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RECIPES OF ALL NATIONS

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RECIPES OF ALL NATIONS

Compiled & Edited by
COUNTESS MORPHY

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Contents

	PAGE
FRANCE	9
ITALY	99
SPAIN	160
PORTUGAL	217
AUSTRIA	229
HUNGARY	284
GERMANY	300
RUSSIA	350
POLAND	402
NORWAY	416
SWEDEN	427
DENMARK	439
BELGIUM	445
HOLLAND	462
UNITED STATES OF AMERICA	482
THE CREOLE COOKERY OF NEW ORLEANS	528
INDIA	553
CHINA	578
JAPAN	594
DISHES FROM OTHER LANDS	606

Preface

THE COOKERY OF THE NATIONS

THE history of cookery is part of the history of civilization. At some remote period—too remote to be gauged—primitive man discovered that the flesh of his captures became less tough and more palatable when subjected to the action of fire, and from this the art of cookery evolved slowly and laboriously, like all the arts, and progressed from a simple to an elaborate process.

Racial and climatic factors are responsible for the wide divergencies in national cookery and food, and the study of comparative cookery shows the unbridgable gulf which exists between peoples. North, South, East, West—learn what they eat, and you will realize why they have always clashed. In Europe itself, the abyss between the palates of one nation and another explains the enmity and hostility which exist between human beings whose conception of feeding is completely antithetic. As to the food and cookery of the older Eastern civilizations—India, China and Japan—they are too remote to be fully understandable. Their cookery has developed on completely different lines from ours, and nature has provided them with ingredients which to Western eyes appear as strange and fantastic as do some of their works of art to the uninitiated. Their attitude towards foods is perhaps the most removed from, and the least reminiscent of, that of our animal ancestry, and thousands of years of patient and reverent study in all matters appertaining to food and its preparation have constructed a science and an art which lie beyond our comprehension.

The difference in the tastes of the various nations can be seen at a glance by looking at the indexes of the various sections of this book, and noting the ingredients which are

more frequently used in each country—Spain, for instance, has a particular liking for tomatoes; Russia for sour cream; Italy for pastes of every description, such as the various kinds of macaroni, noodles, gnocchi; India for rice; China and Japan for their Soya bean sauce, and so on.

The standard of cookery is undoubtedly higher in the Southern countries of Europe than in the Northern, where good but plain and substantial food is preferred. We get none of the intricacies and subtleties and delicacies in the preparation of food which entitle cookery to be added to the list of fine arts. It was Italy who first taught France the art of cookery during the Renaissance, and the French chef proved such an apt pupil that a century or so later he had wrested from the Italians the leadership in gastronomy, and still retains it. French cookery—often poor imitations of it—has conquered the world. Cookery books of practically every country in Europe are swamped by French recipes, and everywhere hotels and restaurants affect “French cuisine,” although French cooking has had little or no influence on the food of the peasant and working classes, which remains strongly national.

My motive in writing this book is to help the modern housewife who takes an intelligent interest in cooking to have excellent, varied and inexpensive food in her own home. English food is apt to be monotonous, and the average woman is frightened of foreign cookery. Her experience of it is often limited, and she is apt to think it “messy” or “over-rich,” or beyond her capabilities as a cook. Little does she realize how many interesting, exciting and delicious foreign dishes are available to her, and how, with very little extra trouble, she may relieve the monotony of the food to which she and her family have become accustomed.

I want to show the English housewife how “Everywoman” cooks and eats in other countries—not the highly skilled professional cook, but just the ordinary middle-class woman with limited means. I want to show her how, in

P R E F A C E

quite simple ways, she can vary her menu and ring constant changes in the daily round of meals. I have written my recipes as clearly and explicitly as possible, so that they may be useful to the inexperienced. I hope my book will dispel this bugbear about "foreign cookery" and prove that it is often plainer and simpler, less "rich" in many cases, and far more economical than English cooking. In many foreign countries women for a very long time have had to face economic problems which English women have been called upon to face only in comparatively recent times.

In conclusion, I have compiled this book of recipes for the benefit of the modern housewife with the hope that I may be of some assistance to her, and that when the troublesome question of "What shall we eat to-day?" arises she may turn to the pages of this book and read how her sisters in foreign lands solve the eternal and everlasting problem of daily food.

THE AUTHOR

FRANCE



SOUPS

	PAGE
Le Pot-au-Feu (<i>the stock-pot</i>)	17
Bouillabaisse (<i>Provincial fish soup</i>)	19
Garbure (<i>Cabbage and salt pork soup</i>)	20
Brunoise (<i>Vegetable soup</i>)	21
Potage aux Herbes (<i>Sorrel, lettuce and chervil soup</i>)	21
La Soupe aux Congres (<i>Eel soup</i>)	22
La Soupe aux Marrons (<i>Chestnut soup</i>)	23
La Soupe aux Moules (<i>Mussel soup</i>)	23
Potage Crème de Potiron (<i>Pumpkin soup</i>)	24
La Soupe des Noces ou Tourin aux Tomates (<i>Tomato soup</i>)	24



FISH

Les Filets de Sole au Cidre (<i>Fillets of sole with cider</i>)	25
La Sole Fécampoise (<i>Sole Fécampoise</i>)	26
La Brandade de Morue (<i>Brandade of dry salt cod</i>)	27
L'Aïoli Garni (<i>Fish with garlic sauce</i>)	27
Anguille en Matelote (<i>Eel en matelote</i>)	28
Truite au Bleu (<i>Marinated trout</i>)	29
Macquereaux aux Groseilles (<i>Mackerel with gooseberry Sauce</i>)	30
Langouste à l'Armoricaïne (<i>Crayfish à l'Armoricaïne</i>)	30
Les Moules Marinières (<i>Mussels marinières</i>)	31
Les Merlans Bercy (<i>Whiting bercy</i>)	32

RECIPES OF ALL NATIONS

ENTRÉES

	PAGE
Le Godiveau (<i>Force-meat balls</i>)	32
Les Pieds de Veau à la Sainte-Menehould (<i>Calves' feet à la Sainte-Menehould</i>)	33
Les Cèpes à la Bordelaise (<i>Cèpes à la Bordelaise</i>)	34
Les Rillons de Tour (<i>Potted pork</i>)	34
Artichauts Farcis à la Barigoule (<i>Stuffed artichokes à la barigoule</i>)	35
Les Aubergines Farcies (<i>Stuffed anbergines</i>)	36
Rognons Sautés au Vin Blanc (<i>Kidneys sautés with white wine</i>)	36
Rissoles à la Parisienne	37
Saucisses au Vin Blanc (<i>Sausages with white wine</i>)	37
Pommes de Terre au Lard (<i>Potatoes with salt pork</i>)	38



