with broth as a basis, and the cheese allotted in proper quantity, a good result is often obtained.

Macaroni au gratin à l'Anglaise :—Well butter a pie-dish, arrange three ounces of well-boiled macaroni therein neatly, give it a dusting with black pepper and salt, pour round it a large cupful of good *sauce blonde* (page 62), in which you have mixed two ounces of grated cheese ; let this run well in amongst the bed of macaroni, moistening it liberally, and shake over the top of it an ounce of grated cheese, sprinkling it with melted butter. Make this thoroughly hot in the oven, lastly brown the surface of the cheese by passing a red-hot iron about half an inch above it, or by setting the dish under a gas-stove griller.

Macaroni au gratin should be nice and moist; *sauce blanche* made with the *cuisson* of the macaroni and a tablespoonful of tomato *purée* may be substituted for *sauce blanche*. A little minced fish, such as shrimps, prawns, lobster, or anchovy, may be dotted about amongst the macaroni, and with minced ham and chicken, or tongue and chicken, you can make a capital home-dinner *entrée*, following in other respects the ordinary recipe, as follows:—

Macaroni à la Sicilienne:—Prepare three ounces of macaroni à l'Italienne, as just described. Make four ounces of minced veal, two ounces of minced ham, two of fat bacon, and two ounces of minced cooked mushroom, with a dessertspoonful of minced parsley, and a seasoning of salt and pepper. Butter a deep fireproof baking-dish well, sprinkle over it the minced parsley, then, having cut up the macaroni in short lengths, put a layer of it at the bottom, and line the sides of the dish also; next moisten the mince well with good domestic *esquasole*, or *veloutée*, and with it fill the hollow of the dish. Bake sufficiently to heat thoroughly, brown the surface with a glazing iron, or under a gas griller, and serve.

Macaroni à la Milanaise:—Boil three ounces of macaroni, and keep it hot in its own pan after draining. Take three-quarters of a pint of fowl giblets or mutton broth, flavoured with an onion, sweet herbs, and black peppercorns. With that make a plain cheese sauce: Melt half an ounce of butter in a saucepan, stir into it a dessertspoonful of flour, mix them to a paste, and by degrees pour in about half of the broth; as this is warming, add to it two ounces of grated cheese, with the remainder of the broth, a teaspoonful of seasoning mixture (*c*), and a saltspoonful of sugar; continue to stir the sauce until it reaches a creamy thickness, and finish it off the fire by a coffee-cupful of milk, in which the yolk of a raw egg has been beaten separately. Now stir the sauce into the hot boiled macaroni, serving it immediately piled up upon a hot dish, and finally sprinkled with grated cheese.

Macaroni à la Lyonnaise:—Mince finely two ounces of shallots, put this into a *sauté*-pan with an ounce of butter, fry over a moderate fire till the mince begins to take colour, then mix with

it a dessertspoonful of minced capers or gherkins, and stir the contents of the pan into a stew-pan containing three ounces of hot boiled macaroni just drained free from all moisture ; add an ounce of butter and a seasoning of mixture (*b*) ; stir well with a large fork, and serve as hot as possible piled on a *légumière*. Grated cheese should accompany.

As the association of tomatoes in the form of *purée* with macaroni may be considered an established thing, I would invite attention to the directions given for it (page 222). In Italy, when tomatoes are out of season, they use :—

Conserva di pomi d'oro :—This, as may readily be supposed, is a tomato jam made by reducing a good quantity of the *purée* in a stew-pan over the fire, stirring it without ceasing until it attains the consistency of thin paste. This, well seasoned with salt and pepper, may be preserved in jars, and if securely covered like jam, will keep well. During their season tomatoes are sometimes to be had so cheaply that the home making of tomato conserve might often prove to be economical. To assist in preserving the composition safely a little sugar should be blended with the salt, and the bottling should be deferred till all signs of effervescence, overcome by re-cooking, have subsided. A spoonful or two of the preserve, thinned with a very little broth and with a pat of butter worked into it, would thus be handy at all times for use in sauces, for dressing macaroni, &c. Finely grated cheese should, of course, be used in the latter case.

Good preserved tomatoes can be substituted for fresh in cooking macaroni, especially French *conservé* and bottled *purée*.

It need scarcely be said that macaroni is improved by being simmered in broth. When this may be available the process should be conducted as follows : First blanch the macaroni by plunging it into boiling salted water, and maintaining this for eight or ten minutes ; then drain, and return the macaroni to the hot pan, pouring over it just sufficient good hot broth to come level with its surface. Simmer gently until it is tender, proceeding, as soon as that has been done, in the manner described in the previous cases, to add the various adjuncts—cheese, butter, seasonings, tomato pulp, &c.

If a good quantity of uncoloured broth be ready, such as the boilings of poultry, *blanc*, or a good vegetable *cuisson* yielded after cooking roots, vegetables, beans, peas, celery, &c., macaroni can be boiled in it instead of water from the commencement.

Macaroni au jus is served without cheese or other adjunct, save its own broth thickened and a seasoning of salt and pepper. Blanch three ounces of macaroni for ten minutes, drain off the water, and supply its place with three-quarters of a pint of good broth or stock ; simmer it in this till tender, drain again, keeping it in the hot pan while whatever stock that may have been drained from it is thickened. If the macaroni has nearly absorbed the whole of it, as it may, add enough broth to produce a sauce that will moisten the dish nicely, thicken this, bring it to the boil, dish the macaroni, and pour the hot sauce over it. A little glaze, say an ounce, dissolved in the thickened stock would be an improvement. Grated cheese may accompany. If a sharp sauce is fancied turn to page 65 and follow one of the recipes there to be found, using the macaroni *cuisson* and broth for its moistening.

Macaroni fourré.—The term *fourré* was recently used in respect of *omelettes*, and translated “packed with.” It is also applied to macaroni and spaghetti when prepared in the following manner: Having cooked three ounces of macaroni à l’*Italienne*, *Napolitaine*, or *Milanaise*, butter a hot *légumière*, line its bottom and side with the macaroni leaving a hollow in the centre. Fill this with any nice *ragoût*, *salmis*, or mince, moistened with carefully prepared sauce, cover the surface with a layer of macaroni in dome shape, smooth this neatly with a palette knife, dredge grated cheese or raspings over it, sprinkle liberally with melted butter, set the dish in the oven until lightly coloured, and then serve. It should be noted that the component parts of the dish should be all quite hot at the time of packing the *légumière*. The *ragoût*, or whatever the composition may be, moistened with its sauce, should be kept in the *bain-marie*, while the lining macaroni should be taken from the hot pan to which, after having been drained, it has been returned. If preferred, the macaroni may be used simply as a border, and not arranged on the surface of the *ragoût*.

The following combinations can be used for the packing, and will be found especially suitable for luncheon parties :—

- i. Chicken fillets in pine-kernel sauce.
- ii. Ceylon curry of salmon and cucumber fillets.
- iii. Pheasant fillets with mushrooms, and brown sauce.
- iv. *Suprême* of *fonds d'artichaut*, and truffles.
- v. Flaked cod and oyster sauce.
- vi. *Ragoût* of mixed shellfish.
- vii. *Œufs brouillés* with ditto.
- viii. *Fricassée* of sweetbreads, and asparagus points.
- ix. *Salmis* of hare fillets and chestnuts.
- x. *Fondue au fromage* with *bouquets* of cauliflower.

NOTE :—The recipes for three ounces of macaroni will be found reliable with respect to all kinds of Italian paste, *spaghetti*, *macaroncini*, *lasagne*, *tagliarini*, *fettucie*, &c., they are composed for a nine-inch *légumière* or fire-proof china dish, and are enough for three people.

Closely connected with macaroni, and exceedingly nice are—

NOUILLES :—Weigh half a pound of sifted flour ; put in on the pastry-slab, make a hole in the centre of the flour, break three eggs into it, add half an ounce of butter, and a saltspoonful of salt ; work this gently to a smooth paste, wrap it in a cloth and let it rest a quarter of an hour ; then turn it out on the slab, work it vigorously till it is perfectly smooth. Roll the paste out now very thin—say about the sixteenth of an inch—let it dry, then cut it into ribbons an inch and a half broad ; put five of these ribbons above one another, sprinkle a little flour between each ; then with a knife cut through them crosswise, making thin shreds like vermicelli ; shake them in a cloth with a little flour to prevent their adhering to one another, then drop them into two quarts of boiling water for six minutes, drain and cool them on a sieve. Use *nouilles* exactly in the same way as macaroni. They make a good garnish for cutlets, *croquettes*, &c., and can be used in soup.

GNIOCCHI :—Measure a pint of broth or boiled milk and put the liquid in a stew-pan on the fire, with one ounce of butter, a

teaspoonful of seasoning (*c*). Boil, then take off the fire, cool, add four ounces of sifted flour, and mix well, adding two ounces of grated Parmesan cheese : stir over the fire for one minute, remove the saucepan, breaking into it three large or four small eggs, one after the other, and stirring continually. Divide the paste you now have got into small portions, rolling them about the size of walnuts ; put these into a buttered *sauté*-pan, pour *boiling* milk over them, set over a low fire, and simmer for five minutes, and drain on a sieve. Now arrange a layer of the *gnocchi in a légumière*, sprinkle with Parmesan, add another layer, and sprinkle, moisten with a good *sauce blanche*, cover all with a final layer of Parmesan, set in the oven to colour, and serve very hot.

RAVIOLI:—These can be made with the *nouilles* paste already described. Roll it out as thin as possible, and with a two-inch cutter stamp out a number of rounds : arrange these in pairs, and in the centre of one of each pair place a little ball of forcemeat the size of a pigeon's egg ; moisten the edge of the paste all round and lay the other round piece over it, pressing the edges together, and enclosing the forcemeat. The forcemeat can be selected from those given in Chapter IX. As each little patty is thus formed lay it upon a floured cloth spread upon a joint dish. Prepare in a stew-pan salted water as if for macaroni, and when it is boiling lay in it the *raviolis*, using a slice for the operation. Boil for five minutes, then simmer for ten, very gently, with heat at the margin of the pan. Dish like *gnocchi*, but instead of *sauce blanche* moisten with tomato sauce, and serve.

CHAPTER XXVI

RICE

IN rice we possess a species of farinaceous food, cheap, nutritious, and of reliable quality, which—if our cooks could only dress it properly—ought to form as popular an element in savoury as it does in sweet cookery. I therefore introduce the subject in close connection with macaroni advisedly, for it will be seen that in the better treatment of rice the laws that govern the cooking of Italian pastes should generally be followed.

The boiling of rice appears to be looked upon in England as a very difficult thing to hit off properly, and to judge from the advice I have often seen in regard to the process I can well understand how it is that so many cooks fail. As a matter of fact, the proper method is the simplest that can well be imagined.

Rice, like macaroni, must be plunged into boiling water, and finished in the same way ; but it will be well, perhaps, to give each step in detail :—

- i. For from four to six ounces of uncooked rice choose a four-quart, or even larger, stew-pan ; three-parts fill this with water, and set it on to boil, putting into it a dessertspoonful of salt, and the juice of half a lemon.
- ii. While the water is coming to the boil, sift on a sieve, but *do not wash* the rice. Rice for the English market is so carefully refined and winnowed that it does not require washing, and it is an advantage to keep the grains dry until they are plunged into boiling water.
- iii. Put a small jug of cold water within easy reach of the range.

- iv. As soon as the water boils freely, cast in the rice, and with a wooden spoon give it occasionally a gentle stir round.
- v. Mark the time when the rice was put in, and in about ten or twelve minutes begin to test the grains by taking a few of them out with the spoon and pinching them between the finger and thumb.
- vi. When the grains feel thoroughly softened through, yet firm, stop the boiling at once by dashing in the jugful of cold water.
- vii. Empty the contents of the stew-pan upon a large wire sieve, and drain off the water completely.
- viii. While it is draining, melt half an ounce of butter in the hot pan in which the rice was boiled, and when the latter has drained, return it to the pan ; shake this well, set it on the corner of the hot-plate, and cover it with a clean napkin, so that it may dry, repeating the shaking every now and then to separate the grains.
- ix. The butter is put in to detach the grains which always adhere to the bottom and side of the pan : as this melts the grains will come away. Scatter them well with a two-pronged fork. Never use a spoon.

The drying process will take from eight to ten minutes at the least, and must not be hurried. For this reason the cook should give herself full time for the operation. Even well-boiled rice will not come to the table satisfactorily unless it has been drained and dried as I have described.

Raw rice of good quality swells to four times its original bulk when boiled, it therefore requires plenty of water when undergoing that process. Carolina rice takes a greater quantity of water than Patna on account of the size of the grains. Three quarts of water to six ounces of rice is a good proportion for the latter, and an extra pint for the same weight of the former. Lemon juice preserves the whiteness. The immediate checking of the boiling with cold water assists the separation of the grains, which is the chief aim in well-boiled rice. Stickiness is the result of overboiling, or too slow cooking. Rice cannot be boiled too quickly. The chief mistakes of the English cook are : using too small a vessel and not enough water ; putting the rice into

cold water ; overcooking it ; and giving herself no time to drain and dry the rice properly.

It is a mistake to put rice into cold water, or subject it to any *slow* method of cooking when the object is to serve it plainly boiled. After it has been cooked hot water should on no account be poured over it ; while to expose it to the action of steam as a way of drying it cannot but result in failure.

It is quite possible to serve rice, prepared as I have described, as a savoury dish, alone. For this purpose it should be dressed with butter, grated cheese, tomato *purée*, &c., as prescribed for macaroni. It can be coloured a pale yellow with saffron, or, for Oriental flavour, with turmeric. Lastly, it can be improved in flavour by being simmered in stock after having been partly boiled.

Riz à l'Italienne :—Into four ounces of well-boiled rice as it lies in the hot stew-pan stir one ounce of butter : stir till thoroughly mixed, season with pepper and salt, add tomato pulp enough to moisten the whole nicely, and finish with two ounces of finely grated Parmesan, Gruyère, or other mild dry cheese. Serve as hot as possible. When lifted with the fork the grains of rice should carry with them long strings or tendrils of melted cheese, as in the case of *Macaroni à l'Italienne*.

Riz à la Napolitaine :—Melt an ounce of butter at the bottom of a stew-pan, which should be previously rubbed with a piece of garlic ; mince an onion the size of a golf-ball very finely, and fry it in the butter ; stir into this, when of a golden yellow colour four ounces of well-boiled rice ; work it vigorously with a two-pronged fork while an assistant shakes into the pan a couple of heaped-up tablespoonfuls of grated Parmesan or Gruyère ; garnish the dish with strips of anchovies, and serve it piled upon a flat dish.

Riz à la bonne femme :—As for *Napolitaine*, but stir into the mixture some finely grated ham, or Hamburg beef, and garnish it with curls of crisply fried bacon.

Riz à l'Indienne :—Commence as laid down for *riz à l'Italienne*, using an ounce of fresh butter. Omit the tomato pulp, and instead of the grated cheese, stir in sufficient turmeric powder to tint the rice a pale yellow, and finish with shrimps that have been tossed in butter with a seasoning of Oriental salt (page 123). Strips

of red and green chillies may be introduced ; stir well with a two-pronged fork, and serve very hot.

Riz au chou :—Boil four ounces of rice as has been described, and keep it hot in the pan. Cut up the heart of a young savoy cabbage previously boiled till tender. Melt a couple of ounces of butter in a roomy stew-pan, cast into it, finely minced, six ounces of onion and stirring well over a low fire, let the onion turn yellow, and then put in the shredded cabbage, stir it about for three minutes with the butter and onions, and then pour over it enough broth to come level with its surface : stew gently now for a quarter of an hour, then add the rice, which should be vigorously stirred about with a two-pronged fork for five minutes with the cabbage. The dish is now ready. Turn it out upon a well-heated *légumière* and smother it with grated cheese. A slice of bacon may, with advantage, be cooked with the cabbage ; it should be cut into dice, and put in with the butter and onion. For an ordinary head of cabbage, three breakfast-cupfuls of cooked rice will be found enough.

Riz à la Turque :—In this, and in the following cases, the rice is first blanched for five minutes. Put into a stew-pan a pint of giblet or mutton broth, with the strained juice of a pound of tomatoes ; season this highly with Oriental salt (page 123), and set the stewpan on the fire. As soon as the liquid boils, cast into it four ounces of blanched rice. Reduce the heat after five minutes, and let the rice simmer gently in the tomato-flavoured broth. As the rice cooks it will absorb the liquid : watch it narrowly, stir gently with the fork to prevent its catching, and as soon as it has absorbed the whole of it shake the pan well to separate the grains, and mix into it an ounce of fresh butter. Serve very hot.

Risotto à la Milanaise :—For this preparation of rice, peculiar to Northern Italy, Sir Henry Thompson's recipe slightly altered—runs as follows : “ For three persons—put two ounces of fresh butter with three ounces of finely minced onions into a stew-pan, and fry until the onion has a pale gold colour. Then add six ounces of Patna rice which has been blanched in boiling water for five minutes, stirring it constantly for about two minutes with a two-pronged fork so that it does not stick to the stew-pan ; after this two minutes' cooking, add a pint of hot broth, very

gradually ; let it touch boiling point, then reduce the fire, and simmer gently, stirring frequently, till the rice is just soft ; before it is quite finished, add an ounce of butter, a seasoning of mixture (*b*), and two ounces of grated Parmesan cheese. After this remove the pan from the fire, dish the *risotto* in a *légumière* piling it high in the centre, and serve. The quantity of broth can be varied according as the *risotto* is preferred thick or otherwise."

Risotto à la Marchigiana is made in the same way, with the addition, besides cheese, of minced cooked mushrooms and sliced highly seasoned sausages.

Riz à la ménagère :—Blanch six ounces of rice in boiling water for five minutes, using a roomy stew-pan ; cool and drain it on a sieve. Weigh a quarter of a pound of the best streaky bacon, dip it into scalding water for a couple of minutes, and then cut it into half-inch dice. Fry these in a stew-pan till they turn yellow, add the rice, and a pint and a half of hot broth, with a saltspoonful of pepper. Simmer for twenty minutes, stirring the rice every now and then with a fork to prevent its catching to the bottom of the pan. Now take it off the fire, and add half a pint of tomato *purée* or sauce. Mix thoroughly, and dish in a *légumière*. Garnish with small sausages, curls of fried bacon, *croquettes* of fish, or of any savoury mixture formed in balls or cork shapes, and fried a golden yellow.

Khichri (Kedgerie) :—I referred to this method of serving rice, page 321. There is, however, another version of the dish which may be given here. It is based upon *dhâl khichri*, a form very commonly to be seen on Indian breakfast-tables : Soak half a pint measure of split peas for a couple of hours, skimming off all that may float ; put the remainder into a clean newly scalded cloth, securing them rather loosely, as in a bag, leaving space for swelling : draw the ends of the cloth together and tie them with twine. Put this into cold water, bring slowly to the boil, and continue the cooking until the peas are done, but not pulpy. Separately boil eight ounces of rice according to the standard recipe. When both are ready—the rice just returned to the hot vessel in which it was cooked—stir into it two ounces of butter, adding the peas by degrees, seasoning with mixture (*c*), and stirring well with a two-pronged

fork. Have ready a hot *légumière*, and pile the *khichri* in it in dome shape, smothering it with granulated hard-boiled eggs.

Pilão rice :—The Pilão, in Persian *Pilāv*, or, as it is commonly written perhaps, Pullow, is, of course, an essentially Oriental composition, the object being to stew meat or fowl down to such a condition that it can be pulled to pieces or disjointed and picked by the fingers, while the broth produced by the stewing, absorbed to a great extent by rice cooked in it, is served with it. Rice, therefore, that is boiled in vegetable *cuisson*, or broth extracted from fowl or meat, and rather highly-seasoned, may be termed pilão rice.

In preparing rice in this way the custom is first to blanch it for ten minutes in boiling water, to drain it, and then put it into a stew-pan with butter, pepper, and salt, turning it about gently with a fork, over a low fire, while the fowl or meat broth is added very gradually, so that it may be absorbed by the rice as much as possible.

The real Oriental pilão is highly spiced with grated nutmeg, cinnamon, or cloves, tinted with *turmeric*, or saffron, and garnished with pieces of onion (crisply parched in the oven till lightly browned), and chopped hard-boiled eggs cut into quarters.

Thus seasoned, and steaming hot, the rice is emptied over and around the bird or meat which has been kept hot in a covered vessel during its preparation.

Raisins, almonds, pistachio nuts, green ginger, and whole spices are generally added by Eastern cooks, with strips of chilli skin. The two first are gently warmed in butter, over a low fire in a *sauté*-pan, before using.

Saffron, not turmeric, is used in the Turkish *pilāv*, a dish which in other respects is made like pilão.

The French *poularde*, or *poulet au riz*, is nothing more than a boiled fowl served with rice prepared exactly as just described, without any garnish, spice, or other adjunct. The *eau de la cuisson* produced by the boiling, is taken in in part for the rice, the remainder turned to a nice white sauce, enriched with the yolks of a couple of eggs as for *Allemande* sauce, is used to mask the fowl, while the rice is arranged round it. This is a par-

ticularly nice way of cooking a pheasant not quite young enough for roasting.

Following this dish in principle, it is obvious that no little variety might be obtained by preparing the rice with cheese, tomato, or other flavouring, according to the recipes that have been given.

Poulet au riz tomaté, for instance, is a capital variation. This can be made with a freshly boiled fowl, or with cold fowl (or turkey) in this way: Remove all the meat from a cold bird. Make as good a broth as you can from the bones and scraps. Prepare rice as described for *Riz à l'Italienne*, and with it line a fireproof baking dish, leaving a hollow in the centre of it for the meat, which should be moistened with and heated up in a nice white sauce made from the bones broth. Let grated cheese be handed round, and the remaining sauce in a boat. It should be noted that the dish should be quite hot at the moment of the lining operation, that the rice should be also hot, and the meat very hot, having been kept so in the *bain-marie* in its sauce till the time of dishing.

CHAPTER XXVII

CHEESE

THERE has been a little confusion among writers on cookery in respect of the terms *fondue* and *soufflé*. This should be explained. The original *fondue* spoken of by Brillat Savarin was, we are told, of Swiss origin, a simple dish enough, scarcely to be distinguished from *œufs brouillés au fromage*. In later years, however, the cooks improved upon it, and the *fondue*, with flour added to it and sundry alterations, was put into the oven, and really became a *soufflé*, although its name was not altered. Now matters appear to have been put right ; the baked preparation is known as a *soufflé au Parmesan*, or *au Gruyère*, while the *fondue* of Brillat Savarin's time resumes its original form as a dish of buttered eggs with cheese. For the latter please turn to page 364, and follow the recipe there given for *œufs brouillés au fromage*.

The *Soufflé au Parmesan* or *au Gruyère* is a dish of which, when successfully made, the good cook has just cause to be proud. It requires the most delicate management, for the making of a *soufflé* is just one of those things in respect of which, owing to some freak on the part of the oven, or small inattention, the best hand may occasionally err ; so, for a dinner party, beware of placing too great confidence in it ; have another dish ready to go round in case the *soufflé* fail to come off.

Touching *soufflé* tins or cases. These should be rather deep in proportion to their diameter. It is a good plan to paste round the wall of the tin on the inside a band of thickish paper, which may be allowed to extend a couple of inches or so higher

than the tin, and thus protect the *soufflé* when it rises from overflowing the edge of the tin.

Soufflé au Parmesan.—Put two ounces of butter with a gill of water, and a pinch each of pepper, salt, and sugar, into a small stew-pan, boil up and take it off the fire, mixing into it four ounces of well-dried flour. Incorporate the flour and liquid by vigorous stirring over a low fire, continuing the work until the paste detaches itself from the sides of the stew-pan. Empty this into a bowl, and let it get half cold, moving it about with a wooden spoon. When cooled, mix into it the yolks of six eggs, four and a half ounces of grated Parmesan, and two and a half ounces of butter cut into small pieces, which should be added bit by bit, without ceasing to work the mixture. At the last moment stir into the mixture the well-whipped whites of five eggs, put this into a well-buttered tin, and set it on a wire drainer in a moderate oven. If the oven be properly heated the *soufflé* will be ready in twenty-five minutes.

Soufflé au Gruyère.—This illustrates another method of working. Put into a stew-pan four and a half ounces of flour, two ounces of potato flour (*fécule de pomme de terre*), two ounces of butter, two and a half ounces of Gruyère grated, and the same of Parmesan, with a seasoning of black pepper and a pinch of sugar. Moisten all this with five gills of milk, adding it by degrees. Put the saucepan over a low fire, and keep stirring the mixture at a very moderate heat, till the paste detaches itself from the sides of the pan; take the stew-pan from the fire, stirring occasionally till the contents are *nearly* cold, then add the yolks of six eggs, and proceed to warm the batter thus produced over a low fire for two minutes very carefully. Finally add quickly the whites of five eggs beaten to a stiff froth, and two and a half ounces of Gruyère cut into little dice. Put this into a deep, round, well-buttered tin, and set it in the oven, which must not be too hot. From twenty to thirty minutes will be required to bake the *soufflé* as in the previous case.

By carefully reducing the other ingredients given in these recipes by one third, nicely sized *soufflés* for four people can be made of four eggs.

Soufflé crèmeux au fromage (without flour), a special form of

soufflé.—Put into a stew-pan three ounces of butter half melted, and four yolks of egg, season with mixture (c) and proceed over a low fire to turn the mixture to a custard, carefully avoiding boiling. When it is quite smooth take it off the fire, and mix into it three and a half ounces of grated Parmesan. It should be now worked with a small whisk smoothly, and the whipped whites of two eggs having been added as a last touch, the mixture should be poured into a well-buttered tin set in a moderate oven on a wire drainer and baked for eighteen or twenty minutes.

Ramequins, or little puffs of cheese, can be eaten as a savoury at the end of a dinner, and they make a nice garnish :—Put one ounce of butter into a *casserole* or stew-pan, with a quarter of a pint of water, and a saltspoonful of seasoning (c) ; set on a moderate fire, let it come to the boil, then remove the vessel, cool the liquid, and add two ounces of flour. Stir this over the fire for four minutes, and then mix with it two ounces of grated Parmesan and two eggs, well beaten, one after the other. Put the paste thus formed on a buttered baking sheet in lumps the size of a bantam's egg, flatten them slightly, brush them over with beaten egg, bake in the oven, and serve on a napkin very hot.

Ramequins en caisses.—Take two ounces of mild grated cheese, and two ounces of white bread crumbs ; soak the crumbs in milk, and whisk them in a bowl with the cheese, adding an ounce of liquefied butter ; when the whole is well mixed stir in the yolks of three eggs, season with pepper, salt, and a teaspoonful of mustard powder. Finally, beat up the egg whites to a stiff froth, mingle it with the mixture, and fill china or paper cases, which should be well buttered to prevent their burning outside, or catching the edge of the batter within ; bake them from ten minutes to a quarter of an hour, and serve them as soon as they have raised their heads, and have slightly taken colour.

Omelette soufflée au fromage.—The preliminary steps in respect of this *soufflé* are exactly the same as those explained for the *omelette* by Process 2, page 377 ; the difference being that when the yolks and well-whipped whites are blended they are put into a fireproof china dish, smoothed with the palette knife, and then put into a moderate oven to bake. As soon as a skin forms on

the surface the blade of the palette knife is passed horizontally through the mixture from end to end; then when the *omelette* rises and takes a nice biscuit-brown colour it is served without delay. For the cheese *omelette soufflée* mix two ounces of grated cheese with the four yolks, season with mixture (c), and put in half an ounce of butter cut into little dice.

Gougère au fromage.—Put into a stew-pan on the fire a gill and a half of water, three ounces of butter, and a slight seasoning of salt and black pepper. When this boils, take it off the fire, cool for a couple of minutes, and stir in four ounces of flour; put on a low fire, and mix till the paste is thoroughly formed and pliant. Take this off again, let it cool, and add the yolks of four eggs and three ounces of grated Parmesan cheese; mix thoroughly, and stir in three of the whites beaten to a froth. Butter a fireproof dish, and spread the mixture in it; cover the surface with thin shavings of cheese, glaze over with the beaten yolk of an egg; put in a moderate oven, and bake for twenty or twenty-five minutes.

Bouchées au Parmesan.—Mix together half a pint of well-drained curd, one and a half ounces of liquefied butter, the yolks of three and the white of one egg, well beaten. Pass through a sieve and add two ounces of grated Parmesan. Line a dozen patty pans with puff paste, fill the hollows with the mixture, and bake in a fairly brisk oven for twenty minutes. Serve very hot on a napkin. The mixture may be seasoned with Nepaul pepper if liked, or with a pinch of nutmeg and black pepper.

Ramequins à la Pignatelli.—Put half a pint of water in a stew-pan with one and a half ounces of butter, season with salt and pepper; boil, take off the fire, cool, and add four and a half ounces of flour, and one and a half ounces of grated Parmesan. Stir over the fire for three minutes, then add, one by one, three whole well-beaten eggs, which should turn the mixture to a smooth paste. Add to the paste one ounce of lean cooked ham finely chopped. When mixed, form the paste into balls the size of a golf-ball, lay them on a buttered baking sheet, and cook like *ramequins*.

Beignets soufflés au Parmesan will be found at p. 335, and several dishes in which cheese forms an important part have been explained in treating of toasts, macaroni, eggs, and rice.

Notes regarding *soufflés*, *ramequins*, &c.—It should be observed in respect of these dishes that a common cause of failure is the preparation of too fluid a mixture: a slack batter-like compound never bakes satisfactorily. The whites of eggs must be stiffly whipped. Remember that moisture is communicated by the eggs, and that as they vary in size considerably the recipe may require modification to a slight extent. Too quick an oven is another mistake to guard against. The *soufflé* rises too soon, looking nicely done outside, but the inside will be found in an uncooked, custard-like condition, while the bottom of it will probably be burnt. To prevent the scorching of the bottom it is a good plan to set a *soufflé* tin upon a wire trivet to act as a fender from the bottom or shelf of the oven. The best flour should be used for *soufflés*, and potato flour may be mixed with it for the sake of lightness. China *soufflé* cases are nicer than paper ones. Salt must be left to discretion in most dishes of cheese, because the cheese itself is often salt enough without any assistance.

CREAM CHEESE:—Mix a teaspoonful of salt with a breakfast-cupful of cream, stir it well, and then pour it into a basin in which a piece of soft linen has been laid. The linen should be saturated with salted water. When the cream has been poured in, draw the ends of the linen together, thus folding the cream as it were in a bag; tie it securely with tape, and hang the bag in a cold larder to drip; when all the moisture has dripped away, take the bag down, turn out the cream-cheese upon a clean, damp cloth, and press it into a circular shape or neat square; dish garnished with parsley. This will take from thirty-six to forty-eight hours. The linen should be porous, to facilitate the escape of the whey.

CHAPTER XXVIII

TOASTS

NO dish is more useful or more generally popular than a savoury toast. We can claim it as our own, for it belongs wholly to English cookery. With it we can often tempt a jaded appetite or gratify a good one; if well made, it serves as a finish to a little home dinner, and as its varieties are numerous it is equally acceptable at breakfast or at luncheon, while in its composition previously cooked things can be used up successfully, without any great effort on the part of the cook or loss of time. In fact, savoury toasts of an ordinary kind ought to be favourably regarded by all thrifty house-keepers, inasmuch as they afford an easy and pleasant way of working up fragments of good food that might otherwise be wasted.

1. Unless specially stated to the contrary in the recipe, the slice of bread required for any savoury composition should be delicately *fried* in butter till of a golden colour, rather than toasted in the ordinary manner. If kept waiting at all, ordinarily toasted bread, when the savoury mixture has been arranged upon it, becomes spongy or sodden, and soon loses its crispness. The easy process of toasting, too, is frequently slurred over carelessly, and the bread is scorched, not toasted. If you watch the ordinary servant in the act of toasting, you will generally find that she places the slice of bread as close to the glowing embers as possible. Setting aside the risk that the bread thus incurs of catching a taint of smoke, or a powdering of ash dust, it cannot be evenly and delicately browned, neither can it attain that thorough crispness which is necessary in properly made toast.

The slice of bread must be kept some little distance from the clear embers, being gradually heated through, crisped, and lightly and evenly browned by degrees. But, as I said before, bread fried in good butter is better, with a very few exceptions, than toasted bread for the sort of dishes I am going to speak of.

A savoury toast is not worth eating unless it is served very hot: it may be kept hot in the oven, to be sure; but it is never so good as when brought straight to the table the moment it has been completed. In order to ensure this, the cook should learn to have everything *ready*, but not actually to finish off the making of the toast till it is wanted. It is better to keep the table waiting for three or four minutes for a really good thing than to serve immediately such a miserable fiasco as a sodden, lukewarm, or oven-dried toast.

NOTE:—*Dishing toasts*: A good way of managing this neatly is to cut the bread from a sandwich loaf, say eight inches long, three wide, and one-third of an inch thick. Either fry this or toast it, as may be desired, lay it upon a board, and with a sharp knife cut it across into two-inch pieces, lay these in line all touching each other, in a hot *légumière*, thus re-forming the piece of bread as it was before it was sub-divided; mask it with the toast mixture evenly all over, and serve. This facilitates helping. The spoon passes under each piece easily and detaches it neatly.

ANCHOVY TOASTS.

(1) *Crotûtes aux anchois*:—For anchovies preserved in oil, the process is this: Take two anchovies, wipe them free from oil, split them open, remove the spines, and pass the fish through a hair sieve; put the pulp in a bowl, and stir into it the yolks of two raw eggs. With a round cutter stamp out of a slice of bread four nice rounds three inches in diameter, or neat oblongs three inches by two, and fry them in butter till of a bright golden tint; drain, dry, and arrange them on a very hot *légumière* and cover them up. Now melt a tablespoonful of butter at the bottom of a small stew-pan, which should be placed over a very low fire, or be dipped into a *bain-marie* or any vessel containing boiling water; stir into the melted butter the anchovy pulp and egg; let

it thicken, and when quite hot spread it over the four *croûtes*, and send the dish up immediately.

