

10/- A  
Head  
for House Books

An  
Indispensable  
Manual for  
Housekeepers

Written by  
Mrs. C. S. Peel

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Lil Marshall  
1916





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WANTS.

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By MRS. C. S. PEEL.

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NEW AND REVISED EDITION





TEN  
SHILLINGS  
A HEAD PER WEEK  
FOR HOUSE  
BOOKS

By  
MRS C. S. PEEL

NEW AND REVISED EDITION

LONDON  
CONSTABLE & COMPANY LTD  
10 ORANGE STREET LEICESTER SQUARE W.C  
1916



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These Menus will now cost from 12/6 to  
15/6 per head.

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## CHAPTER A

### Ten Shillings a Head at Increased Prices

“**O**H, but one cannot keep house on 10s. a head now,” cries my reader.

But one can !

I admit that it is no longer possible to provide the menus set forth in Chapter II for 10s. a head : to give them in their entirety and managing with the modicum of economy to which most English women of the servant-keeping class have become accustomed, they would now cost 12s. 6*d.* to 15s. 6*d.* a week per head. But by simplifying the bills of fare, choosing all provisions personally and paying cash, permitting no waste, making the best of everything, eschewing expensive joints, using a considerable proportion of cheap meatless foods, substituting margarine for butter (for cooking at all events), home-made for bought bread, condensed milk

## TEN SHILLINGS A HEAD

(for soups, sauces and puddings) instead of fresh milk, and employing egg powder and custard powder where possible, still you may live nourishingly and not unattractively at a cost of 10s. per head per week.

Having made this statement let me try and show that I do not deviate from the truth in so saying.

### THE PRINCIPLES OF ECONOMICAL CATERING

In the first place, please read this book carefully and learn from it the principles of economic catering. These have not changed since the book was first written.

Let us proceed to deal with the question of

### PERSONAL SHOPPING

“I haven't time,” is the objection.

Then you must make time, for unless you do give time and also thought to the catering you will not be able to live cheaply. The advantages of personal shopping are that—

*You take advantage of the market.* Prices fluctuate considerably: if there is a glut of cauliflowers, cauliflowers will be cheap. Sometimes bananas are cheap and oranges dear, and *vice versa*. To-day cod is relatively



## AT INCREASED PRICES

inexpensive and to-morrow you can buy sprats or herrings at bargain prices.

*You buy just what you want.* You see it weighed and in many cases bring it home with you. (Yes, a market basket will soon become quite the fashionable wear!) When you order from the man at the door you are often sent more of everything than you order, and you are often charged for more than you receive, for it is almost impossible to persuade cooks to weigh food, to compare the quality sent with the docket, and to report inaccuracies.

*You buy at ready money prices.* Credit and delivery prices are considerably higher.

*You vary the menus more* because you see things and obtain new ideas from what you see.

If your time is valuable it is by no means necessary to shop every day. With careful organization two shopping expeditions per week should suffice; on Monday and Friday for example. The greater part of the groceries can be ordered once a week if the numbers to be fed do not vary much. Only the perishable things need to be ordered twice or thrice a week,

## TEN SHILLINGS A HEAD

though of course I do not mean to say that an occasional extra visit to a shop may not have to be made, or an order sent by postcard or telephoned. Also let me suggest that it is not a law of the Medes and Persians that the catering should not be done in the afternoon.

### ORDERING IN ADVANCE

If we are not to waste valuable time the menus must be planned in advance to some extent. Let us peruse the following week's bills of fare and see how, with organization, the time of caterer and cook and much fuel may be saved by taking thought for the morrow.

### 10s. A HEAD MENUS

for a family of not less than five, including children and servants. The 10s. cover food, tea, coffee, cocoa and cleaning materials only. (See paragraph *re* cleaning materials on page xxv.)

MEALS. Breakfast, luncheon, tea, dinner.

Tea is given at breakfast on mornings when there is a fish, meat or egg dish, coffee or cocoa (more nourishing because of the greater quantity of milk used) when there is porridge only, which is on alternate mornings.

## AT INCREASED PRICES

### Friday

#### BREAKFAST

Kippers Hot rolls (spread with margarine)  
Toast and marmalade

#### LUNCH

(Servants' and children's dinner) Casserole of beef  
(shin or pieces) with haricot beans and onions  
Blanc-mange and stewed fruit

#### DINNER

Soup Semolina rissoles Sweet

### Saturday

#### BREAKFAST

Coffee or cocoa Porridge Toast Honey

#### LUNCH

Pudding or pie of beef Vegetables Milk pudding

#### DINNER

Soup. Grilled noisettes of mutton with savoury macaroni,  
rice or lentils Pudding or savoury

### Sunday

#### BREAKFAST

Tea Kedgerie Scones

#### LUNCH

Roast shoulder of mutton, boned and stuffed Vegetables  
Stewed fruit Custard (powder)

#### SUPPER

Soup Jelly pie Cold sweet

# TEN SHILLINGS A HEAD

## Monday

### BREAKFAST

Coffee or cocoa Bread and milk Jam

### LUNCH

Scotch broth made with the trimmings and scrag end  
of mutton Cold sweet

### DINNER

Soup Haricot of mutton (Only 2 for dinner, so there would be  
2 or 3 noisettes left of the 7 on the neck) Plenty of vegetables  
Potato loaf Sweet or savoury

## Tuesday

### BREAKFAST

Scrambled eggs and rice

### LUNCH

Soup Cold mutton Potato Salad Pudding

### DINNER

Soup Stuffed potatoes Sweet

## Wednesday

### BREAKFAST

Porridge

### LUNCH

Soup Suet pudding

### DINNER

Soup Fish rissoles Saute potatoes Savoury toast

## Thursday

### BREAKFAST

Bacon and saute potatoes

### LUNCH

Savoury macaroni Cornflour and jam pudding

### DINNER

Soup Mince with poached eggs Vegetables  
Sweet or savoury

## AT INCREASED PRICES

On Friday you must plan the meals for Saturday, Sunday and Monday as far as luncheon, and give all your orders at the shops. You buy shin of beef and use part for a casserole, leaving enough for a beefsteak pudding, pie or stew, and for a jelly pie for Sunday. You also order a fore-quarter of New Zealand mutton to come in on Saturday. (I take it that you have a good larder and that the weather is cool: dog day catering is a different matter.)

On Monday you take stock again. There is some of the shoulder of mutton, possibly remains of jelly pie and of stew. Nothing must be thrown away, for even a few tablespoonfuls of mince will suffice for the stuffed potatoes for Tuesday night's dinner. On Wednesday, soup and a plain substantial suet pudding for lunch will serve, and there is fish for dinner. Planning the meals thus in advance you can see what to order, and make out your list of vegetables, pudding materials, fish, meat, etc., accordingly.

Ordering in advance is labour and money saving, and it enables a sensible cook to arrange her time to the best advantage and to get the greater part of her cooking done on

## TEN SHILLINGS A HEAD

### COOKING MORNINGS,

during which she prepares stock, makes a batch of pastry and cakes, planning to use the oven when it must be heated for roasting a joint, for it is most wasteful of fuel (be it coal or gas) to heat the ovens half a dozen times, when twice could be made to do. For boiling and stewing far less firing is needed than for baking or roasting. The food prepared on cooking mornings can be kept without detriment. Jam puffs, cheese straws, biscuits, castle puddings, sponge roll, fried croûtons, scones, cakes, should be put away in tins, while curry, hotpot, mince, Irish stews, meat en casserole, are not one whit the worse for re-heating (not re-cooking, but re-heating gently to the desired temperature), and cold sweets will keep for a day or two admirably. In fact, in most households where the living is simple there is no need to cook for more than an hour or so on the in-between days if the meals are planned in advance and cooking mornings instituted.

The method of catering which I advise will appeal to the woman of brains and be regarded as one of the many things which cannot be done by the "muddler" who insists that it is neces-

## AT INCREASED PRICES

sary for the *discomfort* of her family to shop, order and cook for hours every day. Naturally it is difficult to tell to an ounce what each person will eat, but when a little more or less is left in the larder, that is the time for the house-keeper to use her intelligence. In any well-conducted household there is always soup, always the material for a nourishing pudding or vegetarian dish at hand, so who will mind if the supply of meat runs short one day ?

Again, in the pattern 10s. a head household, the question of

### MAKING THE BEST OF THE PIECES

is thoroughly understood.

In the larder we find 2 tablespoonfuls of jelly pie, 2½ potatoes and a gill of Irish stew gravy, a tiny helping of meat pudding and some scraps of mutton on a bone !

Well, what shall we have for dinner ?

I suggest a savoury soufflé of rice and mince, or rissoles of meat and macaroni, or stuffed potatoes or curried rice and mince served in a croûton of fried bread. There is also the water some vegetables were boiled in, and that with the potato and the Irish stew gravy seasoning,

## TEN SHILLINGS A HEAD

some milk (condensed, if needs be), and a little tapioca, will make a smooth creamy thick soup, and you have the main part of a dinner composed of pieces which most cooks would throw away. If you do not use pieces to the very best advantage you cannot live on 10s. a head except in a very dull and scanty fashion.

Another art which you must be mistress of is that of

### EKING OUT THE MEAT.

It is no longer possible to afford sirloins of beef and saddles of mutton and pounds of steak on the 10s. allowance. New Zealand mutton must be your portion, with now and then shin of beef or "pieces" or an unsalted silver side, or possibly rolled ribs. Whenever it is possible the joint must be boned and stuffed with a liberal quantity of stuffing.

All bones are needed for stock, and there is more nutriment to be extracted from raw than from cooked bones. For that reason serve noisettes instead of cutlets, and better still the best end of the neck of mutton, boned and stuffed, and so save the bones. All the hotpots and casseroles you make should have savoury



## AT INCREASED PRICES

balls, dumplings, butter beans, macaroni or vegetables added, and all noisettes a substantial garnish of potato and onion puree, rice, lentils, etc. Pies may have macaroni or sliced potato or braised onion added, and thus every pound of meat may be made as satisfying as was double its quantity in days of old.

## MEATLESS DISHES

As a rule we eat too much meat and shall benefit in health by eating less, provided we use other nourishing articles of food to make up. Macaroni, rice, semolina (why not home-made macaroni and nouille?), lentils, butter beans, and the cheaper vegetables must sometimes take the place of meat in the 10s. a head menus.

## THE VALUE OF SOUP

To make the best of our 10s. a head I must insist upon the value of soup. Soups are most nutritious and need cost scarcely anything, while if served two or three days a week at lunch and always at dinner they save the consumption of more expensive foods. In a family of four or five, even when living very plainly and eating meat once a day, there is always stock, if every bone

## TEN SHILLINGS A HEAD

as well as all trimmings and oddments and the water in which meat and vegetables have been boiled are kept for the purpose.

I have suggested meat "pieces" as material for curries, casseroles, mince, etc. "I shouldn't like to buy pieces," some one objects. Why not? Pieces are merely the oddments left after joints have been cut and trimmed. A sheep's head need not be despised either. The brains and tongue make a dainty dish, the other meat a delicious brawn or jelly pie, and the remainder a plentiful quantity of stock.

Then before I leave the question of meat, let me remind you of the mincing machine. It is of great value, for by its help all pieces (free of skin and gristle) may be utilized for such dishes as stuffed potatoes, rissoles, savoury pasties, baked meat roll, savoury toast and so forth.

## TWICE COOKED MEAT

The cry that will now ascend is, "But twice cooked meat is not nourishing."

It is not as nourishing as lightly and freshly cooked meat, but still it is nourishing and not detrimental to the average digestion. But if you examine the menus carefully you will see

## AT INCREASED PRICES

that they do not contain an undue number of twice cooked meats. The beef casserole, meat pudding, jelly pie, shoulder of mutton, Scotch broth, noisettes and haricot of mutton are made of fresh meat, and on the Thursday there is bacon (most nourishing) for breakfast, because there is not meat for lunch and only a made-up meat dish for dinner.

### FOOD VALUES

must be studied and the place of meat taken by other nourishing food because it will not prove an economy to underfeed your family.

### 105. A HEAD IN THE COUNTRY

Those people who have their own gardens, make jam, bottle fruit and vegetables, who keep poultry and are able to lay down a supply of eggs, can live better than the town dweller, therefore the menus and prices are here calculated for those readers who must buy everything at town prices.

### HOME-MADE BREAD, SCONES, AND CAKES

These are a considerable economy, and if a bread mixing machine is used, the labour is not great. If bread is made twice a week, cakes

## TEN SHILLINGS A HEAD

and scones should be baked at the same time. If bread must be bought it should be of the close "Standard" order, for new bread and very white crumbly bread are extravagant. The advantage of baking at home is that you obtain full value for what you pay, and you know that the bread is wholesome and clean. When bread is delivered to the customer it is seldom the correct weight. When bought over the counter, it should be weighed and a piece added to make up any under-weight. Milk also should be measured carefully, as the milkman does not scruple to give short measure in order that he may sell for his own advantage what he thus pilfers. The fact that he so adds to his wages is an open secret between his employer and himself.

Plain fare, sufficient in quantity, nourishing in quality, well cooked and well served, should be the object of the 10s a head housekeeper, and to attain this object let me impress upon you again that there must be—

An entire absence of waste ;

That by clever management, unattractive  
" bits " may be made into pleasing dishes ;

That careful organization saves labour,  
material and fuel ;

## AT INCREASED PRICES

That every advantage must be taken of the market ;

And that there must be an end to the “ I can't eat this and I don't like that ” spirit on the part of the family to be fed, for there is a limit to the purchasing power of 10s., and even the cleverest caterer cannot perform impossibilities.

## CLEANING MATERIALS

The cost of these is included in the 10s. a head allowance. As they are all considerably dearer, careful use must be made of them and of substitutes which cost less. Fine ashes may be used for cleaning saucepans, salt instead of soda for rinsing out the sink and flushing the pipe. Firelighters made of newspaper and paper spills save wood and matches. Banana skins are an excellent polish for brown boots and shoes ; apple peel and orange peel should be dried and used for fuel. A squeezed lemon rubbed over brass, the metal then washed and polished, saves the use of brass polish. All match-boxes and ends of matches and old cardboard boxes should be used for fire lighting.

## TEN SHILLINGS A HEAD

Greasy paper rolled into balls also saves the use of wood.

It is only by real economy in the use of all food and cleaning materials that the 10s. a head can be made to play its desired part.

## CHAPTER I

NOTE.—The menus here referred to will now cost from 12s. 6d. to 15s. 6d. per head per week owing to the increased cost of food.

### Some Hints on General Management

HAVING made the statement that it is possible to provide the following menus for a party of eight people at an average cost of 10s. per head, it is now time to demonstrate in as practical a manner as possible how it may be done. It will be wise to consider first the chief causes which make it difficult or impossible for many housewives to achieve the feat. They are perhaps as follows :

- |                                                                |                                                                     |
|----------------------------------------------------------------|---------------------------------------------------------------------|
| Why Some<br>People cannot<br>Keep House<br>on 10s.<br>per Head | 1. Extravagance in buying.                                          |
|                                                                | 2. Waste of material.                                               |
|                                                                | 3. Lack of knowledge of how to make the best of available material. |

We will deal first with the art of buying, bearing in mind that cheapness does not always mean economy. In most cases it pays

## SOME HINTS ON

to deal with good firms who may be trusted to supply good material; at the same time it is not necessary to patronise the most expensive shop in the locality, for a trial often shows that provisions of precisely the same quality may be purchased elsewhere at lower prices. In London or other large towns the mistress should make test purchases at the surrounding shops, and obtain price lists from the various butchers and fishmongers. These should be compared and the tradesmen selected. A few weeks later the prices charged in the weekly books should be compared with those given in the price list, as it is not uncommon to find that  $\frac{1}{2}d.$  a lb. is added here and there as soon as the tradesman considers that he is secure of patronage. In the country, where there are but a certain number of shops, the prices are often exorbitant. It is not fair to expect a small country shop to sell quite as cheaply as do the large firms, but a polite demand to be supplied at reasonable prices is often acceded to; if it is not, groceries and other provisions may be ordered from a good London firm, who will pay carriage on any order over a certain value.



## GENERAL MANAGEMENT

Once assured that provisions are bought at a fair price, the housewife must learn what articles it will pay her to purchase in large quantities. Whether or no she can economise in this manner will much depend upon the size of the house and the condition of larder, cellar, and store cupboard. When possible to do so it pays to buy potatoes, apples, tea, sugar, flour, bacon, tapioca, rice, soap, etc., in large quantities. Oranges for marmalade and fruit for preserving are cheaper when bought in large amounts. Biscuits, pickles, jams, preserved fruits, and, in fact, almost all stores of a kind which will keep are cheaper when bought in large-sized boxes or jars than in small. All jars and tins should be returned, as they are charged for at the rate of  $\frac{1}{2}d.$  to  $3d.$ , and in the case of large tins and jars  $6d.$  and  $1s.$  apiece.

The careful housewife should, if she cannot pay a personal visit to the fishmonger and greengrocer, insist upon a daily price list being sent, otherwise it is probable that the most expensive fish or vegetable will be chosen. When ordering fish for filleting it is an economy to buy the whole fish and have it

## SOME HINTS ON

filleted (a simple process) at home. The bones and trimmings may then be used for a fish stock, or possibly there may be sufficient trimmings left where-with to make a little savoury or breakfast dish.

**A little  
Economy  
when Buying  
Fish**

When buying vegetables it should not be forgotten that turnip tops are a good substitute for spinach, and that chicory or celery may take the place of sea-kale. When fresh vegetables are very dear, tinned tomatoes, haricot beans, and Spanish onions (which will keep well) make a pleasing variety. Tinned and bottled fruits must also be employed when fresh fruit is expensive, and apple rings and chips must be used instead of fresh apples in pies and puddings. The happy possessors of gardens should preserve all kinds of fruit for winter use, but when it must be bought it is seldom an economy to preserve at home.

**The Butcher  
Book**

The butcher's account is apt to assume undue proportions unless great care is exercised. Those folk who must not exceed the 10s. a week limit should patronise American and New Zealand meat, which, if

## GENERAL MANAGEMENT

bought from a reliable firm, is quite as good as the English meat sold by an average butcher. Indeed, for that matter, it is not seldom that foreign meat is sold as English. The price of American beef has risen of late, but even now the difference between it and English beef is  $\frac{1}{2}d.$  to  $1d.$  the lb. This may seem but little, but it will make the difference of about a shilling a week in the beef bill alone for a family of eight. The difference in price between home-grown and New Zealand mutton is  $6\frac{1}{2}d.$  a lb. against  $11\frac{1}{2}d.$  for Welsh and  $10\frac{1}{2}d.$  and  $11d.$  for Scotch mutton. When ordering New Zealand meat time should be allowed for it to be thawed slowly, otherwise it will be tough and tasteless. The meat is thawed before being delivered to customers, but the joints are generally the better for a day's extra hanging. The inexperienced housewife often adds to her butcher's bill, but not to the variety of her menus, through not knowing what to order. She needs a meat course for late dinner, so she orders one lb. of mutton cutlets. The order should have been for a neck of mutton, the best end to be used for cutlets, the next piece

What to Order  
and How to  
Order it

## SOME HINTS ON

for a luncheon dish such as a hot-pot, haricot or Irish stew, and the scrag end for mutton broth. If mutton chops are needed they should be cut from the loin, and the remainder of the joint may be roasted or otherwise used. Beefsteak is a popular dish, and American steak costs  $9\frac{1}{2}d.$  a lb., whereas silver side (prime cut) only costs  $8d.$  the lb., and if bought unsalted, a piece may be taken for a steak, and the remainder roasted or salted and boiled. The average caterer is far too fond of legs of mutton and sirloins of beef, which, with the saddle of mutton, are the most expensive joints. A pleasant and economical change is provided by a boned and stuffed loin or breast of mutton (the bones should be sent with the joint and used for stock), shoulder of mutton, a piece of ribs or flank of beef, a boiled and salted silver side or a piece of the brisket spiced and pressed. A little dish of sheep's brains, some stewed or curried kidneys ( $8\frac{1}{2}d.$  the half-dozen New Zealand), a stewed ox-tail, etc., make a pleasant change from the daily round of beef—mutton, mutton—beef.

The division of joints is another subject worthy of study. There is no doubt that

## GENERAL MANAGEMENT

freshly cooked meat is more nourishing than twice cooked meat, but the economical mistress says, "Small meat dishes are more extravagant than joints," and so her family eat roast meat, cold meat, minced meat, year in, year out. It is true, as has already been shown, that large joints are cheaper per lb. than cutlets, chops and steaks; therefore certainly buy joints, but learn to divide them. For example, a sirloin of beef may provide a roast, a dish of fillets, and a little piece of pressed or stewed beef for the kitchen dinner. A leg of mutton may be deprived of a steak and then roasted, the steak forming a curry, haricot, or hot-pot. Dishes which may be made from neck of mutton and silver side of beef have already been mentioned.

But, important as it is to learn the art of buying and using meat to advantage, the knowledge will help but little to lessen the bills if the food stuffs when purchased are wasted. The avoidance of waste is a matter which lies to a great extent in the hands of the cook. The mistress may order with the greatest care, but if the cook does not know how to economise and will not

**The Avoidance  
of Waste**

## SOME HINTS ON

learn, until she leaves and a better manager takes her place the mistress will know no peace.

The following anecdote shows how a cook may help her mistress if she will. A lady had a cook who in some ways was good, but who undoubtedly was extravagant. The baker's account called forth remonstrance several times, but the cook declared that the bread was used carefully and that she could not manage with less. A few weeks later the woman was taken ill, and obliged to leave. Until a successor could be found a charwoman, who had been an old servant of the family, took the place. At the end of the week the bread bill was halved, and the lady commented on the fact. "Yes," said the temporary cook, who was somewhat of a character, "the baker, he says to me, 'Is the family from home?' 'No,' says I. 'Then how is it as you're taking half quantity of bread?' 'We takes what we needs,' says I, 'and that's two quarterns. So good-afternoon to you,' and I shut the door on him."

**Materials  
which are  
often Wasted** Bread, potatoes, stock material, and  
frying fat are materials which are  
wasted in almost incredible quantities

## GENERAL MANAGEMENT

in many kitchens. Toast trimmings, the end of the loaf from which bread and butter has been cut, the crusts of the crumb which has been used for bread sauce, the pieces left after croûtons have been stamped go into the pig tub or ash bin, and in consequence the baker's book is a third higher than it should be. All pieces of crust should be baked in the oven, pounded, and stored in a tin ready for game, croquettes, gratins, etc. Tiny pieces of bread may be browned and treated in the same manner or crumbled ready for dishes which need white bread crumbs. Stale slices of bread may be made into croûtons for soup or for savouries, and other pieces make the foundation of many appetising puddings. Not a scrap should be thrown away.

Potatoes are often carelessly peeled and thereby wasted; and it is no unusual thing for the cold potatoes which are left from dinner to be thrown away, instead of being used for mashed potatoes, cones, rissoles, borders, etc.

Materials which should be employed for stock-making, such as cooked and uncooked bones, poultry carcasses, trimmings from cut-

## SOME HINTS ON

lets and fillets, minces, and the outside leaves, etc., of vegetables are also thrown away, the consequence being that, when soup is required, soup meat and raw bones are demanded.

“ Please, ma’am, would you order some lard and some cooking butter? ” is a demand too often made, the reason being that dripping and fat are sold as perquisites or thrown away. A certain amount of cooking butter is necessary (for the menus given for eight people one lb. of cooking butter per week should suffice), but well-clarified beef dripping may be used for the most delicate frying and for short pastry and even for plain cakes; while clarified fat of all kinds makes the best possible frying medium.

**Temptations  
to  
Extravagance** A great temptation is offered to cooks by rag and bone merchants, who are ready to buy every kind of article. These persons should not be allowed inside the area or back yard. Another incitement to extravagance, if not dishonesty, is the commission paid by many tradespeople to the cook. The larger the account, the larger the sum which the cook receives. For this reason alone many people prefer to deal with



## GENERAL MANAGEMENT

a large firm, such as Harrod's, Shoolbred's, Whiteley's, who do not, as far as I am aware, follow the practice. Perquisites or commissions should be forbidden when the cook is engaged, for they are a direct incentive to extravagance on the part of that domestic.

### LIST OF KITCHEN UTENSILS SUITABLE FOR A FAMILY

Scales and weights.  
Mincing-machine.  
One gravy strainer.  
Corkscrew.  
Tin-opener.  
One flour dredger.  
One funnel.  
One iron spoon.  
Three wooden spoons (various sizes).  
One grater.  
Twelve patty-pans.  
One double baking-tin (for joints).  
One Yorkshire pudding tin.  
One baking sheet.  
One china mould for creams and jellies.  
One china soufflé dish.

## SOME HINTS ON

- One or two cake tins.
- One cook's knife, eight-inch.
- Meat saw.
- One meat chopper.
- One chopping-board.
- One basting-ladle.
- Pastry roller and board.
- One large kettle.
- One small kettle.
- One frying-pan (seamless steel).
- One omelette pan.
- Two large saucepans (seamless steel).
- A steamer to fit one of them.
- Two small enamel saucepans.
- One double milk saucepan.
- Two casseroles (earthenware).
- One stewpan.
- One frying-basket to fit into it.
- Potato masher.
- One tin fish kettle (for fish, boiled beef or ham)
- One toast fork (not needed if there is a gas cooker).
- One egg whisk.
- One set of skewers.
- One lemon squeezer.

## GENERAL MANAGEMENT

One hair sieve.  
One wire sieve.  
Six teaspoons (nickel silver),  
Six knives, six forks, six spoons.  
One knife board.  
One bread pan.  
One cheese pan.  
One pepper pot.  
One salt cellar.  
One mustard pot.  
One bowl, enamel.  
One zinc pail.  
One dust pan and brush.  
Two brooms (hard and soft).  
One saucepan brush.  
Scrubbing-brush.  
Sanitary sink basket.  
Stove brushes, one set.  
One flue brush (not necessary for gas).  
Cinder sifter        "        "        "  
Teapot.  
Coffee pot.  
Tea set for kitchen.  
Twelve kitchen plates.  
Three basins, various sizes.  
Fireproof dishes (various).

## SOME HINTS ON GENERAL MANAGEMENT

Tumblers.

Three jugs.

Plate rack.

NOTE.—In many households the *batterie de cuisine* would be considerably smaller. The list here given could be cut down if needs be, but mention is made of all articles in any way necessary in a household of medium size where nice cooking is required.

## CHAPTER II

NOTE.—The following menus will now cost from 12*s.* 6*d.* to 15*s.* 6*d.* per head, according to the knowledge and care expended upon the housekeeping. To keep them to the lower figure use must be made of margarine, egg powder, custard powder, and all unnecessary dishes (such as a second sweet or a sweet as well as a savoury) omitted.

**T**HESE menus are arranged for a family consisting of master, mistress, two or three children and three or four maid-servants; and are based on the assumption that the meals required are a substantial breakfast, plain luncheon, afternoon tea, a kitchen supper, and late dinner for two persons.

Did the family consist of master, mistress, two or three children, and only two servants, or of several adults in the dining-room and two servants, the expense of living per head would be much the same. Were only two servants kept, however, it might be necessary to simplify the style of living a little, in order to lighten the work of the cook.

# MENUS FOR THE

## WINTER

Sunday

1st WEEK

### BREAKFAST

Sausages    Sardines    Muffins    Toast    Preserve

### DINNER

Roast sirloin of beef    Yorkshire pudding    Brown potatoes  
Stewed celery    Amber pudding (226)    Orange jelly (262)  
Cheese, butter, biscuits    Cake

### SUPPER

Casserole of chicken (hot) (166)    Baked potatoes (hot)    Cold beef  
Russian salad (208)    Fruit salad and sponge fingers (278)  
Shrimp sandwiches (362)



Monday

### BREAKFAST

Devilled chicken (405)    Cold tongue    Scones    Toast  
Marmalade

### LUNCHEON

Irish stew with rice and potatoes (122)    Cold beef    Salad  
Stewed prunes    Milk pudding    Cheese, butter, biscuits

### DINNER

Carrot purée (32)    Broiled sprats (71) with brown bread and  
butter and lemon    Fillets of beef with stewed onion (154)  
Potato cones (180)    Peach meringue (268)    Cheese,  
oatcake, butter

## DINING-ROOM

### Tuesday

#### BREAKFAST

Porridge      Haddock      Bacon and fried potatoes  
Brown loaf      Toast      Honey

#### LUNCHEON

Hot-pot (120)      Rice cheese      Marmalade pudding (229)  
Bun loaf      Cheese, butter, biscuits

#### DINNER

Clear sago soup (2)      Roast leg of mutton      Cabbage  
Brown potatoes      Sponge pudding (230)      Cherry sauce (62)  
Haddock toast (314)      Dessert



### Wednesday

#### BREAKFAST

Omelette (335)      Crumpets      Sardines      Toast      Preserve

#### LUNCHEON

Mutton broth (30)      Indian sandwich (151)      Baked potatoes  
Citron pudding (223)      Cheese, butter, biscuits

#### DINNER

Boiled cod (84)      Egg sauce (36)      Grilled mutton cutlets  
and turnip tops      Mashed potatoes      Celery au gratin (192)  
Chestnut cream (272)      Cheese, etc.

# MENUS FOR THE

## Thursday

### BREAKFAST

Porridge      Fried eggs and bacon      Cold tongue  
Brown bread      Toast      Preserves      Apples

### LUNCHEON

Curried mutton and rice (168)      Cheese pudding (324)  
Chestnut cream (272)      Milk pudding

### DINNER

Artichoke soup (15)      Vol au vent of fish (103)      Veal and  
ham pie (155)      Mashed potatoes      Compote of pears (273)  
Cheese, etc.      Dessert



## Friday

### BREAKFAST

Kippers      Tongue toast (308)      Hot rolls      Toast  
Marmalade

### LUNCHEON

Stewed knuckle of veal with parsley sauce (40)      Boiled potatoes  
Stewed pears      Cornflour mould      Plain cake (422)  
Cheese, butter, etc.

### DINNER

Crème d'orge soup (23)      Roast chicken      Bread sauce  
Fried potatoes (174)      Burton puffs (247)      Devilled sardines (383)  
Cheese, butter, biscuits



## DINING-ROOM

### Saturday

#### BREAKFAST

Porridge      Buttered eggs      Potted meat (108)      Scones  
                            Toast      Honey

#### LUNCHEON

Cold veal and ham pie      Liver and bacon (128)      Milk pudding  
                            Cheese cakes      Cheese, butter, etc.

#### DINNER

Tomato soup (17)      Papprica (141)      Potatoes      Valencia  
                            pudding (233)      Wine sauce      Macaroni cheese (320)



## *SPRING*

### Sunday

2nd WEEK

#### BREAKFAST

Potted meat (108)      Haddock      Scones      Toast      Jams

#### LUNCHEON

Boiled beef      Mashed carrots and turnips      Potatoes  
                    Rhubarb tart      Custard (249)      Plain cake (422)  
                                    Butter, cheese, biscuits

#### SUPPER

Julienne soup (10)      Cold beef      Cold boiled chicken      Baked  
potatoes      Salad      Fruit gâteau (257)      Tomato creams (343)

## MENUS FOR THE

### Monday

#### BREAKFAST

Cold ham    Fricasseed eggs (285)    Toast    Tea cake    Jam

#### LUNCHEON

Toad in the hole (118)    Cold chicken    Salad    Fruit  
gâteau (257)    Semolina pudding    Cheese, butter  
and biscuits

#### DINNER

Onion purée (16)    Noisettes of beef with tomatoes (137)  
Fried potatoes    Caramel custard    Potato au gratin (181)  
Dessert



### Tuesday

#### BREAKFAST

Devilled ham and tomatoes (421)    Boiled eggs    Toast  
Bun loaf (423)    Marmalade and jam

#### LUNCHEON

Pea soup (21)    Bubble and squeak (124)    Potatoes    Stewed  
rhubarb    Rice pudding

#### DINNER

Fillets of plaice (91)    Loin of lamb    Brown potatoes  
Sea-kale with white sauce    Rice cream (243)  
Cheese straws (332)

## DINING-ROOM

### Wednesday

#### BREAKFAST

Kippers     Bacon and fried potatoes     Scone  
Toast and jams

#### LUNCHEON

Cold lamb     Salad     Sausages and mashed potatoes     Bread  
meringue (245)     Cake     Cheese and biscuits

#### DINNER

Julienne soup (10)     Boiled rabbits     Soubise sauce (51)  
Potatoes     Chocolate pudding (238)     Cheese, butter, etc.  
Dessert



### Thursday

#### BREAKFAST

Cold ham     Buttered eggs     Sardines     Toast     Jams

#### LUNCHEON

Curried rabbit and rice (168)     Rissoles (140)     Potatoes  
Egg fricassee (285)     Fruit

#### DINNER

Lentil soup (19)     Rabbit creams (169)     Casserole of  
steak (166)     Sweet Croûtons (216)     Cheese, butter, biscuits

## MENUS FOR THE

### Friday

#### BREAKFAST

Kidneys (396)      Sardine rolls (402)      Porridge      Toast  
Brown bread and white      Jams

#### LUNCHEON

Beefsteak pudding (125)      Potatoes      Golden fingers (218)  
Salad, Cheese, etc.

#### DINNER

Stuffed herrings (74)      Mustard sauce (46)  
Mutton cutlets à la Firval (148)      Feather potatoes  
Chicory with cheese sauce (38)      Cabinet pudding (234)  
Cheese, butter, etc.



### Saturday

#### BREAKFAST

Ham toast (412)      Poached eggs (386)      Hot rolls      Toast  
Jams

#### LUNCHEON

Hot-pot of mutton (120)      Stewed cherries and rice  
Cabinet pudding (234)

#### DINNER

Clear mutton broth (29)      Stewed ox-tail (153)      Orange  
fritters      Macaroni au gratin (320)      Dessert

## DINING-ROOM

### SUMMER

Sunday

3rd WEEK

#### BREAKFAST

Buttered eggs    Bacon    Rolls    Toast  
Jam and marmalade

#### DINNER

Roast beef    Yorkshire pudding    Horseradish sauce (47)  
Stewed tomatoes    Gooseberry fool (276)    Genoese pastry

#### SUPPER

Cold beef    Galantine of veal (128)    Salad  
Prune compote (274)    Potted meat and cucumber  
sandwiches (370)



Monday

#### BREAKFAST

Sardine omelette (385)    Bacon    Currant loaf (423)    Toast  
Honey and marmalade

#### LUNCHEON

Rissoles (140)    Cold veal galantine (128)    Stewed fruit  
Ginger bread pudding (235)    Bun loaf (423)  
Cheese, biscuits, butter

#### DINNER

Sago soup (24)    Fillets of plaice in cases with brown  
sauce (86)    Cold braised fillet of beef (127)    Potato salad (212)  
Egg savoury (287)    Strawberry ice

## MENUS FOR THE

### Tuesday

#### BREAKFAST

Kidneys and bacon    Sardines    Toast    Jam  
Marmalade

#### LUNCHEON

Half a stewed chicken with rice (420)    Parsley sauce (40)  
Cold beef    Junket    Gingerbread pudding cutlets (235)

#### DINNER

Green pea soup (20)    Coquilles of fish (104)  
Curried chicken (168) and rice or Cape pie (172)    Stewed cherries  
Cheese



### Wednesday

#### BREAKFAST

Haddock    Boiled eggs    Sardines    Scones    Honey  
Jam

#### LUNCHEON

Shoulder of mutton    Onion sauce    Baked potatoes  
Bread and jam pudding (221)    Plain cake (424)    Cheese

#### DINNER

Julienne soup (10)    Roast chicken and bacon rolls  
Fried potatoes, bread, sauce, crumbs    Coffee cream (251)  
Savoury rice (352)

## DINING-ROOM

### Thursday

#### BREAKFAST

Deville'd chicken (legs of boiled fowl) (405)    Devilled  
toast (407)    Honey    Bun loaf (423)

#### LUNCHEON

Mutton macaroni and potato pie    Boiled gooseberry  
pudding

#### DINNER

Clear soup with cheese (13)    Indian sandwich (151)    Sago  
cream (244)    Haddock creams (330)    Strawberries  
and cream



### Friday

#### BREAKFAST

Baked eggs in cases (291)    Cold tongue    Scones    Toast  
Jam

#### LUNCHEON

Grilled whiting    Liver and bacon (123)    Mashed potatoes  
Milk pudding    Stewed plums

#### DINNER

Clear mutton broth (29)    Fried whiting    Chutney sauce  
Loin of mutton or lamb    Cabbage    Potatoes    Cheese  
biscuits (333)    Strawberries and cream

## MENUS FOR THE

### Saturday

#### BREAKFAST

Cold tongue    Bacon and fried potatoes

#### LUNCHEON

Cold lamb    Salad    Stewed beef with brown sauce, macaroni  
and haricot vegetables    County Council tart (248)  
Plain cake (425)    Cheese, etc.