MEAT

Le Bouilli (<i>Boiled beef</i>)	39
Tournedos à la Béarnaise (<i>Small fillets of beef à la Béarnaise</i>)	40
Le Bœuf en Daube (<i>Beef stew</i>)	41
Escalopes de Veau à l'Oseille (<i>Escalopes of veal with sorrel</i>)	41
La Blanquette de Veau (<i>White Veal Stew</i>)	42
Côtelettes de Veau en Papillotes (<i>Veal cutlets in paper cases</i>)	43
Le Navarin ou Ragoût de Mouton (<i>Mutton stew</i>)	44
Gigot d'Agneau à l'Ail (<i>Roast leg of lamb with garlic</i>)	46
Fromage de Cochon (<i>Hogshead cheese</i>)	46
Côtes de Porc à la Charcutière (<i>Pork chops charcutière</i>)	48

FRANCE

POULTRY

	PAGE
La Fricassée de Poulet (<i>Chicken fricassée</i>)	48
Poule au Riz (<i>Chicken with rice</i>)	49
Le Poulet Marengo (<i>Chicken Marengo</i>)	50
Le Poulet Farci en Cocotte (<i>Stuffed chicken en cocotte</i>)	51
La Dinde Truffée (<i>Truffled turkey</i>)	51
Confits d'Oie (<i>Preserved goose</i>)	52
Dodine de Canard (<i>Stewed duck</i>)	53
Canard aux Navets (<i>Duck with turnips</i>)	54
Pigeons à la Crapaudine (<i>Pigeons crapaudine</i>)	55
Pintade Rôtie (<i>Roast guinea-fowl</i>)	55



GAME

Le Faisan en Cocotte (<i>Pheasant en cocotte</i>).	55
Bécasses Flambées (<i>Snipe with brandy</i>)	56
Les Cailles aux Laitues (<i>Quails with lettuce</i>)	56
Salmis de Canard Sauvage (<i>Salmis of wild duck</i>)	57
Perdrix aux Choux (<i>Partridges with cabbage</i>)	58
Râble de Lièvre à la Crème (<i>Hare with cream</i>)	59
Terrine de Lièvre (<i>Potted hare</i>)	59
La Gibelotte (<i>Rabbit stew</i>)	60
Lapin en Blanquette (<i>Blanquette of rabbit</i>)	61
Gélinotte à la Crème (<i>Hazel hen with cream</i>)	61

RECIPES OF ALL NATIONS

VEGETABLES

	PAGE
Les Pommes de Terre Pont Neuf (<i>Fried potatoes Pont Neuf</i>)	62
Pommes de Terre à la Lyonnaise (<i>Potatoes sautés à la Lyonnaise</i>)	64
Purée de Pommes de Terre (<i>Potato purée</i>)	64
Petits Pois à la Française (<i>Peas à la française</i>)	65
Purée d'Oseille (<i>Purée of sorrel</i>)	65
Endives Braisées (<i>Braised chicory</i>)	66
Le Gratin de Courgettes (<i>Young marrows au gratin</i>)	66
Topinambours en Daube (<i>Jerusalem artichoke stew</i>)	67
Haricots Verts Sautés (<i>French beans sautés</i>)	67
Salsifis Frits (<i>Fried salsify</i>)	68



SALADS

Salade de Pommes de Terre (<i>Potato salad</i>)	69
Salade de Haricots Verts et Tomates (<i>Salad of French beans and tomatoes</i>)	70
Salade d'Endive (<i>Chicory salad</i>)	70
Salade de Fonds d'Artichauts (<i>Salad of globe artichokes</i>)	70
Salade Parisienne (<i>Parisian salad</i>)	71
Salade de Laitues à la Crème (<i>Lettuce salad with cream</i>)	71
Salade de Pissenlit (<i>Dandelion salad</i>)	71
Macédoine de Légumes Frais (<i>Macédoine of fresh vegetables</i>)	72
Salade de Turbot (<i>Turbot salad</i>)	72

FRANCE

SWEETS

	PAGE
Beignets Soufflés ou Pets de Nonne (<i>Soufflé fritters</i>)	73
Fromage à la Crème (<i>Cream cheese</i>).	74
Oeufs à la Neige (<i>Snow eggs</i>)	74
Baba au Rhum (<i>Cake with rum</i>)	75
Compote de Cerises (<i>Cherry compote</i>)	76
Pain Perdu (" <i>Lost Bread</i> ")	76
Soufflé au Chocolat (<i>Chocolate soufflé</i>)	77
Choux à la Crème et Eclairs (<i>Cream "choux" and "éclairs"</i>)	78
Les Crêpes (<i>Pancakes</i>)	78
Raisiné (<i>Grape juice jam</i>)	79



SUNDRIES

La Sauce Espagnole (<i>Espagnole sauce</i>)	80
La Sauce Béchamel (maigre) (<i>Béchamel sauce [with milk]</i>)	80
Sauce Béarnaise (<i>Béarnaise sauce</i>)	81
Oeufs en Cocotte (<i>Eggs en cocotte</i>)	82
Oeufs sur le Plat (<i>Eggs sur le plat</i>)	83
La Fondue (<i>Egg and cheese dish</i>)	83
Huitres aux Saucisses (<i>Oysters with sausages</i>)	84
Petits Pâtés Chauds (<i>Small hot patés</i>)	85
Anchoïade (<i>Anchovies and garlic</i>)	85
Le Beurre Blanc (<i>White butter</i>)	85

RECIPES OF ALL NATIONS

A FEW FRENCH CHEESES

	PAGE
Le Fromage Blanc (<i>White cheese</i>)	86
Le Fromage à la Crème (<i>Cream cheese</i>)	87
Le Bondon (<i>Cheese made of cow and ewe milk</i>)	87
Le Fromage Demi-Sel (<i>Salted cheese</i>)	87
Camembert	87
Brie	87
Coulommiers	87
Port Salut	87
Pont-L'Evêque	87
Mont-Dore	88
Gruyère	88
Cantal	88
Roquefort	88



A FEW FRENCH BEVERAGES

Le Café (<i>Coffee</i>)	89
Le Chocolat (<i>Chocolate</i>)	90
Citronnade (<i>Lemonade</i>)	91
Orangeade (<i>Orangeade</i>)	91
Sirop d'Orgeat (<i>Syrup of Orgeat</i>)	91
Sirop de Groseilles (<i>Syrup of gooseberries</i>).	92
Ratafia de Cerises (<i>Cherry ratafia, or cherry brandy</i>)	92



WINES OF FRANCE

93

Introduction

To choose one hundred representative dishes in the vast repertory of French cooking is a more formidable task than finding a needle in a bundle of hay. The number of national dishes is overwhelming, and the phantoms of those I have had to omit haunt me reproachfully. I have had to ignore more or less those of the *haute cuisine*, as this book is not intended for chefs. I have had to be blind to innumerable delicious regional *grands plats* and *petits plats*, and to all manner of succulent dishes on which, for centuries, the Frenchman has feasted. In selecting the following recipes, I have chosen those which I think are best adapted to English tastes, and those which are economically and easily made. I have deliberately refrained from giving a few excellent ones for frogs' legs and snails, as I am loath to encourage the belief prevalent among a large section of the public in this country that the staple articles of food in France are frogs and snails.