(2) *Sur le plat*:—To be made with anchovy sauce: choose a very hot plate indeed—one with a hot-water tin beneath it if possible—put a dessertspoonful of butter upon it, and let this melt; add the yolks only of two raw eggs, mix well, and stir into the mixture sufficient anchovy sauce to colour it salmon-pink. While the cook is doing this, an assistant should, in this instance, be *toasting* pieces of bread neatly shaped beforehand, and each piece should be brought straight from the fire, turned over on both sides in the mixture, and served in a very hot silver dish at once. A toast that has been well *soaked* in a sauce like this, and crisped in the oven afterwards, is far from bad.

Anchovy toasts are, of course, often sent up with their surfaces dressed with buttered or poached eggs, but as a variation I can recommend:—

A savoury custard:—Separate carefully from the whites three yolks of egg and keep them handy, and for each yolk take one ounce of butter. In a small stew-pan heat to boiling-point two tablespoonfuls of water. Take off the fire, cool for a minute, and stir into the hot water the three yolks; lower the fire, and over very gentle heat add by half-ounces the three ounces of butter; whisk this till it thickens smoothly, and use it for masking anchovy or any toasts. A slight sharpness may be given with a teaspoonful of Orleans vinegar, which has been reduced from a gill, and a seasoning of salt and pepper is of course necessary. This dressing should be carefully watched, for if permitted to approach boiling, it will curdle and become lumpy: the thing required is a very thick, creamy-looking custard.

It need scarcely be said that whatever the mixture may be that you intend to spread upon a toast, it must be prepared first, and kept hot.

(3) *Croûtes Ecossaise* (Woodcock toast):—This, when well made, is perhaps the best variety of anchovy toast. Numerous recipes and various names are given for it by writers upon cookery, some of whom present it to their readers under the meaningless title of “Scotch-woodcock.” In its common form

this toast is exceedingly like the one I have just given, viz.:—a better kind of anchovy toast with an egg-cream custard masking, but *real* woodcock toast should be composed as follows:—

Having two freshly cooked fowls' livers—(those of a goose, a turkey, or a couple of ducks are better still, while the remains of a *pâté de foie gras* are the best)—pound them to a paste, mixing with it a teaspoonful of anchovy sauce, or the flesh of one fish pounded, an ounce of butter, a saltspoonful of seasoning mixture (*b*) and the yolk of one egg; warm this in a little saucepan. Keep this in the *bain-marie*. Prepare four two-inch squares of golden-tinted, lightly-fried bread, about one-third of an inch thick, spread the liver paste over them, and having ready in the *bain-marie* a breakfast-cupful of the savoury custard already described, cover the toasts with it, and serve quickly.

The object is to hit off the flavour of the woodcock trail as nearly as possible. If, therefore, it were practicable to make a very strong decoction of game bones, and this were reduced nearly to a glaze and added to the paste, a better imitation of the real thing would be the result.

The preparation may be slightly varied as follows:—Fry the *croûtes*, butter them, and set them in a moderate oven to keep hot. When heating the custard, *stir into it the liver paste*, &c., work gently over a low fire, and pour it over the toasts as soon as it is quite hot, and thickened sufficiently. Whisking the custard will in this case be unnecessary.

EGG TOASTS:—A number of nice toasts can be made with eggs; from the plainly poached egg served upon a little square of bread fried a golden brown in butter, to buttered eggs with truffles similarly dished.

BUTTERED EGGS (*œufs brouillés*)—see Chapter XXIII.—are always welcomed at breakfast if served quite simply, upon crisply fried bread, straight from the fire. Grated ham, finely minced tongue, and little dice of crisply fried bacon, if at hand, can be used to garnish the surface of the eggs; while the minced remnants of any cooked fish—especially shell fish—may be stirred into the eggs just before serving with good effect.

Cold cooked vegetables, such as cauliflower, artichokes, asparagus, &c., may be cut up and mixed with the eggs in the same way for a luncheon toast. In fact, a moment's thought will generally enable a careful cook to make buttered egg toasts additionally nice by the introduction of some little thing left from a previous meal, which could scarcely be made use of in any other manner.

Buttered eggs when they appear at dinner are, as a rule, served over some savoury mixture as masking, in which form they are continually called into play.

HARD-BOILED EGGS make a very eatable toast in this way:—Grate a coffee-cupful of pressed beef, bacon-lean, or ham; cut four hard-boiled eggs into small pieces, and mix half a pint of good white sauce; flavour it with a tablespoonful of tomato conserve or sauce, and mix with it, so as to get thoroughly hot, the cut-up eggs; when steaming, pour the contents of the vessel over four nicely fried squares of bread, sprinkle the grated beef over their surfaces, and serve at once.

Œufs farcis laid on *croûtes* have been spoken of, page 368. Here it should be added that the egg mixture prepared as for *œufs farcis* can be used for toasts by being arranged upon them in dome shape, moistened with melted butter, and set in the oven till hot enough to serve.

I have already said that eggs buttered and poached are frequently laid upon anchovy toast. Poached eggs, laid on *croûtes* in like manner, can be masked with cheese custard, while grated cheese can be mixed with buttered eggs. Poached eggs when served on toast ordinarily are much improved if a small allowance of melted anchovy, *maître d'hôtel*, shrimp, or *ravigote* butter be melted and poured over them just before serving.

VEGETABLE TOASTS:—Cold cooked vegetables make nice toasts or *croûtes*. Spinach, sorrel, and other delicate greens worked up in the form of *purées* may be served on anchovy toast or plainly. Peas, flageolets, and asparagus *purées* moistened with cream can thus be made good use of. Buttered eggs and savoury custard are suitable maskings for all vegetable toasts.

Beetroot-leaf toast:—An excellent toast can be made with the inner tender leaves and stalks of beetroot. After having been boiled and drained like spinach they should be chopped up and heated in a *sauté*-pan with sufficient plain *beurre fondu* (page 67) to moisten nicely, a seasoning of salt and pepper, and be then spread upon hot fried toast with as little delay as possible.

Nearly all vegetables, with slight modification according to their peculiarities, can be dressed in this manner.

Cucumber and vegetable marrow should be trimmed in little fillets, their seeds should be cut out, and the pieces thus prepared should be cooked as directed for cucumbers (page 227). These may be moistened with a gill of *sauce blanche* in which a tablespoonful of grated cheese has been mixed, or with capers or *cornichon* sauce, then laid upon toasts, dished in a *légumière*, and served.

For the points of asparagus, sprigs of cauliflower flowers, artichoke bottoms, and similar dainty vegetables, use a slight moistening of *beurre fondu*, savoury custard, *sauce veloutée*, or *poulette*, finished with a spoonful of cream.

French beans can be cut into dice or *julienne*-like strips, and moistened with *soubise* or *Milanaise*.

Seakale, salsify, celery, and celeraic should be turned to a *purée*, and dressed as advised for peas, asparagus, &c.

Aubergines provide easy material for toasts if not too old. Boil, drain, cool, and peel off their skins, lay them on a dish, and mash them with a silver-plated fork. Unless old and seedy they need not be passed through the sieve. Add to the mashed aubergines a seasoning of mixture (*b*), and for two pods allow a hard-boiled egg chopped small and an ounce of butter. Next fry the rounds or squares of bread, according to the number you want, in butter, and set them to keep crisp and hot in the mouth of the oven. Now take a small stew-pan, place it in the *bain-marie*, or over a very moderate fire, melt a dessertspoonful of butter in it, stir into it the aubergine pulp, and two good tablespoonfuls of cream, or *sauce blanche*, with the yolk of one egg. Continue stirring this until the contents of the vessel look nice and thick, and steaming hot; then spread the mixture over the toasts, and dish. A thin layer of grated Parmesan cheese should be shaken over the surface

of the toasts as they lie in the *légumière*. Nepal pepper should be handed round.

MEAT TOASTS:—In this section we come to another series of good and economical toasts—especially those made of game—the preparation of which is attended with no difficulty whatever. The chief thing is to make sure of a really well-flavoured savoury sauce or broth for the moistening. Only a small quantity of this is required. In the case of game, the pounded bones and scraps, with herbs, seasoning, a piece of glaze, and a shredded onion, provide a capital basis to work upon. A thoughtful cook will thus turn to account many a fragment of good food that an ignorant one would probably throw away.

Kidney toast:—(a) Procure three fresh kidneys; split, skin, and blanch them in scalding water for one minute to remove the strong flavour which many dislike. Then lift them out and dry them with a cloth. Put an ounce of butter into a *sauté*-pan, melt over a moderate fire, slice up and add the kidneys, fry for three or four minutes, turning the pieces of kidney about with a two-pronged fork, then moisten with enough broth to cover them. Simmer now quite slowly, giving the kidneys a seasoning of mixture (b), and a dessertspoonful each of marsala and red currant jelly, with a teaspoonful of Orleans vinegar. When they are quite tender remove the vessel from the fire; strain the broth from the kidneys, cool and pass them through the mincing machine, thicken the broth with *roux*, and to the sauce thus produced add the mince. It should be quite as thick as jam so as to lie on the *croûtes* without flowing over. Now spread the mince upon the *croûtes*, smooth it neatly with a palette knife dipped into boiling water, sprinkle with fried crumbs, dish in a *légumière*, and serve.

(b) With two cooked sheep's kidneys or one calf's kidney—the latter for choice:—

Cut up the kidneys without any of their fat into a coarse mince with half their bulk of cold cooked mushroom. Put half a pint of good savoury broth on the fire, flavour it as in the foregoing recipe, dissolving half an ounce of glaze in it; boil, strain, cool, and skim. Thicken this in a separate stew-pan, using half an ounce of butter and half one of flour, and when nicely thickened

put in the mince. Keep this hot in the *bain-marie* while four squares of buttered toast are prepared. As soon as these are ready and placed in the hot silver dish, lay the mince upon them neatly, and serve.

Following the principles just given, excellent toasts can be made with the remains of a *pâté de foie gras*, or of a dish of sweetbreads. The savoury thick sauce must be flavoured with a dessertspoonful of marsala, and any trimmings of truffles that may be at hand may be put in.

A good toast is made with the remains of a curry. Fry rounds or squares of bread, warm the curry in its *casserole* over a low fire, stirring without ceasing until it is quite hot, spread it over the *croûtes* neatly, and serve in a *légumière*.

If arranged on small *croûtes*, round in shape and about two inches in diameter, their sauce thickened with a raw yolk and allowed to get cold and set firmly, these toasts may be egged all over, bread crumbed, carefully dried, and dipped into boiling fat till of a nice colour, being served after draining and drying on a napkin.

Game toast:—The method of preparing a game toast is somewhat similar to that which I have described for kidney toast (*a*), *i.e.*, the cold meat should be picked from the bones, and passed through a fine mincing machine, the skin and bones (well mashed) should be set to make a good, strong, game *fumet*, which should be used to form a thick *purée* in conjunction with the minced meat, the process of blending and flavouring which is precisely the same as that mentioned in the recipe previously alluded to. Spread the *purée* upon hot fried toasts, and serve with fried bread crumbs.

All purées of meat composed for toasts should be mixed rather thickly so as to *rest* upon the toast, and not spread all over the dish. Nepaul pepper, and quarters of lemon should be handed round with them.

Beef-marrow, as everybody knows, is delicious when eaten *hot* on *hot* dry toast, and to be thoroughly enjoyed there is no better than the good old English way of serving the bones themselves wrapped in napkins, out of which the marrow is picked with a marrow spoon, and laid on hot dry toasts specially prepared at

the moment required. It may so happen, however, that a host may wish to have *croûtes à la moelle* at a small dinner-party, and would rather not be hampered with the cumbersome service I have just alluded to. In such case the following method may be adopted :—

Procure the marrow from the butcher already taken out of the bone, and prepare it in the manner described (page 234). When this is cold, having been taken out of the cloth, cut it into small squares, put these on a *gratin* dish, season with pepper and salt, and set the dish in the mouth of the oven to warm and keep hot. Finally cover the crisp dry toasts (which must now be got ready) with them, and serve at once.

FISH TOASTS:—Nice toasts can be made with cold cooked fish, whether fresh, smoked, salt, preserved in oil, or kippered. Some of these are better suited to the breakfast, or luncheon-table, while some are quite good enough for the savoury, which has of late been introduced instead of the cheese service at dinner. For fish preserved in oil, the general rule is, first, to get rid of the oil, skin, and bones, then to chop it up on a plate and knead it up with a little fresh butter. Next to mix a small quantity of white sauce, just enough to moisten the minced fish, and when nicely seasoned and thoroughly hot, to spread it upon slices of fried toast hot from the pan, and dish up quickly. The cold remains of all fish may be thus satisfactorily disposed of, while unexpended sauce is always useful.

Buttered eggs go well with fish toasts, either laid as a masking over minced fish, or mingled with it; a nice savoury custard is welcome with them; and to make a dish go a little further hard-boiled eggs may be cut up and mixed with the fish in the stew-pan just before serving.

All shellfish are suitable for toasts. Pick and mince the fish and pound the shells as explained for butter (page 60). For a quarter of a pint of picked shrimps or prawns take an ounce of the butter; melt this in a small stew-pan over a low fire, put in the shrimps and stir them about for some minutes so that they may absorb the butter, lay them on hot fried toasts, over which

the rest of the butter extracted from the shells has been spread. Season with Nepaul pepper and a little mace—the shrimps are generally salt enough—and serve quickly. The remains of lobster or crab can be similarly used.

Those who like a slight curry flavour without any great heat will find that object secured by working a saltspoonful of the Oriental seasoning (page 123), with the shellfish while it is being heated in the butter. Curry powder would be too crude.

Shellfish toasts can be made, of course, by moistening the fish with sauce, and some may like a little cream with them. It may be said that a good shellfish sauce—one in which the fish itself appears as in lobster sauce—is fit for service on toast as it is.

Croûtes aux huîtres :—These can be best described as toasts over which thick oyster sauce is spread, the surface of this dusted over with finely sifted crumbs, and that browned with a salamander. The oysters should be prepared as described for oyster sauce (page 59), using, however, as little sauce with them as possible, for they should lie on the toast without oozing over upon the dish. Grated cheese may be used instead of crumbs.

Croûtes au merluche fumée :—Poach a dried haddock gently in milk and water; take off, free from skin and bones, about four ounces of the fish, pound this in a mortar with two ounces of butter, pass it through a wire sieve, make two gills of white sauce with the *cuisson*, reduce this one-third, add two tablespoonfuls of cream, stir in the *purée* of fish, and use this for toasts in the manner already described. Equally nice with bloaters.

CHEESE TOASTS :—These are certainly to be ranked among the best we can make for our little home dinners. Carefully cooked and served hot, there are few toasts more generally liked.

A cheese toaster, with a hot-water tin and screen in the style of a miniature Dutch oven, is a useful utensil in this branch. For a simple toasted-cheese toast: Fill the hot-water tin with boiling water, melt an ounce of butter in the tin dish, cover its surface with grated or finely sliced, sound, mild cheese; set the toaster in front of the fire till the cheese has melted, and serve quickly, hot dry toast accompanying. The water in the hollow

tin dish must be boiling. Some put in a little beer, and some season the cheese with mustard and pepper.

The toaster may also be used in this way: Butter the tin dish, place upon it a slice of well-fried toast slightly buttered, over this put some finely shredded cheese, set in front of the fire, and when the cheese has melted, serve.

The well-known title, Welsh "rabbit," or "rare-bit," is often applied to elaborate cheese toasts which have no real claim to it. The correct thing is very simple, viz., they cut a slice of mild Welsh cheese, and prepare a well-toasted piece of toast, slightly buttered, to receive it; they put the latter on a fireproof dish in front of the fire to keep hot while they toast the cheese on both sides, but not so much as to cause the oil to ooze and drip from the cheese. As soon as it reaches the proper stage they lay it on the toast and send to table quickly.

A few useful recipes for cheese toasts may be given as follows:—

(a) Grate two ounces of mild dry cheese, mix with it an ounce of butter, a dessertspoonful of made mustard, a half-saltspoonful of salt, and the same of Nepaul pepper with a well-beaten egg. Mix well in a basin and work the mixture till it is smooth. If not as stiff as thick batter, add a little grated cheese. Toast a couple of slices of toast, butter them on both sides, place them on a buttered dish that will stand the oven, spread the cheese mixture over them pretty thickly, and bake for eight or ten minutes till nicely coloured.

(b) For a smooth, yellow surface, not too crusty or dry, place the prepared toasts in a buttered pie-dish, spread a sheet of oiled paper over them, and after ten minutes' baking in a hot oven they will be ready. Take the pie-dish from the oven, remove the paper, lift and serve the toasts in a hot *légumière*.

(c) With two ounces of finely sifted white crumbs beat up an egg whole with a tablespoonful of milk; stir into it two ounces of grated cheese, a dessertspoonful of butter, a teaspoonful of made mustard, half a saltspoonful each of salt and Nepaul pepper, and a pinch of mace; if not sufficiently diluted to form a stiffish batter, add another well-beaten egg, arrange on toasts as in the preceding case, bake, and serve very hot.

(d) To make a cheese toast in the dining-room: Mix two table-

spoonfuls of grated cheese with a teaspoonful of mustard powder, a pinch of salt, and a saltspoonful of Nepaul pepper. Light a spirit lamp, and, in a little frying-pan placed over it, melt an ounce of butter; when melted, shake evenly over the butter the powdered cheese, and stir well, lifting the pan above the flame to obtain a gentle heat. As soon as the cheese looks creamy, stop, and pour it over some hot buttered toast brought in the nick of time from the kitchen. This could be managed very easily in a chafing dish with a spirit lamp improved by regulating apparatus.

(e) *Stewed cheese toast*:—Put an ounce of butter into a small stew-pan, set this over a moderate fire, add by degrees half an ounce of flour, then mix well and stir in half a pint of milk, adding grated cheese in sufficient quantity to bring the mixture to a thick, custard-like consistency; now stir in the yolk of an egg off the fire, and pour the mixture over the previously prepared toasts.

Some like a little beer added to stewed or otherwise cooked cheese; this, of course, is a matter of taste and discretion. In the case of stewed cheese beer or porter should take the place of the milk.

(f) For a mock crab toast bruise two ounces of finely shaven cheese with an ounce of butter, add a dessertspoonful of anchovy essence, a dessertspoonful of made mustard, and one of anchovy vinegar, with a seasoning of Nepaul pepper and salt, and the yolks of two eggs. Mix thoroughly in a basin, and proceed as directed for toast (a).

(g) *Ramequin toast*:—Make the mixture exactly as laid down for *ramequins* (p. 398), and arrange it in dome shape upon very carefully fried *croûtes*. These should be laid upon a well-buttered baking dish, and set in the oven for ten minutes, or until the cheese dressings on the toasts rise in the manner of *soufflés*. The point requiring attention is the consistency of the *ramequin* mixture. If too fluid it will not rise.

Never use a rich ripe cheese, or one that has begun to show signs of blue mould, in cookery. A little mildew in a bottle of grated cheese will ruin any dish in which it may be used. Choose a clean, fresh, hard, dry cheese for grating, and one that is sufficiently moist to slice without crumbling for toasting. Parmesan and Gruyère for choice.

CHAPTER XXIX

HORS D'ŒUVRES AND SAVOURIES

THE preliminary dish of *hors d'œuvres* is, of course, familiar to all who are acquainted with Continental living, or who patronise French or Italian restaurants in London. In a French dinner it often appears between the soup and the fish, but then somewhat different in character, being generally served in the form of hot *bouchées, rissoles, croquettes, petites caisses, &c.*

Hors d'œuvres, ordinarily speaking, are little portions of smoked or preserved fish, sliced ham or sausage, with radishes, butter, pickled gherkins, &c., carefully prepared and tastefully served, which are handed round as a prelude to a meal. In Italy the service of these trifles under the title of *antipasto* has from time out of mind been a standard custom, and it has now become equally common in France. But do we require it in England? At a restaurant it is obviously part of the play; it occupies impatient customers who cannot wait five minutes, and above all things is an excuse for the opening of wine, and encourages thirst—a most important consideration, of course. Then many adopt the practice because others do it, and they see it wherever they go. Nevertheless I doubt whether nineteen people out of twenty really care for *hors d'œuvres*, or would touch them if left entirely to themselves in the matter.

In so far, however, as fashion must be obeyed, and tastes vary, it may be as well to consider how *hors d'œuvres* should be served, and how they can be varied.

Unlike the greater part of the cook's work, this is to a great extent done for her, though taste, discrimination, and judgment are, of course, to be desired in the matter of the choice and

arrangement of *hors d'œuvres*, the materials that we employ can for the most part be obtained ready to hand. These are: *olives farçies*, olives plain, Norwegian anchovies, anchovies in oil, sardines, Brunswick, Bologna and other sausages, preserved tunny, lax, herring and cods' roes, herring fillets, reindeers' tongues, ox-tongues, smoked or kippered salmon, herrings *à la sardine*, pilchards in oil, *caviar*, potted char, pickles, &c.

A selection of two or three things from this list ought not to be very difficult.

Hors d'œuvres, if served *à l'Italienne*, should be placed in a dish divided into compartments, or in little saucers on a flat dish. Tongue, sausages, and ham should be most delicately sliced. Preserved fish should be very carefully wiped free from all tin-oil, and re-dressed with the finest salad oil: if of a large kind, small portions should be cut to suit the dish. *Caviar* merely requires the presence of a lemon, and a pepper of fragrance like Nepaul.

The garnishing of the compartments of the *hors d'œuvres* dish should be tastefully done with knots of curled parsley, curled cress, or little bunches of fresh watercress.

Sardines can be greatly improved by being treated as Norwegian anchovies. Open a tin of the best sardines, take the fish out one by one, and place them on a dish. Wipe them free from oil, or follow this plan, which is more efficacious: tip the dish up slightly and pour gently over the row of sardines a little very hot water. This removes the fishy oil which, carried away by the hot water, drains downwards to the lower end of the sloped dish. As soon as all this has drained away the sardines can be dried with a cloth, and they will be ready to use.

Now take one of the earthenware pots, which are sold to hold sardine tins, see that it is dry and clean, blanch and cut an onion up, and put a layer of the slices at the bottom of the pot, with a bay-leaf and a peppercorn or two. Arrange over this a layer of sardines, and continue the process until the pot is filled. Pour over the layers a *marinade* of oil and vinegar (one spoonful of the latter to four of the former) in quantity sufficient to cover the whole, cover the pot, put it in a cold larder, and in a few days the sardines may be eaten.

OYSTERS :—Before referring to a different method of presenting *hors d'œuvres* I must here allude to the excellent practice of commencing a dinner with oysters in their shells, explaining as I do so, however, that oysters thus eaten cannot be reckoned as *hors d'œuvres* although served at the period when the latter are presented. The service, as far as I can trace, is a purely English one—a little course in itself—forming with its adjuncts a distinct item in the *menu*, not an excuse to pass time while dinner is being dished up. But unfortunately there is a drawback connected with this delicacy: during four months of the year, when London entertaining is at its height, it is out of season. This is perhaps the very time when appetites become jaded, and some little dainty thing may be acceptable to stimulate them.

CANAPÉS :—If this be so, instead of the elaborate service à l'*Italienne*, a single cold *canapé*, if very carefully composed, may be placed upon each guest's plate as a prelude to the dinner in the style of the oyster service. Of the two this practice is decidedly preferable at a dinner party.

Cut quarter-inch slices of stale brown or white bread, butter them with one of the savoury butters given later on in this chapter, and cut out of them very neatly a sufficient number of oblong pieces two inches long, and one and a half broad, for the party—one for each guest. Now proceed as follows: Upon each of the pieces put a fillet of anchovy cut into strips, with a thin slice of olive here and there to fill interstices; using a dessert knife (silver or plated), smooth the combination over with pounded hard-boiled yolk of egg, dusting the surface with yellow pepper. Garnish each *canapé* thus made with a turned olive, a tiny leaf from the golden heart of a lettuce, or a sprig of watercress. Or sprinkle over each a canopy of grated ham, granulated hard-boiled yolk of egg, or shrimp-powder.

In like manner you can with a little forethought compose divers *canapés*, using lax, *caviar*, sardines, fish-roe, green butter, strips of green capsicum, or of cucumber, and garnishing with tongue or ham cut tastefully with a cutter, grated ham, or powdered hard-boiled yolk of egg.

In making *canapés*, for service before dinner, care should be taken to keep them *small*. The dimensions I have given should

not be exceeded, and the bread should be stale and cut thin. An excellent plan is to stamp out rounds of bread (with a pastry cutter) the size of a five-shilling piece, to butter them, and arrange tastefully upon them the composition that has been decided upon, covering each with powdered egg or ham.

Instead of plain bread, fried *croûtes* can be used. Let them get cold, butter them well, and go on as in the case of bread *canapés*.

Very elaborate *canapés* are propounded by some authorities on the art of cooking. These are designed in variegated patterns, rings, or quarterings, in the style of panel gardening, with coloured ingredients upon circular, oval, or rectangular pieces of bread; black being provided by truffle, greenish grey with caviare, green by green butter, scarlet by lobster, coral yellow and orange with yolks, and white with the whites of eggs. To my mind these triumphs of fiddling are not worth the time and trouble they cost; they certainly suggest fingering, and the combination of several flavours is a mistake. *Hors d'œuvres* cannot be too simple. A couple of savoury morsels which harmonise well with each other, arranged neatly, and garnished tastefully, offer what is wanted at this period of the dinner, and are surely more inviting than curious and unknown mixtures, all pretty device and colouring notwithstanding.

Croûtes creuses:—Another way of presenting *hors d'œuvres* is in little *croûtes creuses* of fried bread, or in small saucers (*croustades*) made of light pastry. The former should be made as if for marrow in *céleri à la mœlle*: Cut out of stale bread, half an inch thick, squares of two inches; in the centre of each stamp with a pastry cutter a circle one and a half inch in diameter, pressing it down quite a quarter of an inch deep. Fry these in butter till of a pale golden colour, drain, dry carefully, and when cold pick out with the point of a small, sharp knife the hollows which were marked with the cutter, and arrange the *hors d'œuvre* in them.

Croustades:—Directions for making these will be found page 98. The shapes can be varied at pleasure by using *bouchée* moulds for saucers, patty pans oval or round, *bateaux* or boat-shaped moulds, &c.

SAVOURY BUTTERS :—Butter nicely flavoured and tinted is no new thing in cookery. Its value in *hors d'œuvres* has just been pointed out ; it is, however, very useful in other branches—in flavouring and finishing sauces, or poached eggs ; with a *filet de bœuf*, or a *croquette* of fish, for instance. The objects to be kept in view when composing a fancy butter may be thus summed up : a pleasant flavour, a nice tint, and novelty. To secure the first it is, of course, necessary that the basis of the work—the butter—must be the best possible, firm, and cold.

A small Wedgwood mortar with pestle, and a small hair sieve with the usual board, bat, and little pat prints, are needed in this branch. The colouring is easy enough. A nice green tint can be got from spinach-greening, and a pretty orange scarlet from pounded lobster shell, and coral. Never use cochineal or any ready-made colourings which are only admissible in confectionery. Novelty is a matter to be settled by taste and discretion. Change can be effected with pounded anchovies, sardines, soft herring roes, lobster, prawns, crab, and shrimps ; capers, parsley, chervil, watercress, garden cress, burnet, tarragon—selection from these ingredients, all of which are agreeable in savoury butter, is easy enough.

A standard green butter :—

1. Weigh a quarter of a pound of the best fresh butter.
2. Boil a couple of good handfuls of spinach, drain them thoroughly, squeeze the leaves through a piece of muslin, and save all the greening so obtained in a bowl or saucer.
3. Take six fillets of anchovies from the bottle and wipe them free from oil, pound them in the mortar with half an ounce of butter and a good teaspoonful of capers, pass them through the hair sieve, and save the pulp.
4. Having these ingredients ready, first colour the butter by working into it enough of the spinach-greening to secure the tint required. Let the colour be light rather than dark green.
5. Lastly, add the anchovy pulp by degrees, and when thoroughly mixed trim the butter in a neat shape, or in pats, and set it in the ice-box, or over a dish containing crumbled ice.

NOTE:—When spinach cannot be got a good substitute can be found in the picked leaves of watercress or in parsley. The former should be treated like spinach, but the latter, being tougher must be boiled for at least ten minutes. The greening given for *sauce verte aux herbes* can also be used (see page 59).

Maitre d'hôtel butter:—I have already given this (page 62).

Prawn or shrimp butter:—This is made as follows: Buy a dozen prawns, or half a pint of shrimps; pick them, saving everything. First pound the tails to a paste in the mortar, mixing two ounces of butter with it to assist the operation. In a similar manner pound the shells with two ounces of butter, and put them into a *casserole* or small stew-pan over a low fire, stir well, adding two more ounces of butter; when the butter turns clear, empty the contents of the vessel upon a hair sieve set over a bowl of iced water; let the melted butter pass through, and gently press the shells to get as much of the butter from them as possible; be careful not to rub particles of the shells through the sieve. Skim the butter which rises to the surface of the water and blend it with the pounded tails. Add to this cold fresh butter to the extent of half its bulk, and put it into a cold larder, or the refrigerator. This is an excellent mixture for Reception sandwiches: The seasoning of salt and white pepper requires care, for the fish is often salt enough of itself. Many like a little mace.

Crab butter and *lobster butter*: may be made exactly in the same way. The pounded shells of the latter fish will flavour butter alone, colouring it at the same time. A brighter tint can, of course, be got from the coral. The approved method (see page 60) is to mix the pounded shells over the fire with a like quantity of butter, melt, and strain the latter through a fine sieve into cold water, in which it at once congeals. It is then skimmed off, and mixed with as much fresh butter as it will colour nicely.

Herring-roe butter:—Pound the soft roes of two bloaters to a cream with an ounce of butter. Pass this through a hair sieve. Season with Nepaul pepper and a dust of mace. Blend with three ounces of butter and a teaspoonful of anchovy vinegar. Tint pale green with spinach-greening and trim into shape.

Ravigote butter is made with that special mixture of herbs mentioned for *sauce* (page 65). Procure about one ounce each of

chervil, tarragon, burnet, and chives, and after having picked, washed, and scalded them for two minutes, and after that dried them, pound them well with two ounces of butter, pass through a fine sieve, blend with six ounces of butter, shape the butter with a bat neatly, and set in a cold larder.

Capers butter :—Mix a dessertspoonful of well-pounded capers with two ounces of fresh butter, and give it a slight seasoning.

Anchovy butter :—Make this in the manner described for green butter, omitting the greening.

Yellow butter :—Hard-boiled yolks of eggs may be passed through the sieve, and used to form a part of any savoury butter ; they tint plain butter yellow, which can be flavoured with soft herring roes, or cods' sounds, and sharpened with a few capers. These additions must be pounded thoroughly, and passed through the sieve.

Tomato butter is of course red : make it with the *conservé* by adding a dessertspoonful to four ounces of butter.

Watercress butter :—Pick, wash, and blanch three ounces of watercress leaves (weighed after picking) in boiling water for five minutes, drain dry ; pound in the mortar, and blend with five ounces of fresh butter and one well-pounded gherkin ; then pass through the sieve, form with the butter bat, and set in a cold place. Season with salt.

SAVOURIES :—Speaking of “the arrangement of a modern dinner” in *Food and Feeding*, Sir Henry Thompson says : “A Parmesan *soufflé* a herring roe toast, or a morsel of fine, barely salted *caviar* pale and pearl grey, which may be procured in two or three places at most in town, will complete the dinner.” Again, further on : “Next, the sweet, by reason of its predecessor, sweeter still : yet no palate can be left with this as its last impression, and must be rendered ‘clean,’ prepared to rest, or perchance to relish the last glass of wine by the delicate savoury morsel which terminates the *menu*.” This justification of the existence of a savoury at the end of a dinner is surely convincing. It has nothing to do with *hors d'œuvres*. It takes the place of the now discarded cheese service, and saves the time that used to be wasted in handing round a number of things that not one in ten

guests partook of. If we look back a little we shall find that, after all, this introduction is only a simplification of a very old English custom. Our grandfathers used to take a piece of grilled bloater, kippered salmon, or red herring with their cheese, and thus received with heightened gusto the fine glass of port or strong old ale, which was always handed round at this period of their dinners. We now strike out the cheese at a dinner party, and take our glass of port or claret when dessert appears, which carries us to the cigarette and coffee. It must be remembered, too, that many refuse sweets altogether, and look out for the savoury.

Unfortunately, however, there is a tendency fast gaining ground of overdoing this service, and instead of a very plain *croûte*, as advocated by Sir Henry Thompson, a highly wrought composition is too often presented which, however allowable at a luncheon party, is wholly out of place at dinner. We live in an age in which the professed cook cannot leave well alone, and I observe that those pretty patterns I have on two or three occasions denounced are beginning to crop up even in our savouries. Cream, cheese-cream, *foie gras*, associated with cream, *purées* whipped with cream, colourings, &c., &c., ought not to be used in these relishes. A moment's reflection will settle this point. During the dinner that has now come to an end, cream has probably been taken in two or three dishes—most likely in the sweet dish last discussed; there have been some rich sauces, and quite as much generous food as man can desire. Surely it stands to reason that the time has come for contrast, and something “short” and plain—as Sir Henry Thompson says—“to clean the palate.”