#### DINNER

Tomato soup (17)    Fillets of beef with spinach (154)    Potatoes  
Greengage tart    Kidney toast (311)

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## AUTUMN

### Sunday

4th WEEK

#### BREAKFAST

Cold tongue    Curried eggs (286)

#### DINNER

Roast beef    Horseradish sauce (47)    Yorkshire pudding  
New potatoes (176)    Damson tart    Custard (249)    Cake  
Cheese

#### SUPPER

Cold beef    Tomato salad (210)    Boned and stuffed fowl (136)  
Whipped jelly (260)    Cream gâteaux    Cheese croustades (335)



## DINING-ROOM

### Monday

#### BREAKFAST

Tongue toast (308)    Boiled eggs

#### LUNCHEON

Cold beef    Potatoes    Cabbage and eggs (199)    Fruit  
salad (278)    Tapioca pudding

#### DINNER

Herring soup (27)    Grilled mutton cutlets with stewed leeks  
Mashed potatoes    Slices of cold stuffed chicken (136)    Salad  
Cheese pudding (324)



### Tuesday

#### BREAKFAST

Bacon    Potato and cabbage cakes (200)    Toast    Marmalade

#### LUNCHEON

Cornish pasty (111)    Grilled chicken legs    Sultana roll (239)  
Plain cake (425)    Cheese

#### DINNER

Mutton broth (30)    Roast duck    Onion sauce    Potatoes  
Peas    Baxter pudding (237)    Camombert cheese

## MENUS FOR THE

### Wednesday

#### BREAKFAST

Boiled eggs    Ham    Toast    Jam    Tea cake

#### LUNCHEON

Hashed duck    Boiled beef    Rice mould and stewed plums

#### DINNER

Onion purée (16)    Fillets of plaice au gratin (65)    Stewed  
ox-tail (153)    Stuffed eggs in aspic (340)    Dessert



### Thursday

#### BREAKFAST

Fish kedgerree (373)    Ham

#### LUNCHEON

Cold boiled beef    Potato salad (212)    Damson pudding

#### DINNER

Green pea soup (20)    Croustade of brains    Sliced beef and  
cabbage    Apple fool (277)

## DINING-ROOM

### Friday

#### BREAKFAST

Ham omelette (385)    Anchovy toast    Bun loaf (423)  
Honey Toast, etc.

#### LUNCHEON

Potato pie    Cauliflower au gratin (182)  
Semolina and jam pudding    Plain cake (425)    Cheese

#### DINNER

Ox-tail soup    Loin of veal    Stewed onions    Potatoes  
Cherry pudding (224)    Turkish Croûtons (359)



### Saturday

#### BREAKFAST

Fresh Fruit.    Kidney toast (from loin of veal) (311)  
Fried Potatoes

#### LUNCHEON

Cold veal    Salad    Potatoes    Hot fish pie (100)  
Batter pudding (236)

#### DINNER

Bonne femme soup (22)    Casserole of steak (166)    Potatoes  
Ginger blanc mange    Dressed crab

MENUS FOR THE  
KITCHEN MENUS

Sunday

*WINTER*

1st WEEK

BREAKFAST

Sausages

DINNER

Roast beef      Yorkshire pudding      Brown potatoes  
                         Amber pudding

SUPPER

Bread and cheese      Baked potatoes      Cold pudding



Monday

BREAKFAST

Hot bacon

DINNER

Irish stew      Cold beef      Milk pudding

SUPPER

Carrot purée      Broiled sprats      Cheese      Bread and butter

## KITCHEN

**Tuesday**

### BREAKFAST

**Bloaters**

### DINNER

**Hot-pot    Rice cheese    Marmalade pudding**

### SUPPER

**Cocoa    Bread and cheese    Sponge pudding**



**Wednesday**

### BREAKFAST

**Brawn**

### DINNER

**Mutton broth    Indian sandwich    Baked potatoes**  
**Citron pudding**

### SUPPER

**Brawn    Artichokes au gratin    Bread and cheese    Cocoa**

# MENUS FOR THE

## Thursday

### BREAKFAST

Porridge      Brawn

### DINNER

Curried mutton and rice      Milk pudding      Cheese pudding

### SUPPER

Artichoke soup      Bread and cheese      Plain cake



## Friday

### BREAKFAST

Kippers

### DINNER

Knuckle of veal with parsley sauce      Cornflour mould and jam

### SUPPER

Brown soup      Jam puffs

# KITCHEN

Saturday

## BREAKFAST

Bacon

## DINNER

Liver and bacon    Potatoes    Brown pudding

## SUPPER

Brawn    Valencia pudding    Cocoa



Sunday

## *SPRING*

2nd WEEK

## BREAKFAST

Haddock

## DINNER

Boiled beef    Brown potatoes    Rhubarb tart

## SUPPER

Baked potatoes    Cold beef    Bread and cheese

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## MENUS FOR THE

### Monday

#### BREAKFAST

Porridge    Ham

#### DINNER

Beefsteak in batter    Semolina pudding    Remains of sponge  
gâteau and peaches

#### SUPPER

Onion soup    Fried potatoes    Apple pudding  
Bread and butter or cheese    Bread and milk or cocoa



### Tuesday

#### BREAKFAST

Porridge    Buttered toast

#### DINNER

Pea soup    Bubble and squeak    Stewed rhubarb and rice

#### SUPPER

Cocoa    Plain cake    Toasted cheese



## KITCHEN

### Wednesday

#### BREAKFAST

Porridge      Kippers

#### DINNER

Sausages and mashed potatoes      Bread meringue  
Cheese and salad

#### SUPPER

Potatoes and onion sauce      Junket



### Thursday

#### BREAKFAST

Porridge      Sardines

#### DINNER

Curry and rice      Rissoles      Potatoes      Milk pudding

#### SUPPER

Soup      Bread and cheese

# MENUS FOR THE

## Friday

### BREAKFAST

Porridge      Bacon

### DINNER

Beefsteak pudding      Potato salad      Golden fingers

### SUPPER

Cocoa      Fresh herrings



## Saturday

### BREAKFAST

Porridge      Poached eggs

### DINNER

Hot-pot of mutton      Potatoes      Cabbage  
Stewed cherries and rice

### SUPPER

Tomato soup      Macaroni au gratin

KITCHEN

*SUMMER*

Sunday

3rd WEEK

BREAKFAST

Bacon

DINNER

Roast beef

Vegetables

Yorkshire pudding

Gooseberry fool

SUPPER

Cocoa

Bread and cheese

Sandwiches

Salad



Monday

BREAKFAST

Bacon and tomatoes

DINNER

Rissoles

Veal and ham pie

Stewed fruit

Gingerbread pudding

SUPPER

Sago soup

Bread and cheese

Salad

# MENUS FOR THE

## Tuesday

### BREAKFAST

Cold hock of bacon

### DINNER

Cold beef    Vegetables    Junket    Gingerbread cutlets

### SUPPER

Soup    Curry and rice    Plain cake



## Wednesday

### BREAKFAST

Haddock

### DINNER

Shoulder of mutton    Baked potatoes  
Bread and jam pudding

### SUPPER

Soup    Savoury rice

## KITCHEN

**Thursday**

### BREAKFAST

Cold bacon

### DINNER

Mutton pie      Vegetables      Gooseberry pudding

### SUPPER

Cocoa      Bread and cheese      Sago pudding



**Friday**

### BREAKFAST

Eggs

### DINNER

Liver and bacon      Mashed potatoes

### SUPPER

Cocoa      Bread and cheese      Cheese straws      Bread and butter

# MENUS FOR THE

## Saturday

### BREAKFAST

Bacon      Fried potatoes

### DINNER

Stewed beef      County Council tart

### SUPPER

Remains of fillet and of savoury      Cocoa



## *AUTUMN*

## Sunday

4th WEEK

### BREAKFAST

Curried eggs

### DINNER

Roast beef      Yorkshire pudding      Vegetables      Fruit tart

### SUPPER

Cocoa      Cold beef      Salad      Plain cake

## KITCHEN

**Monday**

### BREAKFAST

Cold bacon

### DINNER

Cold beef      Potatoes      Tapioca pudding

### SUPPER

Soup      Cheese pudding



**Tuesday**

### BREAKFAST

Bacon      Potato and cabbage cake

### DINNER

Cornish stew      Sultana roll

### SUPPER

Mutton broth      Baxter pudding

# MENUS FOR THE

## Wednesday

### BREAKFAST

Cold bacon

### DINNER

Boiled beef      Rice mould and jam

### SUPPER

Onion purée      Cocoa      Bread, cheese, butter



## Thursday

### BREAKFAST

Fish kedgerree

### DINNER

Cold boiled beef      Potatoes      Salad      Damson pudding

### SUPPER

Cocoa      Sliced beef and cabbage      Bread and butter



## KITCHEN

### Friday

#### BREAKFAST

Anchovy toast

#### DINNER

Potato pie

Semolina and jam pudding

#### SUPPER

Cocoa

Bread and cheese

Bread and butter pudding



### Saturday

#### BREAKFAST

Pig's face

#### DINNER

Hot fish pie

Cold veal

Batter pudding

#### SUPPER

Vegetable soup

Casserole of steak

Bread, cheese. etc

## CHAPTER III

### Showing how the Foregoing Menus may be Managed

**A**FTER a perusal of the foregoing menus some housekeepers may be sorely puzzled how to provide such a variety of food at so small a cost. For their assistance let How to obtain Economical Variety us dissect these bills of fare and see how each joint, rabbit, or chicken is dressed and re-dressed, every atom of food made the best of, and the work of the cook at the same time lightened as much as possible: a matter which must be considered in a household where that domestic has no assistance and is expected to perform some of the housework.

In Menu No. 1 there is little to criticise in Sunday's breakfast except that of the 3*d.* worth of muffins ordered, two suffice for breakfast, and two for early tea. At the early

## HOW TO MANAGE THE MENUS

dinner the sirloin is roasted, minus the under-cut, which makes the meat course at Monday's late dinner. If the roast under-cut is especially appreciated, then three or four slices must be taken from the upper-cut after it is partly cooked, and put away ready for a dish of beef olives, which will take the place of the fillet on Monday. At supper there is casserole of chicken. The legs are not used, and these form a breakfast dish next morning, while the back and carcass go into the stock-pot. Fruit salad appears at this meal. It is composed of tinned pine (small tins of pine cost  $5\frac{1}{2}d.$  apiece), peaches, prunes, and fresh bananas. The small bananas at  $9d.$  a dozen serve for this purpose. A portion of the pine is used for the jelly at luncheon; a larger number of prunes are cooked than are required for the fruit salad, and these appear at lunch on Monday, and the tin of peaches is finished

How to Save  
the Cook  
Trouble up in the meringue on Monday night.

If the cook is a sensible woman, she will boil a few extra potatoes for luncheon, mash them, and make them up into rolls, rissoles, etc., for dinner, and chop a little more ready for fried potatoes on Tuesday morning.

## SHOWING HOW THE FOREGOING

The whipped whites of one or two eggs are needed for the meringue, therefore the yolks may be utilised for the potato rolls.

On Tuesday part of a neck of mutton is cooked for a hot-pot, and the scrag end is put on for mutton broth, while the marmalade pudding uses up any pieces of bread there may be in the bread pan. Some cutlets from the best end of the neck of mutton are put by for Wednesday's dinner. At Tuesday's dinner, the sponge pudding is made with one egg, and a little portion of the haddock left from breakfast makes a savoury toast. At Wednesday's luncheon a mutton broth (made substantial by means of potato and pearl barley) appears, and the remains of cold beef are used for Indian sandwich. With regard to the fish on Wednesday, a standing order for fish at 6*d.* a head for two people is given at Harrod's Stores; the amount sent is invariably just sufficient for three persons. At this meal turnip tops take the place of spinach, which may be dear, and a vegetable course of artichoke au gratin is substituted for a savoury. To save labour some extra artichokes are boiled, which may be used for a soup next

## MENUS MAY BE MANAGED

day. At dinner on Thursday, the small piece of fish left from Wednesday's dinner is mixed with boiled rice and white sauce, and baked in ramekin cases. A veal and ham pie makes a pleasant change from a joint, but Showing how the Joint may be made the most of as the best cuts of veal are dear, a knuckle of veal is ordered, and a little taken from it for the pie, the remainder being served with rice and parsley sauce for luncheon on Friday. When making pastry for the pie, it only takes a few minutes more to make some sweet pastry for Burton puffs and for some cheese cakes, which should be baked with the pie, and are then ready when required. Spring's cheese-cake mixture may be bought in jars, and is good and cheap. At Saturday's dinner the remains of the chicken are finished, and the dish is supplemented by a border of rice and garnishing of bacon rolls stuffed with veal forcemeat, and croûtons of fried bread.

It will be seen from the kitchen menus of the corresponding week that the servants have not fared badly. True, there has not been meat for supper every evening, for it is not always possible to allow regular meat suppers on the 10s. a week allowance. If maid-ser-

## SHOWING HOW THE FOREGOING

vants are told of this when engaged they seldom make any objection. The domestics should be permitted to finish soup, savoury, puddings, and vegetables left from late dinner, unless, of course, sufficient remains to serve again at luncheon. To supplement this fare, cocoa, milk, bread and cheese, or plain cake (if liked), should be allowed. These hints on kitchen catering only apply to families who employ two to four maid-servants. In larger establishments where there are men, or upper female servants, meat suppers are always expected. People who keep such large establishments, however, are not likely to limit their household expenditure to 10s. a week per head, therefore the requirements of their staff need not here be taken into account.

Let us now pass on to Menu No. 2. On Sunday, a joint of boiled beef forms part of the early dinner. Eleven or twelve pounds of unsalted silver side are ordered, and three pounds cut off. The greater portion of the steak is used on Monday for the beef-steak in batter, the smaller for the noisettes which appear at late dinner, while

The Division of  
a large Joint

## MENUS MAY BE MANAGED

the remainder of the silver side is salted and boiled, or it may be braised, or roasted. On Sunday there is cold chicken; as chickens may be sent from Ireland, carriage paid, for 4s. to 4s. 3d. the couple, they are not unduly expensive luxuries. In this week's menu ham is given several times. Medium-sized Canadian hams may be bought at 7d. the pound, and they are quite as good as the average English hams, though they certainly do not rival a home-cured Yorkshire ham.

As the old saying goes, however, one cannot expect Derby winners at 6d. a mile.

The liquor in which the salted beef was boiled forms a good foundation for pea soup, An Economical Idea which appears at luncheon on Tuesday. The liquor in which meat or poultry is boiled should always be kept, as it is sufficiently good to make the foundation of any vegetable soup. At dinner on Wednesday night a couple of boiled rabbits appear. This seems unnecessary for two people, but, when cooked, some of the best portion may be eaten, the remainder put away for the chicken creams and the legs and shoulders used for the curry for Thursday's luncheon. On Friday the best

## SHOWING HOW THE FOREGOING

end of a neck of mutton provides the cutlets, and on Saturday the remainder appears as hot-pot, while the scrag end forms the stock of a delicate, clear mutton broth, a soup to which the most fastidious person would not object.

We now arrive at the summer menus, and in these fruit plays an important part. A cold joint or meat dish is given occasionally at dinner, and fresh fruit or ice sometimes takes the place of a pudding.

The plain cook may at first be surprised and even displeased when requested to make an ice. Creams, jellies, and ices are mysterious products within the sphere of the professed <sup>Inexpensive</sup> cook, and not to be tampered with <sup>Ices</sup> by the plain cook. Whence this superstition I do not know, for the difficulty of making creams, ices, and jellies is as child's play compared with the difficulty of frying, or even of making a good mince. Simple cream and water ices are inexpensive and generally appreciated, and may be made with no more costly an apparatus than an American Ice Cream Freezer, price 3s. 11½*l.* Therefore it is evident that we may include ices in our menus.



## MENUS MAY BE MANAGED

On Tuesday, in order to give the children some chicken for their dinner, half a chicken is stewed and served with rice and parsley sauce. The remainder, with macaroni, etc., makes a sufficiently large Cape pie for dinner. On Wednesday, at luncheon there is a shoulder of mutton, for five adults and two children to partake of. There will in all probability not be a great amount left; therefore it is made the most of by being re-served in slices with macaroni and layers of potato in a pie with a mashed potato crust. On Friday there is a loin of mutton for dinner, and the kidney which accompanies it is put by for a savoury toast for the following day's dinner. This week, as the weather is hot, the flap end and fillet of the sirloin which come in on Saturday morning are cooked at once.

By the time the autumn menus are prepared our cook has learned to bone and stuff a fowl, which enables us to achieve a *recherche* cold supper dish at small expense. In the town the poultry may be boned by the poulterer; in the country the cook should be taught the art of boning, which is quite easily learnt if one or two personal lessons are given.

## SHOWING HOW THE FOREGOING

To try to learn boning from written directions is useless.

A pretty supper dish, and one which is easily carved, may be made with one chicken, the breastbone and merry-thought of which are removed. The chicken is then stuffed with minced veal, ham, tongue, sausage meat, etc., until it resumes its original shape. The legs and wings are tied in position with tape, and the bird is boiled, and when cold masked with sauce and decorated. One chicken thus treated will suffice for eight people, without touching the pinions or legs. These few hints will, I hope, serve to show how it is possible to achieve a variety of appetising dishes out of the most ordinary materials.

Before bringing this chapter to a close, however, it will be well to say a few words on the important subject of garnishing. Food may be of good quality, and it may be well cooked, but if it is not made to look appetising, the cook will gain no credit for her skill, and the mistress will never earn the reputation of a good caterer. Untidy, slipshod serving is one of the chief failings of the average plain cook. It may take her

The  
Importance of  
Neat Serving

## MENUS MAY BE MANAGED

some time to realise the importance of dainty garnishing, but it is a point upon which the mistress must insist. One cannot expect a cook, who has not been trained in a good kitchen, or who has never been with a family who required well-served meals, to know by intuition how the dishes should look. The mistress must explain, and even if necessary give a practical demonstration in the art of garnishing. With a single-handed cook elaborately trimmed viands are out of the question, but there is not the slightest reason that even the simplest food should not be put neatly on its dish and made to look attractive.

The appearance of a dinner depends to some extent upon the dishes in which it is served. If silver entrée dishes are not available, their place may be taken by the pretty white or green china fireproof dishes of various shapes, or by the quaint red glazed earthenware casseroles, which are now so inexpensive. For Irish stews, hot-pot, haricot, etc., the deep dishes with covers are suitable, while for savouries, minces, gratins, etc., small boat-shaped dishes placed on a clean lace paper on an ordinary flat dish look

Some Pretty  
Dishes

## SHOWING HOW THE FOREGOING

neat. For scallops and little mayonnaises, egg dishes, etc., there are tiny fireproof china saucepans, ramekin cases or shells, each one of which holds sufficient for one person. All viands which are baked in the dishes in which they are served should be placed on a clean dish on lace paper. With such inexpensive Inexpensive Garnishes garnishes as parsley, plain, fried or chopped; cress, beetroot, tomato; hard-boiled yolk of egg rubbed through a sieve, white of egg finely chopped; a few pickles or gherkins and some Coraline pepper the cook may garnish her savoury dishes as prettily as she can desire, while for sweets and cakes, glacé cherries, angelica, almonds, pistachio nuts, hundreds and thousands, powdered sugar, white of egg, whipped cream, carmine and sap green can be used in hundreds of ways. It may be said that, when the house-keeping allowance is strictly limited, such items as glacé fruits, pistachio nuts, etc., cannot be afforded. These garnishes are, however, only required occasionally, and a quarter lb. of pistachio nuts or glacé fruits if carefully used lasts a long time. It is not, however, only the actual garnishes employed, but the shapes of

## MENUS MAY BE MANAGED

the sweets and savouries, and the neatness with which they are placed on the dishes, that make them appear attractive. Plain, homely dishes such as hashed mutton or mince for instance, The Serving of Homely Hashes and Minces may be made to look quite smart with a little care. The hashed mutton should be served in the centre of a wall of mashed potato against which is arranged a row of neat little sippets of fried toast. The mince may be served in the same manner or without the potato, and with a border of fried sippets. It does not cost any more to serve a hash or mince thus than to empty the contents of the saucepan out on to a dish all anyhow. The extra time required may be five minutes, but it is time well spent.

Just in the same way suppose that a chocolate pudding be ordered. Steam it in a pudding basin, turn it out on one side of the dish and slop some custard sauce round it. It will not look inviting. Make it in a pretty mould, turn Suggestions for Serving Sweets it out in the centre of the dish, blanch six almonds, split each into four, stick the pudding over with them, pour the sauce neatly round, and you have a sweet which will be a credit to you. Take for

## SHOWING HOW THE FOREGOING

another example a dish of stewed prunes. To stew them and then throw them into a glass dish is the usual way of serving them. Now try the effect of this method. Stew the prunes in a very little water. When soft strain off any moisture there may be, add water and sugar and a little carmine, and make a syrup. Arrange the prunes in a ring and pour the pink syrup over them. Here you have a compote of prunes fit to serve at a dinner!

In making savouries the garnishing and dishing are of great importance, and a little taste in the arrangement of colour, and care in cutting croûtons, toasts, etc., are well repaid.

There are certain broad rules as to serving and garnishing which the cook must learn. For example,—

**Some Broad Rules for Serving and Garnishing** Cold meat, savouries, etc., are generally garnished with parsley.

When croûtons of bread are required they must all be cut of the same size and of the same shape, though the shapes may be varied for different dishes.

Croûtons used for savouries should not be larger than a 5s. piece.

## MENUS MAY BE MANAGED

Rissoles and croquettes should always be small and neatly shaped; they are generally garnished with fried parsley.

Mutton and lamb cutlets must be neatly trimmed, the bones scraped clean, and then chopped to a uniform length. They are sometimes ornamented with cutlet frills, but in all cases they should be neatly arranged round a centre of vegetable, aspic, etc., with the bones pointing upwards.

Veal cutlets should not be larger than a 5s. piece, and are served with rolls of bacon, round a centre of vegetable.

Noisettes of beef, mutton, etc., or fillets of beef should not be more than half to three-quarters of an inch thick, and in size vary from that of a 5s. piece to that of the rim of a claret glass.

Tin cutters should be used for cutting out all articles which are required to be of one size and shape.

Entrées such as noisettes, fillets, etc., are generally served round a centre of mashed potato, and then garnished according to taste, or for a change a straight bank of mashed potato is arranged down the middle of the

## SHOWING HOW THE FOREGOING

dish, and the fillets are laid down the centre of the potato alternately with a slice of grilled tomato sprinkled with chopped parsley.

Boiled fish is generally served on a folded napkin; fried fish either on a napkin or dish paper.

Fried potatoes are placed on a dish paper. Mashed potatoes, whether for the centre of an entrée or for a vegetable, must be smooth and arranged in a neat shape. Borders of potato may be shaped by the help of a silver spoon and fork, though sometimes the potato is moulded. For entrées the potato mould is sometimes turned out on to the dish, brushed over with egg, and placed in the oven until it assumes a golden-brown hue.

When pieces of toast are required on which to place savoury minces, buttered eggs, etc., these should be all of one size and shape.

When sending warmed-up puddings such as plum, gingerbread, chocolate, etc., to table, they should be cut in slices, neatly piled on the dish and powdered with castor sugar. Remains of cold fruit tarts are generally placed in a glass dish with the crust cut into V-shaped pieces and arranged on the top. Ugly-



## MENUS MAY BE MANAGED

looking puddings, such as jam rolls, should have the ends removed, be sliced, pressed together again, powdered with sugar, and placed on a lace paper.

It is by paying attention to such details that 10s. a week per head may be made to provide not only a sufficiency of wholesome, but of attractive food.

## CHAPTER IV

### Soups

“**D**O you consider it economical to have soup every day for dinner?” is a question which I am frequently asked, and I answer it in the affirmative, with one reservation only, which is—always supposing that the cook understands the art of making it. But this is just what six plain cooks out of ten do not understand, and not two out of ten mistresses are competent to teach them. Up to quite a recent date, in England, soup was considered as extravagant and superfluous, except at a dinner party, and if one trusted to old recipe books or to the advice of the average old-fashioned cook, one might be forgiven for thinking so still.

Unless an exquisite consommé is required, the purchase of soup meat except for clearing

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purposes should be forbidden. True consommé is made from meat only, and when the cook understands her business it is so made that the meat used in its composition can be served as a *pièce de résistance* at a home dinner, at luncheon, or at the kitchen midday meal. Ordinary consommé is made from uncooked bones, and cleared with raw meat.

In a household where two or three joints are used each week, and where the cook saves all bones and trimmings, there should be sufficient stock to provide soup of some description for each day's dinner.

Let us suppose that a "green" cook, as Americans would term her, is to be instructed in the art of soup-making. Her education must begin by the committal to heart of the following rules:—

That bones must be broken into small pieces, so that all the good may be extracted from them.

That bones, meat, etc., should be put into cold water.

That nine times out of ten the soup is spoilt by being cooked fast, instead of being allowed to simmer.

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That stock should be made the day before it is needed.

That thick soups are thickened by flour and butter, yolk of egg, etc.

That purées are thickened by means of the ingredients which compose them, being rubbed through a sieve and added to the liquid stock in the form of a pulp.

That clear stock should be cooked in an uncovered pot.

That stock for clear soup must be skimmed, and, when cooked, poured through a cloth into a basin and there left until cold.

That soup and stock are not the same things.

Having made herself mistress of these facts, she must then learn how to make the best use of available ingredients. Directly the meat from a joint has been removed the bone should be broken into small pieces and used for stock. All trimmings of steak, fillets, cutlets, and poultry should be utilised, and the liquor in which meat or poultry has been boiled must be set aside. This liquor forms the foundation of thick soups and purées, and may also be made useful in other ways—for instance, vegetables which are served as a separate course should

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be cooked in stock if possible, and stock is required for the making of many sauces. Even the bacon rinds from the morning rasher should be washed and scraped and used for stock. Vegetables are an important item in soup-making, and should be cut into small pieces before being used. When celery cannot be obtained some celery seed should be tied in a muslin bag and used for flavouring, or the soup may be salted with celery salt. A bouquet of herbs will also be needed, and this consists of a bunch of parsley, a sprig of thyme, and one bayleaf tied in a muslin bag. Vegetables which have been used for soup or stock flavouring should not be thrown away; they can be served in the soup as a garnish or as a macedoine, as a garnish to a made dish, or as a vegetable curry, surrounded with rice. All fat skimmings from stock should be clarified and used for frying.

If these directions are attended to it is plain that much good food stuff—too often thrown away, or sold as a perquisite—may be utilised, the result being a considerable reduction in the household bills.

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### Stock for Excellent Golden Clear Soup 1

For six persons take 9*d.* worth of veal and beef bones mixed, break into small pieces, place in a pan without a lid, cover them with cold water, and bring to the boil; as the scum begins to rise remove it, then add about one tablespoonful of cold water; skim till all the scum is gone. Now add to the liquid six black peppercorns, two small leeks, a piece of parsnip or turnip, two small carrots, two large onions (in one stick three cloves), a bouquet of herbs, half-stick celery, or some celery seed in a muslin bag. Let the stock simmer three or four hours, then at once strain it through a cloth into a basin, and leave it till next day.

### Ordinary Stock made with Cooked Bones 2

Break up any cooked bones and trimmings of meat, etc., into small pieces, add two quarts of cold water, bring it to the boil and skim several times, then add two onions, two carrots, one turnip cut up, a bouquet of herbs, six peppercorns, and some celery seed tied in a muslin bag; then simmer for two and a half to three hours, strain it into a clean basin, and let it stand.

### Vegetable Stock (Clear) 3

Take two onions, two carrots, two turnips, two heads of celery chopped in small pieces (or a muslin bagful of celery seed), a bouquet of herbs, four peppercorns, half a teaspoonful of salt, and one quart of water, and let it boil for half an hour, then simmer from one and a half to

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two and a half hours, strain, and use at once or let it stand in a basin.

If a brown vegetable stock is required fry the vegetable slightly in clarified fat.

### Vegetable Stock (Thick)

4

Boil three-quarters of a pint of dried peas in two or two and a half pints of water; they must be put into cold water. After the first boil add every half-hour about a sherry-glassful of cold water; this will help to soften the peas more thoroughly. After an hour and a half or two hours' time add three carrots, two onions, three cloves, a little celery, some parsley, half a bayleaf, and a piece of butter the size of a walnut. Let the whole mixture simmer for five hours over a slow fire; salt it moderately during the fourth hour, and strain off the vegetables when these are quite tender. This makes an excellent stock, and is very often used instead of meat stock for purées.

### Fish Stock

5

Take the bones and trimmings of any white fish, cleanse thoroughly in salt and water and dry them; cut in small pieces and put in a stewpan with two ounces of butter or fat: add two or three sliced onions, two or three tomatoes (if obtainable), two cloves, six peppercorns and a bunch of herbs. Place the fish on the top of the vegetables, etc., and fry all together from fifteen to twenty-five minutes, according to the thickness of the pieces of fish: add three pints of cold water, or

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water in which fish has been boiled, and simmer the stock slowly for one hour; strain the liquor from the fish and vegetables, and put it aside. Remove the bones and herbs from the vegetables, etc., and keep the latter in another basin until required.

### To Clear Stock

6

Having removed the fat from the stock pass for each quart six ounces of lean beef through a mincing-machine. Take the beaten white of one egg and add to the cold stock; then bring gently to the boil, stirring occasionally, and simmer very quietly for one hour. Finally strain very gently through a clean linen soup cloth which has been wrung out in boiling water.

### To Clear Stock Without Meat

7

The whites and shells of two eggs beaten up all together in half a pint of the cold stock. Add to the remainder of the stock; bring to the boil, stirring all the time; simmer for twenty minutes. Then strain through a cloth which has been wrung out in boiling water.

Let us now suppose that we have a basinful of one of the stocks for which recipes have been given, and that out of this stock we desire to make a soup. No matter if the soup is to be thick or clear, the first proceedings



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are the same. Take the basin from the larder, and remove all fat from the top of the stock; then pour the remainder into a clean bowl, taking great care not to disturb any sediment there may be at the bottom. This done, the stock is ready to be converted into soup.

What amount of fat there may be on the cold stock will depend greatly upon the material which has been used for making it; but all that is skimmed off must be placed in a basin, and on no account thrown away, as it forms the best fat for frying purposes which can be procured.

If the stock which we now have is suitable for a clear soup, but little more remains to be done. It must be placed in a perfectly clean saucepan, and cleared by one of the two methods already described. This done, the soup may be garnished and served at once, or the cleared stock may be put by until required.

### Consommé à la Royal

8

Prepare a custard as directed below, and garnish some clear stock with it. Mix two eggs in a basin with two tablespoonsful of cream (or new milk), season with pepper and salt, and colour if desired. Strain the mixture into

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a jam-pot which has been well buttered, place a piece of writing-paper in a pan of boiling water, and stand the pots on it; steam till firm. When cold, cut into strips or small shapes, rinse in warm water, and add to the soup. This garnish can be made a day before it is to be used, but must be kept in cold water until it is required.

### Consommé à la Portugaise. 9

The consommé is garnished with julienne vegetables, strips of leek simmered in a little of the stock, and French plums blanched and simmered for half an hour in some stock until soft, and then added to the soup.

### Consommé à la Julienne 10

Cut from a turnip and carrot (which have been carefully cleansed) very fine strips about an inch long; add to these strips of French beans, lettuce, or other vegetables; put these in the consommé about five minutes before it is served, allowing six or more strips for each person.

### Consommé d'Italie 11

Simmer some macaroni in water or stock for half an hour or till tender, cut in inch-long strips, and add to the consommé immediately before serving. Vermicelli or pâté in small letters can be substituted for macaroni if desired. These only require twenty minutes' simmering before serving.

### Consommé aux Petits Pois 12

Simmer some young peas in water with a sprig of mint; add them to the consommé before serving.

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### Consommé à la Fromage 13

Heat the consommé as usual and serve with grated cheese (handed).

Should we, however, require a thick soup or a purée, after freeing the stock from fat and sediment, we proceed somewhat differently, and by following the recipes given, attain a variety of appetising and economical soups.

### Potato Soup (Economical) 14

Take 2 lb. of peeled potatoes, some sticks of celery, and a large onion. Cut all up small, season with salt and pepper, and put into a saucepan with two good dessert-spoonsful of clarified dripping. Cover the pan, and stew gently for fifteen minutes, stirring frequently. Pour over all three pints of weak stock and simmer until the vegetables are very soft; work through a fine sieve into another pan, add a cupful of hot milk and salt, and white pepper to taste. Serve with tiny dice of fried bread and bacon.

### Artichoke Soup 15

Boil 3 lb. of Jerusalem artichokes, which have been peeled and put for a few minutes in cold water, in a quart of milk, adding to it about a teacupful of water. When the artichokes are very soft, rub them through a sieve, flavour with pepper and salt. Just before serving (when the soup is hot, but not boiling), stir in a spoonful or two of cream, thicken with a piece of white roux if necessary, and serve with bread cut in dice and fried.

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### Onion Soup

16

Cut into very small pieces two onions, one parsnip, one carrot, one turnip, add five peppercorns, two cloves, two saltspoonsful of salt, some celery; put into a saucepan with (if you have it) a slice of lean bacon or ham minced, and one quart of stock; let it boil for five minutes, and skim; simmer until the vegetables will pass through a fine sieve, put into another saucepan with one pint of milk, and stir until boiling. If not sufficiently thick, add one tablespoonful of cornflour mixed smooth in cold milk and boil in the soup for five minutes.

### Tomato Soup

17

Put into a saucepan three-quarters of a pound of tomatoes, add one pint of ordinary stock, one bayleaf, a sprig of parsley, a stick of celery or a little celery seed tied in a bag, six peppercorns, and a teaspoonful of sugar; simmer until the tomatoes are soft. Meanwhile fry a sliced onion in dripping—be careful it does not brown—then add to it one tablespoonful of flour, and cook it thoroughly, but do not brown it. Add some of the tomato and mix well, and then mix it in with the rest of the tomato. Add salt to taste. Pass through a fine sieve. Heat again, and serve with tiny dice of fried bread.

### Sorrel Soup

18

Remove the stalks and any hard part of the rib, take two good handfuls of the sorrel so trimmed, and tear it in small pieces. Let this cook with 3 oz. fresh butter

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till it is thoroughly cooked and melted, then stir into it a teaspoonful of potato flour or *crème de riz*, mixing it very carefully; add one and a half pints water, or white stock, with salt and white pepper; boil for five minutes, draw the pan to the side of the stove and simmer till quite done. Rub the purée through a sieve, make it hot, slice some crumb of bread diagonally in thin slices, and lay these at the bottom of the tureen; pour the purée over them, and serve. If desired two eggs beaten up with one gill of cream and mixed with a little of the warm stock can be added at the last moment to the purée.

### Lentil Soup

19

One and a half pints lentils, one onion, two sticks celery (or celery salt to taste),  $1\frac{1}{2}$  oz. dripping, salt, three pints water. Wash the lentils and let them soak in water all night, grease a saucepan with the dripping, put in the lentils, the sliced onion, and the celery cut in pieces. Put the saucepan on the stove with the lid on, for fifteen to eighteen minutes, add the water, simmer gently for one and a half hours. Rub the lentils and vegetables through a hair sieve with the liquid and serve very hot.

### Green-pea Soup

20

One quart of stock (made from bones), one pint of green peas (measured after shelling), a few leaves of spinach and lettuce. Break up the pea-shells, add the spinach and lettuce, wash and put into the boiling stock with a

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pinch of sugar, salt, and a little mint. Boil until the spinach and lettuce are soft, and pass through a fine sieve. Meanwhile, cook the peas in 2 oz. butter, a gill of boiling water, a little salt and sugar, shaking frequently until tender, pass through a fine sieve, add to the stock colour with sap green, boil up, flavour, and serve. This soup should be of the consistency of ordinary cream.

### Pea Soup

21

Four pints water, one pint dried peas, three onions, three carrots, two turnips, a bunch of herbs, sixpenny-worth of beef bones. Soak the peas in two or three waters for twelve hours, wash the bones, put them in a clean saucepan with the water and peas, add salt and pepper. Skim well while boiling. Scrape the carrots, peel the turnips, skin the onions, cut them all in dice, add to the bones and peas, simmer very gently for four hours. Remove the bones, season with dried mint if liked; rub through a hair sieve if a purée is required. The water in which a joint of meat has been boiled, or one quart of bone or vegetable stock, can be used instead of the bones

### Potage à la Bonne Femme

22

This soup requires careful making, as it curdles easily if allowed to become too warm. Shred finely the following ingredients: One cucumber, four lettuces, one onion; place these in a small soup pot with 2 oz. of butter, some pepper and salt; simmer over a slow fire for about ten minutes, add a good dessertspoonful of flour and moisten

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with three pints of good stock, white for preference. Stir over the fire till the soup boils, set it by the stove to simmer gently for a quarter of an hour. When about to send the soup to table, make it hot and stir in two yolks of eggs, half-pint of new milk and sugar to taste.