The art and science of cookery is essentially French. Although I have never met a Frenchman who is a glutton, I have never met one who is not an epicure. The French have an inborn appreciation of good food and an almost reverent attitude towards it. To them eating, like love, is not a mere physical function, as it is with animals and uncivilized man. The pleasure they derive from eating is intellectual and æsthetic, as well as physical. Other countries may produce good cooks, other countries may have excellent national dishes, but in no other country could the art of cookery have attained the same degree of perfection as in France. Just as the art of Watteau, Fragonard, Boucher, Lancret is typically French, so is the art of blending edible ingredients. The same indefinable quality of mind we find in Ronsard, Clement Marot, Montaigne and, in modern times, Anatole France, we also find in the great French culinary innovators of the past and present. There is the

same *finesse*, the same subtle delicacy of touch, the same unflinching sense of balance and proportion—all of which are essentially and typically French.

The history of modern French cookery dates from the time of the Renaissance, and owes much to Italian cookery. It reached its zenith during the reign of Louis XV, who was not only a gourmet, but also, we are told, an amateur cook of some talent. Many of the succulent dishes which still figure on modern menus—Chicken à la Bellevue, Chicken à la Villeroi, Béchamel Sauce, Soubise Sauce, Mayonnaise, to mention but a few—were “created” at this period, when every encouragement was given to those who practised the art of cookery. Men and women of note in those days took a keen and intelligent interest in cookery, and to them we owe a number of classical dishes. Henceforward, great strides were made in the art, and France boasts of a host of great chefs whose innovations enriched the repertory of French cookery.

The French peasant and the French working man are epicures in their way, and many excellent peasant dishes find their way to the bourgeois table. Bad food rouses the righteous indignation of all classes of the community in France, and I have the greatest admiration and respect for the French woman—be she peasant, worker or *grande dame*—who is as careful about the food which is eaten in her home as she is about her personal appearance. Her food is as “well-groomed”, elegant and tempting as Madame herself.

I wish to thank Monsieur E. Herbodeau, *chef de cuisine* at the Carlton Hotel, London, for doing me the honour of reading the French section of my book. Monsieur Herbodeau is not only one of Escoffier’s most brilliant pupils and one of the greatest exponents of the art of gastronomy, but is also a scholar and an authority on the history of French cookery. It was, therefore, very gratifying that my book should have met with his approval, and that he should confirm the authenticity of the national French recipes therein given.

Soups

LE POT-AU-FEU

(The stock-pot)

The "pot-au-feu" is as much of a national institution in France as tea-drinking is in England. It is made at least once a week in every bourgeois household. The French peasant's principal meat dish consists of the meat from the stock-pot, and the chef gives us a supreme version of it, which goes to the making of the most perfect of all clear soups—the *consommé*. But to obtain a really good pot-au-feu, both time and patience are required—hours of slow and steady boiling will alone extract all the substance from the bones, and at least three-quarters of an hour's careful and continuous skimming will alone give us stock free from grease. Those are the two fundamentals, and however fresh and good the bones or meat, we shall get a poor pot-au-feu unless these rules be observed. The French peasant deliberately refrains from skimming the soup, in the belief that it is more nourishing and satisfying, but all good French cooks or chefs recognise the importance of both processes, and do not shirk the task of careful skimming. In the kitchens of large restaurants, the bones intended for making stock, chopped in small pieces, are put in cold water, which is brought to the boil, and then simmered for 12 to 15 hours. And the next day, this bone stock is used for cooking the soup meat. If this meat is to be served at table—as it is in most French households—it is left whole, and only cooked for 2½ to 4 hours, according to the weight. If, however, its sole purpose is the actual making of a strong stock, it is then chopped up and cooked for the maximum length of time, when all its substance has been extracted, and it is no longer good for eating purposes. The best cuts to use are the shin of beef, the thin flank, the brisket—and a choice piece, if the meat is to be served at table as "bouilli" (see p. 39), is either the

topside or fresh silverside. The stock is greatly improved by the addition of the neck, liver, gizzard, heart of a fowl, or by chicken bones, but neither game, mutton, pork or ham should ever be added to the pot-au-feu.

The proportions given in the following recipe will make about 2 quarts of excellent stock, and I give the "family" recipe, in which the meat can be served separately as the "bouilli"—a somewhat glorified version of plain "boiled beef."

Ingredients: 2½ lbs. of topside of beef, 1 lb. of bones, 3 ozs. of carrots, 2 ozs. of turnips, 3 ozs. of leeks, 3 onions, 1 of which should be stuck with 2 cloves, 1 oz. of parsnips, 1 small stick of celery, a bouquet of mixed herbs, salt, 3 quarts of water.

Method: Put the bones in a large saucepan with the cold water, bring to the boil gradually and, when the scum begins to rise, skim carefully. Simmer gently for as many hours as possible—the longer the better. In cases where economy of fuel has to be studied, the time has to be curtailed, and not more than 3 to 4 hours can be spared for this process of boiling the bones alone. When done, strain the bone stock into a basin through a cloth wrung out in cold water. Keep the stock in a cold place, and the next day remove carefully any fat that has set on the surface. Put the meat in a saucepan, add the warm bone stock, bring slowly to the boil, and skim until the stock is free from all scum. During the process of skimming, a few tablespoons of cold water may be added occasionally, as this makes the scum rise to the surface. The sliced vegetables are then added, and the salt and herbs. Cover the saucepan, but tilt the lid, so that there will be an opening of about 1½ inches to let the steam escape. This helps to keep the stock clear. Simmer *very gently* for 3½ hours, till the meat is quite tender. When the meat is removed from the saucepan, again strain the stock through a wet cloth into a basin. The stock is then ready for use, but it is preferable to wait until it is cold, when a little grease may still rise to the surface and can be removed.

The alternate and quicker method is to cook both bones and meat at the same time, but the above method undoubtedly gives the best results.



BOUILLABAISSE (Provençal fish soup)

It is impossible to have a real bouillabaisse in England, as our seas are lacking in the variety of fish which goes to the making of the genuine soup. Somehow, too, quite apart from the distinctive flavour of the fish used in the making of bouillabaisse at Marseilles, the eating of it in cold blood, on a foggy day in London, Birmingham or Manchester, for instance, seems all wrong. You want the hot sun of Provence, the exuberant and voluble waiter, the marseillais, bubbling over with enthusiasm over his famous local dish; and even if his black beard occasionally gets imbibed with it—well—it is all part of the fun of eating bouillabaisse. Thackeray waxed enthusiastic about it—although he misspelt the name—and wrote the following verse:

“This Bouillabaisse a noble dish is,
A sort of soup, or broth, or brew.
A hotch-potch of all sorts of fishes
That Greenwich never could outdo;
Green herbs, red peppers, mussels, saffron,
Soles, onions, garlic, roach and dace . . .”