There is a long list of things to choose from:—little cheese *soufflés*, and *ramequins* plain and *en caisses*; Russian *caviar*; devilled biscuits with or without adjuncts; *croûtes* of kinds, with smoked salmon, lax, smoked cod's roe paste, herring roes, and fillets; *canapés* with grilled mushrooms, anchovies in various ways, devilled sardines, or bloater paste; *pailles* and *croûtes au Parmesan*—devilled or not according to taste; and so on.

In selecting from this list, which is obviously a mere outline capable of much filling in and extension, mixtures should be

avoided. I have, for instance, seen on more than one occasion *croûtes* of herring roes (*laitance de hareng*) with mushrooms, two things either of which would have been excellent alone, but in combination decidedly inharmonious, although accepted as correct by many.

Cheese, of course, enters largely into the composition of savouries. The pastry described for *croustades* (page 98) is very useful in this branch. If this be rolled out a quarter of an inch thick, and stamped out in rounds or in oblong pieces, and then lightly baked, nice *croûtes* are provided for *purée* of lax, fish roe, or smoked fish fillets. Rolled thinner, and baked like wine biscuits, one can be laid upon another, sandwichwise, with a savoury paste of anchovy or bloater between them, softened with hard-boiled eggs.

Cheese straws (*pailles au Parmesan*) should be made in these proportions:—A quarter of a pound of puff paste, a salt-spoonful of salt, two ounces of grated Parmesan or Gruyère cheese, and a very little cayenne, Nepaul pepper, or a few drops of *tabasco*. Work the ingredients together, roll the paste out about a quarter of an inch thick, cut it into strips a quarter of an inch wide and five or six inches long, roll them round, lay them on a wire drainer, bake, and serve as hot as possible in a napkin.

This paste rolled thin may be stamped in rounds three inches in diameter, upon which a dessertspoonful of lax or herring *purée* may be laid. The paste having been folded over this, and pinched all round after the fashion of *rissoles*, may then be fried in boiling fat.

The cheese mixtures already given for the toasts (page 411), or mock crab, may be cooked in *rissoles* in the same way.

Lax purée:—Take two ounces of the slices, free them from oil, and pound the fish with a couple of filleted anchovies, the yolk of a hard-boiled egg, and two ounces of butter; season with Nepaul pepper, and pass through the hair sieve. Lax is generally salted sufficiently itself, and does not require that seasoning.

Anchovy *purée* is made in the same way, and with two ounces of bloater roe another.

Petits bouts à l'Indienne (Sir Henry Thompson's):—Dry lobster, prawn, shrimp, or crab curry, minced small, and served in dome

shape in little *croustade* saucers, or silver *coquilles*. Rice in the proportion of one-third can be mixed with the curry.

Mushrooms should be grilled, seasoned with pepper and salt, and laid upon crisply fried *croûtes* or devilled biscuits.

Smoked or kippered salmon should be sliced very thinly, and heated in a buttered *sauté-pan* : serve on hot fried *croûtes*.

It will be observed that these savouries are served hot. The best, I may almost say the only cold one, is *caviar*, which may either be sent round in its jar with quartered lemons, Nepaul pepper, and crisp biscuits ; or be laid upon *croûtes*, lemon and pepper accompanying.

LUNCHEON SAVOURIES :—In this section I propose to speak of savouries of a different kind which may be given at luncheon parties, and receptions, or be used for supplementary dishes at suppers.

There is much to be gained in having the proper equipment to work with, for it often happens that novelty and success in preparing savouries of this kind can be attributed in a great measure to the dainty little moulds, cases, miniature *casseroles*, &c., that have been used for them. Fortunately these things are not expensive. It would be advisable for the cook to have :—

Sandwich moulds, *quenelle* (or shell), plain and fluted *bouchée*, *dariole*, *bateaux* (boat-shaped), and cutlet moulds ; with patty pans and *tartelette* moulds (small). The first mentioned have nothing to do with sandwiches ; the moulds are sandwich-shaped, *i.e.*, shallow, oblong, and rectangular.

Then there are china cases, china or silver *coquilles*, or miniature *casseroles* just alluded to *en terre*, fluted and plain paste cutters, cutlet cutters, vegetable cutters, and scoops, the mortar with pestle, sieve, &c., already described.

The materials to be recommended are :—The savoury butters given in this chapter, *purées* of game, chicken, ham, tongue, fish, and vegetables : portions of *galantines*, *pains*, and *crèmes* stamped out with cutters, potted meat and fish, *foie gras au naturel*, and *pâté de foie gras*.

Instructions have been given for the preparation of gelatinated

purées of various kinds, and in the chapter on garnishes recipes for aspics maskings, &c., will be found. forcemeats and creams are given in Chapter IX., selections from which for poaching in little moulds can easily be made. Ideas can be arrived at without difficulty if the advice about *entrées*, especially cold *entrées*, is attentively considered. Indeed, many of the nicest savouries might be called *entrées* in miniature. For instance, take:—

Médailles à la Nicoise:—Cut a cold mould of *crème de volaille* in slices one-third of an inch thick; out of these stamp round *médailles* with a two-inch cutter; prepare as many round *croûtes* as are required, frying them a light golden colour. When cold, butter them with green butter, lay a *médailon* on each of them, mask over smoothly with *mousseline* sauce (page 75), scatter finely grated ham over the surfaces of the *médailles*, and dish decorated with *croûtons* of aspic jelly and garden cress.

It is clear that by altering the material of the *médailles* (see forcemeats, page 126) and the masking sauce a variety of nice little luncheon savouries could be made. Cream well whipped with finely grated Parmesan and minced olives makes a nice garnish for the tops of savouries of this kind.

A nice savoury powder for use in making savouries in combination with cream (whipped), buttered eggs, *sauce Hollandaise froide*, &c., can be obtained from Bombay ducks. Parch the fish in a moderate oven, dry, and pound it, sifting the powder through a coarse hair sieve. Another one ("prawn powder") made in Madras can be got through the Army and Navy Stores, Bombay Branch. These powders make excellent *pailles* by following the recipe for *pailles au Parmesan*, substituting them for the cheese.

CHAPTER XXX

ON ROUGHING IT

ALTHOUGH no doubt there are many among us who have by long experience acquired the knack of making themselves thoroughly comfortable, whether under canvas or at sea, and who, when roughing it, contrive to live very nearly as well as they do at home in town or country ; there are probably a good many travellers, sportsmen, yachtsmen, and others whose tastes lead them away on land or water year by year, who would like to pick up a wrinkle or two in the matter of cookery under difficulties. The first thing to think of is the kitchen equipment best suited to the circumstances.

CAMP STOVES:—The “Golden Star” stove to be seen at 119, New Bond Street, is portable, strong, and easily managed. It is fed by mineral oil, kerosine or paraffin, and in addition to the oven, provides the cook with a capital kitchen range adapted for boiling, stewing, frying, and even grilling. An “extension top” is also supplied with this stove whereby its working capacity is increased.

A still further development is the “Oil Cooking Range” introduced by this firm with five 5-inch burners, and equal in every way to the requirements of a large yacht or shooting-box.

These stoves possess the same advantages as gas stoves. In soup-making, for instance, and in stewing operations, the exact amount of heat required is provided by turning down the wicks at will. In this manner a *pot-au-feu*, a *ragoût*, or *haricot* can be

made over a low, turned-down wick, for instance, the like of which no cook could produce with a common open kitchen range without unremitting attention, simply on account of this regulating power.

The portable stoves made to consume the Carbotron fuel, which burns without smoke or smell, and requires no chimney, are specially recommended for cooking purposes on yachts, houseboats, &c., and to all who have a dislike to mineral oil. The fuel is very light and economical, costing, according to the amount of heat required, from a halfpenny to a penny per hour. The stoves are furnished with ovens and cooking utensils, and to all intents and purposes are as efficient, from a culinary point of view, as mineral oil consuming stoves. Regulating power is secured by dampers.

When not wanted for cooking, the Carbotron stove can be used for heating a room or cabin, for which purpose the radiator, or ornamental chimney, is used. Thus adjusted, it is also very useful for airing damp linen, or drying wet clothes; in this case a roomy wicker cage with a rounded top is placed over it, and the things laid on it, for the chimney is so contrived that the heat radiates laterally, and there is, therefore, no chance of burning, scorching, or smoking.

Among Messrs. Woolf & Co.'s useful camp or seafaring appliances is the Locomotive Boiling Set. This consists of a methylated spirit stove with a specially constructed kettle for the acceleration of boiling, a regulator for the reduction of heat, and a window-guard to protect the flame from draughts. This can safely be added to the sportsman's or traveller's equipment. On a journey it would be a source of comfort, and in a camp or cabin a most handy appendage to the oil or Carbotron stove for such light work as boiling water or milk, heating coffee or soup, frying bacon, boiling eggs, &c., for a saucepan, stew-pan, or light frying-pan can easily be used with it. For several years I used a spirit lamp or large Etna, worked on the same principle, for *omelettes*, for which work I found it very well suited. With the aid of the Locomotive stove a cup of tea or coffee can be made in the train, at a picnic, under a tree by the roadside—anywhere in fact—while with a small six-inch frying-pan it is easy to devil

a biscuit, cook a rasher, poach an egg, or fry a kidney to accompany the tea or coffee.

THE CHAFING-DISH :—I first advocated the method just described of cooking over a spirit-fed lamp twenty-eight years ago, and have repeated it in each edition of this book. Its vital principle has been adopted, I observe, in the recently popular fad called “chafing-dish cookery,” the only novelty connected with which is the improved equipment provided for it. This is quite excellent. The Sternau lamp, a speciality at 119, New Bond Street, is wind-proof, its heat can be controlled at will, and with the hot-water pan, which is supplied with it, an efficient *bain-marie* is provided in a few minutes.

Strangely enough, the only advertising hand-books I have seen which explain the system of cooking by means of the chafing-dish touch but lightly upon these advantages, while the recipes give no directions whatever in respect of the state of the fire—low, moderate, or brisk—to be maintained when preparing the dishes they describe. It is a pity, too, that these recipes were not subjected before publication to competent scrutiny, so that elementary mistakes could have been corrected, proper names given to the dishes, and the real value of the system set forth distinctly, for its scope is limited, as follows :—

A chafing-dish can be used for all work that is usually done in a *sautoir* (*sauté-pan*), or in a small stew-pan (*casserole*), but not as a *poêle à frire* without causing an unbearable smell in the room in which the cooking takes place on account of the heated fat or oil which cannot be dispensed with. Accordingly, *croquettes*, *rissoles*, *beignets*, *pommes de terre frites*, &c., are barred.

Soups, sauces, and *réchauffés* can be warmed up easily in the chafing-dish, but care is necessary in respect of the degree of heat permitted.

Scrambled eggs (*œufs brouillés*), poached eggs, *œufs mollets*, and dishes made with hard-boiled eggs can be managed, but properly fried eggs (page 371) should not be attempted for the reason already given with regard to *fritures* generally.

Omelettes and pancakes can be made very well over the chafing-dish lamp, but the dish itself is not properly shaped for

the work: a small *omelette*-pan is accordingly added to the equipment. For pancakes a couple of such pans would make the task easy, preventing the risk which attends turning, or tossing, when only one pan is used (see pancakes, page 381).

Shellfish for chafing-dish cookery ought certainly to be previously prepared, so that it need only be gently heated with such accessories as the recipe may demand. Any excess of heat in its cooking is apt to spoil this kind of food. Oysters and mussels are especially liable to harden unless managed by a skilful cook. But if prepared as for oyster sauce (page 59) they can be warmed up and served in many ways successfully.

A great many of the recipes in this book could be carried out in a chafing-dish, and as the weights and measures, method of working, and degree of heat necessary are carefully given, an amateur should find them easy to follow.

BREAD:—A friend of mine, who, in addition to his devotion to sport of all kinds, possessed a proper appreciation of the value of good food in relation to health, always maintained that *good bread* was essential for comfort when living in camp in India. Having felt this need for some years, he at last determined to learn how to make a good digestible roll, and a few trials succeeded. Thenceforward he carried this roll with him, so to speak, on all his expeditions, and, with the aid of a handy servant, was able to enjoy light, wholesome bread daily, at a distance of many marches from an English dwelling-place. He used Yeatman's baking-powder, imported flour, and a little salt. Butter and milk were added in the case of a French roll, and he occasionally mixed oatmeal with the flour for variety. The question of an oven did not concern him, for the native of India can construct a field-oven wherever he may be without difficulty.

Now if we accept the contention that it is a good thing to be able to provide ourselves with bread when circumstances may place us beyond the reach of bakeries, the system adopted by my friend can easily be followed. All that is required is good flour, a trustworthy baking-powder, salt, and a portable oven. Of these wants the last can be provided either by a mineral oil stove, or by one fed by "Carbotron fuel"—both of which, as just mentioned, are to be found at 119, New Bond Street.

Thus the amateur baker can at once settle two important points:—a leavening composition, perfectly climate-proof, by which he can turn out an excellent loaf of bread; and the oven to bake it in.

The equipment of the camp-baker should be:—An oven as suggested, a pastry board, a large enamelled iron milk basin, two wooden spoons, a flour dredger, scales to weigh the flour, some patty-pans for rolls, some small tins for ditto, a baking-sheet, a half-pound and pound loaf tin, and a cake tin: these various things are neither heavy nor expensive, they should be kept as clean as possible, and be scrupulously reserved for their own purposes. With this equipment, use Yeatman's baking-powder, the best Vienna, colonial, or home-made flour, wholemeal and oatmeal occasionally, salt and fresh butter if procurable, or that of some well-known brand preserved in tin.

It must be confessed that very few bread-makers hit off perfection at once. The beginner must be prepared to struggle through a few disheartening attempts before he can succeed in turning out the exact thing he wants. The common mistakes are overworking the dough, and using too much liquid. The mixing of dough with the proper quantity of fluid can only be acquired by practice, and all beginners knead too heavily through overzeal. It is a good thing to watch a cook who understands pastry and bread-making. She will not require much more than three-quarters of a breakfast-cupful of water to moisten a pound of flour, carrying out the operation with a light hand very quickly.

It is quite possible to work the dough with two wooden spoons; the result is satisfactory as regards the lightness of the bread, and to those who have a dislike to the employment of fingers the system is especially attractive. If by any chance the dough has been made too sloppily, and from its putty-like consistency there is a suspicion that it will be heavy, bake it in a tin. Semolina, known in India as *sooji*, is more easily moistened than ordinary flour, *i.e.*, less liquid is required to form dough with it. Proportion: half a pint to a pound of flour, but the same to one pound two ounces of semolina.

Breakfast rolls:—For eight nice breakfast or dinner rolls one and a half ounce each:—

Eight ounces or one large breakfast-cupful of flour, half an ounce of good butter, a quarter of an ounce of Yeatman's powder,¹ one saltspoonful of salt, nine tablespoonfuls of milk for ordinary flour, eight for semolina.

Rub the butter into the flour with one of the wooden spoons *after* having mixed the latter with the baking-powder in the enamelled pan, and sprinkled the salt over it; then make the dough as lightly as possible, using both wooden spoons, and shaking the milk into the flour by degrees. When nicely formed, divide this into eight equal portions, pat them into shape with the spoons, and place them in eight patty-pans well buttered. These must be put on the baking-sheet, and slipped into the oven, which should have been heated to receive them to such a degree that the hand can scarcely be held inside it. The time taken in baking depends upon the sort of oven that is used: as soon as the rolls brown slightly, having risen into nice round forms, they are ready. This recipe may be altered to five ounces of flour, and three of oatmeal, for a change. Water can, of course, be used instead of milk.

French rolls:—Half a pound of flour, half an ounce of butter, one whole egg, a quarter of an ounce of baking-powder, a saltspoonful of salt, and nine tablespoonfuls of milk. Mix the baking-powder with the flour and then add the butter: beat the egg up briskly with the milk, strain it into another cup, and gradually add the eggy milk till the dough is formed; form the dough into two nice oblong rolls, place them on a sheet of well-buttered paper laid upon the baking-tin, and set them in the oven; look at them after twenty minutes' baking, and take them out as soon as their colour indicates that they are done.

Half-pound plain loaf:—Mix well together half a pound of flour, a quarter-ounce of Yeatman's powder, and a saltspoonful of salt. Knead this with eight or nine tablespoonfuls of water, set the dough in a tin, or form it in the well-known cottage shape and bake.

Rolls with German yeast:—Eighteen ounces of flour, one teaspoonful of salt, one teaspoonful of sugar, one-third of an ounce

¹ I mention this because I have used it for many years, and know it to be reliable; there may be other preparations as good which I have never tried.

of German yeast, one and a half of water. Place the flour in a basin with the salt ; dissolve the yeast and sugar together in the water, which should be warm ; then blend all with a wooden spoon. Knead thoroughly and let it stand to rise for one hour. After this divide the sponge into three pieces and bake for forty minutes. The yield will be three loaves of fourteen ounces each. This method has an advantage over the previous one given for bread made with baking-powder, for plenty of kneading improves it.

NOTES :—Ordinary cookery book receipts for fancy breads can be safely followed if the proportion of the baking-powder to the pound of flour is maintained. When eggs are mentioned see that they are fresh and well beaten.

In using Yeatman's powder do not allow *made* rolls or bread to stand waiting for the oven : see that the baking apparatus is all ready, and the oven heated, before commencing to make the bread.

I advise camp-bakers to make *rolls* rather than large loaves. There is less waste with them. A roll is either eaten entirely or left untouched. If intact, you have merely to dip it in milk, and put it in the oven—damp ; it will turn out again almost as freshly as a new roll. Bread, once cut, is apt to get dry, and with the exception of being sliced for toast, or grated for bread crumbs, is not very presentable a second day. In baking, be very careful that the flour is well sifted and thoroughly dry. In a moist climate it is advisable to dry it in the oven before using it ; the sifting must be carried out by a sieve.

An emergency baking-powder :—If unable to procure Yeatman's, or other reliable baking-powder, a fairly good emergency substitute can be made with cream of tartar and bicarbonate of soda, mixed in the proportion of two teaspoonfuls of the former to one of the latter.

A camp pie or tart crust :—Eight ounces of flour, and one and a half teaspoonfuls of Yeatman's powder, four ounces of butter or clarified suet, seven tablespoonfuls of water, and a saltspoonful of salt (a little sugar if for a tart), and proceed in this way : Mix flour, salt, and baking-powder well together, and then rub in the butter or suet, add the water, and form the dough quickly, then

roll out and cover the dish, which packed with the meat or fruit should be ready before the paste is commenced. This can, of course, be glazed with a beaten egg in the usual manner for a pie. For a tart some finely sifted white sugar should be dusted over the surface of the paste after cooling.

CAMP SOUPS:—Many people think that unless they can get beef they cannot have a freshly made soup. Now, there are a few capital soups, as many of course know, requiring no meat at all, which are known as *soupes maigres*.

Dried beans stock:—Pick carefully a pint and a half measure of lentils, haricots, or butter beans, wash them well, and put them into a stew-pan with five pints of cold water, a quarter of an ounce of salt, ten ounces of onions, and a tablespoonful of herbs. Put over a low fire, and bring slowly to the boil: then allow to simmer—skimming as in making meat stock—till the lentils are cooked. This you ascertain by pressing a bean between the finger and thumb. Then strain off the broth, which can be used as a stock or foundation for *soupes maigres*. The stock can be improved with a ham or bacon bone, a spoonful of Liebig's or Brand's essence Bovril, or Lemco. The strained beans can be served separately in any of the ways mentioned (page 204).

Lentil purée:—Proceed as just described, and, the lentils being nice and soft, drain them off, reserving the broth; pass the beans through the wire sieve, with the onion, catching the *purée* in a soup-plate. Now, put half an ounce of butter with half an ounce of flour at the bottom of the cleaned stew-pan, mix these over the fire till velvety, then gradually add *purée* and broth together, until a soup of the desired quantity and consistency has been obtained. Off the fire, at the time of serving, the soup can be improved by the yolk of egg beaten up with a coffee-cupful of warm milk, or a raw yolk alone. Fried *croûtons*, or fried minced lean of bacon, may accompany. This recipe can be followed exactly, substituting split peas, or dried haricots for lentils. Powdered mint—easily made with bottled mint—is, of course, a well-known accompaniment.

Soupe à l'oignon:—Mince finely twelve or fourteen ounces of

onions and put them into a stew-pan with an ounce and a half of butter, fry over a moderate fire till they turn yellow, then add one ounce of flour, stir for two minutes, after which moisten by degrees with a quart of hot water, a saltspoonful of pepper, a dessertspoonful of herbs, and one of salt ; let the whole come to the boil, and then simmer till the onions are well done, and serve with *croûtons* of fried bread. Grated Parmesan should accompany. This is still better if thickened finally with raw eggs, like *bonne femme* soup (page 46). Milk can be used instead of water, or be blended with it in half or one-third proportion.

Soupe au potiron :—Weigh two pounds of pumpkin, pick out the seeds, peel off a quarter of an inch of the rind, cut it into half-inch pieces, and put them into a stew-pan with an ounce of minced fat bacon, one of butter, and ten ounces of finely minced onions ; set the vessel over a moderate fire and fry, stirring well till the vegetables begin to turn yellow, then add a *bouquet* (page 29) of sweet herbs, a clove of garlic, seasoning (*b*), and hot water enough to cover the whole ; bring slowly to the boil, and after that let the soup simmer an hour and a half till the pumpkin is done. Now boil a coffee-cupful of milk, cool it, mix a whole egg with it as for *bonne femme* soup (page 46), take the soup off the fire, cool it for a minute, stir in the eggy milk, and serve with *croûtons* of fried bread. A bacon bone would improve this soup.

It is unnecessary, of course, to fall back upon *soupes au maigre* whenever game, sheep, fish, and fowl are to be had, or when the sportsman or traveller is provided with tinned soups, Liebeg's extract and preserved vegetables, especially tablets of *julienne*. In camp and at sea bottles of dried herbs and tinned provisions are, as a rule, indispensable, but, whenever possible, potatoes, carrots, and onions, especially the last, should be taken out with the camp equipage.

Camp poule-au-pot :—Kill a full-grown fowl (an old one will do), take off all the meat, and cut it up. Set this aside. Then crush the bones of the carcase, giblets and all, with a chopper, and put them into a stew-pan ; fry this over a moderate fire in two ounces of butter or clarified dripping till slightly coloured, then moisten with two pints of warm water, put in the meat, lower the fire, and let the contents of the vessel come very slowly to

the boil, skimming off the scum which may rise during that process, and adding a little cold water from time to time to assist the operation, and retard the boiling ; when clear of scum and the boiling stage has been reached, put into the pan eight ounces of onions cut into rings and any fresh vegetables that may be procurable, with a bag containing a dessert-spoonful of mixed sweet herbs, and a seasoning of salt and pepper (*c*). Now let the contents of the pan come once more to the boil, then reduce the fire, and simmer gently for an hour and a half or two hours, after which the soup will be ready : longer cooking will avail nothing, so remove the pan, and strain off the broth into a bowl ; it will be well flavoured, bright, and clear if the skimming was carefully attended to at first. Served hot, with some of the meat shredded finely, and a separately prepared dessert-spoonful of dried *julienne*, this *poule-au-pot* is very good.

Julienne for garnish :—Cut the quantity mentioned from the dried tablet, put this into a small stew-pan, moisten with a pint of warm water, set over a moderate fire, bring to the boil, and then simmer till the pieces of vegetable detach themselves and soften : when thus ready, strain, and put all into the soup.

When used in connection with a tin of soup, the fowl broth just described should be poured from the bowl into a clean stew-pan, and the tin of soup added to it ; slow simmering should now be carried on, during which any scum the soup may throw up should be removed, for fat and all tinny impurities will thus be got rid of. If a tin of *thick* soup be chosen—like mock-turtle, for instance—thicken the combination slightly with a little flour and broth, as explained page 45. When this has been done a tablespoonful of marsala should be added, and the soup served.

The pieces of fowl strained from the soup, minced, one-third their bulk of fat bacon added, and a quarter of minced onions, may be served as a separate dish in the form of *croquettes*, bound with egg, bread-crumbed, dipped in very hot fat, fried, and served with macaroni and tomato conserve.

Very useful camp or cuddy stock can be made from *fresh* mutton scraps, the scrag end, feet, and cutlet trimmings ; and even cold *roast* mutton bones are useful. The broth should, whenever possible, be assisted by bacon skin, bones, or trimmings,

minced *lean* bacon is most valuable, and a pleasant flavour is imparted by a thick slice of Brunswick or Bologna sausage. Further improvement can, of course, be effected by adding the giblets or remnants of any game that can be spared. With this, if onions, a few vegetables, and pearl barley be available, a good hotch-potch can be made. If not, mix a tin of that soup with it, or a dessert-spoonful of dried *julienne* cooked as just described.

Birds that have been mauled in shooting can be utilised in the camp stock-pot. *Purées* of game can be made if you happen to have the necessary utensils, if not make the game broth as strong as possible, helped by the fowl stock already described, and thicken it with flour and butter. The addition of marsala is, of course, a great improvement.

TINNED SOUPS :—Touching tinned soups the following extract from Wyvern's annotated catalogue of Messrs. J. Moir & Son's *Preserved Food*¹ may perhaps be found useful :—

“These remarkably well-cooked soups may be considered in two ways. First as articles of diet *alone*; and next as adjuncts, or *media* of assistance. In either case they deserve our close attention. To the traveller, sportsman, or small consumer, the tin of soup is, if not a meal in itself, a very important part of one; while, to the caterer of a mess on the line of march, or of a company of passengers on board ship, preserved soup cannot well provide more than a means to improve the contents of the tureen. In case the first, I advocate no addition of water. Bring the contents of the tin of soup to the boil, and take it in its full strength. All the national soups—turtle, mock-turtle, ox-tail, giblet, game, &c.—are improved with a tablespoonful of good marsala or sherry per pound tin, and a saltspoonful of salt, with a teaspoonful of red currant jelly for the game soups.

“If much fatigued after a trying day's journey or a stiff day's shooting, there could scarcely be recommended a better 'pick-me-up' than a breakfast-cupful of one of these strong soups,

¹ *Preserved Food, and How to Prepare it for the Table*, by Wyvern. Leeds: A Cooke, 1893.

dashed with wine as I have described—ininitely more wholesome and invigorating than a ‘peg’ of brandy or whisky and soda. With the addition of a breakfast-cupful of broth or of hot water, a one-pound tin of soup yields three nice basins of soup, each basin being sufficient for a hungry man with other things to fall back upon.

“If required to supply a traveller with a *meal*, I advise the preparation of some *croûtes*, crisped biscuit or toasts, over which the tin of hot soup should be poured: Cut off the bottom crust of a tinned loaf with about as much crumb as crust when regarded in section; divide the slice into squares the size of an ordinary visiting card, soak these in some of the soup, and dry them crisp over a low fire in a frying-pan. They will be found nicer than ordinary toast. A couple of poached eggs would make the dish still more sustaining.

“Touching the augmentation of a tin of soup to meet the requirements of a large party, Messrs. Moir & Son say that a pound tin makes two pounds of soup second quality, or two and a half pounds if of the first quality; this, of course, being simple addition of water in the following quantities: one tinfu of water to one of soup second quality, and one and a half tinfu of water to one tin of soup first quality. Therefore a pound tin of soup of the first quality will, when thus diluted, yield seven good basins of soup. This may, of course, be accepted as a general rule, but I strongly advise the use of fresh meat or vegetable stock—even common broth made from bones and scraps—in preference to water. The water in which dried haricot beans, onions, carrots, peas, pea-shells, or lentils, have, with the due allowance of salt and a pinch of sugar, been boiled, is by no means to be despised in thus contributing flavour and strength to tinned soup which water alone cannot, of course, be expected to supply. If no vegetables happen to be available, the trimmings of meat, game that has been badly shot, the giblets of poultry, bacon bones and skin, with some peppercorns, and a due allowance of salt, a pinch of sugar, and a drop or so of celery essence, will produce a useful broth, which, when freed from fat, and tinted with Moir’s colouring preparation, will answer our purpose satisfactorily. In augmenting thick soups a little extra thickening will be needed,

and the addition of a little wine may be laid down as an undoubted improvement.

“Moir’s vegetable soups require no wine. They should be served on their own merits, with *croûtons* of crisped bread.

“For sportsmen, yachtsmen, and travellers, the *bouilli* with *bouillon* (‘*soup* and *bouilli*’) seems peculiarly adapted. This is a preparation of soup, meat, and vegetables together, and sufficient in itself for a meal. It requires no manipulation. Turn it out into a stew-pan, and serve as soon as it is thoroughly heated—do not let it actually boil. Or, open the tin, cover the opening, and set it in a pan of hot water, place this on the fire and let the water in the outer vessel boil till the contents of the tin are thoroughly heated. Then empty the soup, meat, and vegetables into a deep dish and serve.”

NOTE :—A tin of soup, it should be noted, is not valuable for service in that form only: it provides at a pinch what may be needed for a dish of hash or stewed (cooked) meat. How often the mistress is puzzled in regard to the disposal, say, of some cold rolled ribs of beef. The cook has no stock, and the meat can give neither bone nor trimmings for broth-making. Now a pound tin of ox-tail soup, second quality, at about ninepence, will convert the cold meat into a nice wholesome hash or stew, and if assisted, as explained in Chapter XIX., will render the *réchauffé* sufficiently well flavoured and inviting to present at dinner.

TINNED FISH plainly turned out of the tin and made *hot* is positively nasty, and in no way improved by an Anglo-Saxon corn-flour-and-watery sauce flavoured with anchovy essence. It will be found better far if preserved salmon, fresh herrings, and other tinned fresh fish are served as cold as possible, after having been carefully drained on a sieve from all the tinny oil which adheres to them. Select nicely sized pieces after this operation, place them on a dish with any garnish—hard boiled eggs, *olives farcies*, capers, or green butter in balls, sliced gherkins, and rolled anchovies—and serve with *tartare* or *mayonnaise* sauce separately in a boat, as cold as possible.

1. For a hot dish of tinned fish choose the nicest pieces, free

them from oil, and gently warm them up in any of the simple sauces given, pages 58 and 59, sharpened, if liked, with reduced vinegar.

2. Or wrap them in oiled paper and broil them for a couple of minutes just to heat thoroughly and no more.

3. Or, similarly wrapped, turn them about gently in a *sauté*-pan over a low fire till quite hot.

4. Or bread-crumb them and fry as directed, page 140.

5. Or lay them in a buttered *légumière*, brush them over with butter or mask them with sauce, dredge them over with grated cheese, and bake them till nicely coloured.

6. All scraps and odd bits can be saved and worked up in any of the ways I have mentioned for cold fish in my chapter on *réchauffés—boudins, croquettes*, fish-puddings, &c.

The subject of cooking fresh-water fish has been amply discussed in Chapter XI. As this form of food is often plentiful where a sportsman may be hutted or encamped, I cannot too strongly recommend a trial of some of the recipes; they are not difficult, and certainly show how the monotony of camp diet can be relieved.

PRESERVED MEAT:—Tinned Australian, and other preserved pieces of meat, are valuable additions to the store-box of the sportsman or yachtsman, but they require very delicate handling, because they are almost always overdone. The really nutritious part of a tin of Australian meat is the gravy that surrounds it. Proceed as follows:—

After opening the tin the first thing to be done is to strain the gravy. If the weather be cold this will be in the form of jelly, so before commencing work set the tin unopened in a roomy stew-pan surrounded by hot water over a very low fire for ten minutes or so; then open it, and strain the gravy from the tin into a bowl; turn the meat out carefully upon a wire sieve, and pour half a pint of hot water gently over it; catch the water in a bowl below the sieve, and add to it the gravy. Now, the juice of a two-pound tin of beef, will, as a rule, yield at least a pint of good stock after this treatment; skim the fat that may rise to its surface, and set it aside.

Camp bœuf à la mode:—Put into a stew-pan four ounces of minced onions with an ounce of butter; fry over a moderate fire till the onion turn yellow, then mix in an ounce of flour, and moisten gradually with the stock, seasoning with mixture (*b*). Let this just reach boiling-point, then simmer very gently, adding a tablespoonful of red currant jelly, one of vinegar, and one of marsala. In about a quarter of an hour a nice *sauce à la mode* will be ready.

Now put the meat in a *casserole* or baking-dish, and push this into a moderate oven, basting with the sauce every now and then until it is quite heated through, then serve with macaroni or spaghetti *à l'Italienne*, stewed onions or chestnuts, *macédoine de légumes* or *haricots verts* from the tin or bottle. Forcemeat balls, made of ordinary veal stuffing, may accompany.

The meat can also be treated in this way:—choose the nicest-looking pieces, trim them neatly, and if of a fair size, brush them over with egg, bread crumb them, and brown them in the oven, serving a good sharp sauce—tomato, *Robert* or *piquante*, for instance—with them. Or cut the meat into collops, and hash them very gently in some of their own gravy carefully flavoured, adding a tin of *macédoine de légumes*, or any nice vegetable as a garnish. Lastly, you can mince it and serve it in many nice ways (*vide* page 324).

Chapter XIX. should be consulted in respect of methods of cooking applicable to tinned food. If we look upon a tin of preserved meat as a dish that has been cooked once, and has accordingly to be made the most of, and dressed up nicely, we can scarcely fail to turn it to good account. But if only warmed up as it comes from the tin, unaided, and carelessly dished, it presents an irregular mass—sodden and tasteless—which few would care to touch unless driven to do so by the calls of hunger.

A very useful thing in camp is a Bologna sausage. Not necessarily for consumption by itself but for flavouring and assisting other meats. *Boudins*, *pains*, *croquettes*, or chicken cutlets, for instance—can thus be much improved; a few thin slices in a pie or stew are most serviceable, while eaten cold with cold roast fowl or game it is always acceptable.