### Crème d'Orge

23

Take one quart of white stock which has been flavoured with vegetables. Allow 2 oz. of crème d'orge (which is pearl barley finely ground) to every quart of stock. Mix the crème d'orge smoothly with a gill of cold stock or milk. When quite smooth add this to a quart of boiling stock, and continue to boil it quickly for ten minutes; skim if necessary. Mix in a basin three raw yolks of eggs with 1 oz. of butter (cut in small pieces) and one pint of milk. Add this mixture by degrees to the soup, which must be boiling, strain into the tureen, and serve with fried croûtons.

### Sago Soup

24

Two leeks, one good-sized onion, half-teaspoonful celery salt, one saltspoonful white pepper, one quart water. Cut up the vegetables, place with the other ingredients in a saucepan, bring to the boil, and simmer till the vegetables are tender. Rub through a sieve and return to the saucepan. To the water the vegetables boiled in add one pint of milk, stand the saucepan on the stove, and bring to the boil. Sprinkle three tablespoonfuls of sago into the soup while boiling, and stir till the sago is quite cooked, then pour into a hot tureen and serve with fried croûtons.

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### Hare Soup

25

Put in a stewpan two sliced onions, one carrot, one leek, one turnip, two or three strips of celery, a few cloves, mace, and peppercorns. To these add the bones of a hare, either cooked or raw, chopped in pieces and fried in 1½ oz. butter or dripping for fifteen minutes, cover them with stock or water, bring to the boil and then simmer for about three hours, not more. Strain off the stock, remove the fat when cold, and if a clear soup is desired clarify in the usual way. If a thick soup is wanted thicken the stock with some of the flesh of the hare pounded and rubbed through a sieve into the soup until it is the required thickness.

### Rabbit Soup

26

Cut a rabbit in pieces, put it in a jar with one slice lean bacon, one onion, and a bunch of sweet herbs, pour over them one quart of water; cover the jar with oiled paper well tied down, put it in a pan of boiling water, and let simmer till the flesh comes off the bones. Strain the stock, brown it if necessary, flavour with salt, white pepper and cayenne to taste, re-heat it, and serve with small forcemeat balls.

### Herring Soup

27

Two fresh herrings, one carrot, one turnip, two sticks of celery, two bayleaves, one dozen peppercorns (white), one *small* teaspoonful salt, two teaspoonsful anchovy essence, one quart cold water, half-pint hot milk, two



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dessertspoonsful of cornflour, two tablespoonsful of cold milk. Clean and scrape the fish, cut both into small pieces, place in a stewpan with the vegetables (previously washed, scraped, and sliced), the bayleaves, salt, peppercorns (crushed), and cold water, cover with a lid and bring to the boil, simmering the stock till reduced to about one and a half pints, then strain through a hair sieve into a saucepan; add the hot milk, mix the cornflour to a smooth paste with the cold milk, pour gradually into the soup, stir over the fire until as thick as rich cream; stir in the anchovy essence, and serve very hot with tiny croûtons and dice of bacon.

### Fish Soup

28

Prepare some fish stock as directed in the previous recipe, take the vegetables and pieces of fish, heat them in a little of the stock and rub through a hair sieve, adding the rest by degrees. When the purée is sufficiently thick, flavour with lemon juice, salt, and pepper, colour it with carmine, make it very hot and serve.

### Mutton Broth (Clear)

29

2 lb. of the scrag end of a neck of mutton chopped in small pieces, three pints cold water; put these in a stewpan with half a carrot, half a turnip, two onions, half a head of celery; cook gently for four or five hours. Skim well, strain and leave till cold; remove the fat, and before serving add a little chopped parsley and 2 oz. pearl barley which has been boiled separately.

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### Thick Mutton Broth

30

The ingredients are the same as in the previous recipe, but the pearl barley must not be washed, and should be boiled in the soup. Proceed as directed until the soup is ready to be poured into a basin; it will not want straining; remove the fat when cold, serve with the pieces of meat cut in dice, the vegetables, and the pearl barley.

### Veal Broth

31

2 lb. knuckle of veal, cut the meat up and break the bone, put in a stewpan with half an onion, half a head of celery, some peppercorns, and a small piece of lemon peel, add three pints cold water. Simmer from five to six hours, skimming carefully, strain, and leave till cold, remove the fat, and when required for use a little macaroni or vermicelli can be added.

### Carrot Soup

32

Take six good-sized carrots and slice them with two small onions, 2 oz. or 3 oz. of lean bacon, and a few pieces of celery. Put them in a stewpan with 2 oz. of dripping, and let the whole simmer gently for ten minutes, after which add three pints of stock. As soon as the vegetables are tender pass them through a sieve, strain the stock and add them to it, letting it boil up. Season with pepper, salt, and a pinch of sugar, and to smooth the soup stir in a tablespoonful of lightly baked flour mixed smooth with two large tablespoonfuls of cream or milk.

## CHAPTER V

### Sauces

**A**S a general rule, in few preparations does an inexperienced cook fail more completely than in the making of sauces. If the first principles of sauce preparation are once understood, no further difficulty should be experienced. The faults of the average sauce are that it is lumpy, and that it tastes chiefly of uncooked flour. This is simply because the thickening is not properly prepared. To quote from Mrs. Beaty Pownall's excellent *Book of Sauces*, the method most generally followed is this: "Some water or milk is set on to boil, an indefinite quantity of flour is shovelled in and rubbed up until fairly smooth, a piece of butter . . . is dropped in, a hasty stir round given, and the whole is poured into a cold sauce-boat, where it solidifies to a pasty mass, agreeably diversified

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by lumps of uncooked flour.” Are we not all acquainted with this style of sauce? Instead of adopting this method, let the cook learn to make the thickening—*i.e.*, white or brown roux—properly, and all will be well. A well-trained cook keeps a jar of each roux ready in order to save time and labour when she is finishing and dishing her dinner. In all cases sauces should be poured through a strainer, and when specially delicate sauces are required put through a tammy. To ensure the success of the sauce, be sure that it is served in a hot sauce-boat.

### White Roux

33

Put 4 oz. of butter in a very clean pan, melt it carefully, then sprinkle in by degrees 4 oz. dried and sifted flour; stir this over the fire till a smooth even paste is formed without colouring it. This will take from ten to fifteen minutes. When perfectly smooth season with a little salt and place into a jar; cover with paper. The roux thus prepared will keep for a day or two, and is the foundation of all white sauces.

### Brown Roux

34

Take equal quantities of flour and butter, follow the recipe for white roux, but stir the ingredients over a slow

## SAUCES

fire until they are a light coffee colour. This will take some time, as the roux will become bitter or burn if placed over too sharp a fire. When cooked it can be kept in the same way as the white roux, and is the foundation of brown sauces.

### Melted Butter

35

Melt 2 oz. fresh butter in a pan, sprinkle in 1 to 2 oz. flour (the less flour you put the richer the sauce will be), stir till the sauce will leave a clean place in the pan when lifted up in the spoon. (This is the white roux, but the full recipe is given in case a stock of thickening is not to hand.) Pour in very gradually half-pint of water, stirring all the time to prevent lumps. If any are seen beat the sauce to a smooth paste before adding the rest of the water. When this is done boil for ten to twelve minutes, stirring occasionally. Pour through a strainer into a hot tureen, seasoning with a few drops of lemon juice and some white pepper. Milk or white stock can be used instead of water.

### Egg Sauce

36

Boil an egg for twelve minutes, put it in cold water till it is hard, chop it finely, and add it to half a pint of melted butter, heat it, season with lemon juice or vinegar (if liked) and white pepper. To make a richer sauce, stir in  $\frac{3}{4}$  oz. fresh butter and two tablespoonsful cream just before serving.

### Lobster Sauce (with Tinned Lobster) 37

Three-quarters of a pint of good melted butter made with milk, one tablespoonful of anchovy sauce,  $\frac{1}{2}$  oz.

## SAUCES

butter, salt and pepper to taste, and a dash of lemon juice. Open a small tin of lobster, pour away all the liquor; cut' the meat in small pieces. Mix all the ingredients, except the lobster, with the melted butter, stir well, then put in the meat and heat it thoroughly.

### Cheese Sauce

38

Put two small tablespoonsful of flour into a saucepan, pour on to it by degrees three tablespoonsful of cold milk, mixing well until the flour is quite smooth. Place on the stove and stir, and add by degrees one good tablespoonful of Parmesan cheese, six drops of lemon juice, salt, and white pepper. Cook for about ten minutes, then add a piece of butter about the size of a small walnut, and one tablespoonful of cream. Strain and make thoroughly hot.

### Savoury Fish Sauce

39

(To accompany Fish which has been Cooked in the Oven.)

One small dessertspoonful of anchovy sauce, one sherry glass of white wine, a squeeze of lemon juice, and the liquor which flows from fish when baked in the oven: add these to half a pint of good melted butter, and serve.

### Parsley Sauce

40

Wash the parsley, wipe it perfectly dry in a cloth, and mince a sufficient quantity for the sauce—a teaspoonful is the usual amount. Make half a pint of melted butter, as directed in a previous recipe, stir into this a teaspoonful of chopped parsley. When well mixed, add a squeeze of lemon juice, and serve very hot.

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### Bechamel Sauce

41

Take 2 oz. fresh butter,  $1\frac{1}{2}$  oz. dried and sifted flour; when the butter is melted, add the flour by degrees, and stir till the ingredients are thoroughly mixed. Have ready one-third pint of white stock, pour on the flour and butter, taking great care that there are no lumps, add one-third pint of milk (previously boiled with a bouquet of herbs and a green onion to flavour it) in the same way. Let this boil twelve or fifteen minutes, till reduced to a fourth part, and so thick as to leave clean spaces when dropped from a spoon, stir in two table-spoonsful of fresh cream, season with pepper and salt, add a squeeze of lemon juice, and serve.

### Caper Sauce

42

Half a pint of melted butter, one teaspoonful of capers, stir in, heat well, and serve.

### Gooseberry Sauce

43

One pint green gooseberries, clean and trim them, blanch in boiling water for two minutes, drain them, rub them through the colander into a pan, with 2 oz. butter, boil till quite tender, add a drop or two of green colouring, and serve. Gooseberry jam may be used; if so, some lemon juice or vinegar should be added.

### Brown Sardine Sauce

44

Take 2 oz. of brown roux, mix well with half a pint of brown stock, the grated rind of half a lemon, a small

T.S.

81

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## SAUCES

glass of sherry, a small slice of onion, and a tiny piece of tarragon. Skin and bone half a dozen sardines, and stir these into the sauce till it boils.

### Tomato Sauce 45

Six smallish tomatoes. Cut them in slices and place in an enamelled saucepan: add 1 oz. of butter, some chopped parsley, salt, pepper, and a tiny pinch of cayenne. Pour over one pint of stock. Boil until quite soft, sieve; add one teaspoonful of anchovy essence and 1 oz. of roux. Stir over the fire, and serve very hot. Tinned tomatoes may be used, and should be drained dry of the liquor in which they are preserved.

### Brown Mustard Sauce 46

3 oz. of roux, mix with half a pint of brown stock, stir till it boils, add a teaspoonful of French vinegar, a teaspoonful of French and English mustard; mix and dust with cayenne, simmer, strain, and serve.

### Horseradish Sauce 47

Scrape a horseradish, sprinkle a little castor sugar over it, let it stand for an hour, stir into it enough white wine vinegar to thoroughly moisten it, and then add half-gill fresh cream, stirring well until the ingredients are mixed.

### Grill Sauce 48

Two tablespoonsful malt vinegar, rather more than one dessertspoonful port wine, Harvey sauce and made mustard, one teaspoonful anchovy essence, one dessertspoonful



## SAUCES

mushroom ketchup if liked. Let this all boil up together, then simmer for four or five minutes, letting the meat over which it is to be poured get thoroughly hot in the sauce before serving.

### Curry Sauce

49

Slice an onion in thin rings, and fry them in 2 oz. of clarified dripping. Stir in half a dessertspoonful of curry powder and one dessertspoonful of flour; salt to taste. Add quarter pint of stock and cook all together for ten minutes, strain, and use.

### Piquante Sauce

50

Half-gill French vinegar, a bouquet of herbs (tied), one eschalot, finely chopped. Boil fast till the vinegar is reduced to half the quantity, add to it three-quarters pint good brown sauce and a pinch of sugar; boil for ten minutes, stirring all the time; pass through a strainer. Have ready two or three gherkins (chopped finely), a dessertspoonful of capers (also chopped), a little chopped parsley. Mix these in the sauce, boil, and serve.

### Soubise Sauce

51

Take two large onions, peel them, put them in boiling water for five minutes to blanch them, strain them, and cut the onions in small pieces; put them in a pan with 1 oz. clarified dripping or butter, stew until tender, lift the pan from the fire, and stir in half a pint white sauce; let it boil, skim carefully, stir over the fire till it reduces a little, and rub through a hair sieve. When about to

## SAUCES

serve add a small piece of butter, and re-heat in a jam-pot, standing in a saucepan of boiling water.

### Good Mayonnaise Sauce

52

To make mayonnaise sauce, first rinse the basin in very cold water, and make the sauce in a cool place, if possible keeping the basin on ice while you mix the sauce. See that the oil is perfectly good, and add it drop by drop. This is important, otherwise the sauce may curdle. Use the very best vinegar, as a very little of this will suffice and prevent the sauce from becoming thin. If the mayonnaise must be made long beforehand, add two tablespoonsful of liquid aspic to three gills of mayonnaise, and if a stiff sauce is required for garnishing still more aspic will be required. Put the yolks of two raw eggs in a basin, and add to them a pinch of salt, half a saltspoonful of white pepper, and half a teaspoonful of French and English mustard in the dry state, and a tiny pinch of cayenne. Work these together, then stir in drop by drop three gills of olive oil. When quite thick add half a teaspoonful of lemon juice, and two dessertspoonsful of the best vinegar drop by drop, and set in a cool place, or on ice, until required. The sauce can be coloured with a little of Marshall's sap-green. In case the sauce curdles the yolk of another egg must be beaten up, and the curdled sauce added to it little by little.

### Tartare Sauce

53

Proceed as for mayonnaise, substituting tarragon vinegar; sprinkle in a small quantity of finely chopped herbs, especially tarragon and chives, at the last.

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### Hollandaise Sauce

54

Four tablespoonsful French vinegar, two bayleaves, three or four peppercorns, boil fast over the fire until the vinegar is reduced to half the quantity, take the pan from the fire, add three yolks of eggs, stirring them in carefully, stand the pan in another containing boiling water, stir in 3 oz. butter, beating with a wooden spoon. If the sauce gets too hot it will curdle; wring through a tammy cloth or pass through a hair sieve.

### Salad Dressing

55

The yolks of two eggs hard boiled, beat quite smoothly with one teaspoonful dry mustard. Add by degrees seven dessertspoonsful olive oil, eight dessertspoonsful vinegar, two dessertspoonsful brown sugar, half-teacupful cream or new milk, beat with a silver spoon till quite smooth. This mixture will keep for some time.

## SWEET SAUCES

### Jam Sauce

56

Four tablespoonsful apricot, or any seedless jam,  $\frac{1}{2}$  oz. castor sugar, four tablespoonsful water. Mix well together in a stewpan with a wooden spoon, boil for about ten minutes, rub through a fine hair sieve, reheat and use; any colouring desired must be added before passing the sauce through the sieve.

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### Jelly Sauce 57

Whip up a small pot of melted red currant jelly with about a gill of cream till it forms a smooth sauce, colour with carmine, and pour round the sweet. (New milk will serve if cream is not available.)

### Foam Sauce 58

One egg, one teaspoonful castor sugar, wine or liqueur to taste. Break the egg in a jam-pot, stand the jar in a stewpan of hot water, whisk for five minutes, adding the wine while whisking. This sauce can only be made at the last moment before serving, as if kept waiting it goes flat.

### Orange Sauce 59

4 oz. castor sugar, half-pint water, boil in a stewpan for about ten minutes, dissolve in this two sheets white leaf gelatine, add the pulp of four oranges, flavour with brandy, rub through a sieve and use when cold.

### Arrowroot Sauce 60

Melt 2 oz. fresh butter in a stewpan, sprinkle in  $1\frac{1}{2}$  oz. finely ground arrowroot, stir over the fire until a perfectly smooth even paste is formed. Add very gradually half-pint water, beating it all the time, flavour with sugar. The juice and grated rind of one orange or lemon or 2 or 3 oz. of jam can be added if desired. After the water is in stir from ten to twelve minutes, rub through a fine hair sieve, and strain into a hot tureen.

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### Chocolate Sauce

61

4 oz. sugar, one gill water, boil together for five minutes, stir in slowly 4 oz. good chocolate powder, when dissolved stand a jam-pot in a pan of hot water, put the sauce in the jar, cook for five minutes, then stir in a gill of cream, milk or custard, and flavour with vanilla.

### Cherry Sauce

62

2 oz. dried cherries, 1 oz. white castor sugar, quarter-pint sherry or marsala, vanilla to taste. Shred the cherries finely, put them with the other ingredients into an enamelled pan, simmer for ten minutes, rub through a sieve, reheat, and pour round the pudding.

## CHAPTER VI

### Economical Ways of Cooking Fish

**M**ANY housewives whose allowance is strictly limited are apt to consider fish an expensive luxury, only to be indulged in at rare intervals. This is a mistaken idea; for fish, when well prepared, is wholesome and easily digested, and, if purchased with due regard to price and quality, an economical food. Needless to say, soles, salmon, whitebait, and turbot cannot be afforded by those who must keep their house-bills to 10s. per head a week; but such fish as lemon soles, plaice, whiting, fresh haddock, mackerel, cod, halibut, brill, skate and sprats are not to be despised when well cooked and served.

Before learning to cook fish the housekeeper must learn how to select it, which she may do with ease if she remember the following

## ECONOMICAL WAYS OF COOKING FISH

rules. Fish which is fresh is firm, and the eyes are bright; when stale the eyes are sunken and dimmed by a film, and the flesh is flabby. The smell of fish, when fresh, is scarcely apparent. Mackerel, herrings, sprats, whitebait and smelts should be bright and silvery; if the colour has departed the fish is stale. Mackerel, when stale, is absolutely unwholesome.

Few persons are aware that steamed fish is preferable to boiled fish; when steamed the goodness of the fish is retained; when boiled much of it escapes into the water. When, however, fish is to be boiled, remember that the water must be boiling, and slightly salted and flavoured with vinegar before the fish is put into it. The water must be kept boiling for five minutes, then drawn aside and simmered until the fish is done. Fish boiled in vegetable stock instead of water is excellent.

### Lemon Sole au Vin Blanc

63

Skin, clean, and trim a sole, lay it in a well-buttered baking-dish, season with white pepper, pour over it about half a pint of fish stock or water, mixed with a little white wine or sherry, cover with a buttered paper, bake

## ECONOMICAL WAYS OF COOKING FISH

from fifteen to twenty minutes. Take  $1\frac{1}{2}$  oz. to 2 oz. of white roux, put it in a pan, lift out the sole, and keep it hot, strain the liquor from the fish on to the roux, let it boil up, add salt to taste; take the pan from the fire, stir in a small piece of butter, pour this sauce over the fish and serve, adding a squeeze of lemon juice. Garnish with chopped truffle and parsley.

### Plaice à l'Italienne

64

Choose a nice plaice, and lay it on a greased baking-tin. Make a slit down each side near the fins, and lay under the flesh of the fish rings of tomato, and now and then one of onion, and put a row of tomato down the middle. Moisten with stock, cover, and bake. Pour off the stock, and with it make a tomato sauce. Place the fish in a very hot dish, scatter the rows of tomato with finely-chopped parsley, and pour the tomato sauce round.

### Lemon Sole or Plaice au Gratin

65

Proceed as for the sole au vin blanc, omitting the wine. When about to serve sprinkle the sauce with browned bread crumbs and grated cheese. Filleted or split whiting may be served in the same manner.

### Plaice à la Portugaise

66

Egg, crumb and fry a good-sized plaice in boiling fat: serve with tomato sauce, and garnish with chopped mushroom.



## ECONOMICAL WAYS OF COOKING FISH

### Whiting à la Venitienne 67

Fillet one or two whiting, place the fillets in a pie-dish, dust over with salt and coralline pepper, strain over them the juice of a large lemon ; let them remain for one hour. Drain, flour lightly, egg and crumb, and fry in boiling fat.

### Stuffed Fillets of Plaice 68

Spread the fillets of plaice on one side with a paste made of pounded lobster (tinned), moistened with a little fish stock, and well flavoured with salt, pepper, and a dust of cayenne pepper. Roll them neatly and secure them with cotton, and place them in a well-greased tin. Cover with a buttered paper, having previously sprinkled the rolls with a little lemon juice and brushed them over with oiled butter. Cook them for twelve or fifteen minutes in the oven. Trim off the portions of lobster paste which may have been displaced in cooking, and serve with plain white sauce poured over.

### Steak of Halibut or Cod 69

Cook in the oven a steak until it is perfectly tender, moistening it with a little butter, remove it with the fish slices on to a dish, taking care it does not break, squeeze the juice of half a lemon through a strainer over it, and keep hot. Stew two or three fresh tomatoes in water or fish stock, rub through a tammy or hair sieve, season well with salt and pepper, pour round—not over—the fish. Garnish with lemon rind and fresh parsley.

## ECONOMICAL WAYS OF COOKING FISH

### Sprats à la Napolitaine

70

Cleanse and wipe 1 lb. of sprats, rubbing well in a coarse cloth to remove the scales, taking care not to injure the fish. Butter well a fireproof china dish, cover the bottom of this with the fish laid flat. Season with pepper, salt, and lemon juice, continue the layers until the dish is full; put some small pieces of butter on the top, squeeze half a lemon over all, and bake in a moderate oven from fifteen to twenty minutes. Serve in the fireproof dish, very hot.

### Broiled Sprats

71

Clean the sprats, wipe well, and dust them with flour. Broil over a clear fire for three or four minutes. Serve very hot, piled in the centre of a silver dish, surrounded by cut lemon, accompanied by thin rolls of brown bread and butter and cayenne.

### Sprats au Gratin

72

Treat the fish as above, but instead of broiling them, cut off the heads and tails, arrange them in a shallow fireproof dish—first a layer of fish, then a seasoning of cayenne and salt, a layer of bread crumbs, continue until full, ending with a layer of bread crumbs, and bake for fifteen or twenty minutes.

### Sprats in Vinegar

73

Clean the sprats, cut off heads and tails, arrange them in a boat-shaped china dish, and sprinkle them with salt,

## ECONOMICAL WAYS OF COOKING FISH

pepper, cayenne, a tiny taste of spice, and three or four cloves; cover with vinegar, bake for twenty minutes, and serve cold.

### Stuffed Herrings

74

Remove the heads and tails from six fresh herrings, the backbones, also the roes. Season the inside of the fish with salt and pepper, stuff them with ordinary herb forcemeat, not too much flavoured, and well moistened with stock. Press the fish together again, egg and bread crumb, and bake in a greased baking-dish for a quarter of an hour in a hot oven. Serve with mustard sauce. The roes of the herrings should be used for a savoury or breakfast dish.

### Haddock (Baked)

75

Fill the fish with a good veal forcemeat. Sew up the opening with a little strong thread, and put it into a pie-dish, with about 2 oz. butter, broken into small pieces; baste frequently, and bake in a moderate oven. Serve on a hot dish with parsley and sliced lemon, or a plain brown gravy or sharp sauce. It is an improvement to rub the haddock over with beaten egg, and sprinkle it with bread crumbs before baking.

### Haddock (Broiled)

76

Wipe the fish perfectly dry. Dip it in oil or clarified butter, dredge some flower over it, and broil it over a clear fire on a gridiron. Turn it two or three times, and when it is browned on both sides serve it on a napkin, and serve shrimp or anchovy sauce with it.

## ECONOMICAL WAYS OF COOKING FISH

### Fish Fried in Batter

77

Codfish or halibut cut into small squares, two table-spoonsful of flour, two table-spoonsful of bread crumbs, a little salt and pepper, quarter of a pint of milk, and one egg. Mix well the flour, salt, bread crumbs, and pepper ; beat up the egg. Mix all together ; dip each piece of fish into the mixture and fry in boiling fat. Serve in a neat pile, with sprigs of fried parsley.

### Boiled Salmon

78

Clean and scale the salmon, place it in the fish-kettle in boiling salted water ; allow ten minutes for every pound of fish ; lift out, drain carefully, and serve.

### Salmon Cutlets or Steaks

79

Cut some slices of salmon one to one and a half inches thick, wipe them dry. Allow the juice of one lemon and 2 oz. butter to each 1 lb. of fish, butter a stewpan well, lay in the steaks of fish, season with salt and pepper ; strain the lemon juice over, lay a buttered paper over all, cover the pan, cook twenty minutes for every pound ; when about to serve, garnish with small salad, and send in with either tartare or any sharp sauce. Halibut can be cooked in the same manner.

### Salmon Shad or Salmon Trout

80

Is generally cheaper than salmon ; it can be cooked by the same recipes as salmon.

## ECONOMICAL WAYS OF COOKING FISH

### Grilled Salmon Shad (Small Fish) 81

Clean and score the shad, pour a little oiled butter or salad oil over the fish, wrap in oiled or buttered paper if the fire is very fierce, put on the gridiron, baste with a paste-brush dipped in oil or butter, turning over only once; broil from fifteen to twenty minutes, according to size. Remove the papers before serving.

### Turbot (to Boil) 82

Put the fish in salt and water for about an hour to cleanse it, trim it, put in the fish-kettle with enough boiling water to cover it, season with salt, bring to the boil. Again stand the pan on the side of the stove for fifteen to twenty minutes. Drain, dish up on a folded dinner napkin, garnish with quarters of lemon and parsley.

### Turbot with Shrimp Farce 83

Boil a nice piece of turbot, bone it, and insert a layer of potted shrimp. Mask with Veloute sauce, sprinkle with some shrimps, and garnish with small salad.

### Cod (to Boil) 84

Cleanse the fish, rub it with salt, put in cold water from one to one and a half hours before cooking, wash, and tie up, if large, with a piece of tape; place in the fish-kettle with enough water to cover it, bring to the boil, skim it, put the fish on the drainer in the skimmed liquid, draw the pan to the side of the stove and simmer from fifteen to

## ECONOMICAL WAYS OF COOKING FISH

twenty minutes, or till the fish is done; drain, garnish, and serve.

### Cod in Slices

85

Cut thick slices from the middle, lay them in a well-buttered baking-dish with the strained juice of one lemon squeezed over and two sherry glasses of white wine (or sherry and water); cover with a buttered paper, and bake from fifteen minutes upwards; lift each slice out, dish them one overlapping the other, and garnish with chopped pickled walnuts, lobster coral (or coralline pepper) and minced parsley, sprinkling each slice with one colour only; serve very hot with a sharp sauce.

### Fillets of Sole in Cases

86

Take some filleted sole (plaice, haddock, or whiting will serve) and trim neatly. Lay on a plate and squeeze some lemon juice over, and flavour with a little salt and pepper. Take some paper cutlet cases and oil or butter them carefully, then put one fillet of fish neatly into each. Sprinkle with bread crumbs. Make a sauce Portugaise. Cover each fillet with sauce, place the cases in a tin and bake for about twenty minutes. Serve very hot, neatly arranged in a silver entrée, or white china fireproof dish.

### To Boil a Lobster

87

If properly managed, the lobster can be killed instantly, and in cases where a lobster may have to be boiled at home it is only right that the mistress should insist upon this being done in the right manner. Fill a large kettle with

## ECONOMICAL WAYS OF COOKING FISH

salted water, and when it boils *fast* put the lobster in *head* first—this is most important. Boil it briskly, drain it, wipe, and serve. A lobster weighing 1 lb. takes one hour to boil.

### Lobster Cream

88

Pound the flesh of a small lobster (or take half of a small tin of lobster) with cream in a mortar, and then rub it through a sieve; add a *small* teaspoonful of anchovy sauce, and beat well together with some whipped cream, or arrange the pounded lobster at the bottom of a paper or china case, and cover with whipped cream flavoured with anchovy, and tinted with alternate carmine and sap-green. Sprinkle with coralline pepper and serve cold.

### Fillets of Sole or Plaice à la Poulette 89

Take as many fillets as you require for a dish, roll them up and place on a buttered tin, cover with buttered paper, and bake in a quick oven for fifteen minutes. Make half a pint of thick white sauce, season it with salt and cayenne, and add the yolk of an egg beaten up with a teaspoonful of lemon juice, but be careful that the sauce does not boil after the egg is added, or it will be spoilt; if it is necessary to keep it hot after it is ready, place the pan in a large saucepan and surround it with hot water. Have ready two plates, one containing finely-chopped parsley, the other the hard-boiled yolk of an egg chopped up to the finest crumbs. Take the rolled fillets from the oven, dip each into the sauce, and sprinkle an even number of them with parsley, and egg, and arrange on a hot dish so

## ECONOMICAL WAYS OF COOKING FISH

that no two garnished alike come together. Pour the sauce round the dish and serve at once.

### Soles in Aspic

90

Bone and boil two soles, then roll in small fillets. Set a plain mould on ice, and put in a thin layer of aspic jelly. Then arrange a circle of the filleted soles, and fill the mould up gradually with the jelly. Set in ice, and then turn the aspic out. Garnish with watercress, and serve with sauce tartare.

### Fillets of Lemon Sole

91

Put the bones and fins of a sole into a saucepan with half a pint of water and allow it to boil to extract the flavour from them. Cut the fillets into neat pieces, butter a baking-tin, place the fillets in it, sprinkle them with pepper, salt, chopped parsley, and squeeze lemon juice over them, cover with a buttered paper, and bake gently from ten to fifteen minutes, according to size of fish. Melt in a saucepan 1 oz. of butter, add  $\frac{3}{4}$  oz. of flour, and mix well, strain the fish liquor over this, and boil for five minutes, stirring well. Add a little pepper and salt, half a teacupful of cream, a teaspoonful of chopped parsley, the same of lemon juice. Arrange the fillets in a circle, and pour the sauce over.

### Fish Pudding

92

Take any remains of cooked white fish, mix thoroughly with any plain, white sauce, egg, lobster, oyster, shrimp, or parsley sauce, and a little mashed potato. Place in a



## ECONOMICAL WAYS OF COOKING FISH

greased mould and steam for half an hour. Turn out, and garnish with strips of chopped parsley and yolk of egg.

### Fish Crescents

93

Take about 1 lb. cold cooked fish, pound it finely in the mortar, seasoning with pepper and salt; mix well into the fish one dessertspoonful essence of anchovy, one tablespoonful of cream, and the yolk of one egg, pound thoroughly; make a roux of 1 oz. butter and 1 oz. flour; when thoroughly mixed but not brown, add one coffee-cupful of fish stock (made by boiling the bones and trimmings of the fish in some water), stir well and boil for five minutes, taking care the flour is thoroughly cooked, or it will taste raw; add to this the pounded fish, stir over the fire till all is thoroughly blended and thick, but do not let it boil; put on one side to cool. Flour the hands, make up into shapes, egg and bread crumb, fry for a few minutes in *boiling* fat, drain on paper, and serve with fried parsley.

### Fish Cakes

94

Take the remains of any fish left from dinner over night; to this add some smoothly-mashed potatoes, and beat well together, put into a basin and add salt, pepper, a little finely-chopped parsley, and a dust of cayenne or coralline pepper; mix well with the yolk of an egg, form into balls, roll in beaten egg, then in bread crumbs, and fry a golden brown in *boiling* fat.

### Rice Fish Cakes

95

Boil half a pound of rice as for curry, drain and dry very well; have some cold boiled fish, to every half-pound

## ECONOMICAL WAYS OF COOKING FISH

allow 3 oz. of rice, beat up both together till the rice is well mixed in; add pepper and salt, bind with yolks of two eggs; flour the hands well, and form into balls; beat up the whites of the eggs, brush the balls over with this, and roll in fine bread crumbs. Fry in boiling fat, and serve with fried parsley sprinkled lightly over.

### Fish Shape

96

Coat a plain china mould or basin with mashed potatoes. Pound about 1 lb. of cooked white fish, mix it with two well-beaten eggs, and sufficient white sauce to make it just moist: flavour with salt and white pepper, and, if liked, some minced mushroom. Press into the mould, and steam for half to three-quarters of an hour. Turn out, and serve with shrimp, oyster, lobster, tomato, anchovy, or egg sauce poured round, and decorate the mould with chopped yolk of egg and parsley.

### Kedgeriee

97

Half a pound of cooked fish, freed from all skin and bone, and neatly flaked, two hard-boiled eggs finely chopped, 2 oz. Carolina rice, well boiled in water and drained. Make hot in a pan one gill of new milk; add by degrees the rice, eggs, and fish, season with pepper and salt; stir until the mixture is hot and nearly all the moisture absorbed.

### Mayonnaise of Fish in Cases

98

Free the fish from skin and bone and flake it neatly; prepare a good mayonnaise, wash and cut up some salad

## ECONOMICAL WAYS OF COOKING FISH

mustard and cress, lettuces, cucumber, and tomatoes are most suitable), fill the ramekin cases with alternate layers of salad, fish, and mayonnaise, garnish the top of each case with a tuft of cress and grated hard-boiled egg. Serve on a dish paper garnished with parsley. This dish is excellent if sardines are used.

### Cod au Gratin

99

Remove the skin and bones from a small piece of cooked cod, flake it neatly, butter a shallow dish, mix the cod in a saucepan with a good white sauce until it is thoroughly blended, pour into the dish, which must be very hot, sprinkle over all some fine browned bread crumbs and grated cheese, and serve at once.

### A Fish Pie

100

Take any remains of cooked fish, such as whiting, cod, plaice, salmon (one or more kinds of fish can be mixed), flake them, and mix with some hard-boiled egg, chopped not too finely. Season with pepper, salt, and cayenne. Make some white sauce (the remains of egg, anchovy, lobster, shrimp, or oyster sauce left from dinner can be used). Partly fill a buttered fireproof dish with the fish and egg sauce and scatter with fine crumbs. Cook in a moderate oven for three-quarters of an hour, and brown with a salamander, or with a red-hot shovel if you have not a salamander.

### Salmon Rissoles

101

Half-pound of mashed potatoes, rather more of flaked salmon, fresh (cooked) or tinned. Remove all bones, and

## ECONOMICAL WAYS OF COOKING FISH

mix thoroughly with sufficient butter and milk to make soft and smooth. Flavour with salt, cayenne, and a few drops of lemon juice. Shape into small balls, egg and bread crumb. Fry a light brown, and serve garnished with parsley. Lobster rissoles or cutlets of tinned lobster may be made in the same way.

### Fish Curry

102

Proceed as for an ordinary curry. Heat the flaked pieces of fish in the curry sauce and serve with rice.

### Vol-au-Vent of Fish

103

Make a vol-au-vent case of puff pastry. Take the remains of some boiled cod and free it from skin and bone, flake it carefully, and season with pepper and salt; pound the mixture with the remains of some lobster or other sauce, make it fairly moist, and heat it nearly to boiling pitch. Fill the case with the fish mixture and serve.

### Fish Coquilles

104

Take any remains of cold cooked fish freed from skin and bone, salt and pepper it, mix with it any good white sauce (or the remains of shrimp or lobster sauce), and heat carefully over the fire; butter some fireproof coquilles (shells) and sprinkle with bread crumbs; put in the fish mixture, sprinkle bread crumbs on the top, smooth them, and place one or two small pieces of butter on each. Bake in a moderate oven until the crumbs are crisp.

## ECONOMICAL WAYS OF COOKING FISH

### Fish Toasts and Croûtons 105

Small fragments of cooked fish, lobster, shrimp, or egg sauce may be utilised for toasts or croûtons, and served for breakfast dishes or savouries. For croûtons, cut pieces of bread the size of a five-shilling piece and half an inch thick. Scoop out a hollow in the centre of each, and fry a golden brown. Fill with any pounded fish mixture (pounded sardine or potted fish will serve), make hot, and garnish with coralline pepper, grated egg, or parsley. The shape of the croûtons may be varied, and the fish flavoured with curry powder, mixed with chopped gherkin, or with capers, or merely moistened with sauce or cream.

Fish toasts are composed of flaked or pounded fish, seasoned in a variety of ways, moistened with sauce, and served very hot on neatly-cut rounds or squares of toast. The fish may be mixed with rice or with buttered egg.