The recipe I give below for bouillabaisse is that of the famous provençal chef, J. B. Reboul, but I have substituted for the list of fish he gives, most of which are unobtainable in this country, a list of some of our more common fish.

Ingredients: A small lobster or langouste, fresh haddock, turbot or brill, gurnet, bream, whiting, eel, crab—the weight of the fish should be altogether 2 lbs, when the meat has been removed from the lobster or langouste. Two large onions, 3 cloves of garlic, 2 tomatoes, a sprig of thyme, 1 of fennel, parsley, 1 bayleaf, a strip of orange peel, $\frac{1}{2}$ a

tumbler of oil, salt, pepper, a good pinch of saffron and sufficient boiling water to cover the fish. Slices of bread.

Method: Cut the fish into 2 inch lengths, keeping the coarse and the more delicate fish on separate plates. Put the chopped onions, the garlic, well crushed with the blade of a knife, and the chopped tomatoes, in a saucepan, with the oil, the herbs and orange peel. Add the coarser varieties of fish, cover with boiling water, and cook for 5 minutes on a very quick fire. Then put in the remaining fish, continue boiling fast for another 5 minutes—10 minutes hard boiling altogether. Remove from the fire, strain the liquid into soup plates on slices of bread, arrange the fish on a hot dish, sprinkle with chopped parsley, and serve at the same time. The fish is sometimes put on the bread in the soup plates. The object of this very fast boiling is that the oil and water will blend more thoroughly. In slower cooking, the oil would not mix properly and would rise to the surface. And if the fish is cooked any longer, it will break and spoil in appearance and flavour.



GARBURE

(Cabbage and salt pork soup)

This is more or less a rustic soup, but is very delicious. Every district in France has a slightly different version of it, and the one I give hails from Gascony.

Ingredients: 1 cabbage, 1 lb. of salt pork, $\frac{1}{2}$ pint of haricot beans, previously soaked, 3 or 4 large potatoes, 2 large carrots, 1 large turnip, 1 or 2 leeks, 2 onions, 1 clove of garlic (optional), a sprig of thyme, salt and pepper.

Method: Blanch the cabbage, and quarter it. Put it in a saucepan with the haricot beans, previously soaked, the potatoes, peeled and halved, the sliced carrots, turnip, leeks, onions, garlic, and cover with cold water. Season highly with salt and pepper. Simmer gently for $1\frac{1}{2}$ hours. Then add the pork, and simmer for another hour, or till the pork is quite tender. Put in each soup plate a slice of bread,

previously cooked in a little butter to a golden colour, and pour the purée of vegetables over it. The pork is usually served separately.



BRUNOISE

(Vegetable soup)

The brunoise is an excellent soup, and is usually made with stock. But the recipe given below is that of Brunoise maigre—with water, instead of stock.

Ingredients: 2 large carrots, 1 large onion, 1 small leek, 1 stick of celery, 2 turnips, when in season, 2 or 3 tablespoons of peas and 8 or 10 French beans, butter, salt and pepper, just under 2 pints of warm water.

Method: Cut all the vegetables in neat little dice, and put these (with the exception of the peas and beans) in a saucepan with a little butter. Simmer very gently on a slow fire, stirring occasionally, till the vegetables are well browned. This will take about $\frac{3}{4}$ of an hour. Then add the water, season with salt and pepper, bring to the boil and simmer for $1\frac{1}{2}$ hours. Add the peas and beans $\frac{3}{4}$ of an hour before serving.



POTAGE AUX HERBES

(Sorrel, lettuce and chervil soup)

“Herbes” in France does not mean only herbs, as we understand the word, but also includes sorrel, lettuce, etc.

Ingredients: $\frac{1}{4}$ lb. of sorrel, $\frac{1}{2}$ a small lettuce (outer leaves not to be used), 1 heaped tablespoon of chervil, the yolks of 2 eggs, $2\frac{1}{2}$ pints of good stock, 1 tablespoon of butter, croûtons of fried bread, salt and pepper.

Method: Pick and wash the sorrel and the lettuce and cut in thin strips. Pick the chervil from the stalks and chop coarsely. Put all in a saucepan with a little butter and simmer very slowly for 30 minutes, till the vegetables are quite tender. Now add the stock, cover the saucepan and

simmer for another $\frac{1}{2}$ an hour. Ten minutes before serving, mix the yolks of eggs in a basin with a little cold stock. Remove the saucepan from the fire, and add gradually a few spoonfuls of the warm stock to the eggs, then add the egg mixture gradually to the soup, stirring well. Replace the saucepan on the fire. Put in a small pat of butter just before serving. Small dice of bread—*croûtons*—fried in butter, are served with this.



LA SOUPE AUX CONGRES (Eel soup)

This is an inexpensive soup which is very popular in France.

Ingredients: 2 lbs. of conger eel, 4 tablespoons of tomato purée, 2 onions, 3 or 4 potatoes, 1 or 2 cloves of garlic, a bouquet of mixed herbs, 1 small bayleaf, salt and pepper, water.

Method: Cut the eel in 3 or 4 inch lengths, and sprinkle it with salt—the French always use “gros sel,” a very coarse salt, which gives an excellent flavour—and let it stand for a few hours, or overnight. Then wash the pieces, and cook gently for about 10 minutes in a little butter. Slice the onions finely and brown in hot butter. Now put the pieces of eel in a saucepan, add about 3 or 4 pints of water, the onions, the tomato purée, the seasoning, bring to the boil and simmer till the fish is quite tender, which will take about 1 hour. If the potatoes are large, they should be added about $\frac{3}{4}$ of an hour before serving, if small, $\frac{1}{2}$ an hour will be sufficient. In some parts of France, the pieces of eel are left whole, and eaten separately, as in Brittany, or the eel can be removed from the soup, skinned, and rubbed through a sieve, this purée being well mixed into the soup.

LA SOUPE AUX MARRONS

(Chestnut Soup)

Ingredients: 3 or 4 dozen chestnuts, 1 oz. of gammon, cut in dice, 1 large potato, 1 or 2 carrots, 1 bayleaf, water, stock, salt, pepper, croûtons of fried bread.

Method: Shell the chestnuts and put them in cold water with a little salt and bring to the boil. Peel them carefully and put in a saucepan with the carrots, cut in half, the potato cut in 2 or 3 pieces, and the seasoning. Add 1 pint of water, and simmer till the chestnuts are quite tender. Then rub the chestnuts, the carrots and the potato through a sieve, put this purée into a saucepan and add a little hot stock to thin the purée. Stir well, simmer for a few minutes, and serve with croûtons of fried bread. A little sugar is sometimes added to this soup.



LA SOUPE AUX MOULES

(Mussel soup)

This recipe comes from Provence, and the formula is that of the provençal chef, Maître J. B. Reboul.

Ingredients: 4 or 5 dozen mussels, 1 onion, 1 leek (the white part only), 6 ozs. of rice to each quart of water, a pinch of saffron, salt and pepper.