The preserved made dishes exported by good firms such as Messrs. Crosse and Blackwell's ducks and green peas, haricot, ox-cheek and vegetables, &c., are often useful in combination, so if it happens that such things have been sent to camp, open the tin, warm its contents in a *sauté*-pan over a low fire, and pick the meat out of its surroundings, dress it with some fresh chicken meat, game, bacon, &c., in the form of mince, and cook it *au gratin*, moistened with some fresh chicken or mutton broth mixed with the sauce strained from the *sauté*-pan after picking out the meat.

One of the best introductions of late years is Messrs J. Moir and Son's *Army ration* in two qualities. This is a strong, well-flavoured stew, good by itself, and valuable in composition with a fresh stew. Their Army sausage is another excellent thing for the camp.

I have already spoken of preserved vegetables at some length (see page 240). A supply of this kind of food is very necessary if the traveller is proceeding to a place where there may be a difficulty in getting fresh garden stuff.

NOTES ON TINNED FOOD :—Each prepared tin is in itself ready for the consumer, and can be gently warmed up *en bain-marie* in its own tin, and be eaten on its merits. In this form it is obviously most handy for travellers, whether by sea or on land, to sportsmen, and others, who may neither have cooks nor kitchen equipment at their command. Whenever time and resources admit, however, there can be no doubt—and I speak of more than forty years' experience of such food—that it is a matter of decided expedience to re-dress and freshen to the utmost all hermetically sealed provisions, to disguise as far as is possible the fact that they *are* tinned, and to assist local produce by their means. With this object in view, therefore, it is necessary that all soups, stews, vegetables, &c., should be expelled from their tins at once and turned into a clean vessel as a preliminary step.

Skimming is very essential in the case of soups, while the seasoning, and most certainly the additions that I have mentioned

ought, if possible, to be made. While as for freshening, if the principles that have been explained are followed, the concoction of a good savoury broth even when roughing it is a process at once so easy and inexpensive that it would be gross indolence to shirk making it, while in most households, were they only conducted with intelligence and economy, there ought to be, on at least three days out of the seven, scraps and savings out of which, with onions, vegetables, and herbs, a stock could be made, which would be most useful in conjunction with a tin of soup to make an excellent potage for the homely dinner.

Bearing in mind what I have said, the following notes may be of some value:—

1. Keep tinned food stored in as cool a place as you can, and subject it to as little shaking and rough handling as possible.

2. Preserved food keeps well in the natural temperature of the store-room, but in transporting the tins to camps or picnic grounds protection from exposure to the sun is necessary.

3. Make it a rule never to leave anything, once opened, in its tin. It is positively dangerous to leave fish, vegetables, and fruit open until mould forms on their surface.

4. In all hot climates, and in England in the summer, any preserved food intended to be eaten *cold* had better be turned out of its tin into a clean earthenware or enamelled dish or bowl, and set in an ice-closet or box. The jelly with which it is accompanied is thus consolidated. Once cold, it should be kept cold. These remarks apply to cold roast meats and birds: collared, corned, spiced, seasoned, smoked, potted, and devilled meats; to brawns, rolled tongues, cooked hams and bacon.

5. If in tins, anchovies, *caviar* pilchards, lax, sardines, and herrings in oil should be treated in the manner described (page 436). Salmon, cod's roes, and all fish selected for consumption should be turned out upon earthenware dishes, drained, and set in the ice-box till wanted. *Pâtés* and potted meats should be put into earthenware pots.

6. All dressed foods in sauces, such as stewed meats of all kinds, army rations, *ragoûts*, *bœuf à la mode*, curries, jugged hare, haricot, hash, duck, and peas, *tête de veau en tortue*, and all

soups, should be reheated according to the directions that have been given.

7. Vegetables of the choicer varieties that can be served iced with cream or in a *salade cuite*—such as asparagus, artichoke bottoms, peas, *haricots verts*, and *macédoine*—should be turned out of their tins, drained, and set in a *légumière*, being kept in a cold place till wanted. If required warm, they should be treated as stated in the notes I have recorded for preserved vegetables (page 240).

8. Salted and dried meats or fish should be soaked as directed. Hams and tongues in canvas are not soaked sufficiently as a general rule. A bath of fifty-six hours is not too much for a large ham, or of forty-eight for one of moderate weight and for full sized ox-tongues.

NOTE:—Although much of this advice applies more especially to the housekeeper at home, its principles should be observed as far as possible in camp.

Many of the dishes detailed in the previous chapters, especially those spoken of under the title of eggs, macaroni, rice, and cheese, as well as many simple recipes for cooking mutton, fowls, and chickens, have been given in Chapters XVII. and XIX., which will be found practicable when in camp. In short, if the traveller be blessed by the possession of an intelligent cook, and provided with a judicious assortment of kitchen necessaries and stores, his camp life should never fail to possess amongst its many attractions that by no means contemptible one—a really good dinner.

THE CAMP KITCHEN, OR CUDDY STORE-BOX.

I now give a list of stores from which selection can be made for use in camp or at sea. Quantities should be regulated, of course, according to the probable duration of the tour, and the facilities or difficulties of transport. Those who are in the constant habit of camping out will find it very convenient to have a case fitted up in compartments for the reception of the bottles and tins appertaining to this branch, apart from their stock of groceries and preserved provisions, which, of course, may be laid in according to circumstances. My list is con-

fined to materials and flavourings, &c., of use alone in the composition of dishes :—

Almonds ground in tins.	Marsala (kitchen).
Bacon.	Moir's jelly and blancmange powders.
Baking-powder.	Mulligatunny paste.
Bologna sausage.	Mustard.
Bovril, or	Oatmeal.
Brand's, or Liebig's essence.	Parisian essence (page 33).
Butter in tins.	Pea-flour for soups.
Cheese grated.	Peppers, assorted, including pepper-corns.
Chutney.	Rasped crust crumbs, pounded, dried in the oven, sifted, and bottled, with a little salt shaken amongst them.
Clarified suet in jar.	Red currant jelly.
Crumbs, white bread, dried and sifted with a little salt added and bottled.	Salad oil.
Curry paste in a prune jar with screw top.	Salt, common, and celery.
Do. powder in a prune jar, with do.	Sauces :—Lazenby's Harvey, tomato, anchovy, mushroom and tomato ketchup, King of Oude, Army and Navy, horseradish, &c.
Custard powder.	Semolina.
Desiccated cocoanut for curries.	Solidified soup squares.
Dried herbs in bottles.	Soup tablets, Lazenby's, or Cozenza's.
Dried <i>julienne</i> for soups and stews.	Spices, assorted.
Essences at discretion.	Spiced pepper in bottle (see page 123).
Flour.	Sugar.
Glaze (A. and N. Stores).	Vinegars, French wine, tarragon, Moir's anchovy.
Groult's preparations.	
Haricot beans, white and red.	
Lard.	
Lentil flour for soups, and lentils whole.	
Macaroni.	

SPECIALLY USEFUL UTENSILS :— A *terrine* for jugging as recommended (page 118). A porridge pot. A mincing machine. A hair and a wire sieve. A tin strainer. A chopping board and chopper.

Although I am averse to the employment of ready-made or grocery sauces in a kitchen within touch of a well-supplied market, and equipped with every requisite for the extraction of *fumets* and savoury broths, I cannot deny their value in camp, at sea, and in remote places where preserved food is, to a great

extent, indispensable. The following sauce was composed many years ago for use in camp in India :—

WYVERN'S STOCK CAMP SAUCE :—Put into a saucepan one gill of Harvey, one of mushroom ketchup, and one of marsala, set over a low fire and stir in a dessertspoonful of red currant jelly, and a teaspoonful of Liebig's extract. Continue stirring until the two last ingredients have dissolved, then take off the fire, cool, add a gill of walnut pickle vinegar and a teaspoonful of salt, strain off into an imperial pint sauce bottle. Shake up every time before using.

Those who like it may put into the bottle an ounce of minced shallot and two or three sliced chillies ; let the mixture rest a week, then strain into a clean bottle.

TWENTY MENUS WORKED OUT IN DETAIL.

“The quality of a dinner,” said Sir Henry Thompson, “does not depend on the number, the complexity, the cost, or even the rarity of the component dishes. Let these be few in number, and simple in composition, and if the material itself is the best of its kind, well cooked, and tastefully presented, the dinner may rank with the best, and be sure to please.”—*Food and Feeding*.

THE twenty *menus* are divided into two classes: those in class I. (Menus I.–X.) are for parties of eight people; and those in class II. (Menus XI.–XX.) for somewhat simpler dinners of six.

The dinners in the first class are obviously capable of expansion to meet the requirements of twelve or sixteen, and those in the second to suffice for nine or twelve by a proportional addition of half the quantities given or by doubling them, as the case may be.

It will be seen that there are no French headings used such as “*potage*,” “*poisson*,” “*relevé*,” &c. I have omitted them with intention, for I consider them unnecessary. Nowadays people can assume complete freedom of action as to the dishes they give, and can have them served according to such order and arrangement as may seem the most effective to them.

My general scheme for a dinner-party may be thus explained:—*Hors d'œuvres* or not according to fancy, nothing being better to present before the soup—when in season—than oysters, three or four for each guest. Then soup, fish, a piece of meat carefully braised, such as *filet*, *fricandeau*, *tournedos*, or *pièce*, with appropriate garnish and sauce—a dish, sometimes called an *entrée de viande* or *grosse*, *i.e.*, more substantial than an ordinary *entrée*, yet partaking of that character in so far as its adjuncts and finish are concerned; after that an *entrée* of delicate materials skilfully treated, followed by a roast bird (game when in season) with its proper accompaniments; a dressed vegetable (*entremets de légume*); a sweet *entremets*, and a simple savoury, which should take the place of the cheese service.

If the party does not exceed eight one set each of the dishes that have to be circulated is enough, but for twelve two sets must be prepared, and for eighteen three.

Here kindly look back to my remarks upon the economy of time in the service of a dinner, and the saving of needless trouble in the kitchen by *circulating* as few dishes as possible (p. 24).

Although the exaggerated feast with two or more *entrées* and as many sweets, with two of everything as well as an English "joint," is fortunately no longer met with at the tables of people of taste, many are still inclined to be too generous in regard to the quantity of good things they offer to their friends. To some therefore these *menus* may seem to provide an insufficient amount of food. Nevertheless I venture to say that if fairly tried as they are, they will be found ample. They should be served well within the hour, and the giver of the little dinner may rest assured that the absence of the joint will not be noticed.

Those who dissent from my views on this subject can obviously add a joint of meat to any of the *menus*, according to the English custom, after the *entrée*, but such a thing is never to be seen in a correct French dinner.

Exception: When there is a difficulty in respect of game or a suitable bird, a roast joint must be substituted for it, and served as a *rôt* with a salad, and one selected vegetable, such as *gigot d'agneau*, or *mouton de Galles, aux petits pois*. In this case the character of the first *entrée* should be altered. For instance, one of *ris de veau* might be given.

It is understood that a salad will *always* accompany the bird, directions for which will be found in variety in Chapter XIV.

It need not be said that when a short *menu* is offered, the guests are supposed to take each thing as it comes, the dishes being carefully chosen with a view to following each other harmoniously. The old-fashioned practice of giving people "choices" of different soups, fish, &c., has of course been quite given up at dinners of the kind I am speaking of.

Each *menu* is given in French, but the English names of the dishes will be found in the margin of the instructions for their composition.

For *hors d'œuvres*, with which each dinner may be commenced, please consult the chapter in which they have been discussed.

I have not attempted to treat of sweet cookery in this work, but the *entremets sucrés* necessary to complete the dinners have all been carefully described. For a party of eight a good ice or iced pudding—*mousse, parfait*, or *plombière*—is quite sufficient without any other sweet dish. For large parties, perhaps an extra *entremets* may be necessary.

The *menus* are headed and designed according to the produce

properly available during the four seasons of the year. Importation from abroad has of late affected the English provision market considerably—in regard to fruit and vegetables especially. Nevertheless, selections ought certainly to be restricted to the standard fare of the time of year when it is at its best. The fashion of striving for effect with things in advance of their true season ought not to be encouraged.

MENU No. I.

(For the Spring.)

FOR A PARTY OF EIGHT.

Potage Brunoise.

Darne de saumon printanière.

Epaule d'agneau farcie.

Cromesquis Léontine.

Pintades Wyvern.

Salade de laitues romaines.

Chou de mer, milanaise.

Savarin Princesse.

Petits bouts d'anchois.

1. This is an appropriate soup for springtime or the early summer. Make two pints and a half of good clear beef broth as described, page 36: the garnish of vegetables is the point of the composition. For this the following process is **Brunoise soup.** necessary:—Cut up into equally-sized dice—say a quarter of inch in measurement—an ounce each of early carrots (the red part), turnip, and leeks. Also cut up one ounce of French beans, a similar size. If green peas are available, an ounce may be added. Blanch the roots in boiling water, also blanch the green vegetables. Put the former into a stewpan with two ounces of butter: fry over a low fire for five minutes, stirring about all the time, add a saltspoonful of sugar, and half a pint of broth; reduce to a glaze, then add the remaining broth and simmer gently over low heat, skimming off the butter as it rises carefully. Cook the peas and French beans separately and add them for the sake of their colour. The soup can now be served.

2. Choose a nice cut of salmon, sprinkle it with salt, put it in a

roomy stewpan upon a "patent rapid steamer," with boiling water below it, and steam till the fish is tender. Or poach it in fish broth according to the principles explained in Chapter VIII., page 89. Drain, serve on a neatly-folded hot napkin with this sauce :—

Piece of salmon with spring sauce.

Having a *roux* ready of half an ounce of butter and half an ounce of flour, stir in half a pint of the salmon boilings or the water above which it was steamed, adding a sherry-glassful of chablis. Bring to the boil and reduce a little, finishing as for sauce *verte aux herbes* (see page 59), and sufficient spinach greening to bring the sauce to a nice pistachio green—not darker. If the yolk of a raw egg be added at the last moment additional creaminess will be the result. If all the ingredients be ready at hand this sauce will not take many minutes to make. While the operation is being conducted the fish can be either closely covered up on a hot dish or kept upon a drainer inside the vessel in which it was cooked from which the liquid has been poured off.

3. Bone a nice shoulder of lamb, leaving the knuckle bone only ; saw this off two inches below the knuckle. Spread out the meat on a board, fill the cavity left by the extracted bone with mushroom stuffing (page 125), fold the meat over, tie it in shape with tape, and put it into a well-buttered stewpan, with its bones broken small and the following vegetables finely sliced :—Four ounces each of onion and carrot and turnip, a bunch of parsley, a *bouquet garni*, and a seasoning of pepper and salt. Moisten with half a pint of broth, and, setting the pan over a fast fire, draw the glaze. Then add broth to nearly cover it, simmer very slowly, and when done drain from the broth, and put the piece of lamb on a hot dish carefully covered. Now put the strained broth into a saucepan, skim and reduce it quickly, adding glaze if necessary, and when of a good colour and consistency glaze the lamb with it. Garnish with new potatoes, and let mint sauce be handed round.

Shoulder of lamb stuffed and braised.

4. For these *cromesquis* use a single fine sweetbread, and two tablespoonfuls of truffles cut into quarter-inch dice. Blanch the former in boiling water for five minutes, after soaking it for four hours in cold, cool it in cold water, and put it into a stewpan with sufficient broth to cover it, simmer gently until quite tender, then drain, and put it on a dish to get cold. As this is proceeding turn the broth into a nice sauce, thickening with *roux*—it may be brown or white, but the latter if possible. Cut up the sweetbreads into quarter-inch dice, mingle

Cromesquis Léontine.

with them the dice of truffles, put the *salpicon* thus made into a small stewpan, and moisten with the sauce ; set this over a low fire to warm thoroughly without boiling, stir in the yolk of a raw egg, and let the mixture get cold. When cold it should be about the consistency of jam. For the preparation see page 332, and for the cooking page 330. Serve upon a dish paper, crisp and dry, dusted over with salt, and garnished with fried parsley.

N.B.—Well-made *cromesquis* require no sauce.

5. Procure a couple of nice guinea-fowls, plucked but otherwise untouched. Draw and truss them for roasting, putting the giblets to make a broth as recommended at page 61, but saving the livers. Get also from the poulterer, booking **Guinea-fowls. Wyvern's way.** the order the day before, sixpennyworth of fowls' livers. Put these and the guinea-fowls' livers, all uncooked, separately on a dish ; cut thinly as many squares of streaky bacon as there are livers—three inches by two and a half. Dust over the surface of these with mixture (b), put a layer of finely minced shallot over them, and then the livers ; roll them up, and with them fill the *inside* of each bird, sewing up the vent. Bard the breasts of the fowls with fat bacon, wrap them in buttered paper, securing the covering with tape, and roast them before the fire, paying great attention to the basting. Guinea-fowls are apt to be dry : the utmost care is therefore necessary to maintain moisture. My stuffing is designed partly to effect this, and partly for the flavour it imparts. Serve the birds after browning them during the last ten minutes—the paper and barding removed, and serve garnished with watercress, plain brown gravy, cashu-nut sauce (for which please see page 69), and this salad accompanying :—

Salade de laitues romaines.—The cos, or straight-growing lettuce, is procurable in excellent quality in the later springtime in London. It is crisp and generally creamy yellow in the heart, making a decidedly nice salad. Mix with plain dressing as explained at page 247. When dressed satisfactorily sprinkle over the whole a teaspoonful of finely minced tarragon, and one of chives if not objected to. When fresh tarragon is used in this way mix the salad with the best French vinegar without herb flavouring.

6. For these see page 234, specially noting the cooking in *blanc*. Drain as soon as they are tender, and moisten with half a pint of *milanaise* sauce (page 64), with which a **Seakale with milanaise sauce.** tablespoonful of cream may be mixed as a finishing touch, and serve with *fleurons* of puff-pastry as garnish.

7. For the cake : Weigh six fresh eggs in their shells, take that

weight of butter, and three-quarters of it of sugar, half it of rice-flour, and half of fine Vienna flour. Beat up together the eggs and the sugar as lightly as possible, flavour with a sherry-glass of rum ; mix in by degrees first the Vienna flour, then the rice-flour ; lastly pour in also by degrees the butter, just sufficiently warmed to be liquefied. Work all together, adding the zest of a couple of lemons, and when the mixture is complete half fill—to allow for rising—two well-buttered oval or round pint border moulds—plain rather than fluted preferred. Bake the cakes in a moderate oven for an hour, protecting the bottom of the moulds with buttered paper, and when done set them aside to cool, and turn them out of the moulds. This can be done the day before a party.

To complete the dish put half a pound of apricot jam into the stewpan, add to it three gills of plain syrup, the zest and juice of an orange, and the same of half a lemon ; heat gently, so that the jam may be dissolved, and the syrup and jam well mixed ; boil this up once, bringing it to the consistency of thin honey, then add a sherry-glass of rum, strain, and set it aside to cool. As it is getting cold, tipsify the cakes by pouring some of the syrup gently over them by teaspoonfuls till it has soaked into them. For this operation the cakes should have been put into the glass dishes in which they are to be ultimately served. The remaining syrup, reduced to a glaze by boiling, should then be poured as a masking over the surfaces of the cakes, their hollow centres filled with whipped cream, sweetened, flavoured with rum, and garnished with crystallised cherries.

8. For the cases use the pastry given page 98, and bake them in oval *tartelette*-pans two and a half inches long. For their filling take eight fillets of anchovies, free them from oil and skin, pound, and pass them through a hair sieve. Have ready four ounces of whiting forcemeat (page 129), mix into it the anchovy *purée*, fill the pastry cases with this, dust over the surface with finely sifted raspings, and bake till the *tartelettes* are done. Serve at once on a hot *légumière* sprinkled over with grated Parmesan, Nepaul pepper accompanying.

**Princess
Savarin.**

**Anchovy
tartlets.**

MENU No. II.

(For the Spring.)

FOR A PARTY OF EIGHT.

Consommé aux pâtes d'Italie.

Paupiettes de soles vin blanc.

Côtelettes Soyer.

Œufs de vanneau Demidoff.

Petits poussins.

Salade.

Asperges entières.

Crème au praline.

Croustades de merluche fumée.

1. For this veal stock—*blond de veau*—should be used, the requirements being two pounds of veal stock meat, one pound of beef gravy meat, and a pound of veal bones well broken up with sixpennyworth of giblets of fowl.

Cut up the meat into two-inch squares, scald and cut up the giblets. Butter a gallon stewpan with an ounce and a half of butter. Slice finely six ounces of onions and lay them on the butter with the meat and bones over them ; moisten with half a pint of common stock, and, putting the vessel on a low fire, *faire revenir* (page 121), till the glaze forms. When this is of a pale brown colour moisten further with two and a half pints of hot water, put in a quarter of an ounce of salt, and bring slowly to the boil, skimming carefully as for *pot-au-feu* (page 36) ; add in like manner when boiling is permitted to take place :—Six ounces each of carrots and turnips, four ounces of leeks, with a bunch of parsley and a *bouquet garni* ; and simmer for three and a half hours ; then

**Clear soup
with Italian
paste.**

strain, let the broth get cold, remove all the fat, and clarify with twelve ounces of raw beef and one egg, in the manner explained page 30. For the Italian paste blanch two ounces of the best, cool, drain, and simmer in broth or water for fifteen minutes : drain again and put it into the soup tureen, pouring the *consommé* over it as hot as possible. Grated Parmesan should be handed round.

NOTE :—The soup can also be made with ordinary *bouillon*.

2. Out of two medium-sized soles make eight nice fillets : put the bones, heads, and trimmings with four ounces each of onion and carrot, a bit of celery, sprig of parsley, and a teaspoonful of salt into a stewpan, cover with cold water, and boil them at once, simmering afterwards for three-quarters of an hour to extract the flavour of the ingredients ; meanwhile spread the fillets on a board, brush them over on one side only with a beaten egg, scatter over them a dessertspoonful of finely minced parsley, the same of chervil, and two tablespoonfuls of minced picked shrimps, seasoning with mixture (c) : roll up the fillets and tie them in shape with fine pack-thread, and let them set. Next strain off the broth from the bones and trimmings into a clean stewpan, bring to the boil, give it a gill of chablis or sauterne, and set the *paupiettes* in it, lower the heat and simmer gently till done (they should take about ten or twelve minutes), take them out, remove the threads, set them on a very hot dish, and cover them up. Now melt an ounce of butter quickly in a stewpan, work an ounce of flour into it ; and moisten with three gills of the fish broth just to make a nice white sauce to cover the *paupiettes* ; adding off the fire, the yolk of an egg, a teaspoonful of anchovy vinegar, a tablespoonful of very finely chopped parsley, and a teaspoonful of minced chervil. With this mask the *paupiettes* and serve.

3. Set ten plump neck of mutton cutlets, very neatly trimmed, in *marinade* all day (see page 168). Towards evening lift them out, wipe them dry, and proceed to bread-crumb them as laid down (page 172), specially preparing a very fine mince as follows :—Two tablespoonfuls each of cooked ox tongue and cooked lean ham. Put this in a soup-plate well mixed together, and having dipped the cutlets into the egg mixture roll them in the mince. Let this set firmly. Next dip them in egg again, and roll them in the crumbs, which should be finely sifted. When the time arrives, the cutlets must be very delicately fried in plenty of boiling fat, and served as soon as they reach that bright golden tint I have so often mentioned. Place the cutlets in a circle

**Rolled fillets
of soles with
white wine.**

**Cutlets à la
Soyer.**

round a *croustade* filled with sorrel or spinach *purée*, sending round in a boat separately and as hot as possible a sauce made as follows :—

Put into a stewpan with two ounces of butter, an ounce of minced onion, two sprigs of curled parsley, two ounces of raw lean ham minced, two ounces of minced carrot, and a teaspoonful of thyme leaves ; fry to a light brown colour, then moisten with three-quarters of a pint of good beef or veal broth, and add a dessert-spoonful of anchovy vinegar. Boil up, simmer for ten minutes, skimming carefully. Now mix a *roux* in a separate stewpan with an ounce of butter and an ounce of flour, let it turn a good colour, then moisten with three gills of the broth, mix well, boil again and simmer for half an hour, reducing the sauce to about half a pint ; now add a teaspoonful of red currant jelly and one of fresh mushroom ketchup (page 237) ; stir till the jelly is dissolved, adding half a glass of marsala ; stir again, and pass the sauce through the strainer : keep it hot in the *bain-marie*, and add, just before serving, the following garnish :—The white of a hard-boiled egg, a table-spoonful of cooked mushrooms, a gherkin, and an ounce of lean cooked ham, all chopped up into small dice, and dusted over with white pepper. If the colour be too pale add a few drops of Parisian essence. Serve as hot as possible in a hot boat.

4. Remove the shells from eight cooked plovers' eggs, and keep them for the present in the refrigerator. Choose eight *dariole* moulds, and make a pint and a half of good chicken giblet broth (page 61) ; clarify this carefully, adding **Plovers' eggs with foie gras.** during that process an ounce of dissolved gelatine. Strain this when it has settled through flannel, thus producing a clear savoury jelly. Next with the contents of a small terrine of *pâté de foie gras* make eight discs three-quarters of an inch in diameter, and a quarter of an inch thick, saving the trimmings. Now put the moulds into a deep dish with crushed ice round them, and, using some of the liquid jelly, fix a disc of *foie gras* at the bottom of each one (eventually to become the top when the mould is turned out). Let these set firmly, and then place upon each a plover's egg, having first levelled one of its ends so that it will stand upright. Fill the spaces round the eggs by degrees with the trimmings of the *foie gras* cut into dice set in the jelly, and in this way complete the filling of the moulds. When they are required for service turn out the little moulds, and arrange them in an *entrée* dish surrounded with broken jelly, and garnished with sprigs of watercress. Keep the dish in the refrigerator till the very moment of service. *Sauce Béarnaise* (cold), page 75, might accompany this.

5. Let these little chickens be treated in the manner described for *cailles sur croûtes*, Menu III., and serve them with pine kernel sauce

Little chickens.

(page 69), and potatoes in the form of *tartelettes à la Parmentier*, which are prepared in this way:—Make over a low fire a well-seasoned mixture of mashed potato, with yolks of egg and butter, not forgetting a dessert-spoonful of Parmesan, as for *duchesses* (see page 192); arrange this while hot in a dozen or more well-buttered small oval pattypans, about two and a half inches long and one and a half across; smooth them over and let them get cold in order to acquire the necessary shape. When cold turn them out, flour them, brush them over with a well-beaten egg, roll them over in very fine crumbs, and fry in boiling fat.

6. Having procured a bundle of asparagus, dress the vegetable as recommended by Sir Henry Thompson (page 216), and serve it

Asparagus entire.

with a sauce appropriately chosen from those suggested in that section. *Beurre fondu*, i.e., butter (melted), page 67, sharpened somewhat with anchovy vinegar, can be recommended.

7. First in respect of the case:—Choose a plain pint and a half Charlotte mould. Make a pound of Neapolitan cake in this manner:

Vacherin with burnt almond cream.

Pound eight ounces of blanched and peeled sweet almonds in a mortar, moistening with rosewater to prevent oiling: when reduced to a paste, spread ten ounces of flour on a pastry board, mixing with it four ounces of butter, six ounces of sugar, the almond paste, and the zest of an orange; mix to a stiff paste with six yolks of eggs. Let it rest for an hour. Roll it out a quarter of an inch thick; cut a strip the width of the depth of the mould, measuring enough to go once round it and a quarter over. Out of the remainder of the paste, rolled equally thick, cut a round piece to fit the bottom of the mould not very tightly: lay all on a buttered baking-sheet, and bake in a slow oven: when of a light golden tint take the pieces out, let them get cold, trim neatly, and subdivide the strip into pieces three-quarters of an inch wide, to form the wall. Make a cement with the whites of three eggs and an ounce of icing sugar. First butter the mould well, and put a round of paper at the bottom of it, and over that lay the round piece of cake which was cut to fit it; then with a stiff brush put an edging of cement all round this to secure the pieces forming the wall. Next arrange the slices round the side of the mould slightly overlapping one another, and cement them firmly together, fixing their ends to the edge of the circular top

placed at the bottom of the mould. Set this in a very slack oven to dry. When the cement dries the case will be quite firm, and can be turned out of the mould and set in a cold larder.

For the cream :—Put four ounces of finely crushed and sifted loaf sugar in a copper boiler or earthenware pan ; melt it slowly over a low fire ; then put into it a quarter of a pound of blanched and chopped Jordan almonds, and stir till they are nicely browned. Now spread the *praline* on a dish to cool and harden, and when cold pound it to a powder, saving some of it, which should only be minced roughly, and stirred into the cream to finish with. Mix a pint of very rich custard, and stir the burnt almond powder into it while it is warm, strain into a bowl, set this upon ice, whip, adding half a pint of whipped cream. Mix the two whips, and fill the hollow of the cake case with it, heaping it up loosely an inch or two above the level of the top of the wall of the mould.

N.B. In whipping custards and cream an osier whisk is better than one of wire : the use of ice under the whipping bowl assists the operation, and the cream ought to have been kept over ice twelve hours before being used.

8. Half a good-sized haddock will suffice for this dish. Prepare eight neat pastry cases as explained for *croustades* page 98. Set them aside till required. Blanch the haddock in boiling water till soft enough to remove the skin and bones from it. Take about eight tablespoonfuls of the fish. Put an ounce of butter into a stewpan, melt, add the fish, and fry for a couple of minutes ; then empty the contents of the pan in a bowl, and, using a strong wooden spoon, bruise the whole to a paste ; when fairly smooth, stir this into a hot savoury custard (page 403), keeping it over a low fire till about the consistency of thick *mayonnaise* sauce ; season with Nepaul pepper, and fill the cases ; sprinkle grated Parmesan over the surfaces, and bake till quite hot ; serve in a hot *légumière*.

Cases with
smoked
haddock.

MENU No. III.

(Summer.)

FOR A PARTY OF EIGHT.

Consommé Royale.

Truite saumonée maître d'hôtel.

Fambon au Madère aux épinards.

Chaud-froid de pigeons Piémontaise.

Canelons rôtis Dubois.

Salade.

Petits pois Anglaise.

Bavaroise de coco moderne.

Canapés de crevettes diablées.

1. This is a bright clear soup into which tablets of consolidated custard are introduced as garnish. Proceed, therefore, to make *consommé* for eight covers, and make a custard *Royale* (b) (page 96). Cut it into dice or any pretty shapes with a vegetable-cutter as neatly as possible, and add them to the soup just before serving. The colouring of the custard is obviously optional, and can be diversified according to the table (page 96). Grated Parmesan should accompany.

2. Fillet a good-sized sea trout, making two large fillets, one from each side, and poach them in a seasoned broth made from their own bones and trimmings, as explained page 138, laying them on a hot dish under a light weight as soon as they are done. Now melt an ounce of butter in a small saucepan, work into it an ounce of flour, moisten with a pint of the liquid in which the fillets were cooked, and finish the sauce, as explained page 62. Now cut out of the two fillets

**Clear Soup
with custard
tablets.**

**Salmon trout
maître d'hôtel
fashion.**

eight neat pieces: heat these up in the sauce gently, and serve garnished with fillets of cooked cucumber prepared as described page 227.

3. Half a ham, say six or seven pounds, would be quite enough for this party. Follow carefully all the directions given in respect of cooking a ham, page 115, and serve with madeira sauce, *i.e.*, half a pint of good *espagnole* flavoured with **Ham cooked in madeira, with spinach.** half a claret-glassful of marsala—for, as I have often said, that wine takes the place of madeira in cookery.

NOTE:—If madeira or marsala be objected to, select one of the alternative wines given page 116.

For the spinach turn to page 213, and dress the vegetable as there explained, finish it with two tablespoonfuls of cream or *sauce veloutée* and garnish with *fleurons* of puff-pastry.

4. Slightly roast five Bordeaux pigeons: slice the breasts of the birds off whole, and place the eight portions so obtained, when cold, *en marinade* in oil, vinegar, minced parsley, and shallot. Crush the bones and trimmings that **Fillets of pigeon with Piedmontese sauce.** remain, and put them into a saucepan with three-quarters of a pint of broth and four ounces of onion, a sprig of parsley, a bunch of herbs, and a seasoning of salt; boil up and simmer this until the essence of the pigeon scraps has been extracted, and then strain it. Now chop up an ounce of shallot very small, and stir it into an ounce of butter at the bottom of an earthenware or an enamelled vessel over a low fire, let it slightly brown, and then add an ounce of flour, half an ounce of gelatine, and the pigeon broth you previously made, the juice of half a lemon, and a gill of claret. Bring this sauce to boiling point, let it simmer awhile, skim, and strain it. Replace it in the saucepan, colour it with Parisian essence, strain, and place it in the refrigerator.

As for the pieces of pigeon, take them from the *marinade*, dry them carefully, sever them lengthwise (making ten fillets), dip them into the cooling sauce, and proceed in accordance with the instructions for the *chaud-froid* (page 183). Garnish with turned olives (page 99), and serve *sauce mousseline* with it.

5. Stuff a pair of birds with Dubois' stuffing (page 126), and sew up the vent, trussing neatly. Roast with care, well covered at first with buttered paper, basting frequently with melted butter. Serve the pair thus treated on a hot dish **Ducklings Dubois' way.** garnished with watercress. A plain gravy, and a simple brown sauce sharpened and flavoured with orange and

lemon juice, in the style of Seville sauce (page 76), may accompany, with crisply fried *pailles de pommes de terre* and green peas.

6. This will be found in the chapter on vegetables. The peas are cast into boiling salted water, which must not be put into a tinned utensil. A lump of sugar should be added, green

Green peas in the English way. mint, and a bouquet of parsley with a green spring onion to be removed afterwards. If the *pea shells* be cut into strips and boiled first with this flavouring, and

their *cuisson* used for boiling the peas instead of water, the flavour of the latter is improved. When cooked—as nearly as possible in a quarter of an hour, but much depends upon the size and age of the peas—empty the peas upon a *sauté*-pan, remove the bouquet, &c., dust with finely sifted sugar and salt, and spread over them a number of little bits of the freshest butter. As soon as this has melted dish the peas on a very hot dish, and serve.