## CHAPTER VII

### Luncheon Dishes

**T**HERE is no doubt that to cater on an allowance of 10s. a week per head necessitates great care and consideration on the part of the housewife. Plot and plan as she will, however, if the bills are to be kept to such an amount per head, at least one meal in the day must be simple, not to say frugal. In a house where there is a single-handed cook, who has some housework to perform in the morning, where the mankind are out to lunch, it is generally expedient to make the midday meal of a plain description. As this is the children and servants' dinner, it must, though plain, be plentiful, and the mistress should endeavour to provide a healthy variety. In a family of seven or eight persons it is generally possible to give a hot joint on Sun-

## LUNCHEON DISHES

day for early dinner, and another for luncheon on Wednesday or Thursday. One day fish will prove a pleasant change, and on the other four days made dishes of a simple description make their appearance. With careful management these dishes need not be invariably composed of twice-cooked meat. Let us suppose that we are catering for a family of eight, consisting of master, mistress, two children, and four servants. The orders for butchers and poulterers for the week would probably be as follows:—

Week 1: Sirloin of beef, neck of mutton, two rabbits, shoulder of mutton. Week 2: Silver side (fresh) of beef, one chicken, loin of mutton,  $2\frac{1}{2}$  lb. steak, one chicken. If so in Week 1, the midday menu might run as follows—Sunday: Roast beef (minus the fillet); Monday: Cold beef; Tuesday: Irish stew, or hot-pot; Wednesday: Potato pie; Thursday: Boiled rabbit; Friday: Fish; Saturday: Hashed mutton. In Week 2, the bill of fare would consist of—Sunday: Boiled beef; Monday: Cold beef; Tuesday: Toad-in-the-hole; Wednesday: Bubble and squeak; Thursday: Fish; Friday: Cold loin of mutton;

## LUNCHEON DISHES

Saturday : Cornish pasty. The remains of rabbit and chicken should be kept specially for the children to augment the coarser fare.

The following recipes are tasty, economical, and generally appreciated in the kitchen :—

### Canneton of Beef

106

Mince rather finely about 1 lb. of underdone roast beef and 6 oz. of cooked ham ; mix with these a little minced shallot, chives, a grate of lemon peel, pepper and salt, and the yolk of one egg. Shape into a roll, wrap in a well-buttered paper, and bake from fifteen to twenty minutes in a moderate oven. Serve with tomato or a sharp sauce poured over it.

### Savoury Croûtons

107

Cut rounds of bread the size of a napkin-ring, about half an inch thick, one for each person ; cut rings of bread of the same size with paste-cutters, and fry in boiling lard or fat till brown and crisp ; drain carefully, place one or two rings above each foundation, and keep hot ; fill with a well-flavoured mince of any meat, game, or poultry, curried or plain, and serve very hot. A small piece of bread to form a lid can be added if liked.

### Potted Meat

108

Take the remains of any cooked meat and mince it very finely, removing every piece of skin, fat, or gristle. Then



## LUNCHEON DISHES

pound it in a mortar until it is quite smooth; season it with salt, pepper, and spice, powdered. The preparation must be tasted from time to time, otherwise it is impossible to tell if the seasoning be right. If the meat is very dry it can be pounded with a little butter. The meat should be cold before it is used, and when pounded smooth and seasoned must be pressed into a jar and covered with some butter which has been melted. Potted fish can be made in the same manner, and now and then it is nice to mix a little anchovy with potted cod.

### Roll of Beef

109

Mince about three-quarters of a pound of cooked beef and 5 oz. of bacon (or ham), and season with pepper, minced parsley, and a very little onion, grated lemon peel and salt; mix all together with a little boiled rice and finely-minced macaroni, and add a well-beaten egg. Shape the mixture into a roll and wrap in well-oiled paper, and bake twenty minutes in a moderate oven. Remove the paper and serve very hot with a nice brown gravy.

### Savoury Moulds

110

(A good way to utilise cold beef.)

Mince very finely any pieces of cold beef (free from skin and gristle), season well with pepper and salt and add a little horseradish sauce, some fine bread crumbs, a very little onion; mix well and moisten with well-beaten egg. Bake in buttered moulds for twenty minutes, and serve with brown gravy round a centre of tomatoes.

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### Cornish Pasty

111

Take any pieces of mutton, beef, pork, poultry, or game, trim off any skin or gristle and mince, seasoning well with pepper and salt. Scald some onion, turnip, potato, carrot—in fact, any vegetable you have at hand; cut them up and add them to the meat mixture. Make a suet or short pie crust; roll out half an inch thick, cut into rounds. Lay some of the well-seasoned preparation at one side of each round, moisten the edges and turn the pasty over and pinch the edges together. Bake in a moderate oven on a greased baking-tin; when nearly done brush the pasty over with a little milk.

### Good Hashed Mutton

112

Cut the remains of cold mutton into neat pieces, and trim off all skin and gristle and fat, place the latter in a saucepan with a little butter, shred some onion, and brown it in the hot fat, do the same with the meat, season with pepper and celery, salt, a few capers, a little lemon juice. Stir in some thick brown gravy, and simmer for twenty minutes. Serve very hot in the centre of a wall of mashed potatoes, and garnish with sippets of fried bread.

### Toad-in-the-Hole

113

Two pounds of mutton or beef, three-quarters of a pound of flour, two eggs, pint and half of milk. Put the flour in a basin with the salt, and stir in the milk, making it as smooth as possible, beat the eggs, and add them to the

## LUNCHEON DISHES

flour and milk, and stir well; cut the meat in slices, place in a greased pie-dish, with pepper and salt, pour over the batter, and bake.

### Toad-in-the-Hole (made with sausages) 114

Mix four tablespoonfuls of flour with rather more than one pint of milk, and one egg well beaten. Beat this for some time, and make it a good while before it is wanted, so as to beat it up again now and then. Place 1 lb. of sausages, divested of their skins, in a buttered pie-dish, and pour the batter over them, and immediately place it in a brisk oven for one hour. It ought to rise well, and be nicely browned on the top.

### Minced Beef 115

Cut a few slices of underdone roast beef or steak into dice, and simmer them in a smooth thick brown gravy, well seasoned. When nicely cooked, pour on to a hot dish, and place lightly poached eggs on the top, one to each person, and fringe the edges with parsley or cress dipped in boiling water.

### Mutton Fritters 116

Cut the mutton into neat fingers, circles, or squares, flour them, and pepper and salt them. Mix one cupful of flour to the thickness of nice thick cream with cold water. Have the stewpan sufficiently full of boiling fat to cover the fritters, and cook them until they turn a golden brown. Serve very hot on a border of mashed potatoes, and ornament with finely-chopped parsley.

## LUNCHEON DISHES

### Haricot of Mutton

117

Put a little fat into a stewpan, and make it hot. Brown the meat in this, with a little carrot and one onion cut up. When sufficiently brown, strain off all fat, add a little water, and simmer gently for three-quarters of an hour. Add two tablespoonfuls of flour mixed smooth with water, pepper and salt to taste, and add browning if required. Boil up once, and serve. Garnish with stars of carrot and turnip.

### Curry Croûtons

118

Prepare the mutton as for mince, but add a little curry powder to flavour, and, if liked, some chopped gherkin. Prepare some rather deep croûtons of fried bread, and fill the cavity in the centre with the meat mixture. Arrange neatly on a dish paper in an entrée dish, and be careful to serve very hot.

### Grill of Mutton

119

Cut the pieces into nice rounds or squares, and lay them for an hour or so in a mixture of melted butter, pepper, salt, mustard, and a touch of Harvey sauce if liked. Grill and serve on pieces of fried toast, and pour over them a nice brown gravy, flavoured with curry powder.

The great point to remember when making réchauffés of mutton—or, indeed, of any other meat—is to be very dainty about their preparation. Remove all skin and gristle, make either a fine smooth mince, or cut the meat into little dice, or shapes; see that the croûtons are all of

## LUNCHEON DISHES

one size and shape, and that the garnish of each dish is pretty and suitable, even if quite simple.

### Hot-Pot of Mutton (Inexpensive) 120

Cut the meat from about 3 lb. of neck of mutton, keeping to the shape of the cutlets as much as possible. Put by the bones for soup, and proceed as follows: Line a casserole dish—which is merely a rather deep earthenware pot with a cover—with a layer of parboiled potatoes and a very small onion, previously scalded, cut in slices; lay half the meat upon this; add another layer of onion and potato, the remainder of the meat (which should have been sprinkled with salt and pepper and a little curry powder), pour in half a pint of stock; place some small whole potatoes on the top of all, put on the lid, and bake in a moderate oven until the top layer of potatoes is thoroughly done; add a quarter to half a pint of stock when about half cooked, and serve in the casserole.

### Savoury Mutton (Inexpensive) 121

Skin a breast of mutton, remove the bones and fat, flatten the meat on a board and spread it to within two inches of the edge with sage and onion forcemeat. Roll the meat and tie it in shape. Put it in a baking-tin with some hot dripping in a hot oven, baste it well, and bake it, allowing double the time you would if it were to be roasted. Serve with a thick brown gravy.

### Irish Stew 122

Three pounds of the neck of mutton, trim away all fat, and cut into neat pieces; peel and cut in slices about

## LUNCHEON DISHES

5 lb. of potatoes, slice four onions rather thickly, place a layer of potatoes at the bottom of a stewpan, then one of mutton and onions mixed, season well with pepper and salt, and continue the layers till the pan is full. Pour over the meat, etc., one pint of hot water, cover the pan closely, and let it cook very gently for two and a half hours, shaking the pan every now and then to prevent its burning, but do not uncover the pot at all.

### Calf's Liver and Bacon

123

Calf's liver and bacon can be made into a nice luncheon dish if carefully prepared. Cut the liver into small slices, about  $2\frac{1}{2}$  inches long by 1 inch wide, and then cut as many slices of bacon as there are of liver. Fry them lightly and put them to keep hot, then fry the liver in the same pan, seasoning it well with pepper and salt, and dredge with a little flour. When done lay some chopped parsley on the liver, and insert into a roll of the bacon. Arrange round a border of mashed potatoes or boiled rice.

### Bubble and Squeak

124

Either slices of cold boiled or roast beef can be used. Fry the slices of meat gently in a little fat and arrange them nicely round a centre of fried greens; these should be boiled till tender, well drained, minced, and then placed in a frying-pan with a little butter, a finely-sliced onion, and seasoned with pepper and salt. When the onion is done the greens are ready to serve.

## LUNCHEON DISHES

### Beefsteak Pudding

125

To 12 oz. of beef suet, freed from all skin and string, and finely chopped, add a pinch of salt and 1 lb. of flour, work it to a paste with half a pint of water mixed with the strained juice of a small lemon. Mix it well, roll it out thinly, and line the well-buttered basin (reserving a round of paste to cover), then nearly fill with beefsteak, cut into little squares, and well seasoned with black pepper and parsley, together with a little kidney also cut up small (two kidneys to 1 lb. of steak), adding at the last a gill of hot water or stock; then cover with the round of paste, pinching and folding the edges well together, tie it up in a well-floured cloth previously wrung out of hot water, and place the pudding in a large saucepan with enough water to cover the pudding completely, and let it boil without intermission till cooked, adding more boiling water as that in the pan diminishes, for the pudding must neither be allowed to come above the water nor must it stop boiling.

The flavour of the pudding is much improved by adding to the water (if water be used) a little essence of anchovy and a little Worcester sauce. A pudding with 2 lb. of beefsteak and four kidneys will take from three and a half to four hours to cook.

## CHAPTER VIII

### Some Substantial Cold Supper Dishes

**I**N most houses where there is but a small staff of servants supper takes the place of dinner on Sunday night. In winter time hot soup and baked potatoes are provided in addition to the cold viands, but in summer hot dishes are dispensed with altogether.

When economy must be studied, it is often found more convenient to ask friends to Sunday supper than to dinner, at which meal more courses and a greater variety of wines are expected. The clever housekeeper, therefore, strives to think of cold dishes which, though dainty, are not unduly expensive.

The following recipes are useful, fairly inexpensive, and generally liked :—



## SUBSTANTIAL COLD SUPPER DISHES

### Pressed Beef

126

Take 4 to 6 lb. of brisket of beef, and wipe it carefully; rub well into it about a dessertspoonful of mixed spice with a lesser quantity of salt; leave it all night. In the morning put it in a saucepan (it must not be washed, otherwise it will not be sufficiently spiced) of cold water with two bayleaves, a blade of mace, carrot, turnip, a few peppercorns, two allspice; simmer gently until the bones may be easily removed, press well between two heavy weights, and leave till quite cold. Melt some glaze in a jam-pot placed in a saucepan of boiling water, brush the beef over with it, and garnish when dry with *pâte d'Italie*. (*Pâtes d'Italie* are little shapes of the same mixture of which macaroni is made. They are sold in tins or packets, and are often used as a garnish in clear soup.)

### Braised Beef

127

Take a round of beef weighing about 8 lb., neatly tie it up with string, and put it in a stewpan just large enough to hold the joint. Peel and slice some onions, lay them on the bottom of the pan to the depth of one inch, then a layer of thick slices of bacon; put the beef on the bacon and leave for ten minutes, turn it over, and leave for ten minutes more. Slice two carrots, add a bouquet of herbs, a few peppercorns, salt, and a blade of mace, pour in enough stock to cover the joint, cover the pan, braise for four hours, putting a few hot cinders on the lid of your pan. When done lift out the beef, thicken the gravy after straining it, and serve with mashed

## SOME SUBSTANTIAL

carrot. A fillet of beef may be served in the same way. The bacon used for this dish should not be wasted. Minced finely and mixed with buttered egg it forms a good breakfast dish.

### Galantine of Veal

128

Take 3 lb. of a boned breast of veal (the butcher will bone the meat if ordered to do so), remove all skin and any superfluous fat, lay it on a board, the inside uppermost, make a few cuts in the meat without piercing through the flesh. Season  $1\frac{1}{2}$  lb. sausage meat with salt, pepper, and a little chopped parsley. Spread a layer of this over the veal about an inch thick, place in this some thin strips of ham or tongue, and hard-boiled egg (truffles, butter mushrooms, pistachio nuts and foie gras can be added if desired), then put another layer of sausage meat. Roll up the veal, put it on a buttered cloth, roll up again and tie tightly at each end. Have ready a large stewpan with the chopped-up veal bones and trimmings, one carrot, one onion stuck with three cloves, a teaspoonful of salt, and a bunch of herbs. Cover the galantine with water and simmer gently for three hours, take the pan from the fire and let the galantine cool in the stock; when nearly cold, take off the cloth, put on a fresh one (wrung out in hot water), press between two dishes with a weight above, and glaze when cold.

### Rolled Loin of Lamb, or Mutton 129

Order a boned loin of lamb, spread it out flat, cover with veal stuffing, flavour the veal with anchovy essence,

## COLD SUPPER DISHES

or add one or two filleted anchovies, roll it up, tie with tape, roast in the usual way. This dish is excellent hot or cold. The bones should be kept for stock.

### Veal Cake

130

Stew a knuckle of veal until tender, cut off the meat, and continue to stew bones and gristle till a strong stock is formed. Pound the meat with a little ham, arrange it in a mould with hard-boiled egg and a little parsley, fill the mould up with the stock. Serve cold with salad or a plain garnish of parsley. If the stock is not sufficiently strong, add  $\frac{1}{4}$  to  $\frac{1}{2}$  oz. of gelatine to a pint of stock.

### A Veal Cake made with Cooked Meat 131

Take the remains of some cold veal, free from skin or gristle, and pound in a mortar with some ham, pepper, salt, and chopped parsley, and a little stock to make all the ingredients amalgamate. Have ready some stock which is so strong as to form a stiff jelly. Arrange the meat in a mould, ornament with hard-boiled egg, fill up with stock; when quite cold turn out and glaze, and ornament with chopped aspic jelly and leaves cut out of beetroot. The stock may be stiffened with  $\frac{1}{4}$  oz. of gelatine to a pint of stock if necessary.

### Beefsteak Pie

132

The steak should be well hung, and then cut in thin slices of two and a half inches long and one and a quarter inches wide. On each slice sprinkle a little finely-chopped kidney, a little chopped walnut pickle, season

## SOME SUBSTANTIAL

with pepper and salt, roll up each fillet, sprinkle with flour, and fill your pie-dish with these rolls, letting the contents be well above the edge of the dish. Add a little good gravy, and let the meat cook in the oven for about an hour, with a cover on the dish to prevent the top pieces of meat becoming hard. When the meat is cooked, add a little more gravy; when cold, cover with pastry, remembering to put three thicknesses of pastry round the rim of the dish. Bake from one to one and a half hours. If a fresh silver side of beef is ordered it is cheaper per pound than steak, and a piece may be taken for the pie and the remainder salted and boiled.

### Mutton Cutlets with Tomato Jelly 133

Boil the best end of a neck of mutton and trim into neat cutlets. Take some tomato sauce and an equal part of aspic jelly, mixing well together, and when nearly cold mask the cutlets with it, and let them cool. Lay the cutlets all one way; cut white of egg into patterns and ornament them with it. Serve in the centre a macédoine of vegetables with mayonnaise sauce, and garnish with finely-cut aspic and tomatoes placed round the dish.

For aspic jelly see the next recipe.

### Mutton Cutlets in Aspic 134

Roast or boil the best end of a neck of mutton, and then trim the cutlets carefully. Prepare the jelly thus: Dissolve  $2\frac{1}{2}$  oz. of the best gelatine in one quart of hot water, flavoured with salt and lemon juice to taste, two bay-

## COLD SUPPER DISHES

leaves, a teacupful of brown vinegar, two sprays of green tarragon, one sliced onion, twenty peppercorns, and clear with the whites and shells of two eggs; boil it and run it through a jelly-bag into a deep tin until it is a quarter of an inch thick, and let it set a little; then place on it the cutlets and pour on more of the jelly until they are covered to the same thickness, and set them on ice. When the jelly is quite set cut out the cutlets, leaving a quarter of an inch all round; trim them with cutlet-frills and arrange them in a ring round a mound of small salad, and garnish with small heaps of chopped jelly.

### Veal and Ham Pie

135

1½ lb. of breast of veal, free from gristle and bone, cut into pieces about one and a half inches long and three-quarters of an inch thick; season with salt and pepper; stew this very gently in weak stock, with a little onion and celery seed and a bouquet of herbs, until nearly done—about one and a half hours; let it remain until cold, remove the fat, and arrange the meat in layers in the pie-dish with slices of hard-boiled egg and ham, add a little more pepper and salt, and strain a little of the stock the meat was stewed in into the pie; line the edge of the dish with pastry, and cover with the same; ornament with leaves and flowers in pastry; brush over with beaten-up yolk of egg, and bake about three-quarters of an hour; when just done remove the centre ornament, and pour in the remainder of the stock which has been boiled up. Replace the ornament, make very hot and serve; a little grated lemon rind and some chopped parsley are an improvement to the pie.

## SUBSTANTIAL COLD SUPPER DISHES

### Boned and Stuffed Fowl

136

Remove the merrythought and breastbone of the bird you desire to stuff. A fowl requires  $1\frac{1}{2}$  to 2 lb. of stuffing, which can be made as follows: 1 lb. veal, passed twice through the mincing machine;  $\frac{1}{2}$  lb. sausage meat; 2 oz. ham or tongue, also minced; a few almonds and pistachio nuts. If the above ingredients are not at hand an excellent stuffing can be made with minced cooked veal, ham, tongue, any remains of cold game or kidney. Season the stuffing well with salt and pepper, fill the bird with it, press into its proper shape, sewing up the skin of the breast. Truss, and tie up with tape. Rub the bird with butter and place in a stewpan on a bed of sliced vegetables. Cover with stock and cook slowly for about one hour. When cold glaze or mask with white sauce stiffened with a little gelatine. It is almost impossible to teach the art of boning by the help of a written description. The poulterer will, however, bone the fowl without extra charge, or give a lesson in boning for a small sum. A stuffed chicken is sufficient for eight people, while one chicken galantine (for which dish the fowl must be completely boned) is sufficient for twelve people.

## CHAPTER IX

### Economical Entrées

**I**T is generally supposed that men are fonder of their food than are women. This may be so, or it may not, but at all events it is for dinner (at which meal the men of the family are usually present) that the chief culinary efforts of the day are for the most part made. Now if the housekeeper wishes to provide acceptable little dinners, and at the same time to keep the bills to the 10s. a week per head limit, she must arrange her menus with care. It is evident that in small or medium households a fresh joint each night cannot be afforded, neither is it possible to allow two meat dishes each evening. How, then, may a sufficient variety be obtained? If we refer to the chapter on "Luncheon Dishes," it will be seen that I allowed for one week the following

## ECONOMICAL ENTRÉES

supply of meat: Sirloin of beef, neck of mutton, two rabbits, a shoulder of mutton, and some fish; and that the luncheon menus for that week consisted of—Sunday: Roast beef. Monday: Cold beef. Tuesday: Irish stew or hot-pot. Wednesday: Potato pie. Thursday: Boiled rabbit. Friday: Fish. Saturday: Hashed mutton. I suppose that of the family to be catered for, only the master and mistress dine late. Under these circumstances the following meat dishes for dinner might be arranged:—

Sunday (supper): Cold beef. Monday: Fillet of beef with tomatoes. Tuesday: Mutton cutlets à la Firval. Wednesday: Mince croûtons. Thursday: Jugged rabbit. Friday: Roast shoulder of mutton. Saturday: Curried mutton and rice.

To arrive at these menus the joints and the rabbits must be managed thus: The sirloin is roasted minus the fillet; the best portions of the fillet, cut into rounds and grilled, are served on Monday night; the remainder is kept for the curry croûtons for Wednesday. The neck of mutton provides four cutlets for Tuesday's dinner, and a stew or hot-pot for luncheon.



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The extreme end of the scrag makes a little mutton broth. The rabbits are not served whole, but cut into joints and covered with parsley and butter or onion sauce ; this allows of half of one of them being kept for the jugged rabbit which appears on Thursday. On Saturday there can but be a tiny dish of curry, but when soup, fish, and a substantial pudding are provided, it is unnecessary to eat largely of meat. Arranging thus, it is possible to provide dainty little meat dishes at small expense. Needless to say, if fresh joints, game, poultry, steaks or chops are required each night, 10s. a week per head will not cover the expenditure.

### Noisettes of Mutton or Beef 137

Cut out the lean part of a well-hung neck of mutton or some pieces of fillet of beef. Cut the meat in slices about half-inch in thickness and bat them with a heavy, wet knife. Trim neatly into squares or rounds, season with coralline pepper, a little finely-minced parsley, eschalot and salt, and a few minced mushrooms if obtainable ; put them in a well-buttered frying-pan and toss them quickly for three or four minutes, first on one side, then on the other. Fry a long, narrow croûton of bread, put in this some slices of tomato, which have been cooked on a

## ECONOMICAL ENTREES

battered tin in the oven, season them to taste, arrange the noisettes between the slices of tomato, and pour some tomato sauce round.

### Deville'd Cutlets

138

Grill some neatly-trimmed mutton cutlets; when neatly done spread them well with a devil mixture, as below, grill for a few minutes longer, and serve round a mound of mashed potato garnished with pickled walnuts or small gherkins.

### Devil Mixture

139

Mix with some chutney a spoonful of made mustard, a little salt and pepper, and a spoonful or two of thick brown sauce.

### Rissoles

140

Free any cooked meat from skin, bone, and gristle, and mince it finely; season with pepper and salt, chopped parsley, a little celery salt, or a small quantity of mashed potato may be added to the meat. When the meat is prepared, cook in another saucepan the following mixture: Mix some fine flour and a little milk to a smooth paste, add a little butter, pepper, and salt, and cook all well together, until the flour has lost all its raw taste, and the mixture is quite smooth and like rich cream; then add the meat, and mix all well together off the fire, turn on to a plate, and let it become cold. Then shape as you please—into rounds, egg shapes, cones—egg, bread crumb, and fry in absolutely boiling fat, and be sure you have enough

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fat to cover the rissoles; then drain and serve with vegetable purées, or plainly garnished with parsley. If potato, rice, etc., are used, add it to the meat after the latter is chopped or pounded, and then proceed as before.

### Paprica

141

Three large onions, 3 oz. butter, one small teacupful of milk, any white meat cut in small pieces; peel and chop the onions roughly, put in the stewpan with the butter, and fry very slowly until they are quite tender and a nice brown, pass through a hair sieve, put back into the stewpan, add the milk and the white meat, simmer very gently for three-quarters of an hour. Serve with a border of rice as for a curry. This dish is much improved if some cream is used instead of milk.

### Veal au Gratin

142

Mince very finely the veal, boil some macaroni. Take two or three stewed tomatoes, and season with the tiniest piece of fried onion, pepper, and salt; butter a fireproof dish, sprinkle it well with bread crumbs, and fill it with layers of mince, macaroni, and tomato; pour in a little stock, cover with bread crumbs, and bake till a good brown.

### Veal Scallop with Tomatoes

143

Mince some cooked veal (the remains of a knuckle which has been stewed and served with parsley sauce and rice serve very well). Butter a fireproof dish, and

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place in it alternate layers of minced veal and mashed potato. Season each layer with salt and pepper, and add a little piece of butter. Add a top layer of bread crumbs, and bake for ten minutes. Brown, and serve very hot. The minced veal should be well moistened with white sauce.

### Veal Fricandelle

144

Take some lean cold roasted veal and half the quantity of fat. Chop together, then take a little new milk, and pour it over a slice of white bread. Mix this well with the meat, which should be chopped extremely fine, add two eggs, season to taste with white pepper, salt, and nutmeg, put it into a mould, and let it stand in the oven till well heated through. Turn it out, coat it over with egg and bread crumbs, brown in the oven or before the fire, serve up with sauce or gravy.

### Beef Olives

145

These are best if cut from the lean of shin of beef that has hung for a few days, but a piece of fresh silver side serves quite well. Cut very thin long strips, sprinkle each strip with chopped ham or bacon, season highly, then roll up tightly and fasten securely. Lay in a shallow stewpan and cover with sufficient clear brown gravy or stock, letting them cook gently for half an hour or more. Lift out the olives on to a dish, and if to be eaten hot strengthen the gravy by adding a teaspoonful of meat extract and sauce to flavour it nicely, then pour

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over the olives. If to be eaten cold, add a little brown glaze to the gravy, and before it quite sets coat each olive several times over with it, and set them separately on a dish, garnishing with sliced beetroot and cress or salad. Slices of underdone roast beef may be used for olives, in which case they must only be made thoroughly hot throughout.

### Timbales of Mutton

146

Mince very finely as much cooked mutton (free from skin or gristle) as you will need to fill four little moulds. Soak some very fine bread crumbs in stock or milk and chop a little parsley, add salt, pepper, and mix the ingredients well, with sufficient yolk of egg to bind them together. Boil a little small macaroni until tender and let it drain. Butter the inside of the moulds and line them with macaroni, placing it round and round, layer after layer. Fill up the space with the mutton mixture dredge a little flour over, place a buttered paper over the top, and steam for half an hour. Turn the timbales out of their moulds and serve very hot with tomato sauce or plain brown gravy.

### Minced Mutton

147

Mince the meat finely, and be careful to remove all gristle and skin, and add pepper, salt, and a little very finely-chopped onion, a little stock and browning, and heat well. Serve with poached eggs, sippets of toast, and a border of spinach, tomato, savoury rice, or potato.

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### Mutton Cutlets à la Firval 148

Take two large Spanish onions, boiled, and six boiled potatoes; pass them through a sieve. Place in a saucepan with a piece of butter the size of a large walnut, season with a saltspoonful of salt, a good dust of white pepper, and add a tablespoonful of milk. Stir well; when very hot pile in the centre of a dish and surround with grilled cutlets.

### Spiced Cutlets 149

Cut the cutlets just as you would do for ordinary mutton cutlets, have ready one tablespoonful of minced savoury herbs, one tablespoonful of parsley, ditto shallot, one saltspoonful minced lemon peel, pepper and salt to taste, four tablespoonsful of bread crumbs. Dip the cutlets into some clarified dripping, then into the beaten yolk of an egg, mix the bread crumbs, seasoning, and other ingredients, and cover the cutlets with them. Fry the cutlets a nice brown, and serve with good brown sauce in clarified fat.

### Fricasseed Mutton Cutlets 150

Cut some neat mutton cutlets, chop off the bone short, and flour them lightly. Put some dripping into a frying-pan, slice into it a Spanish onion, add a few tomatoes, season with black pepper and salt, then fry. Add the cutlets and fry till a good brown, then place in a clean saucepan, with the tomatoes. Strain the gravy from the onions, thicken it with fine flour, and cook for ten minutes.

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Have ready some rice boiled as for a curry, pile this in the centre of the dish, arrange the cutlets round, and pour the gravy over them.

### Indian Sandwich

151

Take some slices of bread, and stamp out pieces the size of a claret glass. Fry a light brown, and drain and keep hot. Take any meat or poultry, or a mixture of both; mince it finely. Then flavour with salt, and heat it in a curry gravy or sauce; spread on a round of fried bread; place another round on the top. Sprinkle with grated cheese, and garnish with fried parsley. When making this dish, the clever cook would fry some extra small croûtons, and put them by ready for a savoury.

### Stewed Beefsteak

152

Ingredients: 2 lb. of rump or beefsteak, three onions, three carrots, two turnips, 2 or 3 oz. of fat, half pint of water, a teaspoonful of salt, half-teaspoonful of pepper, a tablespoonful of ketchup, one tablespoonful of flour. The steak should be divided into convenient-sized pieces, cut fairly thick, and rather lean, and these should be fried in the fat till a nice brown colour on both sides. The vegetables should be cut into dice shape and put in cold water till wanted, then fried in the same fat as the steaks when the latter are done. Put all together into a saucepan, cover with half a pint of water or rather more, and let it simmer gently for two and a half to three hours. When nearly ready skim well, put in the salt, pepper, and ketchup, and thicken with the tablespoonful of flour,

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which should be previously mixed in two of cold water. Having added the thickening, boil up for a minute or two and serve.

### Stewed Ox-tail

153

One ox-tail, divide it into joints (save the very small joints for stock), and place in a stewpan with enough cold water to cover. When the water boils, remove the scum, and add one onion cut in slices, one clove, six peppercorns, quarter-teaspoonful of salt, a small bunch of herbs. Cover the pan closely, and simmer for two and a half hours. Strain off the gravy, and thicken with butter and flour. Add one dessertspoonful of lemon juice, and boil for a quarter of an hour. Strain through a fine sieve into the pan with the ox-tail, make thoroughly hot, and serve with a border of plain boiled carrot cut into dice, or cut out with a small ornamental cutter.

### Fillet of Beef (to lard)

154

A fillet of beef is an expensive dish unless bought with a sirloin (fillet is the undercut of a sirloin). Remove it from the sirloin and trim it neatly, then lard it, and afterwards tie it into a neat round. Roast in the oven, and serve in its own clear gravy.

To lard the fillet a larding needle will be required, as well as some slices of fat bacon. Cut these into thin strips two inches long, thread one into the needle, and pass it through a small piece of the top of the fillet. The larding must be done in neat lines, and the strips trimmed with scissors to an equal length, allowing about half an



## ECONOMICAL ENTRÉES

inch of the bacon to protrude on either side of the piece of meat through which it was threaded. The process is not difficult, and greatly improves the taste of the meat.

For eight people  $1\frac{1}{2}$  to 2 lb. of undercut of beef is required ; a piece of sirloin 12 to 14 lb. usually supplies sufficient. If the fillet is to be used whole trim it carefully, and put two rows of larding, one at each side of the flat surface which will be uppermost. If the beef is to be divided into small fillets, allow three strips of bacon to each. Trim off all fat, and skin and make as much the same size and shape as possible, season with white pepper (no salt), and lay in a dish with some good olive oil (this can be done the day before if desired). The fillets when required for use can either be grilled or cooked in the frying-pan. The whole fillet requires from ten to twenty minutes according to size, and the small fillets five minutes, to cook. The pieces of bacon should be trimmed with scissors just before cooking to a suitable size, and salt added as the fillets are served.

### Grilled Fillets of Beef

155

Take the undercut of the sirloin, cut into neat pieces, and grill. Serve very hot, with two little piles of French beans and several small potatoes scattered with oiled butter and parsley.

### Fillet of Beef with Vegetable Garnish 156

Lay the fillets in a well-buttered frying-pan, seasoned with pepper and salt, lay a buttered paper over, and set the pan in the oven for twelve minutes or so, when it

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may be removed and the fillets brushed over with warm glaze, and served with any garnish, such as potato or artichoke chips, purée of spinach, or turnip and carrots arranged in alternate layers; or a little pat of green anchovy butter or some horseradish sauce may be laid on the fillets, which can be set round a shape of mashed potato, or arranged by themselves *en couronne* in the centre dish.

## CHAPTER X

### Some more Economical Entrées

MADE WITH CHICKEN OR RABBIT

**G**AME and poultry are luxuries in which the economical housekeeper cannot indulge too often. If, however, poultry is home-grown, or may be bought cheaply, it makes a pleasant change in the menu. Now that the parcel post rates are so moderate it pays the dwellers in London or other large towns to have fowls sent from Ireland. There are several dealers who will supply plump fowls of fair size at 4*s.* the couple, carriage paid, whereas in London 2*s.* 9*d.* or 3*s.* is charged for one bird of the same size. To avoid monotony it might be well to give a standing order for a couple of rabbits and a couple of fowls to be sent on alternate weeks.

The charms of the rabbit are not as well

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understood as they might be. As a matter of fact, for creams and souffles the white meat of a rabbit answers quite as well as does the meat of a chicken, and almost all recipes which entail the use of chicken can be made with rabbit. A succession of roast rabbits and boiled rabbits becomes monotonous, but when the bill of fare is varied by rabbit pie, minced chaudfroid of rabbit, rabbit curry, croquettes, casserole, sauté rabbit, patties, rabbit in batter, and in a cape pie only the most captious person will object to the animal's appearance.

A lack of variety is also shown in the cooking of fowls. They are roasted or boiled, and the remains are eaten cold or grilled for breakfast. They might, however, be served in many attractive, yet inexpensive, guises. When the family is small it is not invariably necessary to cook either a whole rabbit or a whole chicken. For example, half a grilled or curried chicken makes a sufficient meat course for two people; the remainder may be sautéd or made into a chicken pie. Or the best portion of a fowl may be used for a mayonnaise, quenelles, a cream, or rissoles, and the back, legs, and pinions grilled. In any case, the car-

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case of a rabbit or chicken should be broken up and used for stock or gravy. In families where there are young children, the carcass, legs and pinions of a fowl or rabbit, with the exception of the white meat on the back, will suffice to make several portions of nourishing broth, and the best meat is left for a little entrée or Sunday supper dish.

Managing thus, the sequence of beef and mutton, mutton and beef, may be pleasantly and economically interrupted.

### Tomatoes Stuffed with Chicken 157

Choose the tomatoes all of a size, remove the core and a little of the inner portion. Fill with minced chicken (cooked) or rabbit, well seasoned with pepper and salt, and moistened with brown sauce. Place them on a well-greased baking-tin, sprinkle a little brown raspings on each, and bake until the tomatoes are done. Serve with brown gravy.

### Chicken with Tomato Sauce 158

Prepare a good tomato sauce, making it rather thick; cut half a fowl into neat joints, rub with a little butter, season with salt and coralline pepper, broil till quite hot; dish up, pour the tomato sauce over and round, garnish with watercress.

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### Chicken Mayonnaise in Cases (Cold) 159

Mince the white meat from a fowl, add one-third of the quantity of ham or tongue, or both mixed, a little minced parsley and capers; stir into this some good mayonnaise sauce, fill the cases with the mixture, mask them with mayonnaise or small salad, garnish with salad or watercress, and curl a boned anchovy round on the top of each.

### Fricassee of Roast Fowl 160

Melt 2 oz. of butter and 2 oz. of sifted flour together over the fire, and stir until quite smooth and a fawn colour (if at hand 3 oz. brown roux can be used instead). Add by degrees a pint of good stock, stirring very well for twelve to fifteen minutes; flavour with lemon juice, salt, pepper, and minced parsley. Cut the fowl into neat joints, put it in the sauce and heat thoroughly, turn out into a very hot dish, garnish with croûtons and rolls of fried bacon.

### Chaufroid of Chicken (Cold) 161

Melt 1 oz. of butter in rather less than one pint of milk, and shake into it 2 oz. of best flour and mix it until it is quite smooth. Put it on the fire and stir it all the time until it boils and for a little while after. When quite cooked take it off the fire, add  $\frac{1}{4}$  oz. of gelatine melted in milk, and put it through a strainer. Take some neat slices of chicken and place them on skewers and dip them into the sauce, and leave the meat till cold. Pile the coated slices of chicken neatly on a dish and

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garnish them with yolk of a hard-boiled egg rubbed through a sieve and sprinkled over them, and shapes cut out of beetroot.