Method: Put the mussels in a saucepan with just under 1 quart of water, 1 chopped onion, and 1 or 2 bayleaves. Cover and cook for a few minutes, till the shells are opened, then pour the liquid into a basin through a sieve. Remove the mussels from their shells and put them on a plate. Put 2 or 3 tablespoons of oil in a saucepan and, when hot, add the leek, finely chopped, and cook till brown. Add the water in which the mussels were cooked, add the rice, the saffron, and simmer till the rice is tender. The mussels are added a few minutes before serving. A chopped tomato is sometimes added, and often vermicelli is used instead of rice.

POTAGE CRÈME DE POTIRON

(Pumpkin soup)

Ingredients: 1½ lbs. of pumpkin, 1 large tomato, 1 small onion, the yolks of 2 eggs, 1½ pints of boiled milk, butter, 1 teaspoon of sugar, and a little salt and pepper.

Method: Peel the pumpkin and cut in 3 inch lengths. Halve the tomato, and cut the onion in thin slices. Put all in a thick saucepan with a closely fitting lid. Do not add any liquid of any kind. Put the saucepan in a slow oven or on a very slow fire for 1 hour. Then rub all through a sieve into a basin. Put the purée into a saucepan and dilute with the hot milk. Season with salt, pepper and sugar. Mix the yolks of eggs in a basin, and dilute with a little cold milk, remove the saucepan from the fire, mix a little of the hot soup to the eggs, and then add the eggs to the soup. Stir for a few minutes, and serve with croûtons.



LA SOUPE DES NOCES OU TOURIN
AUX TOMATES

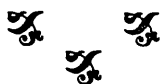
(The nuptial soup or tourin of tomatoes)

So called because it is the custom in Périgord for the wedding-guests to take this soup to the newly married couple in the middle of the night, breaking into the nuptial chamber with the hot *tourin* which, willy-nilly, the young people are compelled to have. Needless to say that by this time the guests, having feasted well, are very merry, and their intrusion is a somewhat noisy affair—and very disturbing!

Ingredients: 6 large tomatoes, 1 onion, 1 tablespoon of vermicelli, 2 pints of water, salt and pepper.

Method: Chop the onion finely and quarter the tomatoes. Put in a saucepan with a little butter and simmer gently for about 15 minutes. Cover with warm water, bring to the boil, and simmer for 1 hour. Season highly with salt and

pepper. Pour the contents of the saucepan through a sieve into a basin and rub the tomatoes and onion through a sieve. Put all in a clean saucepan, bring to the boil, and 10 minutes before serving add the vermicelli, and a few pieces of toasted bread.



Fish

The French have a far wider choice of fish than we have in this country, and they have an infinite variety in the ways of cooking it. A Frenchman would think he had grounds for divorce if his wife were to give him always plain boiled, steamed, or fried fish, without some accompanying sauce, whether one of plain melted butter, or something to relieve the heartbreaking insipidity of "just plain fish." They make a far more extensive use in France of fresh-water fish, and some of the most delicious recipes are intended for these.

Here are a few typical French ways of "dressing" fish.



LES FILLETS DE SÓLE AU CIDRE

(Filets of sole with cider)

This recipe, which contains cider, comes, of course, from Normandy. Cider is used as much in cooking in Normandy as white wine in other districts of France, and is a very good substitute for wine.

Ingredients:—The number of filets of sole required, 2 or 3 shallots, 1 or 2 glasses of cider, according to the number of filets, flour, butter, salt and pepper.

Method: Put the filets in a fire-proof dish, season them with salt and pepper; sprinkle with the chopped shallots,

and pour the cider over them. Cook in a moderate oven for about 15 to 20 minutes, or till the fish is tender. When done, put the cider in a small saucepan, add 3 or 4 tablespoons of butter, a little flour, stir well, till it begins to thicken slightly and is perfectly smooth, add 1 teaspoon of chopped parsley and pour over the fish.



LA SOLE FÉCAMPOISE

(Fillets of sole Fécampoise)

Ingredients: The number of fillets of sole required, 12 or more mussels, $\frac{1}{2}$ pint or more of prawns, Béchamel sauce (see page 80), 3 or 4 tablespoons of cream, puff pastry, salt and pepper.

Method: The fillets are poached in boiling salted water for a few minutes, till tender, well drained and arranged neatly on a dish. Cover with the following sauce: Put 1 oz. of chopped onion and the same of carrot in a small saucepan with 1 oz. of butter and simmer gently for 10 minutes. Remove from the saucepan and set aside. Put 2 ozs. of butter in the same saucepan, and when melted add $1\frac{1}{2}$ of flour, and work to a smooth paste. Add gradually $\frac{1}{2}$ pint of boiling milk, and keep stirring. Season with salt and pepper, add the onion and carrot, and simmer very gently for $\frac{3}{4}$ of an hour, without boiling. Meanwhile, shell the prawns, and pound the shells to a smooth paste in a mortar, with a little over half their weight in butter, and then rub through a sieve. Now strain the Béchamel sauce, put it in a saucepan and add the cream. Stir till it thickens. Remove from the fire and stir in the prawn butter, adding it gradually. When quite dissolved, add a dash of cayenne pepper, pour over the fish, and garnish with the cooked mussels, the prawns, and small fancy shapes of puff pastry.

LA BRANDADE DE MORUE

(Brandade of salt cod)

This is a most popular dish throughout France, and hails from Nîmes. It is often called "the glory of Nîmes," and you will be told there that nowhere else can you get a perfect *brandade*, but I have had equally delicious ones in Paris, and even in England—in my own home!

Ingredients: 1 lb. of dry salt cod, 1 gill of salad oil, 1 gill of milk, the juice of 1 lemon, 1 clove of garlic, white pepper, a pinch of grated nutmeg, small slices of fried bread.

Method: Soak the cod for 12 hours in cold water. Scale the fish, cut it up in several pieces, and put in a saucepan of cold water. Bring to the boil, and remove at once from the water. Skin the pieces of fish and remove all the bones. Replace the fish in a saucepan, on a very slow fire—this is an essential factor in the success of the *brandade*—and stir in, with a wooden spoon, first a tablespoon of warm oil, to which the pounded garlic has been added, then one of warm milk and so on, till all the oil and milk are used up, and till the *brandade* presents the appearance of a thick and smooth white purée. Season with pepper, nutmeg, the juice of 1 lemon, and a little salt if necessary. Put on a hot dish and garnish with thin slices of bread, previously fried in butter.



L'AIOLI GARNI

(Garnished Aioli)

Although many people in this country have a strong prejudice against garlic, even those who have not tasted it, no book of national French cookery would be complete without a recipe of aioli, which is more or less just a garlic mayonnaise. To those who like the flavour of the precious bulb, it is one of the most delicious things France has produced and, although other countries have their versions of aioli, the French one remains the most perfect.