7. Melt three-quarters of an ounce of gelatine in a stewpan over the fire, with four ounces of sugar, a pint of water, a liqueur-glass of

Bavarian cream with cocoa. brandy, a few drops of vanilla essence, and the whites of two eggs beaten : stir without ceasing, bring just to boiling, and then remove the pan from the fire, rest fifteen minutes, strain it through flannel till clear, and set it to get cool.

Take six ounces of grated *chocolat Ménier vanillé*, and stir it into a pint of boiling milk, adding, if not a sweetened preparation, two ounces of sugar ; when thoroughly mixed, strain the milk through a piece of muslin. Let it get quite cold, and then add to it the strained yolks of six eggs, making a rich custard with it. Set the custard upon ice, having stirred an ounce of dissolved gelatine into it, and when it begins to set, add half a pint of cream well whipped, mix thoroughly, and prepare the *Bavaroise* as follows :—Place a mould on ice and line it with a layer of the vanilla jelly half an inch thick ; when set, fill the hollow of the mould with the chocolate cream, cover the top with a sheet of paper, surround the mould with ice, and keep it so for two hours ; then turn it out, and serve.

For lining a mould with jelly see page 91.

8. For these eight rounds of bread must be prepared, two and a quarter inches in diameter, and a quarter of an inch thick ; also eight tablespoonfuls of minced picked shrimps. Prepare

Shrimp canapés devilled. in this manner :—Put aside the pieces of bread till they are wanted later. Melt an ounce of butter in a *sauté*-pan, put in the shrimps, dust over them seasoning (*d*),
page 123. Stir the shrimps about over a low fire, with a view to

their absorbing the butter. Let these be kept hot till the moment before serving, when the bread should be quickly fried to receive them. Also have ready a couple of tablespoonfuls of melted butter, quite hot. All being ready, brush over the surfaces of the breads with the butter, and pile the devilled shrimps upon each of them. These *canapés* must be sent in as hot as possible. The amount of seasoning is obviously a matter of discretion.

NOTE (i.) :—Touching *menus* for dinners in summer, it should be noted that two or three years ago during a specially hot fortnight or three weeks in the middle of the season in London, it became the fashion to have something cold on the sideboard for those who might like it. A selection, at a time of this kind, could be made, of course, from the dishes mentioned in Chapter XVIII., but I remember on one occasion that a simple choice piece of a wing-rib of Scotch beef, which had been specially roasted and set to get cold *uncut*, gave great satisfaction. It was served with my *poivrade* sauce (page 77) and a simple salad. The fact that a departure of this kind is unexpected often insures its success. It should be observed that a piece of roast beef, to be eaten at its best *cold*, ought to be put into the larder after roasting *uncut*. In this way it retains its juiciness far better than when, after having been cut hot, its gravy has to a great extent been drawn from it.

NOTE (ii.) :—Instead of the *chaud-froid* the following dish can be given :—

Navarin d'agneau Napolitaine :—Roast a neck of lamb, when cold cut it into neat cutlets, removing browned skin : *marinate* these in *mint* sauce, and with the bones and scrag end make a nice broth ; then follow the recipe given page 324, **Navarin of lamb cutlets.** making a very creamy turnip *purée* as therein described : when this is ready lift the cutlets from the *marinade*, and gently heat them up in the *purée*, dishing as follows :—Choose a *légumière*, make it hot, arrange round its margin a border of spaghetti *à la Napolitaine* (page 383). Place the cutlets in the centre and mask them with the *purée*, dredging over the surface a light canopy of grated Parmesan.

MENU No. IV.

(Summer.)

FOR A PARTY OF EIGHT.

Consommé aux pointes d'asperges.

Darne de saumon marinée.

Gigot d'agneau Chivry.

Ris de veau Thérèse.

Cailles sur croûtes.

Petits pois à la crème.

Parfait au café.

Caviar frais.

1. Prepare a clear, well-flavoured *consommé* for eight. This had better be *blonde de veau* as explained for *consommé aux pâtes d'Italie*,

**Clear Soup
with aspara-
gus tops.**

Menu No. II. Twenty-five pieces of asparagus of a nice size will be enough. Cut the tender green ends of them into pieces half an inch long, using a sharp knife. Set them aside carefully. Shred and put the tough ends after straining it into the broth, and boil them with it to flavour the *consommé*. Boil separately in an earthenware, enamelled, or non-tinned copper vessel enough of the broth to cook the green ends; put these in when the broth boils, and cook them as peas; when done, drain, and add the broth to the *consommé*. When the latter has been strained, clarified, and is ready to serve, add to the soup the green pieces, heat it up to boiling point, and serve.

2. Choose a middle cut of salmon about two pounds in weight or a little over. Make a quart of clear fish broth with cuttings separately purchased. Out of this prepare a *court bouillon*, as explained at page 137, in quantity sufficient when blended with an *equal* measure of chablis, sauterne, or hock, to cover the fish when it is laid in the fish-kettle on the

**Marinated
salmon.**

drainer ; let the *bouillon* come to the boil, drop in the drainer with the fish upon it, and two minutes afterwards let the contents of the kettle simmer, adding to it gelatine in the proportion of half an ounce to a pint of the liquid in the fish-kettle. As soon as the fish is cooked, lift, drain, and set it in a dish in the refrigerator. Let the *cuisson* get cold, clarify it as explained for decorative aspic jelly (page 88), and pass it through a flannel. Glaze the fish with melted aspic when it is very cold, and decorate it with *croûtons* (page 89), replacing the dish in the refrigerator with ice round it. Serve garnished with broken jelly, and a boat of *sauce mayonnaise au raifort*, for which see page 74, adding a gill of whipped cream to finish it.

Garnishing can be carried further by hard-boiled yolks of egg entire, balls of green butter the same size, pickled prawns, and neatly cut patterns of hard-boiled whites of egg.

3. Bone a leg of lamb, leaving the knuckle bone about two inches long, fill the cavity left by the bone with pine kernel stuffing (page 125), tie the leg into shape, and braise in a good domestic *mirepoix* (page 105). Serve the leg nicely glazed with hot melted glaze, surrounded by a garnish of cucumber neatly cut, and stewed as in the recipe, page 227. Take the fat off the strained *mirepoix*, pour round the leg, and send this sauce in a hot silver boat :—

**Braised leg
of lamb à
la Chivry.**

Sauce à la Chivry :—Blanch in a not-tinned vessel a handful each of parsley and chevril, a teaspoonful of chives, and six leaves of tarragon ; drain, cool, and dry them, put them into a mortar, and, using an ounce of butter to assist the operation, pound them to a paste, pass this through the hair sieve, and stir it into half a pint of *sauce veloutée* : if too pale in colour, add a small quantity of spinach greening.

4. Having soaked, trimmed, blanched, and cooled three good-sized sweetbreads, lard them “through” (see page 171) with strips of bacon and cooked tongue alternately. Have ready also a pint and a half of giblet broth (page 61), carefully made. Choose a *fricandeau*, or shallow stewpan, or earthenware *casserole*, melt an ounce and a half of butter in it over a low fire, and put in three ounces each of minced onions, carrots, and turnips, one of celery, one of parsley, and a seasoning of mixture (*b*), page 123. Fry for five minutes, put in an ounce of glaze, and when this has dissolved arrange the sweetbreads on the surface of the vegetables, moistening with the giblet broth just level with the surface of the ’breads ; bring nearly to boiling

**Sweetbreads
in clear
broth.**

point, then cover the contents of the pan with buttered paper, close the vessel, and simmer as gently as possible till the 'breads are tender. The pan may be placed in a moderate oven during this process. As soon as they are done remove the sweetbreads, brush off any vegetables that may adhere to them, and lay them upon a dish, covered with another, bearing a slight weight. This should be done early in the day.

Continue now in this way:—Add giblet broth to that which remains in the pan sufficient to make a pint and a half altogether, boil up once, simmer for ten minutes, strain, cool, skim, and clarify, return the broth to a clean pan, put into it a tablespoonful and a half of Groult's fine tapioca, boil up, and simmer twenty-five minutes, and add a sherry-glass of chablis, reduced from a claret-glassful. Now make neat portions of the 'breads, put them into the broth, warm gently till nearly boiling, add a pint measure of cooked peas, and serve in a silver dish.

5. Truss the quails, saving their livers ; wrap them in vine leaves, tie a piece of fat bacon over each bird ; roast them for seven or eight minutes before a brisk fire, basting with butter frequently. Serve in the following manner :—Put an ounce of shallot in a stewpan with half an ounce of butter and a pinch of salt and pepper, fry till turning brown, then put in the livers and stir them over a gentle fire till done ; empty the contents of the stewpan into a mortar, and pound the whole to a paste with one fillet of anchovy ; stir into this a tablespoonful of diluted glaze, and spread it over the surfaces of eight squares of fried bread prepared for the quails. Heat these on a buttered tin in the oven, and lay a quail upon each of them. Send to table garnished with watercress, with a boat of brown gravy and fried bread-crumbs accompanying. *Pommes de terre nouvelles* and cold green peas with cream as a salad would complete the dish nicely.

6. For this turn to page 201. About double the quantity there mentioned would be necessary for a party of eight, viz., a quart of picked peas and two gills of cream.

7. Make one and a half gills of very strong coffee (*café noir*), using the percolator, and two ounces of the best coffee ; sweeten and cool this. Next take an enamelled pan and break into it the yolks of ten eggs, strain the made coffee, and add it to the eggs, stirring continually over a low fire, or in the *bain-marie* until the custard thickens satisfactorily. Now strain it again into a bowl set over a bed of

Quails on toast.

Cold green peas with cream.

Parfait of coffee.

broken ice, and as it cools beat it well. When nicely frothed blend with it half a pint of whipped cream, and finish as described for *parfait aux pistaches*, Menu No. VI.

8. To obtain caviare at its best you must go to one of the specialists who procure it from Russia direct daily. Kept as it is by them in ice it is as near perfection as possible, and a very different thing from the preserved caviare, **Fresh caviare.** being grey-green, mild, large-grained, juicy, and delicious. They eat this plainly with dry toast in Russia, I am told, but I fancy that by most English people lemon juice and Nepaul pepper are considered an improvement. These adjuncts are certainly nice with salted and pressed caviare. In choosing fresh caviare in summer-time do not take more than you can consume at once, and keep what you get in a jar with ice round it. As a savoury send it round in its jar straight from the ice, dry toast very crisply done and cold, or water biscuits accompanying, and the adjuncts already mentioned.

N.B.—It is not advisable to present caviare in any manner *hot*. Preserved and pressed caviare procured from a really reliable source should be eaten in the manner described for the fresh variety. A nice *canapé* can be made by spreading the caviare on cold fried *croûtes* and masking them with very cold *mayonnaise* or *tartare* sauce.

NOTE.—If there be a difficulty about obtaining good caviare, the following little cold savoury may be substituted :—

Petites mousses de fromage.—These are little moulds of cheese cream with olives. Make half a pint of rich custard, season it with salt instead of sugar, and a little Nepaul pepper, strain this into a bowl set in ice, and as it gets cold, whip it **Little cheese creams.** well, stirring in three ounces of grated Parmesan or Gruyère, half an ounce of dissolved gelatine, and a coffee-cupful of whipped cream. While this is setting add two tablespoonfuls of minced olives, put the mixture into little plain dariole moulds on ice, and let them be for half an hour, then turn out the moulds, garnish with sprigs of parsley, and serve them as cold as possible.

Following the same principle, very excellent little *mousses*, or *crèmes*, can be made with *purées* of delicate meats, fish, and vegetables. *Crème de homard*, *crème de crevettes*, *crème d'artichauts*, *mousse de gibier*, &c.

MENU No. V.

(Autumn.)

FOR A PARTY OF EIGHT.

Consommé aux quenelles.

Filets de Barbue Morny.

Grenadins de bœuf Rossini.

Perles de volaille.

Canards sauvages bigarade.

Fonds d'artichaut à la möelle.

Compôte de poires Monastère.

Croûtes Norvégienne.

1. Make a bright, clear *bouillon* according to the directions given page 36. The *quenelles* can be made of game, chicken, rabbit, or veal, as we like. For the process see page 130. For **Clear soup with quenelles.** garnishing soup form olive-shaped *quenelles* out of it, using two teaspoons, poach them in the manner described page 120, in stock or water, drain them, and add them to the soup at the last moment. *Quenelles* used for this purpose should be lighter and more delicate than ordinary *quenelles*, and it may be said that it is impossible to overwork the pounding of the ingredients.

2. This is a dish of neatly trimmed fillets of brill plainly poached in a clear broth made from the head, bones, and the fish trimmings. Lay the fillets in a shallow pan (a copper *sauté*-pan with an upright rim will do), and pour over them the **Fillets of brill with cucumber.** broth *boiling*; set over a low fire, cover with a sheet of buttered paper, and simmer gently from twelve to fifteen minutes. Take off the fire, remove the fish with a slice, put it aside in a dish under a light weight, and strain the broth.

Thicken a pint of the latter with an ounce of butter and an ounce of flour, bring to the boil, stir in off the fire, after two minutes' cooling, two tablespoonfuls of grated Parmesan. Set the pan on the fire again, and reduce till the sauce coats the spoon. Now lay the fillets upon a buttered flat dish, mask them with the sauce, and set them under a gas griller, or in the oven to colour slightly. Then dish and serve.

3. Choose a piece of the best tender under-fillet of beef, and out of this make a dozen neat oval or heart-shaped fillets, two-thirds of an inch thick, two and a half inches long, and two wide; lard them on one side with fat bacon, and set them to *marinade* all day, as described page 168.

**Fillets of
beef with
foie gras.**

When required, drain, dry, and arrange the *grenadins*, larded side uppermost, in a *sauté*-pan with two ounces of butter, fry on the lower side only for four minutes, then moisten with a pint of good broth—enough, that is to say, to come up level with their upper surface—add a tablespoonful of marsala, and let simmer for three-quarters of an hour over a gentle fire, basting with their broth. When done, lift the *grenadins* out of the pan, brush them over with a glaze, place each of them on a fried *croûte* cut the same size, lay over them a slice of *foie gras* half their thickness, and over that a disc of truffle the size of a two-shilling piece, garnish with bunches of watercress. For the sauce have ready beforehand a *roux* of an ounce of butter and an ounce of flour, stir the strained broth from the *sauté*-pan into this by degrees, skim, flavour with a gill of broth made from the mushroom peelings and half an ounce of glaze, thicken, bring to the boil, and pass through a strainer into a hot sauce-boat.

4. Order a good-sized fowl to be sent in with its giblets, plucked and cleaned, but not trussed. Remove both legs and thighs—they can be used for some other meal—take off all the white meat from the breast, wings, back, and flanks, and keep this separately. Chop up the carcass, the skin, the wing bones and pinions, the giblets including the head, which should be plucked and singed, and the neck, and put all this into a stewpan with four ounces of onion, two ounces of carrot, an ounce of celery, a bunch of parsley, a bouquet of herbs, and a saltspoonful of salt: cover with cold water, bring to the boil, skimming off all scum as it gradually rises, place the vessel over a low fire, and simmer for an hour. Strain off the broth into a bowl. Let these operations be performed the day before the party is to take place.

**Little moulds
of chicken
cream.**

The next morning—the sooner the better—take the whole of the meat that was set aside, and follow the directions given for “force-meat for creams,” page 130.

Skim any fat that may have risen to the top of the fowl broth which was put away and will now be a firm jelly. This must be melted. Next proceed to thicken it. If about a pint, an ounce of butter and an ounce of flour will be required for the *roux*, which must be slowly cooked first, without being allowed to turn brown; now add the melted broth by degrees, season if necessary, and bring it to the boil. Take it off the fire, add the yolks of two eggs after a minute's rest, and pass the sauce through the pointed strainer into a clean saucepan, and keep it in the *bain-marie* for use as required.

Have ready eight or ten plain *dariole* moulds, open a small bottle of truffles, and cut them into dice. Next partly fill the moulds with the force-meat, setting the pieces of truffle in the centre of them, and filling the moulds with about half an inch to spare. Put a piece of buttered paper on the top of the *darioles*, and then arrange them in a shallow pan with boiling water up to one-third of their depth. Cover the vessel, and poach the moulds (page 120) for twenty minutes in a moderate oven. Remove the paper during the last five minutes in order that the upper part of the mixture may set firmly. When required, turn the *perles* out of the moulds, and serve them masked with the sauce: a slice of truffle may be placed on the top of each of the moulds as a finishing touch.

5. Roast the wild ducks in front of the fire with their breasts protected for the first twelve minutes with fat bacon, baste well, and be careful not to overdo them. Twenty minutes will be found about enough if the fire be brisk, and serve them with this sauce:—

**Roast wild
ducks with
Bigarade
sauce.**

Pare as thinly as possible the rind of two oranges (Seville, if possible), cut the peel into thin shreds, and blanch them in boiling water for five minutes, drain, and put them aside. Melt an ounce of butter in a stewpan, stir into it an ounce of flour, stir over a low fire till beginning to brown, and add by degrees three gills of strong broth (in making which the giblets of the ducks should be used), season with seasoning mixture (*b*), add the juice of the oranges, with a teaspoonful of sifted sugar, a tablespoonful of red wine, and half an ounce of good glaze; now strain the sauce into a clean saucepan, add the boiled rinds, stir till the sauce boils, and serve in a boat. Sir Henry Thompson adds a liqueur glass of curaçoa to this.

Crisply fried chips of potatoes should accompany ; garnish the dish with bunches of watercress, and let a tomato salad (page 251) accompany it.

6. For instructions regarding this dish see pages 221 and 234. Serve the *fonds* in *coquilles*, dry toast accompanying them. **Artichoke bottoms with marrow.**

7. Stew six or eight large pears neatly trimmed in halves in a syrup flavoured with Benedictine—a sherry-glassful of the liqueur to a quart of syrup. When the pears are tender remove them from the syrup, and set them on a dish in a cold larder. Strain the syrup into a *casserole*, or small stewpan, and mix with it half a pound of apricot jam with the juice of half a lemon, and the zest. Boil up, and continue this with a view to getting an apricot glaze with the consistency of rather fluid honey ; when this point has been reached, strain through a sieve, add a liqueur glass of Benedictine to it, and let the syrup get cold. When cold, place the dish with the pears over crushed ice, and continue basting them with the syrup also set in ice. By degrees the fruit will become masked with the glaze. Arrange the pieces neatly now in a glass or china *compotier*, and keep it in the refrigerator, finally smothering the pears with almond cream ice smoothed with a palette knife. Serve at once. **Compote of pears with Benedictine.**

8. With a round cutter an inch and three-quarters in diameter cut ten *croûtes* of bread a quarter of an inch thick, and fry them a pale yellow in butter. Keep these hot on a wire drainer in the mouth of the oven while heating half a pint of **Lax on toast.** *lax purée* (see page 421) and half a pint of savoury custard (page 403). When these are ready and as hot as possible, cover the *croûtes* with the *purée*, lay them on a hot silver dish, and mask the surface of each with a layer of the custard, serving at once.

MENU No. VI.

(Autumn.)

FOR A PARTY OF EIGHT.

Potage Camélia.

Tranches de fletang Wyvern.

Filets mignons de bœuf Bordelaise.

Ris de veau Da Vecchi.

Perdreaux rôtis—salade.

Haricots verts soubisés.

Parfait aux pistaches.

Croustades au Parmesan.

1. For this soup, *blond de veau*, as given for Menu II., should be used. When ready and clarified, put into it three tablespoonfuls of Groult's finely pulverised tapioca, boil up, simmer twenty-five minutes, and finish with a garnish of equal quantities (two tablespoonfuls each) of carrots, turnips, and French beans cut in strips one inch long—(red, white, and green).

**Camélia
soup.**

2. Having cut eight or ten neat fillets out of a piece of halibut weighing two pounds, proceed to make a good broth with the bones and trimmings, assisted by a pound of fish cuttings, two ounces each of shredded onion and carrot, a bunch of parsley, a dessertspoonful of blended thyme and marjoram, a saltspoonful of salt, a dozen peppercorns, a pint and a half of water. When this has been brought to the boil once and then simmered for an hour, strain it off into a glazed earthenware *casserole* or an enamelled pan; set that on the fire, and as soon as boiling begins, put in the fillets. This will check the

**Halibut slices
in Wyvern's
way.**

boiling ; when it recommences, moderate the fire to simmering at once, add a claret-glassful of chablis, and cover the pan. Let the fish fillets cook slowly in the broth for about eighteen minutes : when done, drain, and place them in a very hot dish, carefully covered up. Strain the *cuisson*, turn this to a *sauce blonde*, page 62, and follow the recipe for hot horse-radish sauce, page 68, reduce till it coats the spoon, add a tablespoonful of cream, mask the fillets, and serve.

3. Choose a tender piece of beef suitable for fillets by ordering the meat a day or two beforehand. Cut eight or ten neat fillets in oval or round shapes as explained for fillets of beef *Rossini*, Menu No. V. These need not be larded, but **Fillets of beef with Bordelaise sauce.** cook them in the same way. For the sauce have ready three gills of good brown sauce (*Espagnole*, page 81). Reduce a claret-glassful of Orleans vinegar by one half, putting with it during reduction a teaspoonful of minced onion. Strain this into the sauce, with claret-glass of Rioja or claret, boil up, and finish with four well-filled tablespoonfuls of dice of beef marrow prepared as explained page 234. This operation must not be carried out in a tinned vessel. Serve the sauce separately. Dish the fillets, after glazing them, on *croûtes* cut the same size, put a *fond d'artichaut* upon each of them, and a piece of the marrow the size of a florin ; garnish with watercress.

4. Select a pair of fine sweetbreads. Soak them in cold water for four hours, changing the water three times. Blanch them for five minutes in boiling water, then "refresh" them in cold—they should be firm yet not hard—and place them **Sweetbreads with mushrooms.** between two baking-tins under a weight. As soon as cold, lard them carefully. Choose a *casserole* large enough to hold the sweetbreads comfortably, and line it with strips of bacon, slices of carrot, and a couple of ounces of finely minced shallot. Place the sweetbreads on this bed, and moisten them with giblet broth mid-deep. Set this on the fire and cook gently, without covering, till the liquid thickens. Now add half a pint more broth, cover the contents of the pan with buttered paper, put on the lid, and set the vessel in a moderate oven ; when quite tender the sweetbreads are ready, take them out and lay them on a dish with another placed over them, slightly weighted.

Prepare a garnish of four tablespoonfuls (well filled) of cooked spaghetti cut into half-inch lengths, a quarter of a pound of mushrooms, also cooked, cut into dice, and the contents of a small bottle of truffles sliced. With a pint of giblet broth, including the *cuisson*

of the 'breads, make a domestic *sauce veloutée* (page 61), add to this two tablespoonfuls of grated Parmesan, and a tablespoonful of cream.

Now release the sweetbreads, trim, and cut them into nice portions, put these into a clean stewpan, add the garnish, and moisten all with the sauce, warming the whole in the *bain-marie*. Dish like a *fricassée* within a border of *riz à l'Italienne* (page 391), with the surface garnished with slices of ripe tomatoes. Grated Parmesan should be handed round.

5. Choose four young partridges, roast (half a bird for a portion), and serve them with bread sauce (page 70), and fried bread-crumbs (page 265), *pailles de pommes de terre* accompanying (page 197).
Roast partridges.

A cold *macédoine* salad might accompany, for which see page 253.

6: See page 203 for this, and follow the advice for **French beans with sauce soubise.** "*sautés*," stirring into the beans just before serving half a pint of creamy *sauce soubise*; garnish with *fleurons*.

7. A *parfait* is one of the easiest preparations in the whole category of ices. It does not require a freezing apparatus. All you want is a proper tightly closing *parfait* mould, and a wooden ice pail with a whole for the escape of melted ice at the bottom of it. Ample time is necessary, for to be certain of turning out the mould firmly it should be buried in ice for not less than three hours. Milk is not employed in a *parfait*.
Parfait with pistachio nuts

For an eight o'clock dinner commence work at half-past three. Blanch four ounces of shelled pistachio nuts, pound them in a mortar to a paste, using a teaspoonful of rosewater from time to time to assist the operation; when thoroughly pounded put the paste aside. Next put the yolks of ten large or twelve small eggs into a stewpan with half a gill of water, and, over a low fire, turn them to custard, adding three ounces of finely sifted sugar. When the custard is nicely formed, colour slightly with spinach greening, add the pistachio paste, and emptying the mixture into a bowl (which should be set on ice), whisk well, and when well frothed add a pint of well-whipped double cream separately sweetened. Amalgamate the two whips completely, and fill the *parfait* mould, put a piece of paper over the bottom of it, close the cap securely—if at all doubtful of its fitting firmly it is advisable to secure the joining with paste, and bury it in the pail with a four-inch casing of broken ice

well salted and pressed down above, below, and all round it—the proportions being two-thirds of ice to one-third salt and saltpetre—eight pounds to four, or ten to five. Watch the packing, and renew wastage after the first hour. To turn out the *parfait* dip the mould into water at the ordinary temperature of the room.

8. *Croustades au Parmesan*.—Make half a pound of cheese *croustade* paste (page 98); with this rolled out the thickness of a penny make a dozen little cups as there described. Keep these hot after emptying them, and just when they are wanted fill them with hot stewed cheese prepared according to the recipe given page 412. Serve on a hot serviette as quickly as possible.

**Parmesan
patties.**

NOTE:—Instead of the sweetbread, which might not be procurable, its place can be supplied by fillets of cold cooked chicken, the bones, &c., being used for a broth for the sauce—a good domestic *veloutée*. Another nice *entrée* of chicken is a:—

Soufflé de volaille:—For this you want eight ounces of cold cooked chicken, minced, pounded thoroughly with an ounce of butter, and passed through the hair sieve. With the bones well bruised and broken, assisted with a proper proportion of vegetables, a good broth should be made, out of which half of a pint of good white sauce can be managed. Strain, and reduce this till it coats the spoon, then mix a gill of it into the chicken *purée* in a bowl, letting it get cold. Now add one by one the yolks of three eggs, mixing thoroughly; lastly, pass into it the well-whipped whites of the eggs, put the mixture into a well-buttered baking-dish or *soufflé*-tin protected with paper, and bake in a moderately hot oven for twelve or fifteen minutes. Serve as soon as it is risen. Or the mixture can be put into little china cases, and in this way provide a nice portion for each guest. Be careful not to have the mixture slack: see page 400 about this. An error of this kind can be rectified by the addition of finely sifted white bread-crumbs.

**Chicken
soufflé.**

MENU No. VII.

(Winter.)

FOR A PARTY OF EIGHT.

Poule au pot.

Turbot amirale.

Quasi de veau à l'oison.

Côtelettes de mouton farcies.

Faisans rôtis Toscane.

Topinambours frits.

Pain de pruneaux.

Biscuit au laitance de hareng.

1. Prepare the day before a good beef broth, following the recipe for the small *pot-au-feu* (page 28), setting it aside without clarifying.

**Clear fowl
soup.**

Procure a stock-pot fowl, take off the breast meat, chop up the rest of the bird with the giblets, mash them roughly in a mortar, and put the whole into the stock-pot; moisten with the cold broth, and set the vessel over a low fire; let the broth come slowly to the boil, adding a pint of water by degrees, and skimming carefully. Now put in the vegetables given for *pot-au-feu* and the breast meat, let boiling commence again, and after that reduce to simmering for two hours; now remove the pan, strain the liquid, and let it cool. When cold clarify (page 30), and finish the soup with a garnish of the vegetables selected from the stock-pot, to which a small allowance of cooked cabbage should be added, and a portion of the breast meat cut into strips.

2. Select about two pounds of turbot, poach it in fish broth as explained page 138, and serve with half a pint of *hollandaise* sauce

**Turbot with
red sauce.**

(page 66), to which two ounces of bright-coloured lobster butter (page 60) should be added as a finishing touch.

3. Take from four to five pounds of the chump end of the loin of veal, bone it, stuff it with goose stuffing (page 124), and fold it into shape, securing it with twine or tape. Break up the bone and gristle, and with three ounces of onion and carrot, and an ounce of celery well seasoned with pepper and salt, make as good a broth as possible. This should be done the day before the dish is required. To cook the meat :—Line the bottom of a stewpan with dripping, bacon trimmings, slices of onion, carrot, and turnip. Lay the rolled veal upon this, put the vessel upon a moderate fire, basting the meat with an ounce of butter melted, turn it so that it may be browned lightly and evenly all over, then moisten with the broth (about a quart enough), season with salt and pepper, and simmer with the pan half covered for an hour and three-quarters. Take out the meat, keep it hot, strain the gravy, take off the fat, add half an ounce of glaze, boil till partly reduced, and pour over the veal, which, the ties having been removed, should be dished on a very hot dish. Serve with *sauce Suédoise* (page 76), and a garnish of glazed button onions, and chestnuts.

4. For this dish select the nicest cutlets, cut thick, from a neck of mutton ; trim them very neatly, flatten them on a board with a cutlet bat, and set them in a cold place or over ice to get firm for larding. Then lard them through (*i.e.*, pass the needle simply in on one side and out on the other) with strips of fat bacon (page 170).

**Mutton
cutlets with
forcemeat.**

When ready, stew the cutlets very gently in a broth made from the bones and trimmings, assisted with a good allowance of onions, carrots, and turnips—say four ounces of each—a *bouquet garni*, and seasoning ; when done, take them out, and set them to get cold with a light weight above them ; when cold, finish them according to the recipe given page 173. Instead of peas (now out of season) make a garnish of cooked Japanese artichokes (page 228), cut into half-inch pieces, and finished with *maître d'hôtel* butter. Turn the *cuisson* into a *sauce Italienne* (page 65), and send it in, in a boat, separately.

5. Procure a brace of pheasants in nice order and condition. Have them sent in plucked only. Draw and truss them at home, saving all the giblets with care. Having trussed the birds neatly, tie a flap of fat bacon over their breasts, and put them aside till roasting time.

**Roast pheasants with
chestnut
sauce.**

Next wash and scald the giblets, cutting them up small and saving the livers. Put the pieces into a stewpan with two ounces of butter, two ounces of minced lean ham or bacon, two ounces of minced

shallot, two ounces of minced carrot, and a seasoning of mixture (*b*) (page 123); turn about over a low fire without colouring, moistening with two gills of hot broth and two of boiled milk; bring slowly to the boil, taking off scum and the butter that may be thrown up, and simmer closely covered for three-quarters of an hour to extract the flavour from the giblets. Full strength and flavour having been obtained, strain the broth, take off any fat that there may be left, and using a fresh *casserole*, proceed to blend with it four tablespoonfuls of chestnut *purée* (page 125) and two of cream. Serve the sauce in a hot metal sauce-boat when the birds are sent up, with fried breadcrumbs, a salad, and :—

6. Jerusalem artichoke chips. Choose rather large tubers, peel and slice them thinly over a basin of well-salted water, let the slices fall into the water to prevent them turning black.

Jerusalem artichoke chips. When required for the *friture* pan drain them with a perforated slice, lay them on a clean cloth, dry well, and flour them, then plunge them into very hot clarified suet or beef dripping, and finish exactly like potato chips.

7. Put about a pound of the best prunes into an earthenware *casserole* with two ounces of white sugar, the finely peeled rind of a lemon, a piece of cinnamon, and sufficient claret and water, mixed half and half, to cover them: stew gently till the fruit is quite tender: lift the saucepan from the fire, drain off the syrup, stone the prunes: pass the fruit through the sieve, and save the pulp in a basin. Crack the stones, and put the prune kernels into the pulp. Steep about an ounce of gelatine in the liquid that was strained off, put it on the fire and let it dissolve; mix this with the prune pulp, and pour in a sherry-glass of cherry brandy. Decorate a plain border mould with blanched almonds, fill the mould with the prune liquid, and set it upon ice to form. When required, turn out the *pain*, and fill the centre of the mould with whipped cream decorated with crystallised cherries. Unlike ordinary jellies, this is, of course, opaque, but its flavour is quite beyond question.

8. Make a dozen biscuits of the paste described page 98, rolling it out a quarter of an inch thick. Have ready half a dozen soft roes of bloaters, or cooked fresh herrings: if the former, pound them in a mortar to a paste with an ounce of butter and a fillet of anchovy and seasoning of mixture (*a*); empty the paste thus obtained upon a hot plate—a hot-water plate best—and moisten it to a pliant consistency with the yolks of two raw eggs. Cover this and keep it as hot as pos-

**Deville
biscuit with
herring roes.**

sible. Prepare the biscuits in this way :—Choose a large *sauté*-pan : melt two ounces of butter in it, lay in the biscuits touching but not overlapping : set the pan over quite a low fire, and turn the biscuits about to heat well and absorb the butter. Do not let the batter burn, and pepper freely, take them out, spread a layer of roe paste over them, dust again with pepper, and serve very hot ; a minute on a wire drainer in the oven before dishing will make them all the crisper. In the case of cooked fresh herring roes it is only necessary to warm them thoroughly over a low fire without cutting them, when hot to season with yellow pepper and salt, curl each round, and lay them on the devilled biscuits.

NOTE.—The prune jelly in this *menu* reminds me that the following must not be forgotten :—

Pruneaux à la chasseur:—A dish that is generally speaking popular for dessert. Buy a pound jar of the best French plums, (prunes) and a bottle of good cherry brandy, take out the plums, put them into a clean stewpan with as much light claret as will cover them, and two ounces of sugar ; stew till soft, and the wine has been nearly absorbed : replace them in the jar with what liquid may remain, and pour as much cherry brandy into it as the plums will admit. Finally screw on the top, and serve at dessert. Never let the jar be empty, but re-fill it as the plums are eaten, adding cherry brandy from time to time.