### Minced Chaudfroid of Chicken (Cold) 162

Remove the best meat from a boiled chicken, mince it finely, and then pound it with a little good white sauce. Mix in some tiny dice of ham and truffle, and form the preparation into circular pieces about the size of a five-shilling piece, and rather less than half an inch thick. Have ready half a pint of smooth creamy white sauce, stiffen with gelatine, coat each round of chicken thoroughly, and ornament with a little shape of beetroot. Pile the circles round a bed of salad, ornamenting the corners of the dish with mounds of finely-chopped red and yellow aspic jelly.

### Mayonnaise of Chicken in Shells (Cold) 163

One of the advantages of this nice little entrée is that it can be prepared early, and put by quite ready to serve. Take some china shells and pour a very little mayonnaise sauce into each. Fill with finely-minced cold chicken, shred lettuce, hard-boiled egg, and a stoned olive. Cover smoothly with mayonnaise, and sprinkle with chopped truffle, yolk of egg, and chopped parsley.

### Broiled and Devilled Chicken 164

Spread a devil paste on the chicken's legs before they are broiled. Mix together a teaspoonful of French mustard, a saltspoonful of English, a dessertspoonful of chut-

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ney chopped, a little cayenne pepper and salt. The legs should have incisions made all over them, a little warm butter poured on them; spread the devil paste over them, and sprinkle the top with brown bread crumbs. Place them on a buttered tin, and cook them in a quick oven for a quarter of an hour. Serve very hot, garnished with parsley.

### Chicken Croquettes with Rice 165

Quarter pound of rice, 1 pint of stock, 1½ oz. butter, minced fowl, egg, and bread crumbs. Put the rice into the stock and boil gently for half an hour; then add the butter, and simmer until the rice is soft and dry. When cold form into balls, hollow out the inside, and fill with mince; cover over the aperture with rice, dip the balls into egg and bread crumbs, and fry them a nice brown. Any fine mince can be used instead of chicken.

### Casserole of Chicken or Rabbit 166

Cut the chicken or half a chicken into neat joints and rub all over with butter. Put into the casserole dish ¼ lb. of streaky bacon cut up small, two wineglassesful of sherry in which has been mixed 1 oz. of arrowroot, two eschalots, one or two fresh mushrooms, and a bunch of herbs. Place the bird in the dish, and add a pint and a half of really well-flavoured stock, made from game or poultry stock, and well flavoured with vegetables. Place the casserole in a fairly hot oven and cook the chicken for forty minutes, keeping it constantly basted. Add a teaspoonful of Liebig's Extract to the stock before cook-



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ing. When cooked the bird will be a golden colour. Take it out of the dish, strain the gravy, and take off all the fat ; put the bacon into it again and return it to the casserole with the chicken. Make it thoroughly hot, and serve on the casserole placed on a dish with a napkin folded round it. The best part of the chicken may be used for the casserole, and the necessary stock made from the carcass. Casserole may also be made with beef steak or neck of mutton.

### Sauté Chicken or Rabbit 167

Make a nice gravy with the back and giblets, peppercorns, cloves, onion, and a little ham or bacon. Melt 2 oz. of butter and cook the joints of the fowl in this until a nice pale brown. Then strain the stock over it and simmer for about fifteen to twenty-five minutes. Serve with boiled macaroni.

### Indian Curry 168

Take a chicken or a rabbit, cut it into the smallest joints and wash them in water. (Mutton, veal, pigeons, or game can be used.) Sprinkle over the meat a large saltspoonful of salt. Cut up two small onions and fry in a stewpan with a tablespoonful of melted butter until brown, now add the chicken to it, fry for ten minutes longer. This being done, add two tablespoonsful of curry powder, or one of curry paste and one of curry powder, and three wineglassesful of cold water, stir all well together and stew for ten minutes longer, and it is ready to serve with a border of rice.

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### A Quickly-made Cold Entrée 169

Prepare quarter of a pound of minced (cooked) rabbit or chicken, or if not to hand two small pots of Ruff's potted chicken, whip half a pint of cream stiffly, and stir in a gill of aspic jelly, which is cool but still liquid, whip all together for five minutes. Place in little moulds. Turn out and serve with salad. If there is not time to make aspic jelly it can be bought in bottles at the grocers'.

### Chicken or Rabbit Patties 170

Mince some cold cooked chicken or rabbit and then pound it with some white sauce, pepper and salt. If there is not time to pound the meat, mince it very fine and mix it with the sauce and seasoning. Have ready the patty cases and put them into the oven to heat. Make hot the mince in a saucepan, and see that it does not become too dry. It should be of the consistency of double cream. Fill the cases and serve.

### Rabbit in Batter 171

Cut a partly-boiled rabbit into small, neat pieces, season well, and lay in a pretty fireproof dish; add a little stock—but very little—and one or two rolls of bacon, pour a layer of batter over it and bake in a moderate oven. Serve in the fireproof dish with a napkin folded round.

### Cape Pie 172

Truss a fowl or rabbit, put it in a stewpan, with two large onions sliced finely, ten peppercorns, two or three

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cloves, a small teaspoonful of salt, and about a pint of stock ; when this is half cooked, add to it some macaroni cut in small pieces. Let this cook till it is tender, when it must be lifted out ; arrange in a fireproof dish, in joints, put aside for two hours. When quite cool, cover with a short paste and bake. A few mushrooms, 2 oz. of butter, or a gill of cream will much improve the pie. It can be served hot or cold.

## CHAPTER XI

### Vegetable Dishes and Salads

**I**T is seldom, except where a particularly good cook reigns supreme, that sufficient use is made of vegetables. Boiled, or badly-mashed potatoes, and plainly boiled cabbage, sprouts, French beans, cauliflower, and vegetable marrow (the latter two accompanied by an equally plain white sauce), make their appearance when in season, but that pleasant addition to a little dinner, a vegetable course, is unknown. The reasons for this procedure are two: the first, that the mistress, when ordering dinner, often forgets the existence of other vegetables; and the second, that even if they were provided, the cook would not know how to dress them.

Amongst the vegetables which are not sufficiently used are, for example, chicory, arti-

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chokes, broad beans and lentils, haricot beans, turnip tops, cucumber, salsify, sorrel, celery, Spanish onions, and leeks. Chicory and celery are good substitutes for sea-kale; and celery, either plain, in a salad, stewed with brown gravy, or served with cheese sauce au gratin, is delicious. Turnip tops are cheaper, and, when carefully prepared, equal to spinach. Sorrel soup is delicious, and stewed leeks with white or brown sauce are by no means to be despised. Spanish onions made into a purée and mixed with mashed potato form a tasty centre for a dish of cutlets, and they are also nice if stewed and served with curry sauce. Artichokes, served au gratin, are palatable, while cauliflower, either boiled, curried, or au gratin, is delicious. Broccoli may be served in like manner, and cabbage, dressed as spinach and accompanied by eggs and fried bread crumbs, is generally appreciated. Cucumber and vegetable marrow may be dressed in many guises. Stuffed, in purée, curried, or au gratin, they are extremely appetising. But if certain vegetables are thus neglected, others, in common use, are shamefully wasted. It is no uncommon thing for the boiled potatoes which

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are left from luncheon or dinner to be thrown away, instead of being done up in some other guise on the following day. Then the remainder of a cauliflower or a cabbage goes into the pig-tub or ash-bin, when it might well have been utilised to form a garnish or little savoury dish. Parsley, too, is wasted wholesale. The cook does not demean herself to order less than a pennyworth, a quarter of which is used, and the remainder is either left to wither or soured into a bowl of water, in which it rapidly goes bad. Only the stalks of the parsley should be placed in water, and, unless for a large party, a half-pennyworth of the plant should suffice for two days.

### Potato Cakes

173

Take any remains of mashed or plain boiled potatoes, mash them all together with a little butter, season well with pepper, salt, and cayenne. Roll out on a floured board to about an inch and a half thickness, cut into rounds or squares with a cutter. Brush over with beaten eggs, and bake in a fast oven.

### Potato Ribbons

174

(For serving with game)

Wash dry, and peel some large potatoes, and peel them round and round as you would peel an apple. The strips

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should not be too thin, or they will break. Drop them into hot fat, and fry a delicate brown, drain, and sprinkle with salt, cayenne, and white pepper.

### Potatoes à la Maître d'Hotel 175

Boil some new potatoes, then slice them, and heat them with four ounces of butter, some minced parsley, a few drops of lemon juice, and a little stock, salt, and pepper.

### New Potatoes 176

Place the potatoes in a bowl of cold water, and leave them for a few minutes; then rub or scrape off the skin. Place in cold water in a saucepan with some salt, and boil gently for twenty minutes, drain, and dry. Put into the dish with a tiny piece of butter on each potato, and sprinkle with chopped parsley.

### Potato Fritters 177

Parboil six large potatoes, cut in slices about the thickness of a crown piece, beat up one egg with a tablespoonful of bread crumbs, and an equal quantity of finely-grated lean ham or tongue. Dip each slice of potato in the mixture, and fry in plenty of good clarified fat. Drain and serve very hot on a dish paper, garnished with parsley.

### Potato Balls, with Cheese Flavouring 178

Take some cooked potatoes, flavour with grated cheese, salt, and pepper, and add sufficient milk to make the

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mixture moist and smooth, form into balls, fry, and serve powdered with grated cheese. Garnish with fried parsley.

### Stuffed Potatoes 179

Bake the requisite number of small potatoes, cut them in half lengthwise, and scoop out part of the inside, mix with butter, finely-minced meat, parsley, pepper, salt, and a little cayenne; press the two pieces together, garnish with parsley, and serve very hot in a folded napkin.

### Potato Cones 180

Take about six cooked potatoes, mash with just sufficient milk to enable the potato to be formed into small cones, neatly arrange these in a fireproof dish, score the outside of the cones, sprinkle with white pepper and salt, and then with grated cheese. Pour over all some melted butter, and cook in a slow oven until quite hot. Serve at once in the same dish.

### Potatoes and Eggs au Gratin 181

Take six or seven baked or boiled potatoes, and cut them in slices, and slice two hard-boiled eggs. Place them in layers in a baking-dish, sprinkling each layer with grated cheese. Pour over 4 oz. of melted butter or white sauce, and put into a slow oven until hot. Brown on the top.

### Cauliflower au Gratin 182

Boil a cauliflower, and divide it into neat portions. Place in a fireproof dish, and pour over some good white



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sauce. Sprinkle with grated cheese, white pepper, and a very little salt. Bake until thoroughly hot and brown on the top.

### Curried Cauliflower

183

Boil two cauliflowers carefully to avoid breaking the heads. Take the soft part and arrange neatly in a deep dish. Fry one medium-sized onion (cut in slices) in clarified fat until brown, mix in a dessertspoonful of flour and three-quarters of a dessertspoonful of curry powder, and three parts of a tumblerful of weak stock ; boil for ten minutes, strain, and pour over the cauliflowers.

### Artichoke Chips

184

Take (for a small dish) four or five artichokes ; wash and peel them, and cut them into dice. Throw them into cold water for a minute or two, then dry them carefully. Have ready in a frying pan sufficient boiling fat to cover the artichokes. Put them in and fry a golden brown. Dry them well in front of the fire, sprinkle with salt, and serve.

### Tomato and Potato Savoury

185

Take some cold potatoes and cut in slices ; peel the same quantity of tomatoes ; remove the hard centre. Arrange in alternate layers in a stewpan, in which 3 oz. of butter has been melted, and sprinkle with pepper, salt, and parsley. Cook gently for ten minutes, stirring now and then. When thoroughly hot, serve with the juice poured round, and garnish with croûtons of fried bread.

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### Tomato Rice 186

Two oz. of rice, simmer gently in half a pint of milk until quite soft and pulpy, then flavour with salt and pepper. Peel and core 1 lb. of tomatoes, and bake until tender, add the rice, and beat together until smooth. Stir in 1 oz. of butter. When required use very hot as a centre for cutlets or fillets of beef, and pour the gravy over.

### Vegetable Marrow au Gratin 187

Take the remains of a vegetable marrow which has been boiled, cut it into rather thin slices and lay in a shallow fireproof dish, add a little butter or dripping, and season well; cover with raspings and a little grated cheese, and brown well before a quick fire.

Tomato au gratin may be made in exactly the same way.

### Fried Vegetable Marrow 188

Stew a vegetable marrow in weak stock, then stamp into neat rounds; drain quite dry, dip them into beaten egg and bread crumb, and fry a golden brown.

### Turnip Tops 189

These may take the place of spinach when that vegetable is expensive. Boil just as for spinach, and then strain and work through a sieve. Replace in the saucepan with butter, pepper, and salt, cook until quite hot and sufficiently dry. Serve in a mound with little rolls of

## VEGETABLE DISHES AND SALADS

bacon and diamond-shaped sippets of fried bread arranged round, or with poached eggs, or slices of hard-boiled eggs.

### Stuffed Cucumber 190

Peel a good-sized cucumber, and stew in gravy very slowly for about one hour, drain, and cut in slices about one and a half inches thick, stamp out the centre part, fill with mince, and pour some good brown gravy over. Serve very hot.

### Purée of Green Peas 191

(A good way to use rather hard peas)

Boil the peas with mint, salt, and sugar, and when quite done rub through a sieve, or, if too hard, pound in a mortar, mix with 3 oz. of butter (to one pint of peas), add white pepper, and add a little sap green if a bad colour. Stir in a stewpan over a clear hot fire, and serve in the centre of a dish of cutlets, etc.

### Salsify or Celery au Gratin 192

Scrape twelve sticks of salsify or celery, cut them in equal lengths and let them lie in cold lemon and water for a minute or two. Then place them in a saucepan full of boiling water; add a good pinch of salt, and boil fifty minutes. Take out and drain, arrange in a pile on an entrée dish. Have ready about three-quarters of a pint of thick melted butter sauce (made with milk) and seasoned with salt and white pepper. Pour over the salsify or celery, then scatter over all some grated cheese. Brown in front of a hot fire and serve at once.

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### Celery Patties

193

Take the hearts of two heads of celery, boil until quite tender, let the celery drain, and then put it in mortar with one tablespoonful of grated ham, two of milk, and a little butter, pepper, salt, and a tablespoonful of fine bread crumbs. Let it steam in a pan on the stove until the mixture thickens. Line some patty-pans with puff pastry, bake them and fill with the mixture. If the pastry is made beforehand, it must be warmed before the celery cream is put in.

### Stuffed Vegetable Marrow

194

Take a large but a young vegetable marrow, scoop out the seeds and rub in some salt. Mix a little chopped ham and  $\frac{1}{2}$  lb. of au mince, season this with pepper, parsley, onion, and a teacupful of cooked rice. Mix all well together and lay inside the marrow, tying the two sides of it with broad tape. Boil very slowly for about an hour or more, according to size, in just enough water to prevent burning. Serve covered with white sauce, or with clear brown gravy.

### Onion Purée (Brown)

195

Fry some onions in thin slices and chop them fine; drain well, and simmer them in good brown stock until they can be sieved. When quite smooth, replace in the pan, and add a little of Liebig Company's extract of meat, and boil for a few minutes, stirring constantly. The purée should be thick enough to stand up in a pyramid. Serve very hot, and garnish with fried croûtons.

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### Haricot Bean Curry 196

Soak the haricot beans for two hours in weak stock, then boil them in stock for three hours. Drain them and keep hot. Make a good curry sauce, and serve the beans, covered with the sauce, in the centre of a rice border.

### Haricot Patties 197

Proceed as before, but serve the beans in pastry patty cases, while

### Haricot Croûtons 198

are served in croûtons of fried bread.

Haricot beans are also delicious if cooked as in the first recipe, well seasoned and served as a vegetable with a good brown gravy.

### Cabbage and Eggs 199

Boil the cabbage, and then pass it through a wire sieve. Replace the pulp in a saucepan with salt and pepper, and a little butter; stir well, and just before serving add a tablespoonful of cream. Mix well, and serve garnished with slices of hard-boiled egg and croûtons of fried bread, or, for a change, serve with poached eggs. Spinach may be served in the same manner, or, for a change, cover a round croûton of fried bread with spinach, and serve a poached egg on the top.

### Potato and Cabbage Cakes 200

Take some boiled cabbage (any other kind of greens will do), chop it finely: chop some cold boiled potato, and

## VEGETABLE DISHES AND SALADS

mix all thoroughly together with a little melted butter, pepper, salt, and a tiny piece of finely-minced onion. Form into rounds, and bake on a greased tin until brown on the outside.

### Broiled Mushrooms

201

Skin the mushrooms and cut off the stalks; place them on a greased tin, sprinkle each mushroom with butter, pepper and salt, and cook in the oven or before the fire. Pour off the liquor from the mushrooms, make some toast and spread with butter, and then pour the mushroom liquor over. Place the mushrooms on the toast, and serve very hot.

### Stewed Mushrooms

202

Put a little stock (half a pint) in a pan and stew in it the well-wiped stalks and parings from the mushrooms, then strain and add to the liquor a teacupful of milk, in which a tablespoonful of flour has been smoothly mixed; bring to the boil, then add eight mushrooms which have been cooked in the oven or before the fire (see previous recipe), add pepper and salt to taste, and simmer for five minutes.

### Haricot Verts with Cream

203

Buy a 6½*d.* tin of haricot verts and heat them with two tablespoonsful of stock, 1 oz. of butter, salt and pepper; then stir in three tablespoonsful of cream, and stir well off the fire. Serve piled in a mound with sippets of fried toast.

## VEGETABLE DISHES AND SALADS

### Vegetable Pie

204

Prepare the vegetables as for vegetable curry, but warm them in a good brown gravy, and add some cooked macaroni and potato and some hard-boiled egg. Bake in a pie exactly as for a meat pie.

### Vegetable Curry

205

Take some boiled and sliced carrot and turnip, some cooked peas, French beans, little squares of cooked vegetable marrow, some cauliflower or broccoli—in fact, any cooked vegetables which may be to hand. Place in a stewpan with a little butter or clarified dripping, and put on the edge of the stove, so that the butter may be melting and the vegetables warming, while the curry sauce is prepared. For the sauce, fry two sliced onions in clarified fat, then mix with them a dessertspoonful of curry powder, and fry for two minutes. Pour into the stewpan three-quarters of a pint of stock, and cook until the onion is quite tender. Mix a dessertspoonful of arrowroot with some milk to a paste, stir into the sauce, and simmer for eight to ten minutes. Add five or six drops of lemon juice. Pour on to the vegetables, stir gently, make thoroughly hot, and serve in the centre of a wall of rice.

### Italian Salad

206

Cut four cold potatoes and half a beetroot into shapes, and arrange in a bowl with some cooked green peas and French beans. Add a little of any finely-minced cold chicken, ham, tongue, or game you may have; toss in a sauce tartare, and serve in little paper cases.

## VEGETABLE DISHES AND SALADS

### Green Pea Salad 207

Shred some lettuce, and add to it the peas; they should be boiled with a little mint, and be quite cold. Add the salad dressing just before serving.

### Russian Salad 208

Cut some beetroot into shapes, add a little chopped celery, a few boiled peas, and some turnip, carrot, and potato, boiled, and cut into shapes. Pour some mayonnaise over, and garnish with bunches of cress. An oil and vinegar dressing may be used instead of mayonnaise sauce.

### Haricot Bean Salad 209

Put the beans into a saucepan full of warm water; when it boils remove from the fire, and let the beans soak for an hour, pour off the water, add fresh, and boil until quite tender. When cold arrange in a mound, and dress with an oil and vinegar sauce, pepper, salt, and minced parsley. Surround with slices of tomatoes.

### Tomato Salad 210

Take four or five nice ripe tomatoes, scald them for a second or two in boiling water, then drop them into cold water, and peel them. Cut them into quarters, or, if large, into eighths; sprinkle with a very little salt and powdered sugar mixed, and a few drops of salad oil; pour a little vinegar over, and garnish with sprigs of water-cress.



## VEGETABLE DISHES AND SALADS

### Broccoli or Cauliflower Salad 211

Trim the broccoli neatly, boil in the usual manner, drain, and put into cold water; take out, drain, arrange neatly, and mask with green mayonnaise sauce, using shapes of beetroot or tomato and sprigs of watercress or parsley as a garnish.

### Potato Salad 212

Slice some cold peeled potatoes, and then toss them in oil and vinegar, sprinkle with a very little finely-chopped onion and shallot, and arrange on the top some filleted anchovies; or a more elaborate dish can be made in this wise: slice the potatoes and mask them with a good mayonnaise sauce, garnish with prawns and hard-boiled egg, and surround with a border of green salad, or of tomatoes cut in quarters.

### Tomato and French Bean Salad 213

is made with sliced tomatoes seasoned with oil, vinegar, salt and pepper, arranged round the centre of cold cooked French beans, also seasoned with the oil, vinegar, salt, and pepper.

### Simple Lettuce Salad 214

Take two fresh lettuces, take off the outer leaves, and tear the others apart, lay them in the salad bowl, with some radishes. Make the dressing with a teaspoonful of salt, a fourth of that quantity of pepper, a saltspoonful of white sugar, a pinch of cayenne and dry mustard, four

## VEGETABLE DISHES AND SALADS

tablespoonsful of oil, and two of vinegar. Mix the dry ingredients, add the oil by degrees, and the vinegar last of all, drop by drop, stirring all the time.

### Mixed Salad

215

Wash some mustard-and-cress, endive, and watercress; arrange in the bowl; garnish with slices of cucumber, beetroot, and hard-boiled egg; serve with either of the former dressings.

## CHAPTER XII

### Puddings and Sweets

THE housekeeper who is bound down by the 10s. a week per head limit is apt to grumble that but little choice in the matter of puddings and sweets is possible to her. All good sweets, she complains, need eggs and cream. This is true of many recipes, but still there are nice sweets, and not few of them, which are quite inexpensive and in no way beyond the powers of the average single-handed cook. Eggs at certain seasons of the year are very expensive ; therefore, if it is not possible to buy them in large quantities when cheap and then to preserve them, it will be necessary to use them sparingly. Cream, however, does not vary in price, and for sweets the thick cream which is sold in pots answers perfectly. The contents of a  $6\frac{1}{2}d.$  pot will suffice (with other ingredients)

## PUDDINGS AND SWEETS

for many a nice sweet sufficient for four or six persons, while a 10½*d.* pot contains sufficient with which to make a bavarois. Bird's custard powder and egg powder are useful when eggs are dear, and Chivers' packet jelly is worthy of attention. Hugon's suet, too, should always be kept in the store cupboard. Needless to say, if a fruit garden is at the disposal of the housekeeper, she should bottle and preserve a good supply of fruit.

The single-handed cook, if a sensible person, may often save herself much time and trouble by a little consideration. For example, an apple tart is ordered; a little extra paste is made, and a dozen pastry tartlet cases and some Burton puffs are put by in a tin. When a trifle is ordered a portion of custard is poured into cups and kept until the following day to be served with some stewed fruit. Another day a pineapple jelly appears, and at the same time a lemon sponge is prepared, or if a fruit salad is ordered, a little dish of plain stewed fruit may be put ready for the ensuing day's luncheon. Pieces of bread may be utilised for puddings; indeed, so valuable are all scraps of bread that a conscientious

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cook will save all the scraps for croûtons and bread crumbs. Then the remains of milk puddings must not be thrown away, for if beaten up with some more milk and re-baked in a smaller dish, with perhaps the addition of a layer of jam or marmalade, the family will be unaware that they are not being regaled on a brand-new pudding. Wise is the woman who thus bamboozles her family, and so arranges matters that the remains of yesterday's dinner shall not be recognised as the component parts of to-day's. Wise is she also who varies the serving of the simplest dishes. The man who will turn with disgust from the orthodox rice pudding will eat with pleasure precisely the same concoction if baked in a cup or mould, turned out, and served with a little finely chopped preserved ginger in a sauce composed of the ginger syrup slightly diluted with water and made hot.

However plain the pudding may be, if prettily garnished and neatly served in a silver or china entrée dish on a lace paper, the verdict is likely to be favourable; whereas an expensive but ill-dished concoction would meet with no appreciation.

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### Sweet Croûtons 216

Cut some neat little rounds of bread, moisten in sweetened milk. Fry a golden brown. Spread with jam, and serve very hot.

### Marmalade Sandwiches 217

Proceed as before, but put two croûtons together, and spread with marmalade.

### Golden Fingers 218

Proceed as before, but cut the bread in fingers. Pile in a dish, and pour hot golden syrup over them.

### Sunday Plum Pudding 219

Take  $\frac{1}{2}$  lb. of flour, 6 oz. of beef suet chopped very fine,  $\frac{1}{2}$  lb. of sultana raisins, two eggs, a teaspoonful of baking powder, and half a teacupful of treacle, and mix all the ingredients with sufficient milk to make the whole moist. Steam the pudding for three hours.

### Brown Pudding 220

Soak some pieces of bread in milk, sweeten and beat up well with a fork, and mix with strawberry or raspberry jam (about half a pot to sufficient bread to fill a quart mould), steam, turn out, and serve with hot jam sauce poured round.

### Bread and Jam Pudding 221

Take some pieces of bread and soak in milk flavoured with lemon peel; fill a shallow pie-dish nearly full of this

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mixture, bake for a few minutes, cover the top with jam, then a layer of bread crumbs, and return to the oven until crisp and brown on the top.

### Bread and Marmalade Pudding 222

Butter some slices of bread and spread them with marmalade. Arrange in a greased pie-dish. Make a custard with half a pint of milk and one egg and some sugar. Pour over and bake.

### Citron Pudding 223

Proceed as for bread and marmalade pudding, but spread the bread and butter with slices of citron instead of with marmalade.

### A Cherry Pudding 224

Proceed as for bread and marmalade pudding, but place glacé cherries between the buttered bread; and if liked add a few ratafias.

### Strawberry Pudding 225

One teacupful strawberry jam, one teacupful flour, one teacupful suet (finely chopped), one teacupful milk, one egg well beaten, one teaspoonful carbonate of soda. Mix all together, and steam in a buttered basin two and a half hours.

### Amber Pudding 226

Rather more than  $\frac{1}{4}$  lb. bread crumbs,  $\frac{1}{4}$  lb. beef suet (chopped very fine), 2 oz. moist sugar, two eggs, three

## PUDDINGS AND SWEETS

dessertspoonsful marmalade. Mix well, steam in a buttered basin two hours.

### Satisfaction Pudding

227

Line a pie-dish with pastry, and spread it with jam, and lay on the jam some sponge cake cut in slices. Beat one egg and the yolks of three well together, and mix them with one tablespoonful of castor sugar and half a pint of milk, and pour over the sponge cake. Bake until set. Beat the whites of the three eggs to a stiff froth, and ornament the top of the pudding with them, and put into a cool oven until the whites are a pale fawn colour. Serve hot or cold.

### An Appetising Pudding for Children

228

Take some stewed apples and rub them through a sieve, sweeten, and lay in the bottom of a dish. Mix two dessertspoonsful of Brown and Polson's cornflour smoothly in a little cold milk, and then stir it into a pint of boiling milk. Stir and keep boiling for six or eight minutes. Pour over the fruit and bake in a moderate oven for a quarter of an hour.

### Marmalade Pudding

229

$\frac{1}{4}$  lb. fine bread crumbs,  $\frac{1}{2}$  lb. marmalade, 3 oz. Hugon's refined beef suet, 2 oz. flour, one egg or large piled-up teaspoonful of Bird's egg powder. Shred the suet, put it into a basin with the flour and bread crumbs, beat the egg, add it to the marmalade, pour on to the dry ingredients, and mix thoroughly. Put into a greased basin, cover with greased paper, and steam two hours.



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### Economical Sponge Pudding 230

One egg, one teacupful of Vienna flour, one teaspoonful of baking powder, half teacupful of castor sugar, one tablespoonful of butter, half teacupful of milk. Mix the dry ingredients, then the wet; blend and beat well for ten minutes. Fill a buttered mould three-parts full, and bake twenty minutes in a moderate oven. This is a most valuable pudding; in size, sufficient for six persons. It may be flavoured with chocolate and stuck with almonds, or baked in a ring mould, and served with stewed fruit or whipped cream or custard. It may also be baked in small moulds, and served with a variety of sauces.

### Fig Pudding 231

$\frac{1}{4}$  lb. bread crumbs,  $\frac{1}{4}$  lb. flour,  $\frac{1}{4}$  lb. finely-chopped suet, 6 oz. chopped figs. Mix the dry ingredients well together, add two well-beaten eggs. Grease a basin well, and steam three or four hours.

### A Plain Lemon Pudding 232

6 oz. bread crumbs, 2 oz. flour, 2 oz. moist sugar, 2 eggs, the grated rind and juice of one lemon, a gill and a half of milk, 3 oz. chopped suet, 2 oz. shredded lemon peel (this can be omitted). Mix all the dry materials, then the egg, lemon juice, and milk; stir well, and boil in a buttered mould for three hours.

### Steamed Valencia Pudding 233

Take the top of a half-quartern loaf of stale bread, and crumble it finely. Pour on to it one pint of boiling

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sweetened milk. When cool add to it three well-beaten eggs, mixed with one tablespoonful of flour. Beat well together until the pudding is quite light. Decorate a Poudin Boila mould with stoned Valencia raisins and strips of citron. Put into boiling water, and steam from one and a half to two hours. Serve with wine sauce. A Poudin Boila is merely a basin with a tin cover, which fits tightly, and prevents the possibility of the water getting in, and does away with the use of a cloth. These clever little contrivances are quite inexpensive, and can be procured from any good stores. This pudding can be decorated with glacé cherries and angelica, and served with a jam sauce if preferred.

### Cold Cabinet Pudding

234

Break three eggs into a basin, and mix well with one and a half pints of milk. Melt three-quarters of an ounce of gelatine in a little milk, add it to the custard, and place it in a jug with six lumps of sugar. Place the jug in a pan of boiling water, and stir until the custard thickens. Flavour with vanilla. Crumble three penny sponge cakes, and soak in a wineglassful of sherry mixed with half that quantity of water. Soak a mould in cold water, and decorate with angelica, pour in some custard, and let it set, add sponge cake and custard until full, and put aside to set. This quantity will make two small puddings.

### Gingerbread Pudding

235

6 oz. bread crumbs, 6 oz. suet chopped very fine, 2 oz. flour,  $\frac{1}{2}$  lb. treacle, half teaspoonful baking powder, one tea-

## PUDDINGS AND SWEETS

spoonful ground ginger, a little sugar. Steam for two hours in a greased mould, which can be ornamented with preserved ginger if liked.

### Baked Batter Pudding 236

$\frac{3}{4}$  pint milk, two tablespoonsful flour, 1 oz. butter, two eggs, a little salt. Mix the flour with a small quantity of cold milk; make the remainder hot and pour it on the flour, stir the mixture well, add the butter, stir again, then the eggs and salt. Beat the whole *well*, and put the pudding in a buttered pie-dish; bake for three-quarters of an hour. Serve with cold butter and brown sugar.

### Baxter Pudding 237

Make a batter as before, but bake on small buttered saucers. When done remove from the saucers, spread with marmalade or jam and fold in half. Scatter with castor sugar, and serve in a pile on a lace paper.

### Chocolate Pudding 238

Grate 2 oz. of Cadbury's chocolate and mix it to a smooth paste with two tablespoonsful of boiling water. Boil one pint of milk and dissolve in it four lumps of sugar, and add half teaspoonful of vanilla essence. Beat thoroughly four eggs and stir them in the chocolate, add by degrees (stirring the same way) the milk, pour into a buttered mould, cover with buttered paper, and bake in a moderate oven for half an hour. Turn out and serve with custard, foam sauce or whipped cream, and stick all over with split almonds.

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### Sultana Roll

239

$\frac{1}{2}$  lb. flour, 6 oz. suet, a little baking powder, sugar to taste, 4 oz. sultanas, previously washed and dried. Mix the flour and suet into a paste with a little milk, stir in the sultanas, form into a roll, tie up in a greased cloth, and boil two hours. Serve, cut in neat slices, well powdered with white sugar, on a lace or plain dish paper.

### Cold Fruit Pudding

240

Line a basin neatly with strips of bread, and then place in it a layer of stewed fruit (red currants and raspberries answer best for this purpose), then a layer of bread, and so on until the basin is full, using as little bread as possible. Cover the top of the basin with a slice of bread, and then place a plate on it and leave it to stand. When time to dish it up turn out and cover with whipped cream, or surround it with custard.

### Superior Rice Pudding

241

Boil two tablespoonsful of rice in milk until soft, sweeten slightly. Put a layer of jam at the bottom of a pie-dish, place the rice on the top, and bake.

### Rice Cream

243

Boil three tablespoonsful of rice in milk until it becomes soft and creamy, then put it aside. When cold whip in half a pint (or less) of cream, sweetened and flavoured with vanilla. Garnish with hundreds and thousands.

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### Tapioca or Sago Cream

244

Soak the tapioca in water, then cook in milk flavoured with vanilla and sweetened. When perfectly soft place in a dish, and leave until cold. Pour some thick cream over, and garnish with cherries and angelica.

### Bread Meringue

245

Take  $\frac{1}{2}$  lb. of stale pieces of bread and remove all crust and crumble them. Put it into a saucepan with rather less than a pint and a half of milk. Let it boil slowly, and beat quite smooth. Add sugar to taste, and a little vanilla or lemon flavouring, and the yolks of three eggs. Beat all together, and bake in a pie-dish. Spread the top with jam, and whisk up the whites of the eggs to a stiff froth. Pile on the top. Just set in the oven and serve.

### Burton Puff Pastry

246

1 lb. of flour, 1 oz. of sugar, 5 oz. of beef dripping. Rub the dripping into the sweetened flour very thoroughly, and mix with hot (not boiling) water. Mix with a knife, on the pasteboard, as quickly as possible, and finish off with the hands.

When made with good and well-clarified beef dripping, this pastry is delicious—short, light, and flaky, and quite equal to butter pastry. It may be used for tarts and tartlets, mince pies and cheese cakes, and also for meat pies, etc., if the sugar is dispensed with and a little salt added. If dripping is not to hand, carry out the recipes

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with butter. The paste will keep for two or three days if covered with flour.

### Burton Puffs

247

Roll out the pastry to a medium thickness, cut it into pieces five inches long by two inches wide. Spread one half of each thickly with jam. Wet the edges. Fold over and press together. Cut neatly round with a paste jagger. Bake, and serve hot or cold, sprinkled with powdered sugar.

### County Council Tart

248

Line a dish or patty-pans with Burton puff paste, fill with the following mixture : One teacupful of golden syrup, one good half cupful of bread crumbs, the finely grated peel of one small lemon, and the juice of half a lemon. Mix well, and fill the cases or dish, and bake in a quick oven for half an hour.

### Boiled Custard

249

One pint of milk place in a saucepan, with a piece of orange peel, or a piece of stick vanilla or cinnamon, and sugar to taste, and simmer for half an hour. Strain into a basin, and add the beaten yolks of two to four eggs (according to the richness of the custard). Place in a jug in a pan of boiling water, and stir until the custard thickens. If the custard boils it will curdle. As all milk and egg mixtures heat quickly, it is wiser to cook the custard in a jug than in a saucepan alone.

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### Chocolate Cream (made without Cream) 250

One pint of milk, 2 oz. of grated chocolate, 2 oz. of castor sugar,  $\frac{1}{2}$  oz. of gelatine. Soak the gelatine in the milk for half an hour, then put all the ingredients into a jug, and the jug into a pan full of boiling water. Place on the stove. Bring the water to the boil and keep it so, stirring the contents of the jug with a wooden spoon. Cook for about twenty minutes, then pour into a basin, and stir now and then until cool, and lastly pour into a mould which has been rinsed in cold water. Turn out and serve with a little whipped cream. This sweet should, if possible, be made in a china mould.

### Coffee Cream 251

Proceed as before, but use a small teacupful of very strong coffee instead of chocolate. If cream may be used it improves the sweet, in which case use part milk and part cream. Melt the gelatine in the milk, and strain it on to the cream and other ingredients, and beat all well together before placing in the jug.

### A Fruit Bavarois 252

Dissolve  $\frac{1}{2}$  oz. of white leaf gelatine in a teacupful of milk, and strain it on to a like quantity of fruit juice or fruit syrup. Sweeten half-pint of cream with 1 to 2 oz. of powdered sugar (if fruit syrup is used 1 oz. of sugar is sufficient, if fruit juice 2 oz. will be needed), and add to the other ingredients. Whip all together until quite frothy. Have ready a mould which has been rinsed in

## PUDDINGS AND SWEETS

very cold water. Ornament with some pieces of pine, apricot, orange, etc. (according to what juice or syrup you use), and fill up with the cream mixture, which will set in a very short space of time.