Ingredients: For the aioli: 2 cloves of garlic for each person, 1 yolk of egg to every two people, salad oil, a few drops of lemon juice and a pinch of salt.

Dry salt cod, potatoes boiled in their skins, boiled carrots, a little fennel, and 2 or 3 cloves.

Method: Soak and cook the fish as in the previous recipe. When done, drain, put on a dish, surround with the carrots and potatoes and sprinkle with the fennel.

To make the aioli, peel the cloves of garlic, and pound them in a mortar, add the yolks of egg and mix thoroughly. Add a few drops of water. Then proceed exactly as in the making of a mayonnaise. Pour in the oil drop by drop, stirring in the same direction all the time with a wooden spoon. When of the consistency of thick mayonnaise, add a pinch of salt, and a few drops of lemon juice.



ANGUILLE EN MATELOTE

(Eel en matelote)

There are many versions of this excellent and typical French dish, and each district boasts of its special matelote. I give the one which is usually served in Paris, and which is easily made.

Ingredients: 2 lbs. of eel, $\frac{1}{2}$ pint of red wine, 1 gill of stock or water, 5 ozs. of onions, $\frac{1}{2}$ a clove of garlic, 1 oz. of flour, $1\frac{1}{2}$ ozs. of butter, mixed herbs, salt and pepper.

For the garnish: $\frac{1}{4}$ lb. of mushrooms, 12 pickling onions, a few Dublin Bay prawns (when available), croûtons of fried bread.

Method: Put the sliced onions in a large saucepan with the fish, cut in 3 inch lengths, the chopped herbs, garlic and a little salt. Cover with the wine and stock or water, put the lid on the saucepan, bring to the boil, and boil moderately fast for 15 minutes. Remove the pieces of eel from the liquid, and strain the latter through a sieve into another saucepan. Let it boil till reduced by one-third. Now add the

butter and flour, which should have been well worked together, the mushrooms, previously cooked, and the onions, cooked in butter to a golden colour. Cook for a few minutes longer. To dish up, pile the pieces of eel in the centre of the dish, pour the sauce over them, and garnish with the mushrooms, onions and croûtons of fried bread.



TRUITE AU BLEU

(Marinated trout)

The rivers of France abound with various kinds of small trout, and one of the most popular ways of cooking them is "au bleu"—the boiling vinegar in which they are plunged turning them a vivid blue. But to obtain a perfect dish of "truites au bleu", it is essential that the fish should be perfectly fresh, rapidly cleaned as soon as it is caught, and at once immersed in the boiling vinegar, without being either scaled or washed. Many a country inn throughout France is noted for this dish, and within three or four minutes of being removed from the cool water of a stream or brooklet, the trout find themselves in the boiling, aromatic and highly seasoned *courtbouillon*.

For this, equal parts of water and vinegar are used, onions, a sprig of parsley, thyme, a small bayleaf, coarse salt, and a few peppercorns—the latter being added 10 minutes before the liquid is strained. Put all these ingredients in an enamel or earthenware saucepan (aluminium should never be used for cooking acids), bring to the boil and simmer for 30 minutes. Strain through a cloth, replace in the saucepan, bring to the boil and add the fish. Simmer for 4 to 5 minutes, according to the size of the fish. Remove the fish from the saucepan, and serve with a melted butter sauce, or a Hollandaise or Mousseline sauce.

They can also be served cold, with a mayonnaise sauce.

MACQUEREAUX AUX GROSEILLES

(Mackerel with gooseberry sauce)

This simple way of serving mackerel is very popular in France, and has existed for several centuries. It is mentioned in a cookery book of the beginning of the XVIII century, and was apparently a well-known dish even at that time.

Ingredients: The number of mackerel required, $\frac{1}{2}$ lb. or more of gooseberries to each mackerel, sugar to taste, a little water, a sprig or two of fennel.

Method: The mackerel may be either boiled in salted water with a little fennel, or grilled and sprinkled with chopped fennel. There are several ways of preparing the gooseberry sauce, but in the average household it consists of a purée of gooseberries, made by putting the fruit in a saucepan with 1 or 2 tablespoons of water and sugar to taste, and simmering till the gooseberries are sufficiently tender to rub through a sieve. Sometimes the purée is added to a sauce of melted butter, or to a Béchamel sauce (see page 80).



LANGOUSTE À L'ARMORICAINE

(Crayfish à l'Armoricaïne)

“À l'Armoricaïne” must not be confused with the appellation “à l'Américaine”, given to the famous lobster dish. Armorique was the name of Brittany until the influx of Celts from Britain, when Brittany was an important province and duchy. The copper-coloured crawfish or langouste is much more popular in France than in England; it is usually larger than a lobster, and has no pincers or claws. The meat is more delicate and tender than that of a lobster.

Ingredients: 1 langouste, 2 small crabs, (and, when obtainable, 1 thorn-back or spider-crab), 2 tomatoes, 1 glass of

white wine, mixed herbs, 2 shallots, butter, salt, pepper and cayenne.

Method: Melt $\frac{1}{4}$ lb. of butter in an earthenware casserole, cut the pieces of langouste in round pieces about 1 inch thick, and cook on a quick fire for 5 to 10 minutes. Remove the pieces of langouste from the casserole, and add to the butter^s in which they were cooked a paste made by pounding in a mortar the shells and meat of the crabs and rubbing through a sieve. Stir this into the butter till perfectly smooth. Then add the finely chopped shallots, the herbs, the tomatoes, peeled and quartered, and the wine, and season with salt, pepper and cayenne. Simmer for 30 minutes and place the pieces of langouste in the sauce, and cook for a few minutes longer.



LES MOULES MARINIÈRES

(Mussels marinières)

This is a most popular dish in France, and each province has its own particular way of doing it. The recipe given below, however, is one of the more usual ways of preparing mussels marinières.

Ingredients: Cooked mussels, 1 shallot, just over 1 gill of white wine, 1 teaspoon of chopped parsley, 3 ozs. of butter, 2 tablespoons of fine white breadcrumbs. Salt and pepper.

Method: Put the chopped shallot and the white wine in a saucepan, and reduce by one third on a quick fire. Add to this 1 gill of the water in which the mussels were cooked, being careful to strain it, so that it is not muddy. Bring to the boil and simmer gently for a few minutes. Remove the saucepan from the fire and add the butter, divided in small pieces, the fine breadcrumbs, the parsley, a little lemon juice, salt and pepper, stirring well. Put the cooked mussels in the sauce and warm up, without boiling. To serve, pour the whole of the contents of the saucepan on a hot dish.

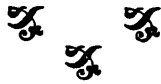
LES MERLANS BERCY

(Whiting bercy)

This is one of the specialities of Ile-de-France, and is a delicious way of cooking whiting or cod.

Ingredients: A few whiting, $\frac{1}{4}$ lb. of mushrooms, shallots, parsley, 1 glass of white wine, butter, 1 bayleaf, salt and pepper.