**Prunes in
cherry
brandy.**

N.B.—A similarly useful thing can be made with dried figs and dates : stew them in syrup well flavoured with marsala—half wine, half syrup—and instead of cherry brandy finish them with cognac, or kirsch.

MENU No. VIII.

(Winter.)

FOR A PARTY OF EIGHT.

Potage boules de neige.

Filets de sole Cherbourg.

Côtelettes de mouton fourrées Milanaise.

Petites casseroles de faisan truffé.

Dinde au purée de marrons.

Crème de topinambours.

Fruits frappés Moscovite.

Croûtes creuses aux champignons.

1. Having made a nicely flavoured beef broth in the manner prescribed page 36, and having clarified it, the rest is a mere matter of garnish. For this a turnip of about seven or eight ounces and a root of celeriac will be required. Out of them, using the smallest-sized vegetable scoop, make neat little round balls, about two dozen of each: the trimmings can be used in broth-making, and should not be thrown away. The garnish should be cooked in this manner:—First blanch the balls in boiling water for five minutes, then cool, drain, and cook them in broth seasoned with salt and a pinch of sugar. As soon as tender, stop the cooking, drain, and set aside, for the vegetable must not be at all pulpy. As the turnip requires less time than the celeriac, it had better be done first separately, the latter being put into the same broth. When required, add the garnish to the soup, and serve.

2. Prepare eight good filets of sole, using one large fish or two of

moderate size. Lay them on a board, brush over their upper sides with well-beaten egg, spread over that a thin layer of finely minced shrimps, and dust over all a seasoning of mixture (b) (page 123). Roll the fillets up, enveloping the seasoning within them, and tie them securely with fine pack-thread. Set them aside. Break up all the bones of the sole, put them with the trimmings into a stewpan, and make a broth as described page 138. When the time comes for cooking the fillets, set the broth in a deep *sauté*-pan, let it come to the boil, put in the fillets, and then simmer for twelve or fourteen minutes. Stop, take the fillets out of the broth with a slice, remove the threads, and keep them on a hot plate covered up. Mix an ounce of butter with an ounce of flour at the bottom of saucepan, stir over a low fire till about to turn colour, then add by degrees three gills of the broth in which the fillets were cooked, bring to the boil reduce the heat, and stir in two ounces of shrimp butter and a dozen mussels prepared according to the instructions given pages 60-61 ; mask the fillets with this and serve.

Fillets of sole with Cherbourg sauce.

3. Select the cutlets from the best end of a neck of mutton. See that they are nice and plump. Turn now to page 169 for directions as to trimmings, to page 168 for marinading, and to 173 for the special preparation of the cutlets. For the masking sauce a recipe is given page 64, but note that in this case it must be reduced until it coats the spoon.

Mutton cutlets with cheese sauce.

"*Spaghetti à l'Italienne*" (see page 383) will be found appropriate, as a garnish. Arrange it with a wooden spoon in dome shape in the centre of the hot dish, and put the cutlets round it. For the sauce, some of the *milanaise tomatee*, not reduced as stiffly as the masking should be reserved, and sent round in a boat.

4. Take off the breast meat of a cold roast hen pheasant, saving the legs and thighs for a breakfast grill. Break up all the bones that remain, and put the *débris* into a stewpan with all skin and trimmings, four ounces of onion, and half an ounce of good glaze, a teaspoonful of dried herbs, half one of salt, and half a dozen peppercorns. Cover with lukewarm water, or broth, bring to the boil, and simmer slowly for an hour. While this is going on, cut up the pheasant meat in eighth of an inch squares, and for every two tablespoonfuls of the mince portion off a dessertspoonful each of cooked mushroom and truffle. Mix all together. When it is ready strain off the pheasant bones broth, skim, add to it the liquid in which the mushrooms were cooked and that of the truffles. Turn this to a sauce as follows :—

Little casseroles of pheasant.

MENU No. IX.

(Summer.)

FOR A PARTY OF EIGHT.

Consommé Créole.

Tranches de saumon Colbert.

Carré de venaison aux haricots verts.

Petits aspics de quenelles de homard.

Oison, sauce Suédoise.

Salade de tomates.

Petits pois aux laitues.

Couronnes Victoria.

Biscuits Ecossoise.

1. Prepare a stock as recommended for the *consommé* Menu II., but instead of fowl giblets use two calf's feet cleaned and cut up.

Clear soup à la Créole. When this has been drained, set to get cold, and freed from fat, the soup should be completed as follows:—

Purchase a crab of medium size—say six inches across the body. Chop up the whole of the shell, &c., and crush it in a mortar with two ounces of butter, but preserve the meat of the body and claws: put the *débris* into a stewpan, fry for five minutes over a moderate fire, and cover well with the stock, adding a bouquet containing sweet basil, marjoram, and thyme, and a dozen peppercorns: bring to the boil, then simmer for forty-five minutes. After this strain, skim, clarify the soup with beef as explained at page 30, and serve it garnished with the white meat of the crab shredded into strips with two forks. To this soup half a glass of marsala may be added, as in the case of clear turtle, and lemons cut into quarters should be handed round.

2. Have two pounds of salmon cut up by the fishmonger into two

nice slices, each of which should ultimately yield four good portions. Prepare a fish broth with a pound of fish cuttings. When well flavoured strain this off, add to it a gill of French white wine or hock. Choose a large *sauté*-pan with an upright rim, in which the slices can lie side by side without overlapping. Put into this first the prepared broth, bring it to the boil, then slip in the salmon slices ; this will stop the boiling ; let it recommence, and after that reduce the heat below the pan to simmering. In about fifteen minutes altogether the fish will be done nicely. Take the pieces out of the broth with a slice, and lay them on a drainer or a hot dish. They can now be neatly divided into four portions each, following the natural divisions of the fish, bone and skin being removed. Having got ready beforehand a *roux* with an ounce of butter and an ounce of flour, work into it a pint of the *cuisson* in which the fish was cooked, bring to the boil, reduce one-third, stirring without ceasing ; skim, strain, and finish with a dessertspoonful of finely minced tarragon, the same of anchovy vinegar, and lastly the yolk of a raw egg well mixed with an ounce of butter. Instead of anchovy vinegar the juice of a lemon or a dessertspoonful of reduced red-wine vinegar may be used to produce the necessary sharpness. Help each portion with a good spoonful of the sauce poured over it.

**Salmon slices
with tarragon
sauce.**

3. For this please turn to page 264 and follow the directions given at the bottom of it for the treatment of a shoulder of venison. Bone the neck, marinade, stuff, roll, and braise it, serving it with a *poivrade* sauce made in the manner described page 264. *Haricots verts sautés*, as given at page 203, are the fittest accompaniment.

**Neck of veni-
son with
French beans.**

4. Lobster *quenelles* make a nice summer *entrée* when prepared in this way :—Choose eight little *darioles* of a size, that is to say, large enough to contain one *quenelle* each. Make a pint and a half of vegetable aspic jelly (page 90). Decorate the bottoms of the moulds (afterwards to become the tops) with neat dice of truffles and hard-boiled white of egg ; set this with the aspic jelly, and then put a *quenelle* in each, embedding it in the same way. Put the moulds in a dish over ice to consolidate, and make a flat *socle* on which to serve them with rice, as explained page 101. To finish, arrange the little moulds in a circle round the margin of the *socle*, and fill the centre of the circle with a *salade Fockey Club*, i.e., cold cooked *pointes d'asperges* and slices of truffles moistened with *mayonnaise collée* (page 74), using some of the aspic left after filling the moulds for the purpose, and cucumber vinegar.

**Little jellies,
with lobster
quenelles.**

To make the *quenelles* see fish forcemeat, page 129, and 186 for cooking them.

In filling moulds with jelly see that the latter is cold, though in a liquid state, for if warm it may loosen the arrangement of the pattern laid at the bottom of the former. At the same time it must not be cold enough to be partly set, or air-bubbles will be introduced and spoil its appearance. Complete the setting with as little delay as possible, for if the surface of a layer of jelly becomes damp, the next will not amalgamate with it, and the mould, on being turned out, may come to pieces.

5. The gosling should be cooked exactly on the lines laid down for a duckling (see Menu No. II.), increasing the quantities of Dubois' stuffing according to size. Onions and sage are out of place till the bird is fully grown. *Sauce Suédoise* will be found a nice accompaniment, and no salad better in the circumstances than one plainly made with tomatoes, for which see page 252.

**Roast gosling
with Swedish
sauce.**

6. This method of serving peas is to be recommended. Choose a couple of fully-hearted cabbage lettuces ; braise them in the manner explained at page 212. Cook the peas *à l'Anglaise*, page 199, boiling with them a few lettuce-leaves and pieces of stalk, to be removed when dishing. Serve in a *légumière* as described page 201.

**Green peas
with lettuces.**

7. Pick carefully sufficient ripe strawberries to yield a pound of fruit after the removal of the stalks : weigh them to be exact, and see that they are perfectly clean. Steep an ounce of gelatine in water. Pass the strawberries through a hair sieve into a bowl, and when through, dust into the *purée* five ounces of sifted sugar. Into this stir the gelatine, after having dissolved it in a gill of milk over a low fire, and add the juice of a lemon. Whip the fruit and pass into it as you do so a pint of separately whipped cream. Set specially chosen strawberries in two small border moulds with kirsch jelly, and fill the centres of them with the strawberry cream. Set on ice and turn out when wanted.

**Moulds of
strawberries
à la Victoria.**

8. Water biscuits or Jacob's cream crackers are suitable for this savoury, and a quarter of a pound of kippered salmon will be enough for the requirements of the case. Slice the fish very thinly with a sharp knife, and heat it in a buttered *sauté*-pan over a low fire. In another *sauté*-pan heat the biscuits by stirring them similarly in butter over a low fire. Keep both ready in their pans till the moment they are

**Biscuits with
kippered
salmon.**

wanted, then lay the salmon on the biscuits, and serve them in a hot *légumière* just dusted with Nepaul pepper.

NOTE:—Instead of the gosling a pair of *poulets à la casserole* may be given. This is a fashionable method of serving fowls at the restaurants, and by no means difficult now that proper earthenware vessels can be so easily got. Having trussed the fowl for roasting and seasoned it, lay it in the *casserole* with an ounce of fresh butter. Turn it about over a moderate fire till slightly brown, then put the *casserole*, covered with the lid, into a fairly fast oven and keep it there till the fowl is done, basting frequently with previously prepared brown gravy to prevent burning. There is a good deal in the seasoning which should be well rubbed into the interior of the bird through the vent. That for the best *poulet* I ever tasted was composed as follows:—Bruise a piece of garlic the size of a hazel nut, and add to it a teaspoonful of finely powdered dry *rosemary* besides salt and pepper. The flavour imparted by this is quite excellent, and of Italian rather than French conception:—*Poulo alla caseruolo*. For this I am indebted to Signor Sangiorgi, late proprietor of Kettner's Restaurant.

MENU No. X.

(Autumn.)

FOR A PARTY OF EIGHT.

Crème à la Reine.
Filets de soles frites, beurre vert.
Gigot braisé chevreuil.
Boudins fourrés Talleyrand.
Coqs de bruyère à queue forchue.
Céleris à la moëlle.
Gelée de Bordeaux framboisée.
Beignets Livournaise.

1. Prepare, a day before the party, a veal stock as given in Menu II., and lightly roast a chicken. Remove the flesh from the chicken as soon as it is cold, excluding all skin and browned parts. All the bones and trimmings, crushed with a chopper, should be cooked with the veal stock, of which there should be two pints and a half for eight basins. Strain this off in the evening. The next day take the chicken-meat with half its bulk of bread-crumbs soaked in milk, and pound both together in a mortar, with a tablespoonful and a half of ground sweet almonds, and the hard-boiled yolks of four eggs. Pass this through the sieve to get rid of lumps, gristle, &c., moistening it with a spoonful or so of stock to assist the operation. When this has been done, get cool, removing all the fat that may rise to the surface. Now take a pan and melt an ounce of butter at the bottom of it, stirring in a like quantity of flour; add a little stock, and work the *roux* so obtained without ceasing, gradually pouring in stock, and adding the paste. Let the *purée* now come to the boil; remove

the pan from the fire, and as you pour it into the tureen, stir into it a coffee-cupful of the soup with which a tablespoonful of cream and the strained yolk of an egg have been mixed, and serve. Be careful to clear all white from the yolk, or it may set in flaky pieces, and spoil the look of the soup. Should this by any accident occur the whole should be passed through a strainer before serving.

2. From two medium soles trim eight nice fillets. Lay these on a board, and brush their upper surfaces with a beaten egg. Season with mixture (b), and fold each fillet over like a sandwich: let them set, then brush them over entirely with **Fried soles.** egg, and crumb them with very finely sifted crumbs. Let the crumbing dry well, and then fry them (see page 140 for this). To get them really crisp no plan can be more sure than that advised for whitebait (page 141), *i.e.*, a double process. Give the fish a preliminary fry in hot fat early in the afternoon and let them get quite cold. They need not be kept in long enough to colour. Then for final service give them a second quick fry. On each occasion test the fat, and take care that it is properly hot. Dry well, and help each fillet with a pat of green butter (page 417) the size of a two-shilling piece melting over it, and hand round brown bread and butter, with a cut lemon.

3. Remove the bone from a well-hung, small leg of Welsh mutton and marinate the meat as laid down for roebuck (page 263). To prepare it for cooking fill the place left by the bone with hare stuffing, tie the meat in shape, and set it in **Braised leg of mutton** a stewpan, or roomy *casserole*, with two ounces of **venison** butter, over a brisk fire. Turn it after five minutes' **fashion.** frying, and colour it evenly on the other side. Pour in now as much broth (made from the bone you cut out with trimmings and vegetables to assist it) as will half cover it—about a quart: adding in a sherry-glass of marsala, onions, a carrot, a bunch of mixed sweet herbs, or two dessertspoonfuls of dried herbs, a bunch of parsley, a clove of garlic, and a blade of mace. Bring to the boil, and then simmer slowly on a low fire from two hours and three-quarters to three hours, keeping the pan half covered, and turning the meat after the first hour and a half: baste every now and then with the broth. When done take out the meat and keep it hot while you strain off the gravy, remove the fat, and add to it two tablespoonfuls of red-currant jelly, a dessertspoonful of anchovy vinegar, and two tablespoonfuls of marsala; thicken this, and use this as a sauce. Having prepared beforehand half a gill of hot

melted glaze, brush over the outer surface of the mutton as you dish it, and garnish with glazed button onions, French beans accompanying.

4. For instruction as to the preparation of these turn to page 127, where a recipe for "whitemeat forcemeat" will be found. Make

Moulds of chicken à la Talleyrand. that, and blend with it three ounces of *farce à gratin de foie* (1), page 129. With this fill twelve little buttered *dariole* moulds, and shake the mixture well down into them. Having thus packed the moulds set them, each covered with a buttered paper in a shallow stewpan, or *sautoir*, with a cover (see page 97), and cook in the manner described page 120, till they are done. Then take them out, and with the handle of a small spoon scoop out part of the middle of each, and fill each of the hollows with a teaspoonful of finely minced cooked ham, truffles, and mushrooms, measured in equal parts, and moistened with just sufficient *sauce veloutée* to render it juicy. Cover these openings with some of the scooped-out forcemeat, and smoothe them over, replace the moulds in the pan, and gently poach for five minutes, then take them out, wait five minutes, and lastly turn them out and serve them in a circle upon a flat rice border masked with *sauce veloutée* reduced somewhat thickly. The hollow in the centre of the border should be filled with endive (*chicorée purée*), as described at page 215.

5. Black game, if carefully selected both as to age and condition for cooking, is excellent; they must be hung "*à point*," as the

Roast black game. French cook says, their cleaning and trussing should be delicately conducted, and they should be roasted in

front of the fire well protected with barding of bacon and a wrapping of buttered paper, and basted with butter continually. Towards the end of the roasting, when the barding and bacon are removed for browning, place two good thick squares of lightly-fried bread over the dripping-pan to catch the gravy that drips from the birds. This may have been buttered and spread over with a liver paste as directed for quails, Menu III. Send bread-sauce, strong brown gravy, and fried bread-crumbs (pages 265-66) with quarters of lemon round with black game. Serve them on the fried bread on a very hot dish garnished with watercress. An orange salad (page 252) would be a nice accompaniment.

Celery with beef-marrow. 6. A recipe for the dish here recommended will be found at page 233-34.

7. The ingredients for this jelly are :--A bottle of light claret, a sherry-glass of cherry brandy, the rind of one finely peeled

lemon, and the juice of two ; a pound of raspberry jam. Boil all together in an earthenware or enamelled pan, adding an ounce of gelatine, and strain through muslin. Decorate a jelly mould with crystallised cherries, set it upon ice, pour some of the liquid jelly into the mould, and set the fruit ; after that, gradually add the liquid till the mould is completed. Thoroughly consolidate the jelly in ice, and serve with a pint of pure cream, slightly sweetened and frozen in a *parfait* mould ; or, set the jelly in a border mould and fill the hollow centre with very cold whipped cream.

**Claret jelly
with rasp-
berries.**

8. For this savoury prepare a *pâte à chou* in this manner :— Take seven ounces of flour of the best quality and well dried, put it in a bowl, make a hollow in the centre of it, add two ounces and three-quarters of butter, and mix to a paste with three sherry-glasses of water ; season with mixture (c) ; when mixed and free from stickiness add one by one five yolks, lastly putting in two ounces of grated Parmesan, and three tablespoonfuls of finely-grated ham. Pat the paste with a wooden spoon into a flat, round shape on a floured pastry board, and out of it form a number of small balls the size of a large olive ; brush them over with egg, roll them in finely-sifted crumbs, let this set, and then fry in hot fat till of a golden colour, serving them when dry piled upon a napkin and dusted over with Parmesan.

**Cheese
fritters.**

Half the quantities given would yield enough *beignets* for this party.

NOTE :—It should be mentioned with reference to No. 2 of this Menu that the recipe given for the fillets of soles should be followed in respect of fillets of whittings or smelts. As pointed out, the double frying insures the crispness which is looked for in the case of fried fish, and the little pat of green butter, added as a garnish at the last moment, increases the attractiveness of the dish.

MENU No. XI.

(Spring.)

FOR A DINNER OF SIX.

Bisque de crevettes.

Filets de barbue Tartare.

Côtelettes de mouton Parisienne.

Poulets hôtellière.

Chou-de-mer à la crème.

Crème d'abricot Moscovite.

Gniocchi du Parmesan.

1. Make two pints of white stock, as recommended for *Consommé à la Créole*, Menu No. IX. When done, strain it into a bowl to be ready when wanted. Pick enough cold boiled **Shrimp purée.** shrimps to fill a half-pint pot to the brim : pound these in a mortar with two ounces of butter and pass the *purée* through the sieve : season this with salt, pepper, and a pinch of mace. Pound all the heads and shells also in a mortar, assisted with two ounces of butter, follow the recipe given in page 60, and save the shrimp butter so obtained separately. Now melt an ounce of butter in a stewpan over a low fire, and blend with it by degrees an ounce of flour, stirring into it, when mixed, a gill of broth and the shrimp paste, gradually adding broth till all is expended. Now increase the fire, and stir vigorously till the soup boils and thickens ; then take it off the fire and let it get cool, after which it should be passed through a hair sieve into a bowl. When wanted it must, of course, be reheated, and finished with the shrimp butter mixed into it just at the last. Serve with dice of fried bread. This soup is well worth the little trouble it requires. Some add a tablespoonful

of cream, or milk with which the yolk of an egg has been mixed (see page 46), but a *bisque* is generally considered rich enough without that assistance.

2. After trimming the fillets nicely set them to *marinade* for an hour or so in a dish with four tablespoonfuls of salad oil, one of vinegar or lemon juice, one shallot sliced in rings, a tablespoonful of chopped parsley, one of chervil, the peel of a lemon, and a dusting of salt and pepper. When to be cooked, drain, dry them well, brush them over with egg, and bread-crumbs them with very finely sifted white crumbs; fry them a golden yellow in very hot fat, drain, dry, and serve them with a little pat of *maitre d' hôtel* butter laid on each on a hot napkin, garnished with slices of lemon and fried parsley, a boat of *sauce Tartare* (page 74) accompanying.

**Fried fillets
of brill
Tartare.**

3. Partly roast a neck of mutton; when cold divide it into neat cutlets, trim them, give them a dust of pepper and salt, and place them *en marinade* for the rest of the day. For the accompanying garnish four ounces of onion, half a pound of sorrel, a pound of spinach, and one small cabbage lettuce. Melt two ounces of butter at the bottom of a *casserole*, put into it the onion very finely minced, stir this about till it turns a pale yellow, and then add the whole of the sorrel, spinach, and lettuce, very finely shredded. Stir the vegetables about in the melted butter till they begin to soften, and change colour; after that put into the *casserole* about a quarter of a pint of domestic *sauce veloutée*; stir this well, adding a teaspoonful of powdered white sugar, three salt-spoonfuls of salt, and a tablespoonful of thick cream. Let the vegetables cook for about five minutes, till the moisture is absorbed and they assume the consistency of a stiff *purée*. Meanwhile the cutlets, drained from their *marinade*, should have been gently braised, as explained page 172. When to be dished they should be brushed free from any particles of vegetables and glazed. Prepare a neat border of pounded rice, fill it with the *purée* hot, and arrange the cutlets round the outside of the circle, with bunches of watercress for garnish, *sauce soubise* (page 63) accompanying.

**Mutton cut-
lets with
sorrel sauce.**

4. A pair of small chickens (or a good-sized young fowl) should be procured for this dish. Protect them with bacon and buttered paper, and roast them before a clear fire, basting them with butter. While this is proceeding peel and trim two dozen good-sized fresh mushrooms. Wash and mince up the peelings and stalks, put them into a stewpan with

**Chickens à
l'hôtellière.**

a teaspoonful of minced shallots, the same of parsley, and the same of chervil, two sherry-glasses of chablis or sauterne, and an equal measure of strong broth, cover, put over a low fire, and cook for ten minutes; then pass the liquid through a strainer into another stewpan, reduce somewhat, and mix with it four tablespoonfuls of tomato sauce, two of melted glaze, and two of marsala, boil for two minutes, and keep the sauce thus made hot in the *bain-marie*. Carve the birds neatly, arrange the pieces on a hot dish, garnishing with mushrooms—*champignons gratinés*—page 238.

Sea-kale with cream. 5. For this see page 234. It is very nice served cold, according to the recipe there given.

6. The *spécialité* of creams à la *Moscovite* consists in their being sent to table very cold—not *frozen* as an iced pudding, but so long buried in ice as to be almost as cold. The cream is easy enough. Pass a pound of apricot jam through a fine sieve, or make a pint of *purée* of apricot with freshly stewed fruit sweetened with four ounces of sugar. Boil half a pint of milk; mix into it when cool the yolks of four eggs and make a rich custard. Stir into the custard, while hot, three-quarters of an ounce of dissolved gelatine, and when cool the strained fruit. If not sweet enough, now add a little sugar. Set the mixture in a bowl upon ice, whip it, and when it is beginning to congeal, add half a pint of whipped cream and a glass of noyau. Put this into a mould, with a closely fitting cover, and then bury it in ice for at least two hours, packed in the manner described for *riz à l'Impératrice* (Menu XVIII.) Serve as cold as possible.

7. For this dish please turn to page 387. Serve in a neat **Gnocchi with Parmesan.** *légumière*. An excellent savoury for a small party. Nepal pepper should be handed round.

MENU No. XII.

(Summer.)

FOR A DINNER OF SIX.

Consommé poulaillère.

Rougets Pen Oliver.

Côtelettes d'agneau aux pointes d'asperges.

Dindonneau farci rôti.

Spaghetti Milanaise.

Salade de fruits au kirsch.

Pailles au Parmesan.

1. Prepare three pints and a half of stock, as given at page 28, and procure the giblets of a goose, or those of a pair of ducks; scald, clean them carefully, cut them up small, and put them with an ounce of butter into a stewpan with an onion shredded finely, and fry them a pale golden colour over a low fire; add a glass of marsala, and a gill of beef broth, reduce to a glaze, and then pour in the remainder of the broth. Now put in a large *bouquet garni*, or a muslin bag of sweet herbs; salt must be given if the *bouillon* require seasoning. Simmer for two hours. When the flavour of the giblets has been extracted, stop, strain the soup into a bowl, let it get cold, skim off all fat, clarify it with beef as explained at page 30, strain off carefully, heat up when required, and serve as hot as possible, garnished with very fine strips of vegetables, separately cooked.

NOTE:—For thick giblet soup: After straining and skimming off the fat thicken with butter and flour, and serve with *croûtons* of fried bread. The old-fashioned practice of putting pieces of the giblets into the soup is not to be recommended. A tablespoonful of marsala improves this kind of soup.

2. It would be better to get three good-sized red mullets for this dish than small fish. They are to be cooked, of course, as they are, so do not cut or trim them. Procure at the same time **Red mullet.** half a pound of fish cuttings, and with them make a pint of good fish broth, assisting them with three ounces of onions, a bunch of parsley, and a good allowance of sweet herbs, a blade of cinnamon, and seasoning. Moisten the ingredients with water and white wine in equal proportions—hock, chablis, sauterne, graves, or the remains of champagne. This broth should be very carefully made. To cook the mullets, choose a fireproof china *gratin* dish with a high rim. Butter it liberally. Strew over the butter a good layer of *finer herbes*—mushroom, chervil, parsley, and chives in the proportions given page 85, but one-third in quantity, and prepared in the manner there described. Lay the mullets on this bed and moisten them about an inch deep with the broth, cover the fish with a buttered paper, and place the dish under a gas griller regulated moderately; after five minutes' cooking remove the paper, baste with the broth, and continue this till the fish are done, adding broth as the quantity first put in becomes absorbed. The basting should slightly glaze the upper sides of the fish. Crumbs are unnecessary. Serve the mullet in their own dish laid upon a napkin, a little of the *cuisson* with each portion should be their only sauce. Some preferred wine—burgundy or claret; in that case make the broth in an earthenware *casserole* and cook in fireproof *légumière*. In a kitchen where there is a Dutch oven the fish can be cooked in much the same way. But it will be necessary to turn the dish two or three times during the cooking, so that the heat of the fire may be evenly distributed. I have been guided by Sir Henry Thompson's maxim in this recipe.

3. The lamb cutlets, neatly trimmed, should be lightly grilled or cooked in the *sauté*-pan with butter, and served with new potatoes,

à la maître d'hôtel, garnished with watercress and **Lamb cutlets** *pointes d'asperges* prepared in the following manner
with
asparagus as a sauce :—
points.

A small bundle, say seventy-five heads, of ordinary well-grown asparagus, will suffice for this dish. First of all lay the vegetable on a board and cut off all the tender green part of each piece; see that these are quite clean, and cast the tougher ends into a bowl of water, clean them, wipe them dry, and put them into as much boiling water as will float them nicely, with a dessertspoonful of sugar and one of salt. In a smaller vessel do the same with the green ends, adding half an ounce of butter, but reducing the seasoning in proportion to the quantity of water. Boil

them till tender, when drain them, and lay them on a plate. Add their boilings to the water in the larger pan, the contents of which should now be set to simmer with the object of getting the stalks as tender as can be. When this object has been secured, probably after two hours' simmering, but according to age and freshness, drain off the *cuisson*. Keep it in a bowl, and press all the pulp that can be got from the stalks through a hair sieve into a soup-plate. Now put half an ounce of butter into a stewpan, melt, and mix with it over a low fire half an ounce of flour : cook gently as long as you can without colouring, then begin to stir in asparagus pulp and *cuisson* till you have half a pint of *purée*, expending all the former in the operation. Cut the cooked green ends into half-inch lengths, put them into a small stewpan, moisten with the *purée* (to which a tablespoonful of good cream should be added), and set in the *bain-marie* till wanted, when send round in a hot silver sauce-boat.

4. In the summer, when game is out of season, a turkey poult makes a very nice roast. Stuff with cashu-nut or pine kernel stuffing (page 125), cover the breast with bacon, wrap the bird in buttered paper, and roast carefully forty-five minutes, basting continually with butter. Serve with bread-sauce, brown gravy, and a salad of young broad beans :—

Boil and drain a nice dish of young broad beans from which the skins have been peeled after cooking, dry them on a cloth, lay them in a *légumière*, let them get very cold, sprinkle a few drops of the best vinegar over them, and a tablespoonful of summer savoury, or one of chives, chervil, and tarragon very finely minced and blended.

5. For this please turn to page 384, and, substituting spaghetti for macaroni, follow the recipe there given for *macaroni à la Milanaise*.

6. A fruit salad is always appreciated. An assortment of three or four varieties is sufficient according to the season : Strawberries, bananas cut into discs, cherries stoned with a stoner, and a few purple and green grapes with their seeds removed, make a nice summer salad.

If the merit of a vegetable salad may be said to depend wholly upon its dressing, that of a fruit salad may certainly be attributed to its syrup. A simple recipe for this may be useful :—For a quart of good syrup weigh two pounds of loaf sugar : crush this rather small : put it into a tinned stewpan, and moisten it with five gills of lukewarm water ; melt the sugar in this, and put the vessel on the fire, bring its contents to the boil, and continue that for five minutes,

**Turkey poult
roasted and
stuffed.**

**Spaghetti à
la Milanaise.**

**Fruit salad
with
kirsch.**

then put into it the fleshy part of two juicy lemons, carefully excluding skin and pips: now draw the pan to the side of the fire, and only permit simmering at the edge of it. The syrup will gradually become clear, skim it then carefully, and strain it through a tamis cloth. Both fruit and syrup should be very cold. The liqueur should be added just at the last when blending the salad—a sherry-glass enough for a quart. Cream is sometimes handed round with a fruit salad: when this is done it should be very cold.

Cheese straws. 7. For these see page 421.

NOTE:—As perhaps a little savoury better liked for a summer dinner, the following might be tried:—

Parmesan Livournaise:—Whisk together two gills of cream and sufficient grated Parmesan or dry Gruyère to make a rather stiff mixture: put this into little china cases, without smoothing, capping each with an *olive farcie*. Scatter garden cress over, and serve with oat biscuits.

As an alternative dish in the case of No. 4, Menu X., the following might be given:—

Quenelles de volaille fourrées aux truffes:—Order a good-sized fowl to be sent in plucked, but not drawn or trussed. Clean and cut it up, taking all the white meat from the breast, wings, and sides. Set aside the legs and thighs for a dish at some other meal, and put the rest of the carcase, skin, fragments, bones of the wings, and giblets, into a stewpan, with the usual allowance of vegetables and seasoning to make broth for the sauce (page 61). Let this be done the day before the dish is wanted. Simmer for two hours, skim, strain, and thicken, thus obtaining a good domestic *sauce veloutée*. Now make with the white meat a *farce à quenelle de volaille* (page 130), and prepare a *salpicon* of truffles—a teaspoonful for each *quenelle*—very finely minced, and moisten it with a little of the sauce stiffly reduced to the consistency of thick cream. When mixed the mince should be about as thick as jam. Proceed to form the *quenelles* in moulds, as explained at page 178. Cook in the manner given page 120. When done let the *quenelles* remain in their moulds, and using the handle of a saltspoon, scoop out a hollow in each for the reception of the *salpicon* as explained page 178, for *quenelles fourrées*. Dish in a circle overlapping each other upon a flat *socle* of rice masked with the sauce, and garnished with *fonds d'artichaut*.

**Chicken
quenelles,
with truffles.**

MENU No. XIII.

(Autumn.)

FOR A DINNER OF SIX.

Consommé de perdreaux.

Matelote d'anguilles.

Poulet Villeroy.

Longe de mouton, chasseur.

Coquilles de topinambours.

Beignets de pêches.

Canapés Bombay.

1. Take two partridges—old ones will suit our purpose well enough : roast, let them get cold and cut them up, saving the breast meat and breaking all the rest as small as possible with a chopper. Make a *bouillon*, proportions as given page 28, as usual, strain, and let it get cool ; remove all fat that may rise to the surface, and when quite clear, pour it into a large bowl. Now take all the pieces of partridge, including the bones and giblets of the birds, &c. ; set them in a stewpan with four ounces each of sliced onions, a carrot, and an ounce of celery sliced, herbs, seasoning, and four ounces of clarified suet ; fry, and proceed, as advised for *fumet* (page 317), to extract the partridge essence ; strain, and add this, when it is ready, to the *bouillon* : let it get cold : then clarify with meat (page 30). It should be a nice, bright, clear, *consommé*.

Some people serve neat strips of the birds' breasts with the soup or *quenelles* made of that meat, seasoned, and formed about the size of olives (see page 127).

This very excellent dish should be tried at small parties oftener

should be placed under the birds during the latter part of the roasting, to catch the dripping gravy. This they laid afterwards in the hot dish with the birds upon them. If the toasts were placed on a wire drainer just above the dripping-pan, so as to avoid soddening, they would no doubt be savoury, and a pleasant adjunct to the grouse; but beware of grease.

Bread sauce (see page 70), fried bread-crumbs (page 65), and clear gravy (page 66) should accompany.