### A Plain Bavarois 253

may be made from the same recipe, minus the fruit juice and two sheets of gelatine. This bavarois may be flavoured with liqueur or essence and coloured as desired. When once this recipe is mastered (it is simplicity itself) a variety of pretty sweets may be made. Peach, pine, apricot, pear, coffee, chocolate, orange, ginger (bavarois) are all delicious.

### Cream Jelly 254

simply consists of layers of bavarois between layers of lemon jelly. While for

### Mosaic Jelly 255

the mould is lined with jelly, then filled with squares of bavarois of various colours. Some more jelly is poured in to fill up all the crevices.

### Charlotte Russe 256

Take a plain round mould, and line it with sponge fingers split in half and cut to the desired length. Fill with bavarois mixture. To make a more elaborate sweet the sponge fingers may, when the charlotte is turned out, be brushed over with melted sugar, and then sprinkled



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with chopped pistachio nut or angelica. The trimmings of the fingers may be used in a trifle or in a cabinet pudding.

### Fruit Gâteau

257

Procure a plain round sponge cake, cut out the centre so that a wall about one and a half inches thick is left. Open a tin or bottle of fruit, boil up the syrup with four lumps of sugar, and add a tablespoonful of wine, pour over the sponge wall and soak well. Fill the centre with fruit cut in slices, and pile some whipped cream on the top of the fruit, and scatter with pistachio nut. The centre part of the cake and the remains of the fruit may be used for a trifle.

### Plain Jelly

258

Quantity for one quart:  $\frac{1}{2}$  lb. white loaf sugar, four lemons, peeled thinly, cut in half, the juice squeezed out and strained carefully into a steel or enamelled stewpan; add the sugar and the whites and shells of two fresh eggs, mix, add one quart of hot water in which  $1\frac{1}{2}$  oz. of white leaf gelatine has been dissolved, put the pan on the stove and stir occasionally with a whisk; warm the jelly bag (which must be delicately cleaned) by pouring about a quart of boiling water through it, and when the jelly boils pour a little through the jelly bag, and see if it is clear; if it is not pour it through again until it is quite clear. If the jelly is to be flavoured with wine, syrup, or essence, this must be added when the liquid has cooled a little. Pour into moulds and set by to cool. If

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any jelly has to be melted after it is once set, place it in a basin over a pan of boiling water.

This recipe is easy to carry out, and this jelly may be flavoured and decorated in any way. If there is not time to make this jelly Chivers' packet jelly proves an excellent substitute, and may be prepared in a few minutes.

### Pineapple and other Fruit Jellies 259

Ornament a mould with pieces of tinned pine, and fill with plain jelly which has been flavoured with the juice of the pineapple; and other fruit jellies—such as orange, apricot, peach, etc.—may be made in the same manner. As the flavouring should be added after the jelly has been cleared, and when it has cooled a little, the flavouring must be strained until quite clear before being added. If a small quantity of a mould of jelly is left, chop it finely and serve it in glasses, or use it as a garnish for some cold sweet.

### Whipped Jelly 260

Partly fill a mould with a cream bavaois, or with plain jelly, and let it set. Then take some lemon jelly, colour it to taste when melted, and then whip it into a froth. When nearly cold, pour it into the mould.

### Harlequin Jelly 261

Make a quart of lemon jelly, or use a packet of Chivers' lemon jelly. Divide into three parts. Flavour one with liqueur and colour a pale green. Flavour another with raspberry essence and colour pink, and leave the other

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portion plain. Pour a little of the green into the mould, let it set, and continue using the colours alternately until the mould is full.

### Orange Jelly 262

The following is a pretty way of serving orange jelly. Cut the requisite number of oranges in half, carefully remove the fruit, and fill the halves of peel with jelly. Make handles with pieces of angelica. For orange jelly make as for plain jelly, but flavour with orange juice.

### Claret and Raspberry Jelly 263

A bottle of claret, 4 oz. of white sugar, a sherry-glassful of cherry brandy, the juice of two lemons, and  $\frac{1}{2}$  lb. of raspberry jam. Boil all together, add 1 oz. of gelatine, heat gently till dissolved. When this is completely melted, strain through muslin and pour into a jelly mould which has been dipped in cold water. This jelly can be made omitting the cherry brandy.

### Claret Jelly 264

A bottle of claret, juice of one lemon, half-teacupful of white sugar, one cupful of water,  $\frac{3}{4}$  oz. of gelatine. Heat gently until dissolved, strain into a mould, and ornament with cherries and almonds. Claret which has been open more than two days, and which is then not sufficiently good for drinking, serves well for jellies.

### Rhubarb Jelly 265

Stew about 1 lb. of rhubarb till tender, with enough sugar to taste and a few drops of lemon juice. Pass it

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through a sieve, and add 1 oz. of gelatine dissolved in half a pint of water. Colour with a little carmine and pour into a mould. For apple jelly or gooseberry jelly, proceed as for rhubarb jelly, but add rather more lemon juice.

### Fruit Chartreuse 266

Take one pint or quart of lemon jelly, according to the size of mould required. Pour some of the jelly into a mould, arrange a circle of grapes or cherries, and some quarters of apricot or orange, arranged as near the side of the mould as possible. Fill with more jelly, wait till it is set, then arrange another layer of fruit, and so on till the mould is full. Leave till quite set, and serve plain or with whipped cream.

### Apricot Meringue 267

Take the contents of a tin of apricots, arrange the fruit in a pie-dish and sprinkle with white sugar. Boil one pint of milk, mix two tablespoonsful of cornflour into a paste with cold milk, and stir it gently into the milk when boiling, with 2 oz. of white sugar, simmer for five minutes; when cool stir in two yolks of eggs, and continue till the custard thickens, set it on one side to cool. Pour the custard over the apricots, beat the whites of the eggs to a stiff froth, pile this high over the custard, brown lightly in the oven, and serve hot or cold.

### Peach Meringue (without Custard) 268

Place some tinned peaches in a pie-dish with a little syrup. Whip the whites of two eggs and place on the

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top and cook until the whites are a golden brown. Serve hot.

### Gooseberry Trifle 269

Take some stewed gooseberries, sieve them, and mix with a little cream. Arrange in a glass dish and pile whipped cream on the top and garnish with glacé cherries and angelica.

### Peach Trifle 270

Half a tin of peaches, 2 oz. ratafias, two penny sponge cakes. Boil up the peach syrup with a little sherry, and pour over the cakes, arrange the peaches over them, and stick them over with split almonds. Pour some custard over.

### Strawberry Trifle 271

Remove the stalks from the strawberries, cut them in half, and sprinkle with sugar, and flavour with curaçoa, add 2 oz. of ratafia crumbs, a few split almonds, and cover with pink and white whipped cream.

### Chestnut Cream 272

Take from twenty to thirty chestnuts, peel off the shells, then place them in hot water over the fire until sufficiently cooked to remove the inner skin. Then replace the chestnuts over the fire in a saucepan with two teacupful of water, sugar to taste, the juice of one lemon, and simmer slowly until they are quite tender. Pass them through a sieve or potato-masher, and when cold pile in a dish, and cover with whipped cream.

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### Compote of Pears

273

Fresh or tinned pears. Peel and halve. Boil 10 oz. of sugar in one pint of water for ten minutes, then let the fruit lie in the boiling syrup; strain into a glass dish. Reduce the syrup by boiling, and garnish with diamonds of currant jelly.

### Compote of French Plums

274

The plums should be stewed, just to make them soft. Remove the stones neatly, and substitute blanched almonds. Make a clear syrup, and colour it pink. Have ready a ring shape of lemon jelly. When cold turn out, and place the plums in the centre.

### Orange Fool

275

The juice of five large oranges, the yolks of two eggs, one tablespoonful of castor sugar. Mix all together, and stir over a slow fire until it thickens. On no account let it boil. Pour into custard glasses when still warm. It should look like a rich thick custard.

### Gooseberry Fool

276

Stew the fruit with sugar until it is quite tender, rub through a hair sieve into a basin, mix the purée thus obtained with cream or new milk or part milk and part cream to the desired consistency. Colour with a little green or carmine colouring, and serve in a glass dish. Rhubarb fool can be made in the same manner. Tinned and bottled fruits, such as peaches, pines, apricots, currants, and raspberries, may be used for fruit fools.

## PUDDINGS AND SWEETS

### Apple Fool

277

Beat until quite smooth some stewed apples, and flavour with lemon; mix gradually with a pint of cream (for ordinary occasions milk will serve the purpose) which has been boiled and sweetened. When cold, serve in a glass dish and decorate with diamonds of red apple jelly or some glacé cherries. When fresh apples are dear, apple chips or dried apples may be used.

### Fruit Salad

278

Take 2 lb. of fruit, using tinned pineapple cut in neat pieces, peaches, pears, and apricots, a few fresh grapes, and about three bananas cut in slices, also one orange divided into sections and all the white pith removed. Make a syrup with  $\frac{1}{2}$  lb. of castor sugar, half a pint of water, and thirty drops of vinegar. Bring this to the boil, simmer for six minutes, and pour over the fruit, which has been nicely arranged in a china bowl or glass dish. Before the salad is served sprinkle a teaspoonful of brandy over it. It is not always necessary to use so many kinds of fruit. For example, an excellent salad may be made with oranges, prunes, and bananas, or with pears, glacé cherries, and figs.

## CHAPTER XIII

### Savouries

**S**OUPS and Savouries are, I consider, two great helps to economical catering. A dinner consisting of soup, meat or poultry, vegetables, sweet and savoury, is sufficient for all ordinary occasions, while shorn of the first and last course, it would be indeed a meagre meal. Of course, when meat and bones are bought for the soup, and when any savoury not composed of anchovies, olives, mushrooms, or some such expensive article is despised, these two items cannot be regarded as economical. However, the recipes given in Chapter IV. show that good soups may be made at trifling cost, and I hope that the following recipes for savouries will demonstrate that these also may be cheap, yet not nasty. Whether or no a savoury dish can be given



## SAVOURIES

each evening at small cost must depend to a great extent upon the housekeeper, for the economy of such dishes chiefly lies in the fact that they may be made from small remnants of meat, poultry, fish, etc., insufficient to serve in any other way.

For example, a small portion of buttered egg is left at breakfast and a few boiled peas from luncheon. Mix the two together, add a little milk and white pepper and salt if needed. Make hot, and spread on small squares of hot buttered toast lightly spread with anchovy paste.

A portion of boiled cauliflower and white sauce is left. Divide it into neat portions, place it in a buttered fire-proof dish, strew with grated cheese, make hot, and just brown the top.

A couple of beef fillets remain. Mince them finely, warm in curry sauce, and serve on small croûtons of fried bread.

Some shrimp sauce is left ; put it in a little pan, add some boiled rice, season with a little cayenne, make hot and serve on croûtons.

Liver and bacon has been served at luncheon ; one or two slices are left. Mince finely, heat

## SAVOURIES

in a little brown sauce, season, roll up a little in a slice of bacon; fry and serve on fingers of fried toast.

A loin of mutton or veal is ordered. Remove the kidney, and serve as kidney toast.

A piece of haddock is left from breakfast; use it for Haddock Creams or Haddock Toast.

If the mistress and cook will grasp the fact that no remains, however small, need be wasted, a savoury dish may grace the menu every night, while the cost will be scarcely worth considering.

### Poached Eggs with Curried Onions 279

Slice one onion and fry in fat until it is a golden colour, mix with it a little good curry sauce. Pouch two or more eggs carefully, and put them on neat squares or rounds of buttered toast. Pour the curried onions round and serve.

### Savoury Buttered Eggs 280

Melt about 2 oz. butter in a saucepan, break two eggs into the butter, season with salt and pepper, and stir till the eggs thicken. Serve on toast. This dish is much improved by having a few cooked peas warmed in the egg, or pieces of cooked asparagus, French beans, or dice of ham, tongue, kipper, or other cooked fish.

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### Buttered Egg with Cheese 281

Proceed as before, but when the egg is dished sprinkle with grated cheese.

### Buttered Eggs and Mushrooms 282

Make some buttered eggs in the ordinary manner, but before cooking them add some minced mushrooms, peeled and sprinkled with salt and pepper. Serve on rounds of buttered toast.

### Savoury Eggs 283

Slice and fry one large onion nearly brown, add half a pint of milk, and three hard-boiled eggs cut in slices. Stir over a slow fire for two or three minutes. Beat well the yolks of two eggs with a teaspoonful of parsley (dried and chopped), 1 oz. grated cheese, a little pepper and salt. Add and stir this over a slow fire for seven or eight minutes. Give one squeeze of lemon juice, and serve very hot.

### Eggs à la Lucerne 284

Fry one small sliced onion light brown, mix with it one dessertspoonful of flour which has been mixed smooth in rather less than half a pint of milk; season with salt and pepper. Stir over a slow fire for about seven minutes. Beat well two fresh eggs, stir these into the milk and onion, have ready some hot buttered toast, and after stirring the eggs for five minutes pour over the toast and send at once to table.

## SAVOURIES

### Fricassee of Eggs

285

Take three hard-boiled eggs, cut them in half and remove the yolks, and pound them with a tiny taste of shallot, chopped parsley, seasoning, and butter. Fill the whites with the mixture, and keep them hot. Make some nice white sauce, pour over the eggs, and serve.

### Curried Eggs

286

Boil two eggs hard, and cut in fairly thick slices. Place each one on a croûton of fried bread, and pour a nice curry sauce over ; or cut the eggs into quarters, and surround with a border of rice, and pour a good curry sauce over the eggs.

### Savoury Eggs (Cold)

287

Boil three eggs until they are hard, and then take off their shells, and leave them until they are cold ; then cut them in half and remove the yolks, and pound them till quite smooth, and mix into them a little chopped ham, chopped parsley, anchovy paste, and season to taste with salt and pepper. Slice a small piece off the tops of the whites, so that they will stand upright, and fill them with the yolks, putting a tiny sprig of parsley into the centre of each, and serve them on a bed of small salad.

### Egg Cutlets

288

Boil two or three eggs quite hard, shell, and cut into rather thick slices. Dip each slice into beaten egg

## SAVOURIES

seasoned with salt and pepper and minced parsley. Fry a light brown, and take them out of the pan the minute they are done. Drain, and arrange round a pyramid of savoury rice, and pour boiling gravy over.

### Sardine Eggs (Cold) 289

Take three hard-boiled eggs and cut them in half, remove the yolks, place them in a mortar with six sardines, a little butter and parsley, moisten slightly with vinegar, and season well with pepper and salt. Pound this down to a good paste; fill the halves with this paste, and form a small basket by making a handle of stalk of watercress. Garnish with watercress.

### Caviar Eggs (Cold) 290

Take the necessary number of hard-boiled eggs, take out the yolks and pound them with butter and caviar, flavour with cayenne and lemon juice; serve on rounds of beetroot. Crushed caviar, which costs 1*s.* 11*d.* for a fair-sized pot, is excellent for savouries.

### Baked Eggs in Cases 291

Take some china or paper ramekin cases, butter them well inside, chop very finely a little parsley and a small piece of onion. Mix this with some fine bread crumbs. Sprinkle some of this mixture in the cases. Put the cases on a hot baking-sheet, break an egg into each, and cover with the rest of the mixture; put into a hot oven, and when set, but not hard, dish at once.

## SAVOURIES

### Creamed Eggs

292

Butter some little fireproof china saucepans, and break neatly into each a fresh egg. Pour over each a spoonful of cream, season with salt and white pepper. Put into the oven until set, and serve at once.

### Poached Eggs with Tomato Sauce 293

Fry some croûtons of bread, and place a poached egg, neatly trimmed, on each. Surround with a good thick tomato sauce.

### Poached Eggs on Anchovy Toast 294

Make some neat pieces of buttered toast, and spread sparsely with anchovy. Place a poached egg on each.

### How to make Croûtons and Canapes 295

The foundation of many attractive savouries, such as devilled croûtons, canapes de hareng, etc., is nothing more or less than a piece of fried bread. But this piece of bread should be small and shapely; neither as hard as a brick nor a flabby, greasy mess. To achieve a satisfactory croûton take a slice of stale bread and cut it with a cutter into pieces of the desired size and shape, and put them on a tin on the stove to warm. Take a stewpan and part fill it with fat; let this heat until a piece of bread when thrown in becomes a golden brown. Then put the croûtons in the frying basket and plunge them right into the fat. Turn them about, and when of a golden brown colour remove, drain, and then place on

## SAVOURIES

blotting-paper or on a wire sieve at the mouth of the oven. Keep hot until required.

The ordinary croûton is a piece of bread half an inch thick, and the size of a five-shilling piece. Sometimes, however, hollow croûtons are required, and these should be from three-quarters to one inch thick. Some of the crumb from the centre is then scooped out and the croûton is fried. Occasionally a little case of bread composed of a plain croûton with a ring-shaped croûton standing on it is required. The croûton and the ring are fried separately and put in position afterwards.

### Cheese Croûtons

296

Cut some slices of bread, half an inch thick, and stamp them out with a round cutter the size of a five-shilling piece. Scoop out some of the bread from the centre. Fry the croûtons a golden brown in boiling fat and put on paper to drain. Put 1 oz. of butter and one dessertspoonful of water in a saucepan, and bring to the boil; stir in sufficient fine bread crumbs to make a stiff mixture, and then beat in the yolk of an egg; add pepper and salt and cayenne, and four tablespoonfuls of grated cheese. Stir well. Fill the croûtons with the mixture, piling it up in the centre, and serve very hot, garnished with parsley. The bread croûtons can be prepared early, and filled and re-heated when required.

### Savoury Croûtons

297

Fry lightly some triangles of bread and spread with potted meat, and then sprinkle with finely-chopped gherkins. Serve very hot, garnished with parsley.

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### Cod's Roe Croûtons 298

Cut out neat rounds of bread, fry them a golden brown, and spread them with potted cod's roe, add a little salt and cayenne, and serve very hot.

### Curry Croûtons 299

Cut out some rounds of bread about three-quarters of an inch thick with a cutter, and with a smaller one take out the centre of the round. Fry these croûtons a golden brown and fill them with the following mixture: To 6 oz. of minced cooked meat add a large half-teaspoonful of curry powder and a little chopped parsley, and salt and pepper to taste; moisten this mixture with a little stock, and heat it. Serve the croûtons on a folded napkin, and garnish with parsley, placing a tiny sprig in the centre of each.

### Devilled Herring Roe Croûtons 300

Pound the hard roes of six cooked herrings with a little butter, season hotly with black pepper, mustard, and salt, and serve hot on small croûtons of fried bread, cut in fancy shapes.

### Sausage Croûtons 301

Fry the required number of rounds of bread. Pound any cooked sausage-meat you have left with just enough butter to make it sufficiently moist to spread on the croûtons. Make very hot, and serve with a sprig of parsley or sprinkled with yolk and white of egg. This is a good way of using sausages left from breakfast.



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### Lax Croûtons

302

Divide the lax (which is bought in tins, and is a preparation of salmon) into flakes, put it into a saucepan with a dessertspoonful of its oil, and flavour with cayenne. Have ready the requisite number of fried croûtons ; make the lax very hot, and serve.

### Shrimp Toast

303

Shell some large brown shrimps, allowing about a dozen for each person. Prepare some rounds of buttered toast and keep them hot. Melt a little butter in a shallow pan over the fire, warm the shrimps well in this ; take them out, pile on the rounds of toast, sprinkle with coralline pepper, and a little yolk of egg which has been rubbed through a sieve. Serve hot.

### Golden Toast

304

Toast and butter some bread and cut into six nice squares. Boil two eggs hard, and chop the whites ; season with pepper and salt, and mix with some white sauce. Chop the yolk of egg very fine, spread the toast with the white of egg mixture, and sprinkle the yolk thickly over each. Serve very hot.

### Anchovy Toast

305

Make the required number of fingers of buttered toast, spread them lightly with anchovy, and then sprinkle with chopped white and yolk of egg. Garnish with parsley.

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### Cheese Egg Toast

306

Boil two eggs hard, pound them in the mortar with enough cream to make them into a paste, season with pepper and salt, and mix in a tablespoonful of grated cheese. Toast a round of bread from a tin loaf, cut off the crust, butter it, and cut into six pieces; spread each piece thinly with anchovy paste, pile the egg mixture on the top, and cover with bread crumbs, and a tiny bit of butter on each piece; place in the oven to get hot, and serve.

### Sardine Toast

307

Skin and bone five or six sardines, and pound them with sufficient butter to make the mixture easy to spread; season hotly with a little cayenne, salt, and plenty of white pepper. Make some neat little rounds of buttered toast, spread with the sardine paste, and serve very hot, garnished with parsley.

### Tongue Toast

308

Mince 3 oz. of tongue very fine, and put it in a stewpan with 1 oz. of butter, some chopped parsley and pepper, and 1½ oz. of bread crumbs. Make quite hot and serve on squares of buttered toast. Remains of ham can be used in the same way, so also can game, or chicken, or fish.

### A Ham Toast with Salt Lean Ham 309

Put in a saucepan 1 oz. of butter, and when melted two eggs, yolks and whites together. Stir all over fire till

## SAVOURIES

thick. Lay on hot buttered toast and grate cooked ham over the top.

### **Bengal Toast** 310

Cut some diamond-shaped pieces of bread very neatly, toast and butter them, and keep hot. Take 2 oz. of grated ham, place in a saucepan with one gill of milk and 1 oz. of chutney. Flavour with cayenne, and cook gently, stirring all the time, until the substance is thick and creamy, and thoroughly hot. Spread thickly on the toast and garnish with parsley.

### **Kidney Toast** 311

Take the cooked kidney from a loin of veal or mutton, mince it carefully, and season with pepper and salt. Make hot in a little brown sauce, and serve on squares of toast.

### **Anchovy Sandwich Toast** 312

Bone six anchovies, and lay them for a minute or two in boiling water, then pound them with  $\frac{3}{4}$  oz. of butter, a good mustard-spoonful of curry powder, and the beaten-up yolk of one egg. Stir this all over the fire till hot. Have ready some freshly-made toast, about half an inch thick; split this and butter the inside; spread it with the mixture, press the two pieces of toast together, cut it into fingers, and serve hot.

### **Mushroom Toast** 313

Cook the mushrooms between two plates, with butter, pepper, and salt. Make some squares of buttered toast,

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and sprinkle with very finely-minced cooked bacon and minced mushroom. Serve very hot.

### **Tomato and Haddock Toast 314**

Flake and bone the remains of some dried cooked haddock, slice a small onion and two tomatoes (tinned), chop some parsley, season well, and cook in 1 oz. of butter until quite soft; then add the fish, and let it become quite hot, and serve on buttered toast.

### **Anchovy Custards on Toast 315**

Make some rounds or squares of buttered toast, and keep them hot. Put a piece of butter about the size of a large filbert into a small enamel saucepan; when melted pour in a teaspoonful of anchovy essence, salt and pepper to taste, and mix well. Break into the mixture the yolk of one egg, and stir well. When thick and creamy, pour over the toast, and serve very hot.

### **Emergency Toast 316**

Make some buttered toast, and cut it into fingers. Spread with bloater paste, and sprinkle with coralline pepper, and serve very hot.

### **Mushrooms and Cheese Toast 317**

Skin the mushrooms, choosing those as much alike in size as possible; sprinkle them with salt, pepper, and a little grated Parmesan cheese and browned bread crumbs. Prepare a round of toast for each mushroom, keep it hot, bake the mushrooms in a buttered tin in the oven for about five minutes, and serve on the toast.

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### To Boil Macaroni Properly 318

Make ready a good fire and allow one gallon of water to 1 lb. of macaroni; salt the water slightly, and when quite boiling put in the macaroni and stir frequently. When the macaroni is cooked to taste (some people prefer it very soft, others a little harder) throw in a glass of cold water and strain off all the water as quickly as possible and serve immediately.

### Macaroni Stufati 319

When the macaroni is boiled and strained (it should be rather underdone) lay it in a dish in layers, and sprinkle each layer with Parmesan cheese and spread it with tomato sauce. Cover the dish and put it in the oven for about twenty minutes.

### Macaroni au Gratin 320

Drop the macaroni, cut into neat lengths, into boiling water, which must be kept boiling for at least half an hour (the macaroni must be quite soft, but not mashed). Drain it and put it in a fireproof dish, pour some white sauce over, which has been made by mixing smoothly together in a saucepan 1 oz. of butter and 1 oz. of flour and then adding half a pint of cold water and stirring all over the fire until the sauce boils and thickens, and then cooking for ten minutes. Grate 4 oz. of cheese, sprinkle over the sauce and bake for ten minutes. For a change, bake the macaroni au gratin in small china ramekin cases.

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### Macaroni Mould

321

4 oz. macaroni boiled in water half an hour, strain it, cut in pieces; put in a stewpan with half-pint milk; add a little thyme, marjoram, mace, and peppercorn, and a little ham, all tied in a muslin bag; boil half an hour. When cold whisk two fresh eggs, with 2 oz. grated cheese, a little pepper, mustard, and salt; mix all together. Butter a mould, fill it, steam half an hour, and serve with gravy. The herbs, etc., must, of course, be removed before the eggs are added.

### Cheese Balls

322

Beat the white of an egg to a stiff froth, with a tiny pinch of salt, stir into it lightly 1 oz. of grated cheese (Parmesan for choice), a little salt and a dust of cayenne; shape it into little balls the size of marbles; drop these into hot fat a few at a time (if you put in too many at once they will knock against each other and not rise properly), and fry for five minutes, till of a pretty gold colour, then drain and serve dusted over lightly with grated cheese.

### Cheese Ramekins

323

Time to bake, a quarter of an hour. Two eggs, one teaspoonful of flour, 2 oz. of butter melted, 2 oz. of grated cheese, two tablespoonfuls of milk. Mix a teaspoonful of flour with the grated cheese and the melted butter and the milk, and two well-beaten eggs. Stir all together and bake in small tins or paper cases. Add a very little

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cayenne if liked. The cases should only be filled half full.

### Cheese Pudding 324

One egg, beat well, add to it one teacupful of fine bread crumbs, a piece of butter the size of a walnut, pepper and salt, 2 oz. of grated cheese and a small teacupful of milk. Beat well together and bake in a fireproof dish, or in china ramekin cases, in a sharp oven from ten to fifteen minutes.

### Cheese Pastry (Hot or Cold) 325

2 oz. of Parmesan cheese, a saltspoonful of coralline pepper,  $\frac{1}{2}$  lb. of flour, 2 oz. of butter, the yolk of one egg beaten up with sufficient water to mix the ingredients into a paste. Rub the butter into the flour and other dry ingredients, add the mixed egg and water. Roll out once only.

### Cheese Pastry Cases (Hot or Cold) 326

Take some small boat round or boat shaped moulds, butter them. Cut the cheese pastry into slices, fit one into each mould, pressing it well in, and trim the edges neatly. Prick the bottom, and fill with raw rice to the rim. Bake in a moderate oven for ten minutes. Remove the rice, and the cases are then ready for filling. They may be served hot or cold according to the filling employed. When once the cook can make this pastry, she can concoct a variety of pretty savouries, using moulds of different shapes, and a variety of fillings and garnishes: as, for example—

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### **Little Cheese Creams (Cold) 327**

Two tablespoonsful of whipped cream, and one table-spoonful of grated cheese, a pinch of salt, and a pinch of coralline pepper. Whip together, and fill the boats with the mixture. Put some yolk of egg through a sieve, and chop some parsley; finely sprinkle this in alternate stripes over the savouries.

### **Mayonnaise Tartlets (Cold) 328**

Take some small cheese pastry tartlet cases, and fill with a spoonful of neatly-cut miscellaneous vegetables. Cover with mayonnaise sauce, and decorate with strips of filleted anchovy placed cross-wise.

### **Anchovy Tartlets (Cold) 329**

Whip some cream and flavour it with anchovy and cayenne, and colour it a pale pink with carmine. Pile it in some little cheese pastry tartlet cases, and arrange some fillets of anchovy in lattice pattern.

### **Haddock Creams (Hot or Cold) 330**

Take a small piece of cooked haddock, flake it free from skin and bone, flavour with white pepper and cayenne, and pound with cream to a smooth paste. If required hot, place a spoonful in each pastry case, make very hot, and sprinkle with coralline pepper. If cold, whip the paste into a little whipped cream, and garnish with yolk of egg rubbed through a sieve, one portion left yellow, the other coloured pink with carmine.



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### Pastry for Cheese Straws and Biscuits (Hot or Cold) 331

A richer and shorter pastry is required for these savouries. Proceed as follows: 3 oz. grated cheese, 3 oz. butter, 4 oz. flour, the yolk of one egg. Salt and cayenne. Knead well but lightly, and roll quickly to the desired thickness. For biscuits or straws bake in a quick oven for about ten minutes.

### Cheese Straws (Hot or Cold) 332

Roll out the pastry and cut into strips about three to four inches long by one-third of an inch wide. When baked, pile neatly one on the top of the other, or twist the pastry strips and tie into little bundles with a twist of pastry, and bake.

### Cheese Biscuits (Hot or Cold) 333

Stamp out all of one size, and serve either hot or cold.

### Anchovy Creams (Cold) 334

Make round biscuits of the cheese pastry, and arrange on each some strips of anchovy and some capers, and then pile on each some whipped cream flavoured with essence of anchovy and a little salt, and coloured a pale pink.

### Cheese Croustades 335

Make a cheese pastry (recipe No. 331), and stamp out two rounds for each person. Then stamp out a small round from one-half of the pieces so that rings are formed. Place

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the ring on one of the rounds and bake. Fill with the following mixture : Take (for eight people) three-quarters of a pint of white sauce and mix with 3 oz. of grated cheese, and flavour with pepper and salt. Cook and stir until of a thick, rich, creamy consistency, and pour a little into each cheese pastry case. Serve very hot.

### Anchovy Custards (Cold) 336

Have ready the requisite number of cheese biscuits. Place in a jam-pot the beaten yolks of two eggs,  $1\frac{1}{2}$  oz. of butter, one and a half dessertspoonsful of anchovy paste, and a gill of milk. Place the pot in a saucepan of boiling water over the fire and stir the mixture until it becomes a thick custard. When almost cold spread some custard on each biscuit. Flavour some cream with anchovy essence and colour half pink. Pile the cream on the biscuits, arranging the colours alternately.

### An Easily Made Aspic Jelly 337

Allow  $2\frac{1}{4}$  oz. of best leaf gelatine to every quart of hot water. For that quantity flavour with two bay-leaves, salt, white pepper, and lemon juice to taste ; one teacupful of vinegar, one sliced onion, twenty peppercorns, whites and shells of two eggs whipped and broken. Boil, and run through a jelly bag which has been well rinsed in clean boiling water.

### Easily Made Savoury Jelly 338

Make some Liebig gravy and flavour with pepper and salt, and add  $\frac{1}{2}$  oz. of leaf gelatine to each half-pint of the

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liquid. Strain carefully, and use for coating cold cutlets, lining moulds, etc. These jellies are quite simple, and extremely useful for cold savoury dishes.

### Lobster in Aspic Jelly (Cold) 339

Remove the flesh from a small lobster, or use the best portions of some tinned lobster; have ready some small salad, or finely-chopped lettuce, cucumber, etc.; coat some small moulds with aspic, arrange some lobster and salad in them; half fill with aspic, and leave until set; repeat until the moulds are full. Turn out the jellies, and serve with small salad.

### Stuffed Eggs in Aspic (Cold) 340

Hard boil three eggs, cut in half, and pound the yolks with essence of anchovy and some chopped parsley, and replace in the whites. Arrange the eggs in a mould, with garnishes of beetroot, tomato, or salad, and fill up with aspic, and leave until set. Turn out carefully, and garnish with salad.

### Marbles in Aspic (Cold) 341

Take some potted meat (a 6½*d.* pot of Ruff's potted chicken, for instance) and pound it with a little cream and a flavouring of salt and white pepper. Form it into balls the size of marbles. Pound the yolk of an egg with some cream, cayenne, and salt, and form into balls. Fill some little moulds three parts full of aspic, and when set arrange three of the balls in each mould. Fill up with jelly, and serve with small salad arranged round.

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### Chicken Creams (Cold) 342

Mince the chicken finely, mix a little grated ham, salt, and cayenne with it, and beat up with some stiffly-whipped cream. Pile up in paper cases.

### Tomato Creams (Cold) 343

Choose three tomatoes of the same size, cut them in halves, remove as many seeds as possible without injuring the shape of the tomato; lay fillets of anchovy crosswise on each, pile some whipped cream, flavoured with salt, on the anchovy, sprinkle with coralline pepper, and garnish with watercress or small salad.

### Lobster Cream (Cold) 344

Pound a little tinned lobster with cream in a mortar, and then rub it through a sieve and add a small teaspoonful of anchovy sauce. Arrange the pounded lobster at the bottom of a paper or china case, and cover with whipped cream flavoured with anchovy, and tinted with carmine.

### Deville'd Biscuits 345

Take a thick Captain biscuit and pour over it some boiling fresh butter, cover it with a plate and leave it to become soft, then divide it into three or four pieces and grill them on both sides until a nice brown. Make a devil paste with a good pinch of coralline pepper, a little salt, a dessertspoonful of anchovy paste, a tablespoonful of chutney, a teaspoonful of English mustard, a dessertspoonful of French mustard, and a few drops of lemon juice.

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Mix together, spread a layer on each piece of biscuit, sprinkle a few browned crumbs over the top, and place in a hot oven for five or six minutes.

### Stuffed Tomatoes

346

Choose four nice firm tomatoes as much of one size as possible, cut them in halves and scoop out some of the pulp. Make a good brown sauce and stir into it some fine bread crumbs well seasoned and a little chopped parsley and shallot. Cook for a few minutes, fill the tomato cases, and bake for about ten or fifteen minutes in the oven. Pour some brown sauce round, and serve. Just enough bread crumbs must be added to the sauce to make it stiff enough to fill the tomato cases and to pile up in the centre. For this purpose it is best to use a forcing bag and pipe.

### Tomato and Potato Savoury

347

Take  $\frac{1}{2}$  lb. of cold potatoes and cut in slices; peel the same quantity of tomatoes; remove the hard centre. Arrange in alternate layers in a stewpan, in which 3 oz. of butter has been melted, and sprinkle with pepper, salt, and parsley. Cook gently for ten minutes, stirring now and then. When thoroughly hot, serve with the juice poured round, and garnish with sippets of dried toast.

### Devilled Tomatoes

348

Slice some tomatoes rather thickly, and spread each slice with the following mixture. Mix some butter—about 1 oz.

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—with some mustard, pepper, salt, and cayenne. Bake on a tin in the oven, and serve on small rounds of grilled ham.

### Angels on Horseback

349

Take some very thin slices of bacon ; cut the rind off, take some tinned oysters, and pour on each two drops of essence of anchovy, four of lemon juice, and a grain of cayenne ; roll each oyster in a piece of bacon, put them on a skewer, and fry them ; serve very hot, each on a fried croûton of bread ; or if oysters are not to hand, roll the bacon round some pounded sardine paste, fry, and serve on fried toast.

### Savoury Scallops

350

Free the cooked remains of some kippers from bones, and pound in a mortar with a little butter and a very little cayenne. Mix well with three times the quantity of mashed potato. Fill the necessary number of scallop-shells with the mixture, rough up the surface, and bake until the top is a nice light brown. This mixture can be baked in little china ramekin cases.

### Spanish Rice

351

Boil  $\frac{1}{2}$  lb. of rice as for curry, dry it well, then fry it with 1 oz. of butter till it is slightly brown. Stir into it the inside of two large toasted tomatoes and a large tablespoonful of grated cheese ; season with pepper and salt, and serve piled high on a dish.

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### Savoury Rice

352

Cut up a small onion and fry a nice brown. Put it into a saucepan with a  $\frac{1}{4}$  lb. of rice and some very well-favoured stock. Cook gently until the rice is quite soft and the stock absorbed. Season with pepper and salt, pile in the centre of a dish, and garnish with yolk of egg rubbed through a sieve.

### Savoury Rice Scallops

353

Wash 3 oz. of rice, and boil in milk until quite tender, add pepper and salt. Butter some china shells, fill half full with the rice, sprinkle well with grated tongue, beef, or ham, cover with more rice, put a little butter on the top, and brown in the oven.

### Shrimp Cornucopias (Cold)

354

Shell about twelve or eighteen shrimps for each person, sprinkle them with salt and pepper. Roll a small slice of brown bread and butter into the form of a cornucopia (butter side inwards), and fill with the shrimps. Garnish with parsley.

### Savoury Fingers (Cold)

355

Order the required number of tiny finger rolls from the baker (the rolls should be but three inches long and about three-quarters of an inch wide), split them open and take out a little of the crumb. Fill with salad tossed in mayonnaise, and put together again, or butter and spread thickly with potted meat, salmon, or shrimp.