Method: Put a small piece of butter, worked with chopped parsley and shallot, in each whiting, and lay the fish in a buttered fireproof dish, on a layer of chopped shallots and parsley. Season with salt and pepper, add the bayleaf, the white wine, the mushrooms, previously cooked in butter and chopped. Dot with pats of butter, and cook for about 20 minutes in a moderate oven. Serve in the same dish in which they were cooked.



Light Entrées

The French are very fond of these light entrées, and often they constitute the principal dish of their middle day meal. They have innumerable entrées and *petits plats*, and English cooks would do well to learn some of them, and not inflict roast or boiled joints and plain boiled vegetables and puddings on us year in and year out.



LE GODIVEAU

(Force-meat balls)

This is an essentially Parisian entrée, and the same ingredients are used for the delicious *quenelles* which garnish *vol-au-vents* and other dishes.

Ingredients: For about 30 godiveau— $\frac{1}{4}$ lb. of fillet of veal, 6 ozs. of beef-kidney fat, which should be quite dry, 2 eggs, 6 tablespoons of milk, $\frac{1}{2}$ oz. of butter, 1 oz. of flour, salt and pepper.

Method: The godiveau force-meat should be prepared several hours, or even the day before it is wanted, as it is then easier to handle. Take off the skin and any fibres from the kidney fat, and break it up in small pieces. Cut the veal in small pieces, put it through the mincer, then pound it in a mortar with the salt and pepper. Remove from the mortar, and pound the kidney fat. Have ready a paste made by putting the butter in a saucepan with the milk. When boiling fast, remove from the fire, and add the flour, stirring well. Replace on the fire, and cook till the mixture is very thick. When cold also pound this in a mortar. Now put all three ingredients back in the mortar, pound together, then add 1 whole egg, well beaten, continue pounding, then add the other egg. When the mixture is perfectly smooth, rub through a sieve and put it on a dish, spreading it in a thin layer. Cover with buttered paper and let it stand in a cool place. Then shape into small balls, about the size of a golf ball, and either poach in boiling water or stock, or else put on buttered paper in a very moderate oven for 10 minutes.



LES PIEDS DE VEAU A LA SAINTE-MENEHOULD (Calves' feet à la Sainte-Menehould)

This is a simple recipe, very popular all over France.

Ingredients: The number of calves' feet required, yolk of egg, 2 tablespoons of salad oil, white breadcrumbs, salt and pepper.

Method: With a sharp knife split the calves' feet, which should have been thoroughly cleaned and scalded, tie with string and either boil or braise them. When done, let them stand till cold. Then dip them in the beaten yolks of 2

eggs, mixed with the salad oil, coat evenly with fine white breadcrumbs to which salt and pepper have been added, and grill till they are a golden brown.



LES CÈPES À LA BORDELAISE (Cèpes à la Bordelaise)

The cèpe is a fungus, very popular in France, and although it grows in England it is very little known and difficult to procure in this country. But large mushrooms are equally nice done in this way.

Ingredients: A few cèpes or large mushrooms, 1 large shallot or 2 small ones, $\frac{1}{2}$ clove of garlic, a few sprigs of chopped parsley, salt, pepper and salad oil.

Method: Peel the cèpes or mushrooms carefully and put them in a deep frying pan of hot oil with the stalks uppermost. Cook for about 10 minutes, then turn them and cook slowly for another 5 or 8 minutes till they are tender. When they are half done, add the chopped shallots, garlic, and season well with salt and pepper. Serve on a very hot dish, pour a little of the hot oil, shallots and garlic over them and sprinkle with the parsley.



LES RILLONS DE TOUR (Potted pork)

Ingredients: 1 lb. of lean pork and 1 lb. of fat pork, spices, salt and pepper.

Method: Cut both the lean and fat pork into small pieces, and cook very slowly in a saucepan for 3 to 4 hours, with 2 or 3 tablespoons of water, the spices and the salt and pepper. When done, drain well and put through the mincer, then rub through a sieve. Put the rillons in little pots and cover with warm clarified fat. They will keep for some time in a cool place.

ARTICHAUTS FARCIS À LA BARIGOULE

(Stuffed artichokes à la barigoule)

This tasty dish, so popular throughout France, is of ancient origin, and is mentioned in a French cookery book dated 1750. The word "barigoule" is the local name in Provence of a certain kind of mushroom.

Ingredients: For six people—6 globe artichokes of equal size. For the stuffing— $\frac{1}{2}$ lb. of mushrooms, $1\frac{1}{2}$ ozs. of chopped onion, $\frac{1}{2}$ oz. of chopped shallot, 1 yolk of egg, a little garlic (optional), 4 ozs. of grated bacon fat, 1 oz. of butter, 2 tablespoons of oil, 6 thin rashers, salt and pepper. For braising—a few rashers of fat bacon, 3 or 4 carrots, 3 or 4 onions, mixed herbs, a glass of white wine, $\frac{3}{4}$ of a pint of stock, preferably veal stock, a sprinkling of flour.

Method: Remove some of the large, coarse leaves from the artichokes, and nip off the ends of the remaining leaves with a sharp pair of scissors. Blanch the artichokes in a large saucepan of boiling salted water for not longer than ten minutes. Drain thoroughly on a colander. Carefully remove the centre leaves, and with a small sharp knife remove the choke, and put a spoonful of the following stuffing in each: Melt a little butter in a saucepan, add a few tablespoons of stock, and cook the finely chopped mushrooms with the salt pork, which should have been minced. Mix all thoroughly. Add the yolk of an egg, the shallot and garlic, and season with salt and pepper. When the artichokes are stuffed, put a rasher of bacon over each and tie with a piece of string. Put some rashers of fat bacon in a large saucepan, over them put the sliced vegetables, and place the artichokes on these. Add the stock and the white wine, and season with salt and pepper. Cover the saucepan and simmer gently for about 1 hour, till the artichokes are tender. For serving, remove the rasher from each artichoke, strain the gravy, and put it in a small saucepan. Add a sprinkling of flour, stir well and, when it begins to thicken, pour over the artichokes.

LES AUBERGINES FARCIES
(Stuffed aubergines)

That delicious vegetable so attractive to look at, with its smooth and shiny purple skin, is almost as popular in France, Spain, Italy and Turkey, as the cabbage is in England. For some years now, it has made its annual appearance on the English market, and I have found it in most unexpected and out-of-the-way places and small towns in this country, although often the greengrocer who sells it is bewildered when a customer wants to know how it is cooked.

Ingredients: Allow $\frac{1}{2}$ a large aubergine for each person. 1 teaspoon of cooked ham for each $\frac{1}{2}$ aubergine, 1 of cooked meat or poultry, 1 of fine white breadcrumbs, 1 or 2 eggs, salt and pepper.