5. I propose to serve this dish in small *darioles*, one for each guest. For these allow one good-sized artichoke for each person, boil them, let them get cold, then strip the leaves, scraping off the fleshy part adhering to them with a silver dessert knife into a bowl; when this has been all removed, scoop out the chokes, and add the *fonds* to the part scraped off and an ounce of butter, mash all together with a fork, and pass the *purée* through a fine sieve, returning it to the bowl. Now, with half a pint of giblet broth (page 61), proceed with the yolks of four raw eggs—over a low fire—to make a savoury custard, adding half an ounce of gelatine; when dissolved, empty the custard into a bowl set over ice and whip it, adding the *purée*, and lastly a gill of whipped thick cream. Let this rest while you prepare six plain *dariole* moulds, and fill them with the mixture. Set them tops downwards in a deep dish containing broken ice, with a baking-sheet laid over them with broken ice upon it, and leave them for an hour to set. When wanted, dip the moulds in lukewarm water, turn out the little creams, arrange them in a cold *légumière* in a circle, garnished with broken aspic jelly and sprigs of watercress. *Sauce d'Argenteuil* (page 217) might accompany.

6. Steep an ounce and a half of gelatine in cold water. Make a rich custard with eight yolks of eggs, three-quarters of a pound of sugar, and a pint and a half of boiled milk. Add the gelatine to the custard while the latter is hot, and stir it until it is dissolved; flavour it with essence of vanilla, then strain it into a bowl. Put one ounce each of mixed candied orange peel, preserved ginger, and citron, and two ounces of sultanas, cleaned and cut up, into a *sautoir*; moisten the mixed fruit with a gill of kirsch, and stir gently over a low fire. As soon as the kirsch is absorbed, take the pan off the fire. Put a mould upon ice, add a coffee-cupful of whipped cream to the custard, mix well with a whisk, and pour a half-inch layer of this into it first; when set, one of the minced fruit; when that is set, a layer, half an inch thick, of crushed ratafias; then another set of layers of custard, fruit, and ratafias, and so on till the mould is filled, setting each layer

**Orleans
Pudding.**

with custard firmly before adding the next ; bury it in ice and let it rest for an hour, then turn it out and serve.

For the sauce, which should be very cold, a syrup (page 493) flavoured with kirsch, sharpened with lemon and tinted pink with cochineal, will be found agreeable. It is obvious that any liqueur, even rum, may be used instead of kirsch.

7. Fry in butter, and make crisp in the oven afterwards just before serving, six or eight oblong slices of bread, cut a quarter of an inch thick, and in length and width a little larger than a sardine. The fish should be prepared in this **Croûtes with sardines.** way: Take them carefully from the tin without breaking them. Free them from oil, as explained page 414, and pick off the skins, then with a slice lay them in a row on a small well-buttered *gratin* dish, dust over them a seasoning of pepper (Nepaul) and salt, and sprinkle them with finely minced capers, chervil, and parsley ; push the dish into the oven, at the same time putting in the fried *croûtes* to crispen, and have ready an ounce of melted glaze. As soon as both fish and *croûtes* are very hot, draw them out of the oven, lay the *croûtes* in a very hot *légumière*, with a slice lift the sardines one by one and put them on the toasts, and brush over them with the melted glaze.

N.B.—A dusting over all of powdered Bombay duck (page 497, (one enough) seasoned with pepper, and warmed in front of the fire, adds to the savouriness : serve very hot.

MENU No. XV.

(Winter.)

FOR A DINNER OF SIX.

Potage de lièvre lié.

Filets de sole Chevreuse.

Fricandeau au chicorée.

Faisan au riz.

Salsifis, sauce d'Argenteuil.

"Carlton pudding."

Petits bouts Napolitaine.

1. Skin and clean the hare, saving all the blood in a cup : reserve the *râble* (see page 258) for a roast on another occasion, and use the rest for the soup as follows :—Break it up into small pieces
Hare soup with a chopper, crushing the bones well, and put them
thickened. into a stewpan with six ounces of raw lean ham minced, a quarter of a pound of clarified suet, ten ounces of sliced onions, six of sliced carrot, and a good sprinkling of herbs ; season with pepper and salt, and fry the meat over a brisk fire for five minutes. Moisten this with a quart and a half of beef *bouillon*, made as directed at page 28, or of good domestic stock (page 44), and add two sherry-glasses of claret or Rioja. Bring this slowly to the boil, skimming as in the case of *pot-au-feu*, and after reaching that point simmer gently for two and a half hours. Now strain off the broth from the meat bones, &c., let it get cold, then skim off all fat carefully. Next choose a clean stewpan, and having mixed a *roux* of an ounce and a half of butter and two ounces of flour, proceed by degrees to add and thicken the broth. Let this come to the boil

and serve. To thicken with blood : take a small saucepan, and mix in it the blood that was saved with some of the soup cooled slightly from the stewpan ; thoroughly amalgamate these (in the *bain-marie*), and when well blended add the mixture slowly through the pointed tin strainer, to the gradually reheating soup. Let this come *nearly* to the boil, skim, and then serve. There are other ways of making hare soup, especially that called *potage à la purée de lièvre*, with pounded meat, red-currant jelly, lemon juice, and plenty of port wine. See Menu No. XIX. The use of the blood is of course quite an optional matter.

2. One large sole neatly trimmed and filleted should be enough. Set the fillets aside while you make a good fish broth with the bones, skin, and trimmings moistened with water and white wine in equal proportions and assisted with vegetables as already explained. While this is simmering prepare a farce with four ounces of whiting freed from bones, (see page 129). Lay out the fillets on a board, spread a layer of the farce over their upper sides and fold them in two enclosing the farce. The broth being now ready, strain it from the bones, &c., and having arranged the fillets in a *sauté*-pan with an upright rim, moisten them with it, add a claret-glass of chablis or sauterne, cover them with a buttered paper, and simmer gently twenty minutes. Have ready a thickening of an ounce of butter and one of flour, so that when the fillets are done the broth in which they were cooked (assumed to be about a pint) can be turned into a sauce at once, to which a gill of tomato sauce should be added. Boil fast for five minutes to reduce somewhat, add an ounce of butter, and pass through a strainer over the fillets, which should have been neatly arranged on a hot dish after having been drained from their *cuisson*.

3. For this a nice thick piece of the fillet of veal, or "cushion," should be chosen, three pounds in weight, trim it neatly, beat it with the flat of a wet knife, lard the upper side with fat bacon (see directions for larding, page 170), and lay it in a *fricandeau* pan with three ounces of clarified suet or dripping, the trimmings of the meat, six ounces of onions minced, two of bacon in dice, two ounces of carrots, and two ounces of turnips sliced, half an ounce of salt, and a *bouquet garni*. Set this over a moderate fire, and when the fat has melted, place the veal upon the vegetables, and fry for seven minutes ; then moisten with half a pint of good broth, and continue the cooking till the broth has somewhat reduced and thickened ; then add a pint and a half more broth.

**Fillets of
soles à la
Chevreuse.**

**Fricandeau
with endive.**

This should be level with the top of the meat. At the first signs of boiling take the pan from the fire, and put it into a gentle oven, let it simmer for an hour and a quarter with the pan uncovered, basting it often with its own broth. By this time the meat should be done and the broth a good deal reduced, gelatinous and savoury. Baste now without ceasing until you have glazed the *fricandeau*, then take it out, and dish it on a very hot dish. Quickly strain the gravy from the stewpan, skim off any grease there may be, pour it over the meat, and serve. Let a *purée* of endive (*chicorée frisée*) (see page 215) accompany it.

4. As a change, when game is plentiful, a boiled pheasant is decidedly nice. Besides, birds that are not quite as young as might be desired for roasting can be thus utilised. A fine cock bird will suffice for the party. After cleaning it the cavity should be filled with Dubois' stuffing for ducklings, page 126 : then wrap the bird in fat bacon, and lay it in a stewpan with its giblets scalded and cut up, four ounces each of onions, carrots, and turnips sliced, a muslin bag containing a tablespoonful of dried sweet herbs, and an uncut clove of garlic ; cover with *boiling* broth, and set over a brisk fire for five minutes, then reduce the heat to gentle simmering. In about an hour and a quarter the bird should be done, when it should be taken out, kept hot, and the broth strained from the vegetables. Have ready, prepared beforehand, a *roux* of an ounce and a half of butter and two ounces of flour, stir the broth gradually into it, and thus produce a nice white sauce, finishing it with the yolks of a couple of eggs. Six ounces of rice having been separately prepared (page 389) and kept hot in the vessel in which it was cooked. The bird should be dished on a hot dish, the rice arranged round it the former being neatly masked with some of the sauce. Grated Parmesan and the remainder of the sauce may be handed round, *Pommes de terre sautées à la Lyonnaise* accompanying.

5. Please turn to page 235, and cook a bundle of salsify as there advised, adding a tablespoonful of flour to the water to assist in keeping the roots white. When done drain the salsify and put it aside on a dish to keep cold. This in winter can be done without ice. When the time comes for serving arrange the roots neatly in a *légumière*, sprinkling them with a few drops of tarragon vinegar, and garnishing with watercress. Send round *sauce d'Argenteuil* (page 217) in a boat.

6. Put into a basin two ounces of crushed ratafias, two of macca-

**Boiled
pheasants
with rice.**

**Salsify cold
with Argen-
teuil sauce.**

rooms, and four ounces of stale sponge-cake crumbs, eight ounces of finely minced suet, and three ounces of Demerara sugar. Mix together, adding four ounces of chopped apples, two tablespoonfuls of apricot jam, a sherry-glass of rum, the juice of a lemon, and, one by one, four eggs. Mix the whole thoroughly. Butter a plain charlotte mould liberally, using a brush, put in the pudding mixture, cover the exposed end of the mould with a piece of buttered paper, tie the mould up in a scalded cloth, and boil for three and a half hours. Finally remove the cloth, turn out the pudding on a hot dish, and serve it with :—

**Carlton
pudding.**

Apple sauce :—Put eight ounces of thinly sliced apples into a stewpan with four ounces of butter and four of sugar : stir over the fire till the apple is soft, all the moisture of the apples exhausted, and a honey-like marmalade produced ; to this add a tablespoonful of apricot jam, and a sherry-glass of rum, the juice of half a lemon, and a gill of hot water ; boil up, and pass through a strainer into a sauce-boat.

7. Take a dozen fillets anchovies from the bottle. Free them from oil in the manner described for sardines, page 414. Pound them with an ounce of butter to a paste, work this with a fork with six tablespoonfuls of hot cooked macaroni cut into little pieces, add to this a hard boiled egg also chopped, moistening all with a tablespoonful of melted butter ; put this mixture into six small *coquilles*, smooth over their surfaces with a palette knife, dust them over with grated cheese, and bake till nicely hot. Serve on a serviette in a hot *légumière*.

**Neapolitan
scallops.**

MENU No. XVI.

(Spring.)

FOR A PARTY OF SIX.

Potage Nivernaise.

Filets de limandes Chivry.

Noisettes de mouton Florentine.

Petits poulets grillés Toscane.

Navets nouveaux Wyvern.

"Princess May Pudding."

Soufflé au Gruyère.

1. Having *made bouillon*, as usual, for a clear soup, take six or eight little spring carrots, wash and scrape them well, and cut out of them a number of strips about an inch and a half long and the thickness of a penny-piece, using both the orange-coloured centre and the scarlet outer part.

**Nivernaise
soup.**

Melt an ounce of butter in a small stewpan, put into it the carrot pieces, and fry gently over a low fire, adding a saltspoonful of powdered sugar, with a dusting of pepper and of salt. Before they take colour moisten them with sufficient broth from the soup kettle to cover them well, simmer very slowly for half an hour, testing them occasionally lest they get too soft : when they are done, skim, drain, and lay them in the soup tureen, pouring the clear broth over them.

2. Choose a couple of lemon soles, or one large one ; have the dark skin removed and the fish filleted. Lay the fillets on a wet board, brush their upper sides with egg, dust over that a thin layer of finely minced parsley and tarragon, and roll up the fillets, securing each in shape with a piece of twine, thus forming *paupiettes*. Poach these carefully in a broth made from their own bones and trimmings,

**Sole fillets
with Chivry
sauce.**

sharpened with a dessertspoonful of anchovy vinegar. When done (which can be found out by testing them with a pointed skewer) place the *paupiettes* on a hot dish, sever and remove the twine, and cover them up.

For the sauce :—Strain off the broth from the fillets into a bowl, skim, and having ready a *roux* of half an ounce of butter and half an ounce of flour, gradually mix in the former : bring to the boil, and when of a nice consistency strain it into a hot sauce-boat ; now stir into it an ounce pat of herbs butter, made as given for *sauce verte*, page 59. After adding this to the sauce the latter will turn a pale green ; finish with the yolk of an egg, and pour the sauce over the fillets.

3. Six nice *noisettes* can be cut from the fleshy part of six loin chops. Shape them in ovals two-thirds of an inch thick, lay them on a damp board, and bat them with a cutlet bat. Cut as many neat *croûtes* as there are *noisettes* of the same dimensions, and fry them in butter. Cook the *noisettes* briskly in the *sauté*-pan, drain, lay them on the *croûtes*, with a grilled mushroom on the surface of each one, serving them in a circle round a dome of spaghetti *à l'Italienne*, cooked as explained (page 383) for macaroni, the following sauce accompanying in a sauce-boat :—

**Mutton
scallops
Florentine.**

Sauce Florentine :—With the bones and trimmings of the mutton, an ounce of glaze, the peelings and stalks of the mushrooms, and a good allowance of vegetables, a *bouquet*, and seasoning, make a three-gills broth. Reduce a gill of Orleans vinegar to half the quantity, boiling with it a dessertspoonful of finely minced onion. With an ounce of butter and the same of flour, make a *roux*, stir in the broth (three-quarters of a pint), add the reduced vinegar, boil up, and simmer for a quarter of an hour, and finish with a tablespoonful of tomato conserve. Colour with a few drops of Parisian essence, and pour into a hot sauce-boat through the pointed strainer.

4. A pair of spring chickens should be split for grilling by the poulterer : and in due course, having been carefully grilled, they should be dished on a hot dish with bunches of watercress for garnish : new potatoes, plain brown gravy, and pine kernel sauce, with a cos lettuce (*Romaine*) salad accompanying.

**Spring
chickens with
pine kernel
sauce.**

5. Procure a bundle of the young radish-shaped turnips, which in the early spring are to be got in London, selecting them small rather than large ; trim them, leaving about three inches of their leaves intact, wash and dry them. Put an ounce of butter into

a shallow stewpan, set it over a moderate fire, melt, and add three ounces of minced onion with half an ounce of chopped parsley ; fry this until beginning to colour, then moisten with three gills of warm milk and one of warm water, season with salt and white pepper, and bring slowly to the boil ; skim now, and lay in the turnips, let boiling point return for two minutes, and then reduce the heat under the vessel, cover the surface with a sheet of buttered paper, put on the lid, and simmer very gently until the turnips are tender. Now take them out, drain, and arrange them in a hot *légumière*. Keep this covered. Next strain off the *cuisson* into another vessel, set it over a low fire, and work into it an ounce of *beurre manié*, described page 56, with the raw yolk of a fresh egg ; stir till this thickens slightly, sharpen with lemon juice, pour it over the turnips through a pointed strainer, and serve.

6. Boil a pint and a half of milk with a few drops of lemon essence and three ounces of sugar ; then strain, and let it get cold. Beat up six eggs, and pour the flavoured milk upon them. Put **Princess May** this into the *bain-marie*, and stir gently over the fire **pudding.** until it thickens. Dissolve an ounce of gelatine in a little milk, add it to the above while warm, and stir the custard until nearly cold. Whip it well, adding by degrees two ounces of powdered *praline* (page 454) and a coffee-cupful of cream well whipped, then pour the mixture also by degrees into a mould, set upon ice, garnishing with two ounces of chopped apricots *glacés* and one ounce of citron peel or preserved ginger cut very small, in layers, setting them carefully. When the mould is quite filled, lay a paper over the top, and upon that a baking-sheet containing broken ice. Keep it thus for an hour, and when set, turn it out, and serve as cold as possible. For the sauce, tint half a pint of plain syrup a rosy pink with cochineal, flavour this with a liqueur glass of kirsch, and send it round very cold.

Gruyère
soufflé.

7. A recipe for this *soufflé* will be found on page 397. Do not omit the little bits of Gruyère, for they are quite characteristic of the dish.

MENU No. XVII.

(Summer.)

FOR A DINNER OF SIX.

Crème de pois verts.
Filets de saumon Béarnaise.
Vol-au-vent Philippine.
Levraut rôti.
Fèves de marais Wyvern.
Parfait en demi-deuil.
Croquettes Sicilienne.

1. With one shilling's worth of fowl giblets and a pound of veal scraps make a good broth without colour as follows:—Chop up the giblets after washing them in cold water, put them into a stewpan with the veal scraps, cover them with cold water, giving them a quarter of an ounce of salt; set over a low fire, bring slowly to the boil, skimming off the scum as this is proceeding, and then put in four ounces of turnip, carrot, and onions, a piece of celery (say a quarter-ounce), a *bouquet garni*, and two ounces of leeks. Simmer for an hour and a half or two hours, then strain off, set to cool, and take off any fat there may be. There should be quite three and a half pints of the broth. Procure a quart of green peas in their shells as young and tender as possible—it is a mistake to reserve tough old peas for green pea soup—one lettuce and a cucumber: put the stock on to boil while this is progressing, shell the peas, casting the shells into a bowl of cold water and keeping the peas in another separately. Wash the shells, dry them, slice them into thin shreds, and put them into a quart of the

**Green pea
soup.**

broth : when it boils reduce to simmering, putting in also the heart of the lettuce shred, and six ounces of the cucumber cut into dice. As soon as a good flavour has been extracted, strain the broth, put in the peas, boil them in it, strain again, pass them through the sieve, and proceed, in a fresh stewpan with an ounce and a half of butter and an ounce and a half of flour, to thicken the broth, blending the *purée* of peas with it during the process. The soup will be ready when this is completed. Some stir in a tablespoonful of cream to finish with, and some beat up the yolk of an egg with a small quantity of the soup—carefully excluding the white—and add that in the same way. It is well worth the trouble to boil the shells in the manner described, for the flavour thus produced is much stronger. Small *croûtons* of fried bread may accompany, but dried mint is out of place with green pea soup.

2. Choose a piece of the tail end of salmon for this ; one pound and a half enough. Remove the flesh from the bone on both sides, peel off the skin, and then make eight neat fillets of the salmon, cutting them first lengthwise according to the natural divisions of the fish, and then across. Season the fillets with pepper and salt, brush them with beaten egg, and roll them in finely sifted bread-crumbs : fry these, when the crumbing has set, in clarified suet, turning them about till they are nicely coloured. Arrange them when cooked on a flat dish garnished with small new potatoes chosen of an equal size, and send round *sauce Béarnaise* in a boat. This should be made according to the recipe given at page 67.

Fillets of salmon, Béarnaise sauce.

3. Though perhaps an old-fashioned dish, a *vol-au-vent* is always welcome, but then the *ragoût* of which it is composed must be very carefully made, and the case must be of the lightest puff-pastry. In this case a *ragoût* of sweetbread with artichoke bottoms and a few mushrooms should be prepared. With half a pint of the stock prepared for the soup make a good *sauce veloutée* (page 83), using three-quarters of an ounce of butter and the same of flour, bring to the boil, put in two ounces of fresh light-coloured mushrooms cleaned and cut up, simmer this in the sauce till the flavour is extracted and the sauce somewhat reduced, assisting it with a gill of milk and finishing with a tablespoonful of cream. Into the stewpan containing this sauce (which need not be strained) put one good-sized cooked sweetbread cut into inch pieces, six artichoke bottoms prepared as given page 220, and a dozen discs the size of a two-shilling piece stamped with a round cutter out of sliced cooked

Vol-au-vent of veal with artichoke bottoms.

tongue. Keep this in the *bain-marie* at moderate heat till required.

For the case make a pound of puff-paste, following the directions given at page 339. Give the paste six turns, and roll it out three-quarters of an inch thick. Cut out of this as neatly as possible an oval piece the size you wish your *vol-au-vent* to be. An oval nine and a half inches long traced round the rim of a pie-dish of that length laid on the paste to guide the knife would do. You will then have an oval piece of pastry three-quarters of an inch thick: place this upon a buttered baking-sheet, mark out the interior oval, leaving an inch margin all round, and brush the surface and side with a beaten egg. Let the knife cut this tracing to a depth of a quarter of an inch. Now put the sheet in the oven, which should be fairly brisk and closely shut, and when the paste is baked (about twenty-eight or thirty minutes), remove the top of the inner oval (which you will find has risen) for a cover: then scoop out the uncooked paste inside the case: brush the whole case thus formed with egg again, and bake it for about five minutes. After this the pastry will be ready. Remember that in the first baking the oval wall will have risen nearly three inches high.

To complete the dish, having the pastry case quite hot from the oven, put it upon a flat silver or fireproof china dish, fill its hollow with the *ragoût*, lay over the top the hot cover, and serve.

4. A leveret makes a nice roast late in summer. It needs a very delicate stuffing, and every assistance to maintain moisture during the cooking. The stuffing should be composed of one-third of the liver forcemeat, (1) page 129, and two-thirds ordinary hare stuffing, bound with a well-beaten egg.

**Roasted
leveret.**

The back of the leveret should be larded with bacon, or covered with bacon barding, and then wrapped in buttered paper. Basting must be patiently carried out, and towards the end of the roasting (say in twenty-five minutes) the coverings should be removed for browning. Serve with *sauce soubise* and half a pint of brown gravy with which two tablespoonfuls of red-currant jelly have been mixed, and the juice of a lemon. A tomato salad might accompany.

5. When about three parts developed broad beans make a very nice *entremets* in this manner:—Shell sufficient beans to fill a quart measure to the brim. Put a half-gallon stewpan on the fire two-thirds filled with water, season this with a dessertspoonful of salt, and put into it half an ounce of fresh butter, let it come to the boil, then put in the beans, boil till tender, *i.e.*, till the shell easily parts from the bean

**Broad beans
with custard
sauce.**

when pressed gently between the finger and thumb. Then drain them in a colander, saving the *cuisson*, pour cold water over the beans, and then pinch them out of the skins. Next, melt an ounce of butter in a quart stewpan, mix in over a low fire an ounce of flour, when well cooked, yet not coloured, stir in by degrees three-quarters of a pint of the *cuisson*, bring to the boil, take off the fire, add a coffee-cupful of the broth in which the yolk of an egg has been mixed with a tablespoonful of cream, stir well, put in the shelled beans, and set the stewpan in the *bain-marie*; warm up when required, but do not let the sauce boil, adding a tablespoonful of minced summer savoury (*sarriette*), and serve as hot as possible in a *légumière*.

6. This is a *parfait* in which whipped chocolate cream and whipped vanilla cream are blended at haphazard so as to present a marbled appearance. A pint and a half mould—it should be an hermetically closing one—will be large enough. Commence by making a custard with a gill of water and the yolks of ten eggs, sweeten this, and when nicely mixed put half of it in one bowl and half in another, flavour one with vanilla and stir three ounces of well-mixed chocolate into the other; whip both well over ice, adding to each when well frothed a gill of stiffly whipped cream. Now fill the mould, taking spoonfuls of the two whipped mixtures alternately, and allowing them to settle in the mould of their own accord, put a round of paper over the bottom, close the mould securely, and then bury it in ice as described for *parfait au café*, Menu No. IV. Allow four hours for the freezing, then turn it out and serve.

7. For this turn to page 384, and prepare two ounces of spaghetti broken quite small, exactly as there described for macaroni à la Napolitaine, reducing the quantities by one-third. When completed, moisten with a gill of white sauce with which two yolks of eggs have been mixed; stir the whole over a low fire, but without boiling, and when the mixture thickens turn it out into a soup-plate. Put it in a cold place to get cold and firm: then divide it into portions the size of the bowl of a tablespoon. Roll them in very finely sifted crumbs, let this dry well, then dip them in beaten egg (page 124), and roll them again in bread-crumbs with which grated cheese has been mixed in the proportion of one-third. Let this dry, and then fry the *croquettes* in hot fat in the manner described for fritters, page 330. Serve them, after carefully draining and drying, in a *légumière*, scattering finely grated Parmesan over them.

**Chocolate
and vanilla
parfait.**

**Spaghetti
croquettes
with cheese.**

MENU No. XVIII.

(Autumn.)

FOR A DINNER OF SIX.

Queue de bœuf Indienne.

Orlys de merluche Portugaise.

Carbonade aux champignons.

Bécassines (ou pluviers d'or) sur croûtes

Coquilles de chou-fleur.

Riz à l'Impératrice.

Croûstades de crevettes l'Indienne.

1. Make *bouillon*, following the recipe for *pot-au-feu* (page 28), omitting clarification. This should be prepared the day before. Take a small ox-tail, divide it at the joints, and chop these pieces in halves, put these into a stewpan with three ounces of clarified suet, four ounces each of onions and carrots, minced small, a *bouquet* of herbs, and a slight seasoning of mixture (b). Fry over a moderate fire till beginning to take colour, then moisten with the *bouillon* (warm), bring to the boil, and simmer slowly till the tail meat is tender and leaves the bone on pressure. At boiling point just before the simmering put in a muslin bag containing the ingredients given page 288. Follow the advice there. Keep this in the soup during the simmering till a distinct curry-like flavour has been imparted to the soup, when it may be taken out. When the ox-tail pieces are cooked, strain off the soup, let it get cold, carefully skim, and when the surface is clear clarify with three-quarters of a pound of finely minced gravy beef and one egg, as explained page 30.

NOTE:—Without the curry flavour the soup would be clear oxtail.

2. Trim a fresh haddock of medium size in the manner explained page 138 : poach the two side-fillets as there described for five minutes only, then set them on a dish with one slightly weighted over them. When cold make eight or ten smaller fillets, about two inches long, half an inch thick, and an inch wide. Let them *marinate* on a dish sprinkled with lemon juice or vinegar, pepper, salt, chopped parsley, and sweet herbs. At least two hours before it will be required prepare a bowl of batter (see page 330), setting it aside as there directed. When the time approaches for the cooking of the fish, prepare the *friture*-pan, put the fat into it, and set it over a brisk fire : put the bowl of batter near the fire, adding the whites of the eggs to it : put the fillets of fish in their dish handy. Then having drained them from the *marinade* and wiped them dry, dip the fillets into the batter, using a skewer for the operation, and pass them one by one into the *friture*-pan, and as soon as they turn a nice deep yellow, lift them out, drain them on a drainer, set them in the oven for two or three minutes to dry, and serve them, crisp and dry, piled on a serviette garnished with fried parsley and slices of lemon.

For the sauce :—Having made a well-flavoured fish broth with the head, bones, and trimmings, adding the proportion of vegetables and herbs mentioned (page 138), reduce this to half a pint, and make with it and a pound of tomatoes a rather thin sauce, following the recipe given page 222.

NOTE :—*Portugaise* sauce for fish may be described as a tomato sauce mixed with strongly reduced fish stock.

3. Select a shoulder or loin of the best Welsh or small Scotch mutton, bone, dry, and flatten it out upon a clean board. Dust it over with seasoning (*b*), and cover it with thin slices of cold cooked bacon. Make a bowl of mushroom stuffing (page 125) and spread it evenly over the bacon, roll the meat carefully up, and secure it in shape with tapes. Put three ounces of clarified suet or dripping into a large stewpan over a fast fire, with four ounces each of minced onions, turnips, and carrots, an ounce of celery, a *bouquet garni*, and a tumbler of chablis or sauterne ; lay the mutton on this bed, and turn it over with the frying vegetables till it takes colour. Now moisten with a quart or so of hot broth made from the bones and trimmings, bring to the boil, reduce the fire, and braise the mutton over a very low fire for two hours, keeping the vessel half covered. Dish it on a hot dish, and brown its surface with melted glaze. Strain off the broth, remove the fat, flavour it as for *game* with a

**Loin or
shoulder of
mutton
stuffed.**

dessertspoonful of red-currant jelly, the juice of half a lemon, and a glass of claret ; let it boil up, skim, strain it into a hot sauce-boat, and serve. Garnish the dish with grilled mushrooms, and send round potatoes *à la maître d'hôtel*.

Those who like to have their *relevé découpé* (*i.e.*, carved in slices), and handed round on a silver joint dish, can easily have their wishes carried out with a *carbonade*.

4. A bird will be required for each person : they should be tenderly handled, and, of course, not drawn. Roast them in the Dutch oven with their breasts barded with fat bacon, baste with butter, catching all the drips from the birds while cooking. Serve on crisp squares of toast, which have been spread with the melted butter and gravy thus saved, as hot as possible.

**Roast snipes,
or golden
plover.**

Finely sliced chips of potato may accompany, and a winter salad of *stachys Faponaise*, page 229.

5. This is an *entremets* of cauliflower sprigs (*bouquets*) served *au gratin* in *coquilles*, see page 211.

**Cauliflower
scallops.**

6. Blanch a quarter of a pound of the best Carolina rice in boiling water till about half done, then drain it and put it into a stewpan with a pint and a half of good boiling milk, and five ounces of sugar, and flavouring of vanilla ; stir well, and simmer till the rice is done. Let it get cold. Next prepare a *macédoine* of minced crystallised fruits—say four ounces in all—selecting from greengages, cherries, apricots, pineapples, preserved ginger, and citron. Moisten with two tablespoonfuls of maraschino or kirsch, and put the mince away in a soup-plate. Now strain the milk from the rice, measuring sufficient of it to half fill a quart mould ; turn this to a rich custard with the yolks of four eggs, stirring in half an ounce of dissolved gelatine ; next set a bowl over a basin of broken ice, put the custard into it, and whisk it to a froth, blending with it two gills of whipped cream ; put some of this into a mould over ice, and as it begins to set, stir into it by degrees, loosely, the rice and the fruit, repeating the process by layers till the mould is filled. Now cover it with the lid of a stewpan, lay ice on this, and round the mould as well, and an hour and a half will suffice to set the cream well.

**Rice cream à
l'Impératrice.**

With this, or any cold pudding, *sauce mousseuse* is acceptable :—Make two gills of custard, sweetened and flavoured as may be liked, cool this over ice in a bowl, then whisk it for fifteen minutes briskly, finish by adding to it a gill of stiffly-whipped cream. Serve in a silver sauce-boat.

7. Calculate a heaped-up tablespoonful of picked shrimps for each guest, and prepare six *croûstades* of the paste given page 98, forming them in round mince pie pans. In a stewpan over a low fire melt an ounce and a half of butter, fry in it four ounces of finely minced shallot : let this colour nicely, then add a teaspoonful of curry powder, one of tamarind chutney, and one of curry paste ; cook slowly with the butter and onions, adding a gill of cocoanut infusion, page 275. Stir for five or six minutes, keeping the fire very low, then put in the shrimps, cook very gently, and continue stirring to prevent catching, and to encourage absorption ; by degrees the object will be effected, and when the shrimps are all separated from each other, all moisture absorbed, and a sort of powderiness obtained, they are ready. Having the *croûstade* cases heated, pile the allowance of shrimps in each, and serve as hot as possible.

NOTE :—With reference to snipe and golden plover, a very nice *entrée* can be made of them in this way :—

Turban de bécassines (ou pluviers d'or):—Calculate one bird for each guest. Lightly roast them : let them get cold, then cut off each breast whole with its bone. Mash up the remaining portion, and put the *débris* into a stewpan with eight ounces of onions, one of celery, a teaspoonful of sweet herbs, and a seasoning of salt and pepper ; moisten with a pint and a half of broth, setting this over a low fire ; heat up gradually, and as soon as the contents of the pan come to the boil, simmer for an hour gently to get the essence of the snipe bones. Strain off the broth, and set it to get cold. Next skim, and commencing with a *roux* of an ounce of butter and one of flour, proceed over a low fire to thicken the broth, completing the sauce thus produced, after it has come to the boil and is simmering, with a claret-glassful of claret, a teaspoonful of red currant jelly, and a dessertspoonful of Orleans vinegar which has been reduced from a gill.

Separately prepare a chicken forcemeat (page 127), assisting it with a tablespoonful of the sauce, and when worked sufficiently, put it into a well-buttered flat-topped border mould, and cook as described page 120. Turn it out when done, and garnish the top of the turban with the snipe heads and beaks. Meanwhile the breasts originally cut off should have been kept marinading in the sauce, and when the border is ready this should be gradually heated up in the *bain-marie*, so that when required the border may be turned out, and the breasts, moistened with their sauce, may be arranged in the centre of it. Serve when this has been done.

MENU No. XIX.

(Winter.)

FOR A PARTY OF SIX.

Purée de lièvre Ecossoise.

Tranches de cabillaud aux huîtres.

Pièce de bœuf braisée Milanaise.

Sarcelles Wyvern.

Champignons au gratin.

Crème de marrons Nesselrode.

Croûtes au fromage fondu.

1. In Menu No. XV. I gave a recipe for a hare soup, thickened without the assistance of pounded meat. There is, however, another and a richer kind of soup, in respect of which that process is necessary. This speciality of Scottish cooks is composed in the following way :—Make three pints of good stock with a couple of pounds of beef, veal trimmings and bones, and six pennyworth of giblets. Clean and cut up the hare in pieces as for a *civet*, page 259, setting aside the *râble* as advised in the Menu just mentioned, and saving the blood. When the stock has been strained, set to get cold, and freed from fat, put the pieces of hare into a large stewpan with a bacon or ham bone, or six ounces of uncooked slices of either, ten ounces of onions cut into rings, and of carrots sliced, a bag containing a dessertspoonful each of dried marjoram, thyme, and bay leaf, the rind of two lemons, a bunch of parsley, a teaspoonful of seasoning (*b*), and a dozen peppercorns, and cover the whole with the stock. Let this come slowly to the boil, and then simmer very gently for three hours. At the end of that time strain the broth from the meat, &c., and set it to get cool. Take the meat out, and lay them upon a large dish. Choose about

Hare soup
(purée).

twelve ounces of the loin, pick the meat from the bones, and pound it to a paste in a mortar, moistening it with a little soup to assist the operation ; as soon as the meat is satisfactorily pounded, work it through the sieve, and save the *purée* carefully. Now take another stewpan, place it on the fire, melt an ounce of butter in it, and work into it an ounce of flour ; when this is smooth add a little broth to it, continue stirring, and, with the aid of an assistant, go on adding soup and pounded meat till the whole is exhausted, stirring without ceasing ; now add one gill of claret and the blood, a tablespoonful of red-currant jelly, and a teaspoonful of raspberry vinegar or lemon juice. Let the soup come to the boil, so as to thicken properly, and become thoroughly blended, skimming off all scum. It can then be served.