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### Green Butter (Cold) 356

Half a pound of butter, three anchovies, one small bunch of parsley. Wash, bone, and pound the anchovies, scald the parsley, strip it from the stalks and rub it through a sieve. Pound all the ingredients together and it is ready for use.

### Egg Butter (Cold) 357

Pound the yolks of two hard-boiled eggs with 2 oz. of butter and three washed and boned anchovies.

### Ham Butter (Cold) 358

2 oz. of grated ham, 2 oz. of butter, the yolk of one hard-boiled egg. Pound together until smooth, and colour with a very little carmine.

### Turkish Croûtons (Cold) 359

Make equal portions of green butter, as above recipe, egg butter and ham butter, prepare some fingers of fried bread and spread them with a stripe of the green, the yellow, and the red butter. Serve cold.

These fancy butters are often served in balls, rolls, or pats in a triple dish with cheese and biscuits



## CHAPTER XIV

### Sandwiches

#### SOME NOTES ON SANDWICH-MAKING

SEE that the bread is a day old, and use tinned sandwich loaves (of Hovis bread for choice). Melt the butter to a "spreadable" consistency, and when the sandwiches are made press them between two plates, with a weight upon the top plate. Use a very sharp knife, and see that the fancy cutters are sharp. Cut the sandwiches in dainty shapes, and garnish with parsley, cress, etc., and pile on plates decorated with lace papers. Avoid slices of meat or any relish which is difficult to eat neatly. If sandwiches must be kept for some time, wrap them in a damp cloth, and place them in a tin.

Sandwiches made of cress, tomato, and

## SANDWICHES

cucumber are popular, and merely consist of buttered bread, and a layer of neatly cut and slightly salted green food.

Sweet sandwiches are also often served at teas. They consist of bread and butter, or thin layers of pastry or sponge cake, spread with jam, jelly, or preserved ginger.

### Watercress Sandwiches 360

Strip the leaves from the stalks, having previously well washed the watercress in several lots of salt and water; sprinkle some buttered bread with grated cheese and arrange the watercress on it; cover with buttered bread and pile the sandwiches round some watercress, or arrange on a folded napkin garnished with sprigs of watercress.

### Devilled Shrimp Sandwiches 361

Take the required number of shelled shrimps, and pound them in a mortar with sufficient butter to make a smooth mixture; add pepper, salt and curry powder to taste. Spread on slices of buttered bread and cut into diamonds.

### Shrimp Sandwiches 362

Cut round sandwiches of bread and butter and cress, ornament them on the top side with a border of whipped cream pressed through a bag and pipe, salted and coloured green, and pile up the centre with picked shrimps.

## SANDWICHES

### Cheese Sandwiches

363

Pound the yolks of three hard-boiled eggs with one ounce of butter, season with cayenne, add some grated cheese and salt, and pound all together. Spread on white bread and butter and cut into shapes. Garnish some of the sandwiches with coralline pepper, some with grated yolk of egg, and some with finely-chopped parsley. The amount of cheese needed will depend on the kind of cheese used; the mixture should be tasted and salt added to taste.

### Camembert Cheese Sandwiches

364

Choose a ripe cheese and beat up the creamy portion; spread on brown bread and cut into pretty shapes.

### Sardine Sandwiches

365

Prepare as many small rounds of bread as there are guests; skin and bone some sardines, flavour with pepper, salt, and cayenne, and add two or three drops of fresh salad oil; mix thoroughly into a paste, pile on the croûtons, and garnish with a tuft of cress.

### Bloater Cream Sandwiches

366

Cut some brown bread in slices and spread it with the following mixture: About 1 oz. of bloater paste, the yolk of one hard-boiled egg; pound together with sufficient butter to form a workable paste. Rub through a sieve and whip in a little stiffly-whipped cream.

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### Kipper Sandwiches 367

Pound the cooked meat of a kipper with butter, pepper and salt, and a tiny taste of cayenne. Spread as usual.

### Polite Ham Sandwiches 368

Mince 2 oz. of ham, fat and lean together, very finely. Spread some mustard very thinly on some brown bread and butter, cover with ham, press together, and cut into small squares.

### Grated Ham Sandwiches 369

Prepare rounds of bread and butter spread thinly with mustard, and pile thickly with grated ham flavoured with pepper and salt.

Green butter, egg butter, or ham butter sandwiches are also good. See recipes Nos. 356, 357, 358.

### Potted Meat Sandwiches 370

Make of brown or white bread and butter spread with any potted meat. For a change add chopped gherkin or some capers.

### Deville'd Almond Sandwiches 371

Chop the almonds, and spread rather thickly on bread and butter. Press the slices together and cut in pretty shapes.

## SANDWICHES

### Garnishes for Savoury Sandwiches 372

Chopped truffle, pistachio nut, or coralline pepper make pretty decorations for sandwiches. A little of the garnish should be strewed on the top of each sandwich.

## CHAPTER XV

### Breakfast Dishes

THE British breakfast is a meal which, as a rule, sadly lacks variety. In a small household belonging to persons of moderate income there are two reasons which may be put forward as some excuse for this state of affairs. The first is, that a cook who has house work to perform before breakfast cannot give much time to the cooking of that meal; and the second is, that the bill bogey forbids the appearance of such dishes as raised pies, cold game and salmon, or of a supply of fresh fruit. Handicapped by scarcity of money and of labour, the housekeeper suffers the daily appearance of eggs and bacon in some form or other, occasionally varied by kippers, haddock, or sausages. Sometimes her family protest. "My husband declares that he has consumed

## BREAKFAST DISHES

such quantities of eggs that he is beginning to crow and to cackle," wrote a lady, as a prelude to a request for breakfast-dish recipes.

Now, with a little management, attractive and varied breakfasts may be provided without over-taxing the powers of the single-handed cook, or increasing the total of the weekly bills. If rolls and scones cannot be made at home, muffins and crumpets, toasted penny buns, or tea-cakes may be bought, and they are not expensive luxuries. Wholemeal bread and Hovis bread may be provided as a change from white bread, and occasionally brown bread toast may take the place of the usual kind. Then it is no more expensive to buy a pot of marmalade, a pot of jam, and a pot of honey, and to use them alternately, than to buy them one after the other, so that there is a marmalade period, a jam period, and a honey period!

When fruit is cheap it should form part of the menu, and even in winter time a dish of apples, oranges, or bananas should appear at least once a week. If a substantial breakfast is needed, a ham (about 7*d.* to 8*d.* per lb. is the price of excellent Canadian hams), a piece

## BREAKFAST DISHES

of spiced and pressed brisket of beef (4*d.* to 6*d.* per lb.), a tinned tongue, some home-made potted meat, a hock of bacon, a Bath chap, or a dish of pickled mackerel or herrings may be provided in addition to the hot dishes. In the country, where rabbits are cheap, a rabbit pie or cake is an inexpensive but substantial dish generally approved of by men folk. These cold viands are also useful for luncheon, and their remains may be used up in a variety of ways.

With regard to the hot viands, the cook must save herself time and trouble by preparing the breakfast dishes, when possible, the day before. For example, an egg pie is ordered. It may be put ready for the morning, and will merely require making thoroughly hot before breakfast. Rissoles, toasts, scallops, kedgeriee, curried eggs, potato or cabbage cakes—all these dishes may be prepared beforehand, and will need but a few moments' attention before breakfast. To achieve this, the mistress must, when writing the day's menu, take thought for the morrow. There is fish for dinner on Monday night, therefore do not order fish cakes for breakfast on Tuesday, but put



## BREAKFAST DISHES

them down on Wednesday's bill of fare. Were they ordered for Tuesday, the cook would either have to prepare them after late dinner on Monday, or before breakfast on Tuesday; and to either course she might reasonably object. For when one considers the kitchen fire must be lighted, and that hall, dining-room, and doorstep must be cleaned before the early breakfast, it is absurd to expect that more than fifteen minutes at the outside can be spared for breakfast preparations. When the cook has only the doorstep and her own fire to see to, and when breakfast is not until nine or later, more elaborate dishes may be expected of her.

### Fish Kedgerree (Hot)

373

Take the remains of any cooked fish, flake it free from skin and bone, add one hard-boiled egg (chopped) and some boiled rice. Make hot in a saucepan a gill of milk, add fish, rice, and egg, stir well and season with salt and pepper. When the mixture is amalgamated and nicely moist, serve piled in the centre of a hot dish. Precise quantities are not given, as the cook must be guided by the amount of fish at her disposal.

## BREAKFAST DISHES

### Egg Kedgerree 374

Make in the same way as the fish kedgerree, omitting the fish and adding more egg.

### Lobster Cutlets (Hot) 375

Take half the contents of a small tin of lobster and cut into small pieces, with a teaspoonful of chopped parsley, another of anchovy sauce, a little piece of onion, a dust of cayenne, and a very small piece of thin lemon peel. Pound all in a mortar till smooth, and mix in sufficient butter to mould the mixture easily. When this is done rub the cutlet in bread crumbs, and fry a delicate brown. In each cutlet stick a small piece of stalk of parsley to represent a cutlet bone, and serve with fried parsley in the centre.

### Haddock Balls 376

Pound the remains of a cooked haddock with some butter, salt, pepper, a little boiled rice, and a very little onion, until a workable paste is formed. Mix all together with a beaten yolk of an egg, roll into balls, and fry lightly.

### Haddock Toast 377

Flake a cooked haddock into small pieces and incorporate it with some buttered egg, spread on toast, sprinkle with salt and pepper, and serve very hot.

## BREAKFAST DISHES

### Bloater Pie 378

Take two or three small bloaters, fry them, then skin and bone them as much as possible. Lay them in a pie dish, and sprinkle with a little cayenne pepper and minced parsley, adding a few dabs of butter. Place over them some mashed potatoes, and bake in a brisk oven for half an hour.

### Bloater Roe Toast (Hot) 379

Boil some bloater roes (either hard or soft ones), and pound them in a mortar with a little butter and a dust of salt and cayenne pepper. Then spread on fingers of very hot buttered toast.

### Fillets of Cod, in Batter 380

Cooked cod can be used for this dish. Separate it into small pieces about two inches square; dip them into batter and fry a light brown.

### Fish Scallops 381

Take any cooked fish or portions of several kinds of fish, divide it into flakes and put it into china shells with some melted butter or some shrimp, oyster, lobster, or melted butter sauce. Add a little chopped parsley, pepper and salt, cover with brown crumbs and a few pieces of butter, and bake until thoroughly hot.

### Savoury Fish 382

Brown some slices of onion in a saucepan, then add some chopped parsley and a little vinegar and water when it

## BREAKFAST DISHES

boils, add any fish you may have, divided into small flakes. There is no reason why almost every variety of fish should not be used together. Season well with pepper and salt, and, when hot, serve on slices of buttered toast with the gravy the fish has been cooked in poured over.

### Curried Sardines

383

Take about as much fresh olive oil as you usually find in a tin of sardines, put it in a saucepan, thicken it to a sauce with arrowroot previously mixed smooth with cold water, add a small dessertspoonful of curry powder, stir well, and simmer for five minutes, adding a little chutney if liked. Skin the required number of sardines, taking care not to break them, and put them gently in the sauce, let them get thoroughly hot, and serve on toast with the sauce poured over. The sauce and the sardines may of course be prepared the previous day.

### Sardines in Batter

384

Prepare the sardines by removing their skin, make a good batter, dip the fish in it, and fry in boiling fat. Sardines thus cooked may be reheated in a tin in the oven with a buttered paper spread over them.

### Omelettes

385

A great principle to remember in the making of omelettes is to use a frying-pan that has only been employed for omelette-making before. Few people realize the difficulty attaching to the thorough cleansing of a frying-pan, and should the latter have been employed for cooking

## BREAKFAST DISHES

onions, for instance, the very least tinge of this flavour would be sufficient to spoil the taste of a sweet omelette.

An omelette, whether savoury or sweet, is usually a favourite dish, and yet in many houses the art of cooking it properly seems not to be understood. The secret of its success lies in its lightness, and to attain this the eggs must be quite fresh and well frothed. For a savoury omelette the following recipe is very good: Break three eggs, one by one, into a cup to test their freshness, and put them in a basin. Take a small piece of onion, chop it finely, and mix it with half a teaspoonful of finely chopped parsley, not quite a saltspoonful of salt, and half that quantity of pepper. Then add two tablespoonsful of milk, now put two ounces of fresh butter into the frying-pan, and stand the latter on the fire till the butter is sufficiently melted to froth. Then with a wooden fork beat up the eggs and other ingredients till the whole is quite frothy. Beat up to the very last, and then pour the mixture quickly into the butter, which must be frothing in the frying-pan. Stir all up very quickly with a large spoon, scraping the bottom of the pan all the time to prevent the omelette from sticking and burning. When it begins to set, remove the pan a little from the fire, and work the omelette into a half-moon shape with a spoon. When nearly set take the pan off, but hold it in front of the fire, resting it in a slanting manner on the bottom bar for two or three minutes. This makes it rise and become lighter. It should be served directly it is cooked. A sweet omelette is made in exactly the same way, substituting for the onion, parsley, and pepper a teaspoonful of very finely powdered sugar and half a teaspoonful of vanilla essence,

## BREAKFAST DISHES

also a tiny pinch of salt. Some cooks omit the milk, and others whip whites and yolks separately, but the recipe given is a reliable one.

Omelettes can be varied in many ways. Minced chicken, game, ham, or tongue can be added; or the omelette can be folded over a savoury mince of meat or fish. Green peas, asparagus tops, French beans, or mushrooms cut in pieces can be used for a change, or carefully skinned and boned sardines can be laid between the egg mixture.

### Poached Eggs and Ham 386

Cut a thick slice of ham with plenty of fat, cook it on the gridiron, place on a very hot dish, and have ready three or four well-poached eggs to put on it. Poached eggs should be very carefully cooked, on no account allowed to break, so that all the yolk is flowing about on the dish, which gives a dirty, untidy appearance. A squeeze of lemon or a few drops of vinegar put into the water when poaching eggs will render them whiter; but great care must be taken to drain them well, as not a drop of water should be seen on the dish.

### Eggs à la Bonne Femme (Hot) 387

For this dish the eggs should be of the same size, and there should be as many as there are guests. After boiling for ten minutes, put them into cold water to cool, and remove the shells very carefully, cutting the eggs in half. Cut off from each the pointed tip of white, that they may stand quite flat, and take out the yolks. Make a mince

## BREAKFAST DISHES

of the latter, with the addition of cold chicken and ham, and fill the hollows with the mixture. Arrange in a fireproof dish. Make a good white sauce, pour over, heat together, and brown with a salamander.

The eggs may be put all ready for heating on the previous day.

### Baked Eggs (Hot) 388

Fill a fireproof ramekin case with the beaten white of one egg, and, after making a hollow in the centre, put in the unbeaten yolk. Over this sprinkle a little salt and pepper and chopped parsley, placing a small piece of butter on the yolk. Bake for two minutes.

### Egg Cutlets 389

Cut into rather thick slices two hard-boiled eggs, and dip each slice into beaten egg. Have ready bread crumbs seasoned with salt, pepper, and minced parsley, and roll the slices in them. Fry a light brown, and be careful to take the cutlets out of the frying-pan the instant they are cooked. Then drain off the fat, and serve on a very hot dish, with boiling gravy poured round them.

### Egg Pie 390

Fill a small, but deep, fireproof dish with layers of mashed potato, and slices of hard-boiled egg. Pour over each layer of egg some white sauce, well flavoured with salt and pepper. Finish with a layer of potato. Make very hot, and brown the top of the pie.

## BREAKFAST DISHES

### Broiled Kidneys with Game Stuffing 391

Cut three kidneys, without entirely separating them, and put them on skewers, flattening them as much as possible. Mince very finely some cold game or chicken or veal, well seasoned with pepper, salt, and a little cayenne, and mix with it a little butter. Broil the kidneys until they are done, heat the mince in a saucepan, arrange each kidney on a slice of hot toast, pile some mince in the centre, and serve at once.

Fresh English kidneys are preferable to New Zealand kidneys for this dish.

### Stewed Kidneys

392

Stew the kidneys in a little gravy until they are half done. Melt 2 oz. butter in a pan, put in the kidneys, with a little very finely-chopped shallot and herbs, and brown them all over. When nearly done, dredge with a little flour, add a squeeze of lemon juice, a teaspoonful of sauce or ketchup, and a small cup of gravy. Shake the pan, simmer for a few minutes longer, and serve with the gravy poured over.

### Another Recipe for Stewed Kidneys 393

Take about 6 oz. of beef or mutton kidney, cut it into neat slices about a quarter of an inch thick, free from all skin and white, hard pieces; fry them lightly in a little good dripping or butter; add pepper, salt, and dust in about a teaspoonful of flour; when nicely browned turn into an earthenware jar; add a gill of gravy, a little



## BREAKFAST DISHES

ketchup, a bit of onion, with a couple of cloves, and a small bunch of sweet herbs. Tie a thick paper over the jar, place it in the oven, and let the kidneys cook gently for two or three hours, or they may be left in a cool oven all night. Serve on hot toast with the gravy round.

### Kidney Fritters

394

Stir a tablespoonful of finely-minced onion, a teaspoonful of mixed herbs, and a small pinch of cayenne into a breakfast-cupful of frying batter. Remove the skin from four sheep's kidneys, and cut each one into three or four slices. Season them with a little salt, and dip them into the batter, which should be thick enough to stick to the meat. Then fry, till cooked sufficiently, in boiling fat, drain well, and serve. The fritters should be a nice brown colour.

### Stuffed Kidneys

395

Chop one shallot finely, mix it with two skinned sausages, and one or two chopped mushrooms, or a drop or two of mushroom ketchup, beat the yolk of one egg, and stir in. Cut the kidneys in two, run a skewer through them, and half cook them by broiling over a clear fire; put them on one side till almost cold. (These preparations can be made the day before if desired.) Stuff each kidney with the mixture, dip in frying batter or egg and bread crumbs, fry in boiling fat, drain well, and serve with brown gravy or a sharp sauce.

For these two dishes New Zealand kidneys, which are considerably cheaper than English, answer well.

## BREAKFAST DISHES

### Kidneys (Plain)

396

Some people prefer kidneys not cut at all, but simply browned on the outside, then placed on hot buttered toast; when cut, red gravy runs out of them, and they are soft and red-looking inside.

### Cigarettes (an excellent way of serving remains of game or chicken)

397

Make a very fine forcemeat with minced chicken or meat, moistened with white or brown sauce. Flavour with salt and white pepper, and make quite hot. Form into the shape of a cigarette, and, when cold, egg and bread crumb, and fry a golden brown.

### Potato Rissoles

398

Take some boiled potatoes and mash them with butter, a little milk, pepper and salt, minced parsley, and a very little powdered dried herbs; the addition of the beaten yolks of a couple of eggs is an improvement. Add a little grated ham or tongue, red herring or bloater or sardine, and form into small round rissoles, bread crumb them, and fry.

### A Good Way of Serving Mince at Breakfast 399

Make a well-flavoured mince, place it in fireproof pattikins, which have been greased, moisten with brown sauce, strew with brown crumbs, and make hot.

## BREAKFAST DISHES

### Grilled Mutton and Potato Cakes 400

Cut some slices from a cooked leg of mutton, trim them into neat shapes, each about a quarter of an inch thick, rub with salad oil, and warm them through on the gridiron, pepper and salt the fillets well, prepare some potato cakes, and allow one fillet and one potato cake for each person. Serve with the cakes in the centre of the dish, and the fillets arranged on them.

### Savoury Bacon Rolls 401

Fry some fingers of bread. Keep hot. Then cut some slices of bacon. Have ready some mince of fish or meat; put some in each piece of bacon. Roll, tie, and fry. Dust with coralline pepper, and serve very hot on the fingers of bread.

### Sardine Rolls 402

Make a paste of some skinned and boned sardines, season with pepper, and use as in the previous recipe.

### Chicken or Turkey Liver Croûtons 403

Fry some rounds of bread until they are a crisp, golden brown. Put the livers—which must be carefully washed in water, then dried, and brushed over with melted butter—in a flat tin in the oven. When they are done (a chicken liver takes from five to ten minutes), mask them with a devil paste, and serve each on a croûton, with pepper and salt sprinkled over them.

## BREAKFAST DISHES

### Chicken Liver Toast

404

Cook the livers as before, mince them finely, and reheat them in a good brown sauce. Spread on slices of buttered toast.

### Devilled Legs of Fowl or Turkey 405

A dessertspoonful of butter, the same of French mustard, and half a saltspoonful of cayenne pepper; mix well; cut gashes in the leg right to the bone, and all over from end to end; open the gashes with the fingers, take a dessert knife—a silver one is best—and get the mixture well into the cuts; then spread the remainder of the mixture over the outside, and grill the leg over a clear fire. Care must be taken to do this slowly, or the outside will be done while the inside is still cold; therefore, at first hold the gridiron high above the fire, and lower by degrees. When the meat is a rich brown colour, place on a very hot dish, and with a paste brush cover it all over with butter which is just melted in the oven. This must be quickly done, not allowing the leg to become cold; it improves its appearance, and makes it appetising.

### Grill for Breakfast

406

Take one tablespoonful of dry mustard, one teaspoonful of salt, half a teaspoonful of pepper, mixed with hot water and a little Worcester sauce. Put the meat in the mixture into the oven; when hot, add a tablespoonful of tomato sauce and a little sweet chutney.

## BREAKFAST DISHES

### Devilled Toast

407

Make some rather thick slices of well-buttered toast, then spread with mustard, cayenne pepper, salt, and a little curry powder, which have been mixed together with a little butter until a smooth paste; make quite hot and rather crisp in the oven, and serve.

### Ham Cake (Cold)

408

The following is an excellent dish for breakfast: Mince three times through a machine  $1\frac{1}{2}$  lb. of cooked ham. Beat it well together with a large slice of bread which has been boiled in half a pint of milk, and add to it a well-beaten raw egg. Wet a mould and press the mixture into it, and bake till a rich brown colour, which, with a very hot oven, will take about one hour. Serve hot with gravy, or cold.

Rabbit or veal cake may be made in the same way, using cooked meat.

### Fried Brain Cakes

409

Thoroughly wash and clean the brains, then put into a pan of boiling salted water, add a little lemon juice, and cook over a slow fire for one hour; take out of the pan, drain, when cold cut into small rounds, flour them, egg and bread crumb, and fry.

### Grilled Ham and Fried Cabbage

410

Cut the ham into small rounds, rather thin, grill slightly, and arrange neatly round a centre of fried cabbage. Pour a clear brown gravy round.

## BREAKFAST DISHES

### Savoury Breakfast Rolls

411

Have about six cold boiled potatoes, rub them through a sieve, and mash very smooth; mix in 1 oz. of butter, a tablespoonful of cream, salt and pepper to taste; beat up an egg, and add half of it. Then mix in three tablespoonfuls of minced fish, game, tongue, or chicken, a pinch of mace, and a grate of lemon peel; beat all thoroughly, and shape into the form of small potatoes. Brush over with the remains of the egg, and dip into fine bread crumbs. Butter a baking-tin, put in the rolls, lay a thickly-buttered paper over, and place in the oven. Remove the paper when all the butter has melted off, and bake a nice brown. Serve very hot, with fried parsley in the centre.

### Ham Toast

412

Mince very finely 3 oz. of ham. Place it in a stewpan with some chopped parsley and pepper, 1 oz. of butter, and  $1\frac{1}{2}$  oz. of bread crumbs. Serve very hot on squares of buttered toast. Remains of tongue, game or chicken, or fish can be used similarly.

### Ham or Tongue Toast

413

Grate some lean, very dry ham or tongue—the end of a tongue does very well—season with pepper and salt; prepare some buttered toast, and keep it hot. Warm the grated meat in a saucepan, with a very little butter; pile it on the toast, and serve at once.

## BREAKFAST DISHES

### Ham Rissolettes

414

Mince quite finely about 6 oz. of ham. Take a teacupful of milk, boil it, and stir into it half a teacupful of bread crumbs, until it thickens; then add the yolk of one beaten egg, a little salt, pepper, and the ham; make into balls, egg and bread crumb, and fry lightly.

### Ham with Tomato Sauce

415

Bake on a well-buttered baking-tin for seven or eight minutes six or more fairly thin slices of cooked ham. Pour over them boiling hot tomato sauce, and serve.

### Bacon Rolls

416

To make these form a crust of cold and well-mashed potatoes with flour and milk. Roll out the paste, and cut in pieces about four inches long and the same in width. Inside each roll put a thin slice of bacon, and bake until the crust is nicely browned.

### Risotto

417

Take half a good-sized onion, cut it into rings, and fry a light brown; then put it with a  $\frac{1}{4}$  lb. of rice into a saucepan, with some good stock. Cook slowly until the rice has absorbed the stock. Season well with salt, pepper, and celery salt, and serve very hot. The same recipe is followed for Risotto au Parmesan, but it is served with a good sprinkling of Parmesan cheese. This is a good mixture for filling patties; and thus served, it makes a pretty savoury.

## BREAKFAST DISHES

### Potato Croquettes

418

Melt in a stewpan  $1\frac{1}{2}$  oz. of butter. Add to it, by degrees, 2 lb. of cooked mashed potatoes, stirring well, then the yolks of two eggs, and one tablespoonful of milk. Stir till quite smooth. Leave it to become cold. Lay it on a floured board, and knead into it a little flour. Roll out three-quarters of an inch thick, and cut into small squares. Have ready about 6 oz. of cooked meat of any kind, very finely minced, and flavoured with pepper and salt. Mix with the minced meat two tablespoonsful of warm sauce, either white or brown, and place a tablespoonful on each square of potato pastry. Roll into neat rounds or fingers, cover with egg and bread crumbs, and fry in absolutely boiling fat.

### Potato Cakes

419

Mash together, with a little butter, any remains of mashed or plain boiled potatoes, and season well with pepper, salt and cayenne. Roll out the paste to the thickness of about an inch and a half on a floured board, and cut into rounds or squares with a cutter. Brush over with some beaten egg, and bake in a quick oven. The cakes can be made more savoury by adding pieces of well-pounded herring or bloater to the potato.

### Chicken and Rice

420

Boil in well-flavoured stock  $\frac{1}{2}$  lb. of rice, and drain it well. Have ready a buttered fireproof dish, and cover the bottom of it with a layer of the rice, then on this place a layer of minced chicken (or veal), and some chopped button



## BREAKFAST DISHES

mushroom, which should be previously moistened with a very little white sauce, cream or stock. Add another layer of rice over the meat, and over it pour the well-beaten yolks of one or two eggs, and bake a nice brown. Place the fireproof dish in a silver dish, and garnish with parsley. Mutton or fish could be used in the same way, and the mushrooms might be omitted, and a few tinned oysters added.

### Devilled Tomatoes

421

Take some tomatoes, cut them into rather thick slices, and spread with the following mixture. Mix about 1 oz. of butter with some mustard, pepper, salt and cayenne. Grill and serve with small rounds of grilled ham.

For other dishes suitable for breakfast, see the chapters on Entrées, Vegetable Dishes, and Savouries.

## CHAPTER XVI

### Cakes, Scones, Biscuits and Buns

**T**HERE is no doubt that it is cheaper to make cakes, scones, biscuits and buns at home—always supposing that the cook understands the art of cake-making—than to buy them. In a household partly composed of children, or where the grown-up folk are cake-eaters, there should always be plain cake for luncheon, tea, and kitchen and schoolroom supper; while, when it can be managed, there should be buns or rolls for breakfast. A plain dough or dripping cake is generally liked, and is less expensive than bread and butter or bread and jam. More elaborate cakes will be required for afternoon tea, and for these, and for foundations for cold sweets, sponge, Genoa and angel cake mixtures are useful. As a general rule, however, a single-

## CAKES, SCONES, BISCUITS AND BUNS

handed cook has not time to make cakes which need to be beaten for half an hour and elaborately iced and ornamented, neither can she make rolls and scones before breakfast. She may, however, make them for early tea and keep back the required number to be reheated for breakfast.

The most difficult part of cake-making is the baking. Unless the oven is at the right temperature the cake will be a failure, no matter how carefully it may have been mixed. The fire should be so made up that it will last throughout the baking of the cake. Then to test the oven put in a piece of white paper; if, at the end of five minutes, the paper has turned a rich yellow colour the oven is right for sponge cake, if only light yellow too cool, and if dark brown too hot. For pound cakes the paper should become light yellow at the end of five minutes, for gingerbreads and small cakes it should be dark brown at the end of this time. A hotter oven is needed for a thin cake than for a thick one. The oven should be only moderately hot at first, so that the cake heats thoroughly throughout and rises before a

## CAKES, SCONES, BISCUITS AND BUNS

crust is formed. The heat should be increased when the cake has been in the oven about half the time which is required for baking it. A cake should never be jarred or moved in the oven, and if the oven door is opened it must be shut very gently; the door, however, should not be opened for, at any rate, the first five minutes.

When starting to make a cake, have all the materials ready to hand, then weigh them exactly, and do not mix the cake until the oven is ready for it to go in. The flour should be always added last, as if beaten it becomes tough. Eggs and butter, however, become lighter the more they are beaten, hence the rule to beat the eggs and butter first and add the flour last. In filling the cake mould let the mixture be a little higher at the sides than in the middle. When cake tins are to be greased, some lard, dripping or butter should be melted, the tin warmed and the lard applied evenly with a brush. As a general rule remember that the butter must be creamed and the sugar added to it, then the yolks of the eggs must be beaten with the creamed butter and sugar, the water or

## CAKES, SCONES, BISCUITS AND BUNS

milk added, and the flour then sprinkled in. Lastly, in the case of light, spongy cakes, add very lightly the whipped whites of the eggs—with ordinary cakes yolks and whites are used together. If fruit is to be mixed in with the cake, flour it and add it the last thing. Raisins and currants should always be washed thoroughly, dried and floured before being used. When baking powder is used it is mixed with the flour.

I am aware that some people will object to the idea of a cake made with dripping. This is merely prejudice, or the result of having tasted a cake made with too much dripping and that not properly clarified. Beef dripping used in the right quantities and well mixed with the other ingredients should not impart a greasy, “drippingy” taste to the cake.

When dough cakes are required it saves time and trouble to order the dough from the baker.

### Plain Cake made with Dough 422

Take a quartern of dough, which may be bought from any baker, and work into this  $\frac{1}{2}$  lb. sultanas, 4 oz.

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moist sugar, 4 oz. clarified dripping, and a very little spice, if liked. These must be thoroughly worked into the dough, and the whole baked in a well-buttered tin.

### Dough Cake

423

Order 2 lb. good bread or bun dough (the latter is very light) from the baker, and work well into it 3 oz. clarified dripping and either four tablespoonsful of well-washed and dried currants or of sultanas or three teaspoonsful of carraway seeds, according to which cake you wish to have, and four tablespoonsful of moist sugar. Put this into a floured tin and set to rise for half an hour, then bake like a loaf.

### Plain Cake without Eggs

424

2 lb. flour, 6 oz. clarified dripping,  $\frac{1}{2}$  oz. carraway seeds,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. sultanas and raisins, and about one pint of milk, and two teaspoonfuls of baking powder. Rub the dripping well into the flour, add all the dry ingredients, then mix with the milk, which must be slightly warm; knead well into a light, fairly firm dough, bake in cake-tins lined with buttered paper, or omit the paper and grease the cake-tins.

### Another Plain Cake

425

Sift together 1 lb. flour and one teaspoonful of baking powder; then rub well into it  $\frac{1}{4}$  lb. carefully clarified dripping, and next mix in a teacupful of moist sugar, 1 oz. carraway seeds, and  $\frac{1}{2}$  lb. well washed and dried currants or sultanas. When these are mixed in

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whip three eggs with about half a pint of milk, and beat this mixture very thoroughly into the cake dough; bake at once in a well-buttered tin from one and a half to two hours.

### Seed Buns

426

$\frac{1}{2}$  lb. flour, 3 oz. dripping, 4 oz. sugar, one egg, two teaspoonsful of carraway seeds, half a teaspoonful of baking powder, quarter of a pint of milk. Mix the baking powder with the flour, rub in the dripping, add the sugar and seeds, beat up the egg, and add it with the milk and the other ingredients. Mix well, drop on to a well-buttered tin, and bake from fifteen to twenty minutes.

### Drop Cakes

427

$\frac{1}{2}$  lb. flour, 4 oz. butter,  $\frac{1}{4}$  lb. chopped raisins or sultanas, 2 oz. sugar, one teaspoonful baking powder, one egg, milk. Rub the butter into the flour, add the raisins, sugar, baking powder and egg well beaten up. Moisten to the right consistency with milk. Drop small portions of the mixture on a floured iron baking sheet. Bake in a quick oven till the cakes (which should be rocky and not smooth) are a good light brown colour.

### Rock Cakes

428

1 lb. flour, one teaspoonful of Borwick's baking powder,  $\frac{1}{4}$  lb. dripping and a teacupful of moist sugar, two or three eggs, sufficient milk to mix, 1 oz. carraway seeds, if liked, or 1 oz. candied peel,  $\frac{1}{4}$  lb. currants or sultanas,

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or currants and sultanas mixed; mix the flour and baking powder, rub in the dripping, add the other dry ingredients, beat the eggs with some milk, mix all together, drop on a floured baking sheet about a table-spoonful of the mixture at a time, and bake.

### German Biscuits

429

$\frac{1}{2}$  lb. dried flour, 5 oz. butter, 7 oz. sugar, two eggs, two dessertspoonsful of cream. Beat the butter to a cream, mix in the sugar and the flour, then the cream and eggs, knead and roll, cut into shapes, and bake on a tin in a quick oven.

### Milk Biscuits

430

$1\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. butter. Mix these ingredients together with a little milk, first rubbing the butter well into the flour, then add the sugar, and lastly add the milk, using only just enough to make a paste which will roll out. Cut into shapes and bake on a tin for five minutes in a quick oven.

### Ginger Biscuits

431

8 oz. flour, 4 oz. butter, 4 oz. powdered sugar, yolks of three eggs, and some ground ginger. Beat the butter to a cream before the fire, add the flour by degrees, then the sugar and a flavouring of ginger, mix with the well-beaten egg. Drop the mixture on buttered papers, allow for them to spread, and bake a light colour in a slow oven.



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### Lemon Biscuits

432

1½ lb. flour, ¼ lb. butter, 1½ lb. powdered sugar, three lemons, two eggs. Dry the flour thoroughly, and rub into it, very finely, the butter; mix in the sugar and the grated lemon peel. Beat up the eggs and add the lemon juice to them. Mix all the ingredients well together into a stiff dry paste, roll out and cut into shapes. Bake on a tin.

### Oat Cake

433

Mix two or three tablespoonsful of oatmeal with a pinch of salt and a little cold water; knead it well round and round with the hands for some minutes, then roll it on a pastry board, and strew meal on and under it; move it by means of a baking spoon on to the bake stone, and bake it on both sides over a clear fire. It is well to mix only sufficient batter for one cake, for it soon dries. Time, two or three minutes to bake the cake.

### Little Sweet Biscuits

434

¼ lb. butter, ¼ lb. flour, ¼ lb. sugar, a few carraway seeds; cream the butter, mix in the dried and sifted flour and the sugar; when thoroughly blended roll out very thin and cut with a wine glass. Bake in a moderate oven on a floured tin; remove when crisp and light brown in colour.

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### Rice Buns

435

Beat 2 oz. butter to a cream with 4 oz. of sugar. Mix to a smooth paste with two well-beaten eggs. Add 4 oz. rice flour and a squeeze of lemon juice. Fill buttered patty-pans with the mixture, and bake for fifteen minutes in a moderate oven. A richer cake can be made by the addition of a few raisins or preserved cherries; or the top of each little cake can be garnished with a circle of orange or lemon peel.

### Little Chocolate Cakes

436

Work  $\frac{1}{2}$  lb. butter into a cream, then add 2 oz. chocolate powder, 4 oz. castor sugar. Work together for fifteen minutes. Mix in by degrees four eggs, and 4 oz. fine flour. Work again for ten minutes. Then put the mixture into any little buttered tins or moulds, and bake about twenty minutes, according to their size. When cold either ice with bag and pipe, or mask with a chocolate glacé strewn with chopped almond or pistachio nut.

### Little Cocoanut Cakes

437

Brush some small moulds over with warm butter, then sprinkle them with flour and castor sugar in equal proportions. Take 3 oz. butter, beat with a wooden spoon until quite creamy, then add the finely-chopped rind of a lemon, 3 oz. castor sugar,  $\frac{1}{2}$  lb. desiccated cocoanut, and beat for five or six minutes till the mixture looks quite white; then add three eggs, and one teaspoonful of essence of vanilla. Half fill the moulds, and bake in a moderately

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hot oven for about twenty minutes. Turn out on to a coarse wire sieve or pastry rack, and leave until cold. Ice afterwards if desired.