2. Choose two middle cut slices of cod, each about twelve ounces in weight. Set aside the two pieces of fish for the present, and with a pound of fish cuttings, four ounces of onion, a good bunch of parsley, a *bouquet garni*, and seasoning, with sufficient milk and water to cover all well, make a good fish broth. When this is ready, proceed to cook the two slices exactly like the fillets of haddock, page 138, but when they are done, put them on a dish with another over them slightly weighted.

Now prepare a dozen oysters for a sauce as given on page 59 ; strain and put them aside.

Next, using the oyster *cuisson*, and the broth in which the fish was cooked, make three gills of sauce, thickening with an ounce each of butter and flour. Reduce this by fast boiling and stirring till it coats the spoon ; then remove it from the fire, and after cooling two or three minutes, add to it the oysters cut in halves. Now, release the cod slices from the weight, and make eight nice pieces of them, trimming them neatly ; lay them on a buttered baking sheet, mask them with the sauce, and dredge over their surfaces a layer of grated Parmesan. Finish as explained for the fillets, page 138, and garnish in the same way. The chief thing to note is the proper thickness of the sauce, for this must be sufficiently consistent to lie on the fish without overflowing.

3. For this choose a piece of the top side from three to three and a half pounds in weight, and cook it in the manner explained page 294, commencing with the words, "Mince two ounces of bacon." Serve in the same way.

**Braised beef
à la Milan-
aise.** Follow the recipe for macaroni à *l'Italienne*, page 383, using five ounces of macaroni or spaghetti, and an allotment of cheese, butter, and tomato *purée* in proportion.

4. Three teal will be enough for this dish. As soon as the birds are delivered plucked, but not trussed, in the morning, clean them, saving their giblets. Lay them on a board, and by passing a knife all round the ribs of each bird remove the whole of the breasts with the breast bones left in them. Put these three breasts on a dish, pour over them a *marinade* consisting of two tablespoonfuls of salad oil, a teaspoonful of good vinegar, half an ounce of minced shallot, a teaspoonful of dried herbs, and the peel and juice of a Seville orange. Turn and baste them with this during the day. With the *débris* of the teal—back, legs, wing bones, and giblets well chopped up—proceed to make a strong broth by simmering them (covered with broth) very slowly, assisted by three ounces each of onion and carrot, a *bouquet*, a bunch of parsley and seasoning (*b*), for about an hour and a half. Strain—there should be three-quarters of a pint of this—skim off any fat, add half an ounce of glaze, a claret-glass of burgundy or claret, the juice of one lemon, and the juice of one orange; let this just reach boiling point, and then set it in the *bain-marie*.

Teal in
Wyvern's
way.

When required, take the breasts from the *marinade*, wipe them carefully, then brush them over with butter and grill them. Divide each breast in halves by a clean cut along the centre, lay the six pieces on six *croûtes* of fried bread, the sauce and Nepaul pepper, with a salad of orange quarters (see page 252) accompanying.

5. Half a pound of mushrooms will make a nice dish. Choose them carefully, and peel and trim them in the manner explained at page 237. When satisfactorily prepared, follow the recipe for *Champignons gratinés*, page 238. As soon as the mushrooms flatten themselves, as it were, they are done. Serve in the manner described in the recipe as hot as possible.

Mushrooms
au gratin.

6. Blanch and peel twenty nice chestnuts. Put them into a stewpan with a pint of syrup flavoured with vanilla. Simmer till the chestnuts are soft, then drain, and pass them through a fine sieve. With five yolks of eggs, two ounces of finely sifted sugar, and half a pint of good milk, make a rich custard; take this off the fire when it thickens, strain it into a bowl, cool over ice, whisk it well, adding the chestnut *purée* and a sherry-glass of maraschino. Have ready prepared beforehand a *macédoine* of fruit as explained for Orleans pudding, Menu XIV. Now put a freezing-pot in ice, pour in the custard, freeze, and work it with the spatula; when partly frozen add half a pint of whipped cream, and

Nesselrode
pudding.

when the mixture is nearly set stir in the fruit. Take an hermetically fitting quart iced-pudding mould, fill it with the frozen mixture, close securely, bury this in ice for two hours, turn out and serve.

N.B.—Patent freezers are now to be had so cheaply, and perform their work so well, that ice-making has become one of the simplest of kitchen operations. But if there be any difficulty in respect of the ice, a very nice pudding can be made by using gelatine, and setting the mould in ice as in the case of the *Crème à la Moscovite*, Menu XI. The name of the dish should then be changed to "*Crème de marrons*" only.

7. A recipe for this dish will be found at page 412. If carefully made, and of the right consistency, these make a safe savoury. The mixture ought to be smooth and stiff enough to mask the toasts well. Of course quick service—as hot as possible—is absolutely necessary.

Stewed
cheese
toasts.

NOTE :—On the 30th November all good Scotsmen expect a *haggis*, which, like many of their national dishes, is said to have been originally French—a species of *hachis*. This savoury composition ought, strictly speaking, to be cooked in the paunch of a sheep well cleaned to receive it, but as this is a troublesome operation, it will be found just as satisfactory to use a jar, the top of which can be hermetically sealed with paste. A small *terrine* would meet the requirements of the case perfectly.

Take the tongue, heart, kidneys, and liver of a freshly killed sheep : those of a lamb for choice. Weigh them, and prepare half of the weight of fat bacon, a quarter of it of well-dried oatmeal, half of it of onions parboiled and shredded, two teaspoonfuls of salt, half a nutmeg grated, and one teaspoonful of black pepper. Scald the liver, then chop it up, reserving half as mince and pounding the rest to paste : this must be passed through the sieve. Parboil the heart, kidneys, and tongue, then chop them up : also chop the bacon into small dice ; now mix the oatmeal with the chopped meats, adding the onion and seasoning. Put all into a jar, moistening with a pint of strong gravy in which the liver paste should be mixed, and the juice of a lemon. Close the jar, or *terrine*, securely, and follow the directions given page 119. Three hours are prescribed for the boiling of a *haggis*. Serve in the same vessel with a napkin pinned round it.

This makes a good *réchauffé* if it be served *au gratin* in silver or china *coquilles*, or a *légumière*.

MENU No. XX.

(Summer.)

FOR A DINNER OF SIX.

Potage Saint Germain.

Mousseline de homard.

Carré d'agneau aux concombres.

Poularde à l'ivoire.

Asperges froides d'Argenteuil.

Fruits frappés au champagne.

Rissoles d'anchois.

1. The modern form of this soup may be described as a "*bonne femme*," page 46, garnished with green peas. Add half a pint of milk or of broth to the moistening there given, and allow a dessertspoonful of nicely cooked tender green peas for each basin. Serve with *croûtons* delicately fried, see page 97.

**Saint
Germain
soup.**

2. Choose a hen-lobster weighing about a pound, remove all the meat from the claws and tail, setting it aside. Break up all the shell, and with the coral pound it with six ounces of butter, following the recipe given page 60 for "*beurre rouge*." Next shred the claw meat, and pound that of the tail in a mortar with the butter, passing the *purée* through a wire sieve. Make a savoury custard with half a pint of boiled milk and six yolks of eggs, adding while warm an ounce of gelatine: when nice and thick, strain the custard through a sieve into a bowl, set this on ice, and whisk it well, mixing with it the pounded fish: when the custard begins to show signs of forming, add to it half a pint of whipped cream and the shredded claw meat, put it into a plain cylinder or charlotte mould surrounded with ice for a couple of

**Light cream
of lobster.**

hours. Ultimately turn it out as you would a sweet cream, garnish with a border of broken aspic jelly and hard-boiled eggs cut in halves. No sauce is needed, but crisp toast may be sent round.

3. A neck of lamb should be carefully roasted for this dish and served with cucumbers *à la poulette* (page 227), with and specially prepared brown gravy. New potatoes cucumber. *sautées* in butter with a slight garnish of mixed mint might accompany.

4. As a change in hot weather the somewhat unusual service of a cold bird may be tried without apprehension. Turn **A fine fowl with ivory masking.** to page 315 for *poulet à l'ivoire*, and carry out the recipe accurately. The pine-kernel stuffing can be recommended. Serve very cold with iced asparagus and *sauce d'Argenteuil*, page 217, also very cold.

5. A selection of choice fruit is necessary for this dish ; three or four varieties if possible, and all perfectly ripe :—large carefully chosen strawberries, pineapple, bananas, peaches, apricots, &c., &c., in quantity sufficient to fill without overcrowding a handsome silver or old china bowl. **Iced fruit salad with champagne.** Pineapple pieces should be in fillets two and a half inches long and one and a half across, peaches in quarters, apricots in halves, bananas slit in halves lengthwise and then cut into two-inch lengths ; set the bowl on ice with the carefully chosen fruit arranged in it. Make a syrup (page 493) flavoured with lemon and any liqueur, Benedictine for instance, in sufficient quantity to moisten the fruit, moderately basting them with a few spoonfuls of this every now and then, and turning the pieces gently. If kept over ice the fruit will be become coated with the syrup. Cover the bowl with ice on the cover and plenty round it for a quarter of an hour. Lastly, pour in gently at the side of the bowl sufficient well-iced champagne to come level with the top of the fruit, and serve at once.

6. Half a pound of puff-paste will be wanted, and nine fillets of anchovies. Prepare a paste of these in the way shown for the savoury in Menu XV., mixing with it a granulated hard-boiled egg. Out of the puff-paste rolled out **Little anchovy rissoles.** thinly, stamp as many rounds as you can with a two-and-a-half-inch cutter ; lay a teaspoonful of the *purée* on each, double the pieces over, wet the edges, and pinch them firmly round. When all are ready, fry the *rissoles* in hot fat, increasing the temperature till they reach the golden tint you want, then drain, dry, and serve them piled up upon a hot napkin, dusted over with grated Parmesan.

COFFEE-MAKING.

It seems strange that so many people should still complain that they cannot get a good cup of coffee, for surely plenty of advice has been given on the subject, and various appliances are sold which promise the best results. Now, there can be no doubt that the saying, "If you want a thing well done, do it yourself," is specially applicable to the production of coffee. Somehow or other servants rarely succeed in making it properly. So much depends on such apparently trifling steps in the process that even the best of handmaidens will skip a few of them to save time. The trouble is so small, and the time it takes so short, that the personally conducted coffee-pot ought really to become a domestic institution.

In the first place it is necessary to get really good berries, and if necessary to pay a good price for them. That done, the next thing to learn is the roasting, an operation that, according to established rule, should be conducted *daily* if you want well-flavoured coffee. Nevertheless very good coffee can be got with two or three roastings a week if the powder be kept in a tightly closing canister. The process is by no means as easy as many believe; half the coffee we drink is ruined by ignorant roasting; a burnt berry will spoil the whole brew. The best way to work is to stir the berries about in a common English iron frying-pan over a *very low* fire, doing them in relays, and passing them straight to the mill (a *hand-mill* is quite indispensable) from the pan. In a ten-inch pan four or five table-spoonfuls of berries will be found quite enough at a time. Melt a little butter, just sufficient to lubricate the surface of the pan; spread the berries over this, and stir them about with a fork until they turn a light Havannah brown; if a berry blackens pick it out and throw it away; grind the berries *at once*, and make the coffee as soon afterwards as possible. In any circumstances keep the powder carefully secured from the air in a dry canister.

A little butter or salad oil is strongly recommended ; it prevents the escape of much of the fragrance of the berry while roasting, and becomes exhausted before the operation is finished. The custom in many kitchens is to bake, often to *over-bake*, the berries in the oven. The result is a leaden-tinted liquid, acrid and unpleasant in flavour. Properly roasted and ground coffee should be rich in aroma, and of a beautiful rich snuff colour.

The best coffee-pot for personal use is certainly the percolator. Be liberal with the coffee (a tablespoonful for each person), *heat it for a minute in the oven or in front of the fire*, also scald the coffee-pot thoroughly, fill the upper chamber of the percolator according to your requirements, ram the hot coffee powder down firmly, and having previously measured the amount of coffee liquid you require, pour boiling water, according to that measurement, *in teaspoonfuls at a time*, through the upper strainer upon the powder. The slower the water is added, the more thoroughly the coffee will become soaked, and, the dripping being retarded, the essence will be as strong as possible. As soon as the coffee has run through, pour the rich essence thus obtained into the cups, and for *café au lait* fill them up with boiling milk, for *café noir* with a little boiling water. Let the coffee-pot stand in a shallow vessel containing boiling water during the filtering process. In this way coffee can be warmed or kept hot without deterioration for some little time. It does not do to heat up cold coffee in any vessel over the fire.

The Hutchinson's patent coffee-pot (percolator) is an improvement upon the old vessel, making very good coffee without ramming, and producing the infusion quicker. It is furnished with a flannel strainer, and the passing through of the coffee is regulated by a tap.

For breakfast *café au lait* :—Put the hot milk in a saucepan over a spirit lamp, and as soon as it comes to the boil pass it into the coffee-cups into which the coffee has already been poured. Sugar, if wanted, should also be put in beforehand. In this way the coffee froths up like chocolate and is excellent. The operation can be carried out upon a little tile-topped table in a few minutes. Where only the wants of a few have to be met the result is well worth the trouble.

After dinner it is usual, of course, to pass round a flask of old *cognac*, with the coffee, but as some like kummel, some maraschino, and some kirsch, those liqueurs may also be presented. To enjoy coffee thoroughly neither milk nor sugar should be taken with it.

There are, to be sure, other ways of making good coffee, boiling the powder being adopted instead of the infusion. The Turkish

system much praised by travellers may be thus described :—The roasting having been conducted with all the care I have already indicated, the berries are cast into a large metal mortar, and pounded to a very fine powder. This is carefully sifted through a fine sieve, all coarse particles being rejected. As much water as is wanted is then boiled in a small copper can, having a narrow neck and broad bottom. When the water boils powdered coffee is added, off the fire, according to requirements, and the can is replaced on the fire. The liquid is now permitted to come to the boil three times, the can after each occasion of ebullition being taken off the fire for a while. After the third boiling up, the can is placed for a minute in a shallow vessel containing cold water to precipitate the grounds, after which the coffee—clear, black, and strong—is poured into the cup. For this I have to thank General H. M., whose experience enables him to speak with authority. Turkish coffee, which in the early nineties was fashionable in London, was made in little cans too wide at the neck and not broad enough at the bottom. Those who liked *purée de café* no doubt enjoyed this beverage, for no steps were taken, apparently, to precipitate the grounds.

APPENDIX.

LIST OF UTENSILS RECOMMENDED FOR USE IN A MODERATE ESTABLISHMENT.

Six stewpans :—pint, quart, two-quart, three-quart, four-quart, and ten-quart.

One bain-marie, complete with five vessels, a glaze and soup-pot.

Two sauté-pans :—nine inch and twelve inch, with dome-shaped covers.

One fricandeau-pan with cover (twelve inches in diameter and four deep).

One omelette-pan (eleven inch).

One fish-fryer with drainer.

The adjuncts in this branch are :—a stock ladle, a sauce ladle, a skimmer, a perforated and plain slice, and a dozen wooden spoons in sizes, six of them with squared ends.

Extras not Absolutely Necessary.

One sixteen-inch braising-pan ; one eight-quart stock-pot ; one eighteen-inch fish-boiler ; and one four gallon and a half boiling-pot.

The whole of the above are procurable in copper (two qualities), wrought steel, seamless steel, and tinned wrought iron.

French Glazed Earthenware.

Three casseroles in the larger sizes—seven, eight, and ten inch ; three ditto, smaller—four, five, and six inch ; three marmites for stock—two, four, and eight quart ; one fireproof china omelette-pan, twelve inches.

With these vessels in stock half the number of stewpans given above can be dispensed with, and no metal stock-pot is needed.

Practical experience obliges me to condemn the use of double baking pans for oven roasting, *i.e.*, pans with hot water compartments. Theoretically the idea is sound enough, but as the compart-

ment holds but a scanty supply of water the liquid soon becomes exhausted during the roasting, and then the object is defeated : the melted fat burns and the piece of meat becomes tainted, not to mention the atmosphere of the kitchen. It is impossible to stop the roasting for the replenishment of the water.

Among things not commonly given in the lists of kitchen equipments I would instance my soup-straining stand with movable sieve top to secure the straining cloth firmly ; a two-quart double porridge-pot, a hanging gridiron, with the tinned-wire draining stand and safe-boiling stove mat, mentioned at pages 12 and 13. In addition to the ordinarily-sized whisk, the cook should have two small French all-wire ones for beating small quantities of fluid, as in mayonnaise sauce, buttered eggs, &c. A ten-inch marble mortar and hard wood pestle will suffice for heavy pounding, and a small seven-inch Wedgwood one for lighter work. A marble pastry slab ought not to be omitted—one 24 × 20 will be quite large enough. The rolling-pin should be of box-wood.

In selecting moulds some consideration is necessary, for there is an endless variety to choose from. Not many need be bought, for special requirements can be met when occasions arise. I think the following will be found sufficient :—Three plain charlotte moulds, oval or round, in sizes ; three plain border moulds, with flat, hollowed, and rounded rims respectively, round-shaped for choice ; two fancy moulds for jellies ; and one block-tin raised pie mould. A good assortment of small moulds for entrées and savouries must certainly be procured—darioles, bouchée, quenelle, cutlet, sandwich moulds, &c., with patty pans in variety. Here selection must be guided by taste.

For the rest little need be said, as most equipment catalogues are complete enough, but I would conclude by repeating that many of the inventions for the simplifying of work—machines for mincing, grating, slicing, stoning fruit, beating eggs and cream—are most desirable additions to the kitchen equipment.

Supplementary Recipes.

Potage à la tortue clair :—Procure half a calf's head, and the usual stock meat, as given page 28. Wash and dry the former, set it in the stockpot, cover it with water, bring it slowly to the boil, and then let it simmer slowly for four hours, **Clear mock-turtle.** skimming all fat and scum that may rise : take it out of the pot, lay it on a dish, remove the bones, and set it with a weight

upon it, on a dish to flatten and get cold. Strain off the broth, let it get cold, and skim off all fat. This should be done the day before.

With the stock meat proceed according to the instructions given page 36, using the proportion of vegetables there laid down, but moistening with the calf's head broth instead of water and adding turtle herbs for flavouring composed of an ounce of *dried basil* (sold in bottles), a teaspoonful of dried thyme, and one of marjoram (the herbs in a muslin bag), with a dozen peppercorns. Simmer slowly now for about three hours, skimming the surface occasionally, and on no account permitting the vessel to boil. Now strain very carefully, and set the soup in a bowl to cool and throw up all fat; remove this, and when the soup is cold, clarify it according to the directions to be found page 30. Cut the cold head into one-and-a-half inch squares, selecting gelatinous, not meaty, pieces for the garnish to counterfeit the green fat of the turtle. Having carefully strained the soup, heat it up to the desired point, adding a glass of Marsala, and the juice of a lemon, and pour the soup into the tureen over a dozen or so carefully selected pieces of the head arranged therein. Serve with lemon cut into quarters, which should be handed round with Madeira for those who like it. The *basil* is most necessary, and the whole success of the soup depends upon strict attention to the flavouring herbs and ingredients.

NOTE :—For thick mock-turtle omit the clarifying, and after careful straining thicken the soup, referring to page 44 for the correct process, and proportion of *liaison* required to produce the effect aimed at. The meaty part of the head and the brain can be used with thickened brown or white sauce for a *ragoût* or *fricassée*. It makes also an excellent curry.

Crème de concombres Marie Louise :—For this two-and-a-half pints of uncoloured stock should be prepared with fowl giblets and trimmings of veal. Finely mince six ounces of mild
Cucumber onion, and a good-sized cucumber—skin and all; fry
soup with the mince in two ounces of butter until beginning to
shrimps. colour, then pour in sufficient warm milk (cooled after boiling) to cover the contents of the pan; let this remain over a low fire until boiling, then moisten with the stock by degrees, seasoning with salt and a little sugar; as this approaches boiling mix in a breakfast-cup two ounces of *crème de riz*, with enough milk to make it fluid, and when the soup boils stir this

thickening into it through a pointed strainer. Then, when the desired effect has been produced, pass all through a hair sieve, finishing with a tablespoonful of cream and half a pint measure of picked shrimps.

Crouûtes au pot :—This is an ordinary clear *pot-au-feu* with prepared crusts and vegetables introduced at the last moment. The preparation of the crusts, however, demands attention. Cut off the bottom crust of a tinned loaf, with the same thickness of crumb as of crust; out of this cut neat squares half the size of a visiting card, or rounds the size of a florin; dip them in hot stock (from the soup), brush them over with butter melted, and put them on a buttered tin into the oven, where they should remain until crisp and dry. Slices of carrot, turnip, onion, and pieces of celery that have been cooked in the *pot-au-feu*, with some pieces of cabbage boiled separately, should be added to the soup before serving, the crusts being put into the basins at the very last moment.

Potage aux œufs pochés :—This is a very simple method of varying an ordinary clear soup. The eggs (one for each person) must, however, be carefully poached, neither too lightly nor too hard, then trimmed neatly, leaving as little margin of white as possible, and served with the soup. A few leaves of dried tarragon flavour the soup very pleasantly, and grated Parmesan should be handed round on a separate plate. If you have no tarragon leaves, try a little of the vinegar. Put an egg in each basin, add the soup, and hand round.

Crème de poisson Dieppoise :—For this soup two pounds' weight of whiting and a pint of good shrimps should be got. Fillet the former and cook the latter in salted water. Pick the shrimps, wash the shells, and put them with the bones and trimmings of the whittings to make a fish broth in the manner described page 138. You will require two and a half pints of this. As it is in preparation wrap the fillets in buttered paper, and cook them in the oven: when done, cool, and pound them with the picked shrimps to a paste with two ounces of butter and two hard-boiled yolks of eggs: pass this through a hair sieve, and when the broth is ready, and has been strained and skimmed, proceed to blend the two together in the method explained page 49; an ounce

of butter and one-and-a-quarter of flour will suffice for the *liaison*. Season with spiced salt (*b*). It is customary to add a gill of cream to this soup, but this is purely a matter of taste and discretion. Half of everything here given enough for six.

Potage Toscane.—This is a blend of lentil *purée* with tomato *purée* in half proportions. The *purées* should be moistened with giblet broth (see page 431 for the former, and page 222 for the latter); giblet broth is given page 61. The cook should not make the *purées* very thick. Grated Parmesan should accompany.

Potage à l'hermitage.—Prepare a decoction of chicken bones and giblets, or of an old fowl on the lines already laid down (page 432); empty it through a strainer into a bowl, cool, and skim it. Put eight ounces of finely minced onion into a stewpan, with an ounce and a half of butter or clarified suet, fry over a moderate fire, stirring in a large handful of shredded lettuce, continue the frying until the lettuce leaves are cooked, season with salt, a small spoonful of powdered sugar, and the same of white pepper. Moisten now with the broth, bring to the boil, and simmer gently for half an hour, then cool, skim, slightly thicken with two eggs (page 46), and serve.

Potage Elise.—For this turn to page 432, and make the fowl broth therein described with an old hen, keeping the breast meat whole, but cooking it with the carcass and vegetables. When the broth has been extracted, strain it off, putting the breast meat aside. Now thicken the broth as laid down page 45 or 46, as may be preferred. While the soup is in preparation pick, wash, shred, and cook in an ounce of butter a handful of sorrel, and make a garnish of the breast meat (say four tablespoonfuls) cut in julienne strips, finish the soup with these and the sorrel, add a yolk beaten up with a coffee-cupful of the soup and serve.

Potage Parmentier.—This is a smooth *purée* of potato, proportion being one pound of cooked mealy potatoes to a quart of giblet or scraps broth, with eight ounces of cooked Spanish onion blended with the potato. First pass the potato and onion through a hair sieve, and then blend the *purée* by degrees with the broth, hot. Stir over the fire during the process, bring to the boil, skim if necessary, and finish with seasoning salt. If not

disliked a little mace may be added, or powdered marjoram and thyme. Serve with *croûtons*.

Sole à la Colbert:—Take off the black skin of a sole, and make an incision along the back-bone on that side of the fish from and up to within an inch of the head and tail; slip a knife under the flesh on each side of the cut, and loosen it from the bones, breaking the bone in two or three places with nippers, so that it may be removed after the cooking; then egg and bread-crumbs the fish with finely sifted crumbs, and fry it in plenty of fat, with the side bearing the incision uppermost. The edges of this will curl outwards in the process of frying, rendering the removal of the broken bone easy. The cavity thus made should be filled at the time of serving with a pat of *maître d'hôtel* butter, the sole being sprinkled with fine salt. The process is equally applicable to a lemon sole, or any flat fish weighing from about a pound to a pound and a half.

Merlans Américaine:—Trim three nice whittings in fillets, brush them over with egg, and bread-crumbs them with some finely sifted white crumbs; dry well, and fry them a golden yellow in boiling fat, drain, and serve them with this sauce: Melt a dessertspoonful of butter in a small saucepan, stir in a dessertspoonful of flour, add half a pint of warm fish broth made from the bones and trimmings of the fish, let it thicken, and finish it with the juice of a lemon, seasoning with salt and adding a few drops of *tabasco*, with a heaped-up dessertspoonful of very thinly shredded horseradish, and a tablespoonful of cream.

Mulet de l'océan gratiné:—Choose a grey mullet weighing a pound and a half or two pounds—the recipe may be followed with a haddock of that weight—and a pint of shrimps. Mince and pound the latter thoroughly in a mortar with an ounce of butter, and the crumb of a dinner roll soaked in milk: pass this through the sieve, adding a couple of fillets of anchovies, a tablespoonful of parsley, and two ounces of cooked onion finely minced; give this a dust of pepper and a little salt, and work it together thoroughly with a couple of raw eggs. Now lay the mullet on a flat dish, wipe it dry, and fill it with the shrimp stuffing, sewing up the fish securely. Butter a pie-dish, place the

mullet therein, pour a breakfastcupful of broth round it made from fish trimmings, shrimp shells, heads, &c., spread a little butter upon the top of it, and bake for about ten minutes or a quarter of an hour in a moderate oven. Baste the fish now and then during the cooking. A pat of *maitre d'hôtel* butter should be placed on the top of the mullet before serving, and a spoonful or two of hock, or any light wine like chablis, poured round it during the baking, will be found an improvement.

Homard à la Turque.—Remove the flesh of a lobster from the shell and claws ; shred this and put it into a buttered *sauté*-pan over a low fire, and warm the fish gently, stirring it with a two-pronged fork. Arrange the pieces in dome-shape in a hot silver dish, surrounding it with a border of *riz à la Turque* (page 392). During the dressing of the dome pour some of the following *sauce à l'Indienne* over the pieces of lobster, but not over the rice, moistening them well :—Mince three ounces of onion, or half a dozen shallots, and put the mince into a small stewpan with an ounce of butter. Fry till the onions begin to take colour, then stir in a teaspoonful of coriander powder, one of turmeric, and half one of cinnamon : cook for five minutes, and then add by degrees three gills of fish-broth. Bring to the boil, stir in half an ounce of rice flour, and simmer for a quarter of an hour, lastly adding a coffeecupful of almond infusion (page 275). Finish with the yolk of an egg off the fire before using.

Truite à la meunière.—Half-pound¹ trout will do well for this : trim them, making of each two fillets, and arrange them on a buttered baking dish, set this in the oven, covering the fish with a sheet of oiled paper ; turn once, and when done arrange the fillets on a hot silver dish, masking their surfaces with the butter prepared as follows :—Allow a dessertspoonful of butter for each portion, put this into a small stewpan, and stir it gently over the fire till it begins to brown, then add to it the butter left in the baking dish, and for eight fillets two tablespoonfuls of anchovy vinegar separately heated, stirring in a paste made of two well-pounded anchovies, with a dessertspoonful of chopped parsley, and use as directed. This recipe can be followed in the case of small grayling, bass, grey mullet, &c.

¹ *i.e.*, Little fish of that weight.

Spaghetti fourré au crabe.—A good crab from five to six inches across will do for this. Remove the whole of the meat, put it into a soup-plate, dress it with vinegar and mustard, moisten it with butter melted, and season with salt and Nepal pepper. Boil till tender three ounces of spaghetti, and finish it à la Napolitaine (page 383). Now brush the bottom and side of a fireproof dish, or *légumière*, with butter, and arrange the spaghetti in it so as to leave a hollow in its centre.

**Spaghetti
with crab.**

Next put the crab meat, well worked with melted butter, into the hollow, arrange the spaghetti over it, burying the crab, sprinkle over all a layer of grated cheese, about one-eighth of an inch deep, and pour a little melted butter over the surface. Bake till the top takes colour, and serve. No sauce is necessary with this. It is of course clear that this method can be applied to any cooked fish, making a very acceptable *rechauffé*. Ordinary fish sauce can be used instead of butter for the moistening, flaked codfish with oyster sauce, for instance, without vinegar and mustard dressing.

Pain de foie gras.—A small terrine of *pâté de foie gras* will do for this dish. Make a liver forcemeat as given page 129. Cut the *foie gras* into little squares, choose a plain pint mould, butter it, and pack it closely with alternate layers of forcemeat, bacon dice, and squares of *foie gras*, according to fancy: when packed, poach the mould *en bain-marie*, process (page 120) for three-quarters of an hour; let it get cold, turn it out, glaze, and ice it. Serve with dry toast. *Petits pains* can be made of this in little moulds.

**Mould of foie
gras.**

Croustades de foie gras.—Choose six or eight little dinner rolls that have been baked in small round tins: scoop out the crumb, and make hollow cases of them, then fry them a golden yellow in butter. Or make the *croustade* cases given page 99. Open a small terrine of *pâté de foie gras*, and make half a pint of sauce Madère, *i.e.*, that quantity of Espagnole sauce (page 81), with a liqueur-glass of Marsala to finish with. Pack the *croustades* in this way: first, butter them then fill them neatly with little squares cut out of the *foie-gras*, pouring some of the sauce amongst them to moisten them; cover the tops of the *croustades* each with a *croustade* biscuit (page 99), and bake till they are quite hot: serve in a *légumière* lined with a dish paper.

**Bread-cases
with foie gras.**

Croustades de truffes :—Line as many little open tartlet pans as you have guests with some carefully made *croustade* paste (see page 98).

**Truffle
patties.**

An oval not much larger than the bowl of a table-spoon is the shape best suited to the purpose. Choose a small bottle of truffles, empty its contents into a saucer with all the liquid that there may be. Make a coarse mince of the truffles, allowing a good dessertspoonful per head. Warm the mince up gently in a gill of *Espagnole* sauce flavoured with half a glass of Marsala and the liquid saved from the bottle, and keep it hot, *en bain-marie*. When wanted, heat up and fill the crisp *croustades* with a spoonful each of the truffles and sauce, dish them *en serviette*, and send them round with any bird. *Croustades de champignons*, made in the same way, but substituting mushrooms for truffles, may be served with roast game very effectively. These *croustades* also make a good savoury *entremets* alone.

Grills :—For breakfast few dishes are more popular than these, while devilled bones for a *very* late supper hardly require commendation. The utensil necessary for grills is, of course, the *gridiron*. Many cooks spoil their grills by using the frying-pan, for, though the bones may be served in a wet, as well as in a dry form, they must be themselves broiled over a clear fire. The meat attached to the bone, whether a turkey leg or the bones of a saddle of mutton, must be scotched with a sharp knife, criss-cross-wise, and bountifully peppered with this seasoning :—one teaspoonful of Nepaul pepper, one teaspoonful black pepper coarsely ground, four teaspoonfuls of salt, mixed well together. Following these proportions a bottle of “grill seasoning” can be made, and labelled for use when required. Mix the mustard for a grill with tarragon or shallot vinegar instead of water, and if you want to have a specially hot grill, add to it some drops of *tabasco*. Smear this over the seasoned bones, rub the bars of the *gridiron* with suet, lay the bones thereon, and grill them. If here and there they scorch a little, so much the better. Serve without delay “from the grid to the plate,” so to speak. This is a dry grill. For a wet grill proceed exactly as directed for the dry, but roll the bones, after broiling them, in a *sauté*-pan for a few minutes in this sauce :—

Devil-sauce :—Put a breakfastcupful of broth into a stewpan and add to it a tablespoonful of Vencatachellum’s tamarind chutney, a tablespoonful of mustard mixed with tarragon vinegar, a tablespoonful of mushroom ketchup (page 237), a tablespoonful of

Marsala, a teaspoonful of red currant jelly, and a teaspoonful of chilli vinegar : heat all together to melt the jelly and blend the ingredients, then strain, and thicken in a separate stewpan with half an ounce of butter and half an ounce of flour, heat this up to boiling point in a *sauté*-pan, and roll the grilled bones in it off the fire, serving them quickly with the rest of the sauce in the pan poured over them.

GUIDE TO INDEX.

THE Index is divided into two parts :—Part I. *Preliminary and preparative.* Part II. *Recipes in every branch.*

That is to say, Part I. is submitted as a grammar of cooking ; Part II. as the examples of its development.

The main subjects are indicated by black letters ; the minor branches of each by small capitals.

By this means reference is made easy and concise. The dish wanted will be found in Part II.—soup, fish, *entrée*, or whatever it may be—while any point needed in respect of the details of its preparation will be found under the minor heading appertaining to it in Part I.

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