### Cocoanut Macaroons 438

One small cupful of desiccated cocoanut, one tablespoonful of finely-sifted flour, one small cupful of castor sugar; flavour with rose water. Add the white of an egg whisked to a stiff froth. Mix lightly. Flour a baking sheet lightly, and bake in tiny cakes in a moderate oven.

### Almond Macaroons 439

Whisk the whites of three eggs to a stiff froth. Mix lightly  $\frac{1}{2}$  lb. ground almonds,  $\frac{1}{2}$  lb. castor sugar; flavour with vanilla. Bake like the cocoanut macaroons, and when half done put two or three strips of blanched almond on each.

### Cocoanut Cones 440

Grated cocoanut and half its weight in sugar, mixed to a workable consistency with whipped white of egg. Form into cones, and bake until the top is browned in a moderate oven.

### Ginger Cake 441

Rub  $1\frac{1}{2}$  lb. flour and  $\frac{1}{2}$  oz. ground ginger through a sieve into a basin; dissolve 1 lb. of ginger syrup (golden syrup flavoured with ginger, which can be bought in tins) with  $\frac{1}{2}$  lb. clarified dripping, and  $\frac{1}{2}$  lb. of sugar. Beat up three eggs and pour them on to one teaspoonful of carbonate

## CAKES, SCONES, BISCUITS AND BUNS

of soda. Take one gill of milk, add to the other ingredients, beat well together, and bake in a greased tin two and a half hours.

### Ginger Bread

442

2 lb. flour, 2 lb. treacle,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sugar. Mix thoroughly. Grease some baking tins, and just before pouring in the mixture, stir in not quite  $\frac{1}{2}$  oz. carbonate of ammonia, finely powdered. Have the oven sufficiently hot to make the dough rise, and cooler afterwards, or the ginger bread will be too short.

### Hot Tea Cakes without Yeast

443

Take 1 lb. of Vienna flour into which 2 oz. of butter has been rubbed, two large teaspoonfuls of Borwick's baking powder; mix thoroughly with the flour, then take two eggs and eight tablespoonsful of milk. Beat these latter together, add to the flour, and mix into a smooth dough; divide into six cakes, and bake in a quick oven for half an hour. Brush the cakes over with the yolk of an egg which has been beaten up with milk, and a little powdered sugar when they are nearly cooked. Leave till cold, cut apart, toast, butter, and serve.

### Sally Lunn

444

Place half a pint of milk and  $\frac{1}{2}$  oz. of butter in a saucepan. When milk-warm pour it over  $\frac{1}{2}$  oz. of German yeast. Mix two pinches of salt with  $\frac{3}{4}$  lb. of flour. Add a beaten egg to the milk and yeast, and then stir all lightly into the flour. Grease two or three small round

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cake tins, pour some of the mixture into each, and set them to rise in a warm place for an hour. Then bake in a steady oven from twenty to thirty minutes. When required for use, cut into thick slices, toast, butter, and serve very hot.

### Sweet Scones

445

Take 1 lb. flour, and mix with it one teaspoonful of cream of tartar, half a teaspoonful of carbonate of soda, and a little salt. Then rub in 1 oz. butter and 2 oz. lard, and add 3 oz. sugar and the same quantity of currants. Mix the whole to a smooth dough, with about half a pint of milk; cut into shapes, and brush over with egg. Bake from twenty to thirty minutes.

### Hot Rolls

446

1 lb. of flour, four pinches of salt,  $1\frac{1}{2}$  oz. of butter. Mix 1 oz. of baking powder with the flour, then rub in the butter, and when smooth mix with about half a pint of milk. Knead lightly; shape into little rolls or loaves; brush over with slightly sweetened warm milk, place on a floured baking tin, and bake in a moderate oven about twenty minutes.

The recipes given below are American, and when once the art of making a sponge cake, an angel cake, and a Genoese cake has been achieved, the cook can then vary her cakes to almost any extent. She can make jelly cakes

## CAKES, SCONES, BISCUITS AND BUNS

or layer cakes, using either the sponge or Genoese mixture, chocolate cake, orange pistachio, walnut, and every kind of small cake. These latter are generally called Madeleines, and are made of Genoese or sponge cake. Currant or fruit cakes can be made by adding fruit to the Genoese mixture. Every variety of cake tin, large and small, can be bought at any good store, such as Shoolbred's or Harrod's. Some of the small tins are made in the shape of crescents, squares, diamonds, shells, and quarters of oranges. When the cakes have been made they can then be iced in various styles with icings for which some simple recipes are given.

### A Sponge Cake

447

Take the weight of five eggs in sugar, and half their weight in flour; add the grated rind and juice of one lemon. Mix the flour with the yolks, lemon and sugar; add the beaten whites last. Care must be taken not to beat down the whipped whites, as the whole mixture should be very light and spongy. Time for baking, from forty to fifty minutes, and the cake must not be moved or jarred during the process. A moderate oven is required at first, which should be allowed to get hotter gradually.

## CAKES, SCONES, BISCUITS AND BUNS

### Angel Cake

448

Whites of six eggs, three-quarters of a breakfastcupful of sugar, half a cupful of flour, half a teaspoonful of vanilla, three-quarters teaspoonful of baking powder. Sift the baking powder five or six times with the flour, and then with the sugar twice. Whip the whites of the eggs very stiff, adding a pinch of salt, then add the sugar to the whipped whites, placing it on the end of a plate, and gradually beating it in from below. The same should be done with the flour, and, lastly, add the flavouring. Keep the mixture light, and when once the beating is begun do not stop till finished. Bake in a pan lined with paper or in a quite bright ungreased one for twenty to thirty minutes in a moderate oven. When done leave it for a few minutes in the pan, then loosen round the sides, and turn out. Ice if desired. This amount makes a cake large enough for six people.

### Genoese Cake

449

The weight of three eggs in butter, sugar, and flour, one saltspoonful of salt, and some flavouring (half-teaspoonful of vanilla or almond, or one tablespoonful of brandy). Beat the butter and sugar together till very creamy and light, add the salt and flavouring, and lastly the eggs, one at a time, beating each one thoroughly before adding the next. Beat this for fifteen to twenty minutes, then stir in lightly the sifted flour, and pour the whole into a pan, which should not be more than three-quarters full.

## CAKES, SCONES, BISCUITS AND BUNS

### Royal Icing

450

Place the white of one egg on a plate, and a little lemon juice or any other flavouring you prefer, and a teaspoonful of water. Stir in powdered sugar until the mixture is of the right consistency to spread. Spread the icing on the cake with a wet knife. This icing can be coloured or flavoured as desired, and one egg is sufficient to make enough icing to cover an ordinary-sized cake.

Another icing of much the same kind can be made by using icing sugar and a little more water with the egg. This makes a soft creamy icing, and the more water used with it the softer it will be.

Royal icing is used both for spreading on cakes, and for icing in designs, in which case a bag and pipe are required.

### Chocolate Icing

451

Melt some good chocolate, such as Suchard's; dilute it with a little water, and add enough icing sugar to make it of a spreadable consistency. Use while warm, as the icing hardens quickly.

### Vienna Icing

452

This is a most useful mixture, which can be used for layers, or used ornamentally through a bag and pipe. Mix 2 oz. of fresh butter with 5 oz. of icing sugar until the mixture creams; then dilute slightly with brandy or liqueur. Colour as required.



## CAKES, SCONES, BISCUITS AND BUNS

### Cream Filling 453

Beat well together the yolks of five eggs, add half a teacupful of sugar, and one large tablespoonful of cornflour, diluted with two teacupfuls of boiling milk. Stir over the fire till it thickens. If coffee flavouring is wanted use one half of coffee and one half of milk. If chocolate flavouring is desired melt 3 oz. of good chocolate, and add it to the custard.

### Pistachio Cake 454

Make a sponge, angel, or Genoese mixture, and bake it in layers, and spread with cream filling. The cream filling should be flavoured with orange flower water and coloured green, and the cake iced with royal icing, and sprinkled with chopped pistachio nut.

### Walnut Cake 455

Make a Genoese or sponge mixture, and bake it in three round layer tins. When baked spread two of them with cream filling, placing walnut kernels here and there. Place all three layers together, trim the outside with a sharp knife, ice with royal icing, and ornament with walnut kernels.

### Ginger Layer Cake 456

Make a Genoese or sponge mixture in layers as before. Use cream filling, spread with slices of preserved ginger. Ice the top and sprinkle with chopped ginger.

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### Jam or Jelly Cake 457

Make layers of Genoese or sponge cake as before, and spread them with currant jelly or jam. Press together and ice.

### Madeleines 458

These can be made in many different ways, using the sponge or Genoese cake mixture. For instance, make two thin layers of cake, spread them with apricot jam, cut into fancy shapes and ice, flavouring the icing with liqueur. Or omit the jam and decorate the cakes with pistachio nuts, chopped almonds, or candied violets or rose leaves.

## CHAPTER XVII

### Some very Economical Ideas

#### STUFFINGS

**N**OW that meat is so dear it should be boned and stuffed when possible, because the raw bone makes nourishing stock and the stuffing makes the meat go further. All kinds of stuffings are suitable, and the following are cheap and excellent:—

##### Sweetherb Stuffing

459

6 oz. of fine stale crumbs, 3 oz. of chopped suet, two teaspoonfuls each of powdered thyme and marjoram, a large tablespoonful of chopped parsley, half a lemon rind, grated; one egg, salt, pepper. Crust and crumb may be used, and the quickest way to reduce it to crumbs is to put it through the mincer. If suet is not to hand use any clarified fat, and if eggs are dear milk may be used for binding the stuffing.

##### Potato Stuffing

460

Two breakfastcupfuls of mashed potatoes (hot), one tablespoonful of chopped parsley, one teaspoonful of chopped

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onion, two teaspoonfuls (level) of powdered herbs, two tablespoonfuls of milk, one egg, one tablespoonful of warmed dripping, salt, pepper. Beat the egg, melt the butter and beat into the potato, and use sufficient milk to bind it.

### Savoury Stuffing

461

Proceed as before, but use half quantity of potato and make up with a purée of any cheap cooked vegetable (Spanish onion, leek, tomato, or carrot, for example), or rice boiled in stock and flavoured with salt and pepper.

When you have meat which cannot be stuffed, such as pieces which you use for pies and puddings, and which you cook *en casserole*, add savoury balls, dumplings or macaroni or plenty of vegetables.

### Forcemeat Balls

462

8 oz. of stale bread, crust and crumb, soak in stock and squeeze dry; 2 oz. of fat, two teaspoonfuls of minced onion, ditto parsley (use the stalks too), pepper, salt, and grated lemon rind. Mix with a well-beaten egg. Form into balls. Fry lightly and add to the stew a few minutes before serving.

### Dumplings

463

$\frac{1}{2}$  lb. of flour, 3 oz. of suet or finely shred fat,  $\frac{1}{2}$  a teaspoonful of baking powder. Mix with about three-quarters of a teacupful of water. Flour the hands, and roll the mixture into balls. Cook in the gravy of the stew for thirty minutes. The gravy should be boiling when the balls are

## SOME VERY ECONOMICAL IDEAS

added and there must be enough to cover them. If not, cook in boiling water and add before serving.

For methods of using savoury balls and dumplings, see recipes for Economical Meat Dishes in this chapter.

### Batter made without Eggs 464

4 oz. of flour, a pinch of salt, a  $\frac{1}{4}$  pint (gill) of tepid water, 1 tablespoonful of salad oil. Sift flour and salt, mix the oil and tepid water, and add the flour gradually, beating very well. Let the batter stand at least one hour before using. If a sweet batter is needed add sugar instead of salt.

### SUET AND FAT

Suet is now considerably dearer, but any well-clarified fat may be used instead of suet for puddings.

### STOCK AND SOUPS.

Do not throw away the water in which vegetables, fish or meat have been boiled. The water contains much of the nourishment. For that reason I recommend steaming or cooking in a casserole rather than boiling. But if you do boil keep the water for stock. Most cooks throw away the water in which fish has been boiled, whereas it should be used as a

## SOME VERY ECONOMICAL IDEAS

foundation for the sauce which accompanies the fish, or employed for soup.

### A Delicious White Soup 465

The water in which any well-washed fish has been boiled. Boil the stock down until there is but half the quantity, add an equal quantity of milk (fresh or condensed), add salt, and then mix into a half-cupful of the soup a pinch of curry powder. Thicken with cornflour to make the soup of the consistency of cream. Put a little finely chopped parsley in the hot tureen and pour in the soup. If you can add a spoonful or two of cream all the better. This soup does not taste in the least fishy.

### Stock made from Peelings 466

If you are peeling potatoes, onions, apples, and possibly cucumber, and using celery for other purposes, use the peelings for stock. Before peeling, scrub and wash thoroughly and then keep all the peel, also the cleansed root and green tops of the celery, ditto carrot, the stalks of parsley, the outside leaves (if clean and fresh) of lettuce, cabbage, cauliflower. Add water and seasoning, simmer and strain and so make stock to use as a foundation for thick soup or purée, or for cooking a meat roll in, or using as a foundation for sauce. One thing, however, you must bear in mind. Stock made from vegetables or which has vegetables in it will not keep long, especially in hot weather. It should be boiled up once a day, and not kept longer than two days. Stock made without vegetable will, if boiled up, keep better.

This stock with seasoning to taste and a spoonful or two of marmite (vegetable extract) or meat essence stirred into it, and a garnish of shred vegetable (cooked), cooked

## SOME VERY ECONOMICAL IDEAS

macaroni, or sago (washed and cooked in the stock) makes quite an attractive soup and contains valuable vegetable salts.

If you have a garden, the following is a cheap and very good clear soup:—

### Clear Vegetable Soup

467

1 lb. of mixed vegetables cleaned and sliced, ten peppercorns, two cloves, one sprig of parsley, a teaspoonful of celery seed, salt and pepper, to one pint of water. Simmer gently for three hours, strain into a basin. When needed, add a teaspoonful of marmite to each pint of soup, and if required, more seasoning, including a pinch of sugar. Serve very hot with a garnish of shred vegetables.

For other soups, see Chapter IV.

## ECONOMICAL MEAT DISHES

Now that meat is so dear it is necessary to make the very most of it, and I have already made suggestions how this may be done in Chapter A and in the first part of this chapter.

Many of my readers have already taken to using shin of beef instead of steak, but an even better piece for pies, puddings and stews is what butchers call the “sticking” (the neck). The meat is not so “sinewy” as shin, and is excellent for all kinds of stews.

## SOME VERY ECONOMICAL IDEAS

The following are economical dishes for which recipes are given either in this book or in *Learning to Cook*:—

### Beefsteak Pudding 468

Made of "shin" or "sticking" with sliced potato,  $\frac{1}{2}$  lb., and sliced parboiled onion,  $\frac{1}{2}$  lb. Making the pie thus 1 lb. of meat goes as far as 2 lb. without the vegetable. Kidney can be used or not as required.

### Beefsteak Pie 469

Add to the 1 lb. beef and 2 oz. kidney,  $\frac{1}{2}$  lb. shred potato and about 4 oz. of cooked macaroni. In this case the meat should be cooked long and gently in a covered casserole and then the potato-macaroni and seasoning added, the whole put into the pie and the pastry added.

### Casserole of Beef with Savoury Balls 470

Make and fry the savoury balls as already described on page 246. Have equal quantities of meat and balls. Fry the meat and a sliced onion and carrot just to brown them. Flour the meat and place it in a casserole with the fat in which meat and vegetables were fried. Add salt, pepper, a spoonful of parsley juice, squeezed from the stalks and a little lemon peel grated, and a pinch of mixed herb. Cover with stock or water and cook quite gently until the meat is tender (quite two hours). Brown and, if necessary, thicken the gravy, add the forcemeat balls and make very hot, or add dumplings instead of the savoury balls.



## SOME VERY ECONOMICAL IDEAS

### Irish Stew

471

Make as directed in any cookery book, but to 1 lb. of meat and 1 lb. of onions and potatoes mixed, add a  $\frac{1}{4}$  lb. of rice.

### Economical Shepherd's Pie

472

To the meat add half the quantity of rice cooked in stock.

### Beef Roll

473

This is called beef roll, but as a matter of fact a mixture of meat may be used. It is best if raw. Put it three times through the mincer. *Ingredients* : 9 oz. raw beef, 6 oz. pork sausage meat,  $\frac{1}{2}$  lb. bread crumbs ; add one teaspoonful chopped parsley, one teaspoonful grated onion, salt and pepper to taste. Mix all together with one raw egg beaten up with  $\frac{1}{2}$  gill gravy. Roll in floured cloth, leaving room for the roll to swell, plunge into boiling water and simmer for two hours. When cold glaze with bought glazing and garnish with parsley. The liquor it was boiled in will make soup.

### Jelly Pie

474

Have ready some nice pieces of lean meat (1 lb.), three rashers of bacon or a little ham cut in dice, hard-boiled egg, seasoning, grated lemon peel and chopped parsley. Arrange in a fireproof raised pie dish, and pour in a teacupful of stock. Cover and bake very gently for three hours. Leave until cold and remove the grease with a teaspoon. Mix a dessertspoonful of "marmite" (vegetable extract), a teaspoonful of vinegar, salt, pepper, a pinch of sugar and  $\frac{1}{2}$  oz. of gelatine (use the powdered gelatine—

## SOME VERY ECONOMICAL IDEAS

it saves time and trouble) in half a pint of hot water. Pour it over and serve cold. If eggs are cheap, use an equal quantity of egg and of meat.

### **A Delicious Method of Cooking Shin or Sticking of Beef (or when cheap Knuckle of Veal) 475**

Cut the meat into neat pieces, about 2 inches thick. Sprinkle with a very little ground nutmeg and mace, pepper and salt, and fry until just coloured. Then fry two rashers of bacon (chopped into dice) and two sliced onions and some minced parsley stalk. Place all this and the fat in a stewpan or boilerette with enough stock to cover. Simmer very slowly for two hours. Thicken and brown the gravy and add salt and pepper to taste. Serve very hot in a casserole (it can be cooked in the casserole instead of a stewpan) and hand macaroni or savoury rice and vegetables with it. If liked, cook 1 lb. of soaked butter beans in this dish.

## SLOW COOKING

In all stews, curries, hot-pots and similar dishes slow cooking is the secret of success. If cooked quickly the meat is tough and tasteless.

### **Meat Croûstades 476**

Cut the necessary number of rounds of bread 2 inches thick, and hollow out the centres (keep the bread you do not need for other purposes). Fry these croûstades (cases) in fat and drain well. They should be crisp and golden brown and not hard. Fill with mince flavoured with curry and which has part sieved onion (cooked) or cooked rice

## SOME VERY ECONOMICAL IDEAS

added to make it go further. What with the bread and the rice or onion or both, about a tablespoonful of meat suffices for each croûstade, which should be about the size round of a claret glass.

### Stewed Ox-tail

477

American ox-tails are as cheap as most meat nowadays, and make a pleasant change. Use the end of the tail to add to the stock. Joint the remainder and cook as for shin or sticking of beef, adding plenty of carrot and turnip if cheap, and if not using haricot or butter beans or dried green peas.

When you have only a few spoonfuls of cold meat to use mince it (carefully freeing it from skin and gristle), flavour, moisten with sauce and use it to stuff a cabbage or some Spanish or English onions or potatoes. If necessary mix it with some cooked rice to make it go further.

### Stuffed Onions

478

Peel the onions and cut out the centre of each with a sharp cutter. Fill with mince, etc. Place in a greased casserole. Pour stock over. Cook gently until the onions are soft but still keep their shape. Thicken and brown the gravy and serve very hot. For a change flavour the gravy with curry powder.

### Steamed Meat Pudding

479

Mince finely  $\frac{1}{2}$  lb. of cooked meat, and one cooked onion. Mix in with them two teacupfuls of bread crumbs and half

## SOME VERY ECONOMICAL IDEAS

the quantity of mashed potato, two good pinches of mixed herbs, salt and pepper. Mix all with a little milk and steam in a greased basin with greased paper over for one hour. Turn out and serve with gravy, tomato or curry sauce. Use any remnants of meat for this, as indeed you can for almost all dishes made with mince.

A Fish Pudding may be made in just the same way. When making the meat pudding well-cooked lentils or haricots or butter beans put through the mincer, may be added.

### Sea Pie

480

Chop  $1\frac{1}{2}$  oz. of Atona suet and mix it with 4 oz. of flour, a pinch of salt, and enough water to mix to a firm dough. Cut into neat pieces  $\frac{3}{4}$  lb. of lean beef (shin, for example). Season it with salt and pepper and sprinkle it with vinegar. Fry a finely chopped onion, and when it is browned add  $\frac{1}{2}$  oz. of flour and let it just brown. Add three-quarters of a pint of stock and bring to the boil, stirring meanwhile. Add the seasoned meat, a spoonful of chopped parsley, and a little grated lemon peel. Simmer and skim. Then place the suet paste (rolled out and cut to size) over the meat and cook very gently for one and a half hours. Cooked macaroni can be added to the pie, also part-boiled sliced potato. Dumplings or savoury balls may also be added, and thus a large dish may be made with very little meat.

### Beef en Casserole with Semolina Crust 481

Use beef or mutton, rabbit or chicken, and prepare as before, adding soaked and part-cooked peas if liked. Make a crust of semolina. Put 3 oz. of semolina in a saucepan with one pint of flavoured stock, 2 oz. of margarine

## SOME VERY ECONOMICAL IDEAS

or dripping, pepper and salt. Bring to the boil and stir well, then cook gently until the mixture becomes a stiffish paste. Spread on a plate to cool and use as suet paste in preceding recipe.

### A Good Way of Cooking Breast of Mutton 482

Place a whole breast of mutton in a pan and just cover it with slightly salted water or weak stock. Bring it to the boil, then draw the pan to one side and let it simmer for three hours. Now lift it out and remove the bones and skin, and cover the inside with veal or sage and onion stuffing, and season with pepper and salt. Roll it up neatly, skewering it into shape, egg and breadcrumb it thickly, and bake in a moderate oven, basting it constantly with dripping. Serve with gravy handed.

### Sheep's Head Brawn 483

Clean and put the head in salt and water overnight. Simmer very slowly till the meat will come off the bones. Put a trifle of salt in the water. Chop the meat into small pieces, then put it back into saucepan with a small quantity of the liquor. Stir in pepper, salt if required, and a teaspoonful of mixed herbs, and stir till the liquor is nearly absorbed. Slice two or three hard-boiled eggs, line the mould with them, and fill in with the meat. Leave till next day and turn out to serve, or make in a fireproof French pie dish and serve in the dish. The tongue and brains can be served as a separate dish, or the tongue, skinned and chopped, used for the brawn and the brains fried in batter

### Economical Potted Meat 484

This is a popular dish for breakfast or Sunday supper. Use part meat and part lentils or other beans, and season

## SOME VERY ECONOMICAL IDEAS

carefully. When all pounded together few people realise that they are not eating ordinary potted meat. Fish used with butter beans, pounded and flavoured with a little curry powder, is excellent when potted.

### To Render Meat Tender 485

Proportion to each 1 lb. of steak or shin of beef or pieces, or joint such as unsalted silverside, one teaspoonful of flour, ditto caster sugar and salt, quarter of a teaspoonful of pepper and carbonate of soda; sieve together. Rub into the meat and then sprinkle with a little vinegar and leave for some hours before cooking.

## A FEW MEATLESS DISHES.

### Potted Cheese (economical) 486

Grate some dry cheese and add to it the same quantity of very fine bread crumbs. Add salt, pepper, a dash of cayenne and mustard powder, and enough softened butter or nut butter to make to a paste. Press into a *terraine* and use with hot toast or biscuits, or for sandwiches. Keep covered, and do not make too much at a time as the crumbs become stale.

### Lentil Curry 487

$\frac{1}{2}$  lb. of lentils, three-quarters of a pint of stock, 2 oz. of clarified fat, one tablespoonful of curry powder, three small onions, rice. Wash the lentils. Make the stock hot and simmer them in it. Heat the fat and fry the onion and curry powder long and gently until quite soft and browned. Then add the strained lentils and cook together for twenty minutes. Serve with rice.

## SOME VERY ECONOMICAL IDEAS

### Haricot Beans and Bacon

488

$\frac{1}{2}$  lb. of beans, two slices of bacon, one onion, 2 oz. clarified fat. Soak the beans in water with a pinch of carbonate of soda. Drain off the water and simmer the beans in the fat. When quite hot cover with stock and cook slowly, skimming once or twice. Fry the onions thoroughly, then with them the bacon. Add both to the beans. Season and cook until tender. Cook and serve in a casserole. The water in which the beans were soaked serves as a foundation for soup.

### Haricot Beans and Cheese

489

$\frac{1}{2}$  lb. of beans,  $\frac{1}{4}$  lb. of grated cheese, 2 oz. of fat. Brown bread raspings. Soak the beans (about twenty-four hours) and then cook until tender. Mash them and add cheese and fat also pepper and salt. Place in a fireproof dish, cover with raspings and little pieces of butter, and bake in a moderate oven for twenty minutes.

### Semolina Cakes

490

Boil one pint of milk with one tablespoonful of butter and a little salt. When boiling drop in by degrees 4 oz. of semolina. Stir until it thickens like custard, which takes about fifteen minutes. Add white pepper and, if liked, grated cheese. Spread on a floured board. When firm form into cakes, egg and crumb, and fry, or dip into batter and fry. Instead of the cheese flavouring a little mixed spice and herbs may be added.

### Gnocci

491

Proceed as before, but when the cheese-flavoured mixture is cooled place it in small rocky pieces in a greased fireproof

## SOME VERY ECONOMICAL IDEAS

dish. Add a few pieces of butter, powder with grated cheese, and bake until the top is a golden brown.

### Semolina and Tomato Pudding 492

Proceed as before, but instead of the cheese add some tomato sauce. Fill a greased pie dish and bake.

### Macaroni Pie 493

Have ready some cooked macaroni and place a layer of it in a greased pie dish. Then add a layer of tomato purée (tomatoes stewed, flavoured, and sieved), and then one of savoury rice. Add pepper and salt and moisten with milk or stock. Cover with pastry and bake. If liked add hard-boiled egg and some boiled and sieved onion to the tomato, and be sure that the pie is well flavoured with salt and pepper. Savoury rice is Patna rice cooked in stock and flavoured.

### Macaroni Soufflé 494

Boil the required quantity of macaroni, mince it and drain well and stir in 1 oz. of butter, two spoonfuls of tomato, and two of onion purée, salt and pepper the beaten yolks of two eggs and then the frothed whites. Fold the latter in lightly. Bake in a greased china soufflé dish for about ten minutes and only fill the dish three-parts full.

### Vegetable Soufflés 495

Have ready about 4 oz. of any vegetable purée (spinach, cabbage, sprouts, carrot, turnip, artichoke, tomato, or celery, or several mixed; the purée should be rather dry—that is to say, not sloppy). Then put into a pan one gill of water and 1 oz. of butter and a pinch of salt. Stir and



## SOME VERY ECONOMICAL IDEAS

when it boils sprinkle in 1 oz. of flour and stir briskly and cook until you have a paste. Add the purée and stir. Remove from the fire and stir until mixed. Add the yolks of two eggs one at a time, then a whole egg, and then the frothed whites of two eggs. Bake in a greased soufflé dish half full for ten minutes in a hot oven. This soufflé rises very much and must be served the minute it is ready. The soufflé can be varied. For example, the remains of a dish of vegetable curry sieved and with some of the left-over rice added makes an excellent soufflé.

### Savoury Rice Soufflé

496

Cook 2 oz. of rice in stock and season well. Drain and let it cool, then stir in 1 oz. of butter and two or three spoonfuls of onion or tomato purée and the eggs as in the previous recipe. Bake as before. If eggs are dear omit the whole egg for this soufflé.

### Potato Croquettes

497

Take 1 lb. of mashed potatoes quite free from lumps, and add butter, milk, salt, pepper, until you have a purée of the right consistency to form rissoles. Egg, crumb. and fry, or if eggs are dear brush over with milk and bake.

### Buttered Potatoes

498

Peel the potatoes and slice rather thin. Soak in cold water for ten minutes and dry. Grease a small casserole. Fill with layers of potato and brush over each layer with melted butter, salt, and pepper. Finish with a layer of butter. Put on the lid and bake in a moderate oven for three-quarters of an hour.

## SOME VERY ECONOMICAL IDEAS

### Vegetable Pie 499

Use any vegetables you have cooked and divided into small pieces. Warm them in brown or tomato or curry sauce and serve in a pie with pastry, suet or semolina crust. For semolina crust, see page 254.

### Carrots and Butter Beans 500

Soak the beans overnight and then boil with a very little salt and about 1 oz. of dripping until soft. Chop an onion and fry it thoroughly, and boil two or three carrots. Slice the carrots and place them and the butter beans with the onion in the frying-pan and stir about until quite hot. Serve in a casserole or fireproof dish.

### Braised Lettuce 501

Wash the lettuce thoroughly and divide it in half. Place in a greased casserole and cook it gently until soft. When half cooked add about half a pint of good gravy or brown sauce, or a mixture of brown sauce and tomato sauce with a little fine meat mince added if liked, or with a teacupful of rice stirred in. Serve very hot in a casserole. Cabbage is excellent when cooked in a like manner.

### Risotto 502

Chop half an onion finely and fry it thoroughly in fat. Place 4 oz. of rice in a casserole with half a pint of stock, add the onion and cook until the stock is absorbed, stir in 1 oz. of grated cheese, salt, pepper, cayenne, and serve very hot.

### Tomato Risotto 503

Make as before, but omit the cheese and stir into the rice about half a tumblerful of tomato sauce.

## SOME VERY ECONOMICAL IDEAS

### Nouille

504

Place  $\frac{1}{4}$  lb. of dry sifted flour on a pastry board and into the centre of the flour mix in  $\frac{1}{2}$  oz. of butter stirred into one unbeaten egg. Knead for fifteen minutes until you have a dry elastic paste. Leave this covered with a clean cloth for fifteen minutes. Roll very thin—almost to the consistency of a wafer. Cut into strips, lay one strip on another and slice with a sharp knife into straws about 2 inches long and less than a  $\frac{1}{4}$  inch wide. Place in boiling salted water until soft. Drain and serve very hot, tossed in butter, pepper and salt.

### Corn au Gratin

505

Open a small tin of corn and strain off the liquid. Then simmer the corn until soft (about ten minutes) in a gill of milk with  $\frac{1}{2}$  oz. of butter, some pepper and salt. Place in a gratin dish. Cover with rasped crumbs and a little butter, and brown.

### Corn with Poached Eggs

506

Proceed as before, but omit the crumbs and do not brown. Serve in the casserole in which the corn was cooked with poached eggs on the top.

## TWO GOOD AND CHEAP SALADS

### Lettuce Stalk Salad

507

Take the stalks from lettuces running to seed and tie them in bundles, cutting them more or less the same size. Place in a saucepan, and boil until tender (ten to fifteen minutes). Take out and drain them and allow them to get quite cold. Then cut up into slices of the same size, place in a salad bowl and cover with mayonnaise sauce.

## SOME VERY ECONOMICAL IDEAS

### Cabbage Salad (uncooked) 508

Choose a young cabbage, with a nice white heart. Remove outer leaves and stalks, wash well in salt and water, cut it with a silver knife or tear it into shreds. Dry well. Place in a salad bowl, serving with a simple salad dressing or a good mayonnaise sauce. This makes an excellent salad. The outer leaves and stalks should be used for the stock-pot; and an excellent soup may be made with cabbage leaves and tomato stewed in stock, sieved and thickened.

## ONE OR TWO CHEAP PUDDINGS

### Rice and Apple Dumplings 509

Wash and then simmer 4 oz. of rice in sweetened milk (one quart) until the rice is quite done. Peel and core the apples, cook until soft, dust with sugar and powdered cinnamon, very little of the spice. Cover with the rice, egg, crumb and fry, and serve very hot. When using milk, which is now dear, use part condensed milk and part fresh, or in many cases condensed milk only.

### Macaroni Pudding 510

Simmer 1 oz. of macaroni in one and a half pints of milk (half fresh, half condensed), grease a pie dish. Put in some jam or marmalade, then the macaroni and milk, and bake in a very slow oven.

## SOME VERY ECONOMICAL IDEAS

### Chocolate Custard

511

Make some Bird's custard according to directions, but add to the Bird's powder 2 oz. of powdered chocolate. If a very little cream may be stirred in before serving it is an improvement.

### Coffee Junket

512

One pint of milk, one tablespoonful of castor sugar, a few grains of salt, one tablespoonful of strong black coffee. Rennet powder or tablets, to be used as directed. Warm the milk, with the sugar and salt added, until it is quite warm but not hot. Add the coffee. Mix the rennet smoothly with a little cold milk; add to it the coffee and milk mixture, stir it well, and pour into a glass dish. Place in a cool spot till required.

### Banana Sweet

513

Skin the bananas and slice through lengthwise with a silver knife. Spread with strawberry jam and press together again. Cover with custard and serve cold.

### Apricot Cream

514

Use dried apricots (or peaches). Soak and then simmer the fruit in a very little water and sugar, sieve and mix with an equal quantity of cornflour mixture, and then pour into a glass dish. Cornflour mixture:  $\frac{1}{2}$  oz. of cornflour, half a teaspoonful of sugar, one pint of milk. Mix the cornflour in a little of the cold milk, then heat the remaining milk and stir the cornflour milk into it by degrees. Add the sugar and boil for three or four minutes, stirring all the time.

## SOME VERY ECONOMICAL IDEAS

Many of the recipes given in Chapter XII are suitable if egg powder or custard powder and condensed milk are used instead of the more expensive materials.

### The Use of Egg Powder

515

When using egg powder allow one teaspoonful instead of one egg.

## SOME SPECIALLY INEXPENSIVE CAKES (WITHOUT EGGS)

Now that fruit is so dear, it is worth noting that washed, dried, and stoned dates chopped make an excellent substitute, and instead of mixed peel orange and lemon peel washed, dried until hard, and grated give a nice flavour, while, as seen from the recipes, eggs are not necessary.

### Currant Cake

516

1 lb. of flour,  $\frac{1}{4}$  lb. of margarine,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  lb. of currants, half a pint of milk, one teaspoonful of carbonate of soda. Mix all the dry ingredients together. Place the margarine in a basin a little way from the fire until it gets soft, beat it up with a fork until it is like cream; mix a good teaspoonful of carbonate of soda in two teaspoonfuls of milk, set aside until you have mixed with a knife the flour, etc., with margarine and milk, then pour in the milk and soda; beat well until thoroughly mixed, place in a greased tin, leaving plenty of room to rise, bake slowly for half an hour, then in a hotter oven for one hour.

## SOME VERY ECONOMICAL IDEAS

### Date Cake

517

1 lb. of household flour,  $\frac{1}{2}$  lb. of dates, 6 oz. of margarine, a tablespoonful of vinegar, milk (less than a quarter of a pint),  $\frac{1}{4}$  lb. of demerara sugar, mixed spice, carbonate of soda. Rub all the dry ingredients well together, melt the carbonate of soda in the milk, and add to the mixture, then add the vinegar, beat all well together, and bake for one and a half hours in a moderate oven.

### Date and Currant Cake

518

1 lb. of flour,  $\frac{1}{2}$  lb. of currants,  $\frac{1}{2}$  lb. of dates,  $\frac{1}{2}$  lb. of granulated sugar, 6 oz. of margarine, one teaspoonful of carbonate of soda, one large tablespoonful of marmalade, milk as required. Beat the butter and sugar together, add the flour, then the other ingredients. Dissolve the soda in the milk and add to the above. Mix all to a stiffish batter. Bake two hours in a fairly hot oven. Keep two days.

### Ginger Cake

519

$\frac{3}{4}$  lb. of flour,  $\frac{3}{4}$  lb. of syrup,  $\frac{1}{4}$  lb. of lard, two teaspoonfuls of sugar, half a teaspoonful of spice, a little candied peel, one teaspoonful of ground ginger, one ditto of carbonate of soda, a little milk. Mix all dry ingredients together, then add enough warm milk to make a stiff dough. Bake one and a quarter hours in a moderate oven.

### Currant Cake

520

1 lb. of flour,  $\frac{1}{2}$  lb. of currants, 6 oz. of sugar, 6 oz. of margarine, 2 oz. of mixed peel, one teaspoonful of carbonate of soda, one teaspoonful of ground sugar, one teaspoonful of mixed spice, one cup of milk. Melt the

## SOME VERY ECONOMICAL IDEAS

margarine in the milk, but do not let it boil, add to the dry ingredients, which should be well mixed. Bake three hours in a moderate oven.

When making eggless cakes it answers to steam the cake just as you would steam a pudding for half the time, then bake. This prevents the dry crust which mars so many eggless cakes.



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