Method: Cut the aubergines in half, lengthwise, and either cook them in hot oil or butter till tender, or else blanch them in salted water. They must not be over-cooked, and must be fairly firm. When done, drain on a colander, then remove their pulp, and put it in a sauté pan with either hot butter or oil, the chopped ham, the chopped meat, breadcrumbs, season with salt and pepper and bind with the eggs. Mix all well, and cook for about 10 minutes. Stuff each half of the aubergines with the mixture, put them in a well-buttered fireproof dish, sprinkle each with white breadcrumbs, and put small pieces of butter on the top of the aubergines. Cook in a moderate oven for 20 minutes.



ROGNONS SAUTÉS AU VIN BLANC
(Kidneys sautés in white wine)

This is a favourite luncheon dish in France, one of those excellent *petits plats*, dainty and yet sufficing.

Ingredients: The number of lamb kidneys required—allow 2 for each person—1 glass of white wine, butter, a little flour, 1 bayleaf, salt and pepper.

FRANCE

Method: Remove the fat and skin from the kidneys, and cut in very thin slices. Melt the butter in a sauté pan and, when very hot, put in the sliced kidneys, the bayleaf, and season with salt and pepper. Cook for a few minutes on a brisk fire, shaking the pan, and turning the kidneys with a spoon. When nearly done—they should not take longer than 8 to 10 minutes in all—sprinkle with a little flour, stir it in well, then remove the pan from the fire, and add the white wine. Replace on the fire, and stir a few minutes longer. Serve very hot.



RISSOLES À LA PARISIENNE

These light and dainty rissoles, with their delicious filling, are typical of Parisian cooking, and as the use of puff pastry is much more widespread than in this country, rissoles adorn the table of both rich and poor.

Ingredients: Puff pastry, cold chicken or any cold meat or game, a little lean ham, a few cooked mushrooms, the yolks of 1 or 2 eggs, a little bread soaked in milk, chopped parsley, salt and pepper.

Method: Mince all the ingredients very finely, and bind with the eggs. Season highly with salt and pepper. Roll out the puff pastry on a floured board to a thickness of about a tenth of an inch, and with a three inch cake cutter, cut in neat rounds. On each round, place a little of the mixture, fold the rissole over, and press the edges firmly together. Fry them in boiling fat—preferably in oil—drain on a cloth, and serve very hot, garnished with fried parsley.



SAUCISSES AU VIN BLANC

(Sausages with white wine)

This is a typical bourgeois French dish, and the sausages used are often home-made, especially in country districts.

Ingredients: The number of sausages required, butter, a sprinkling of flour, a glass of white wine, 1 or 2 tablespoons of cream, slices of bread fried in butter, salt and pepper.

Method: Put the sausages in a pan with plenty of butter, and place in a moderate oven. When half cooked, sprinkle them with a little flour, add the wine, season with salt and pepper, and simmer on a slow fire till they are done. Just before serving, mix in the cream. Have ready the slices of bread, previously fried to a golden colour in butter, put these on a hot dish, and on them lay the sausages. Pour the sauce over them and serve very hot.



POMMES DE TERRE AU LARD

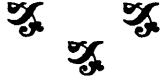
(Potatoes with salt pork)

Vegetables are usually served as a separate course in France, except when they have been cooked with the meat, or as a garnish for a particular dish. Potatoes with gammon makes quite a substantial luncheon dish.

Ingredients: For 6 people—About 1½ lbs. of potatoes, ¼ lb. of lean gammon, 2 ozs. of butter or fat, 2 ozs. of chopped onion, 1 tablespoon of flour, ½ pint of stock, 6 tablespoons of white wine, mixed herbs, 1 teaspoon of chopped parsley, salt and pepper.

Method: Choose potatoes as much as possible of the same size. Peel them carefully, divide in quarters, and trim neatly, removing any sharp angles. Wash and drain the quartered potatoes. Cut the lean gammon in small dice, and blanch in boiling water for a few minutes. Dry them in a cloth, and fry them in butter till they are just beginning to brown. Remove them from the butter, and put the onion in the same butter. Cook very slowly, without browning. When quite tender, and when it begins to turn slightly yellow, add the flour, stir well, and cook for another 5 minutes. Then add the stock, the white wine, the herbs, the potatoes and gammon, and season with a little pepper. Bring to the boil,

cover the saucepan with a lid, and simmer very gently for about 40 minutes, till the potatoes are tender, but still firm. Put them on a hot dish with the gammon, and strain the sauce over them.



Meat

Although the French are past masters in the arts of roasting and grilling, I have not chosen, among the following dishes, any recipes for these two methods of cooking, as they belong to no nation in particular, and are among the most ancient of those adopted by man, the only "cooking-animals" from time immemorial. I have chosen only such dishes as I think representative of French cuisine.



LE BOUILLI

(Boiled beef or soup meat)

I have already spoken of this famous and ever-popular dish in the recipe for *Pot-au-Feu*, and the recipe will be found on p. 17. The soup meat is removed from the saucepan, put on a hot dish, surrounded by the vegetables cooked in the stock, and a few tablespoons of the stock is poured over the meat. It is sprinkled with *gros sel* (coarse salt), and the dish garnished with a few sliced gherkins. It is usually accompanied by either tomato, piquante, horse-radish or caper sauce. This is a most excellent dish.

LES TOURNEDOS

This succulent way of trimming and cooking fillet of beef is typically French, and is certainly one of the most appetising ways of eating this choice cut. The sauces and garnishes which accompany the tournedos are innumerable—Escoffier mentions nearly 100—but I will content myself with giving one which is very popular, and one which, when cooked, seasoned and prepared in exactly the right manner, is one of the best dishes France has to offer.



TOURNEDOS À LA BÉARNAISE

(Small fillets of beef à la Béarnaise)

Ingredients: 3 or 4 lbs. of fillet of beef, cut lengthwise in the French way, rounds of fried bread, butter, salt and pepper. For Béarnaise sauce, see p. 81.

Method: Cut the fillet into slices just under 2 inches thick, and trim them into rounds measuring about $3\frac{1}{2}$ inches in diameter. Remove every particle of fat or gristle. Shape into rounds, and tie with string, so that when cooked they will retain their shape. Each tournedos should weigh about 3 ozs. Sprinkle with a little salt and pepper, and put them in hot butter and oil in a sauté pan, on a fairly quick fire. As they should be somewhat underdone inside, cook for 5 minutes on one side, and turn and cook for 5 minutes on the other. If preferred a little more done, allow a minute or so longer. Dress them on rounds of bread, previously fried to a golden tint in butter, and cut slightly bigger than the tournedos and surround with potatoes château—potatoes shaped into large olives, seasoned with salt and pepper, and cooked slowly in clarified butter to a golden colour, and sprinkled with chopped parsley. Then either put a little of the sauce béarnaise on each, or hand the sauce around in a sauceboat.

LE BŒUF EN DAUBE

(Beef stew)

This excellent dish, which comes from Provence originally and has been known for many centuries, is made everywhere in France and is a great *plat de ménage*, or household "stand-by."

Ingredients: 2 lbs. of round of beef, 3 ozs. of fat bacon, 4 onions, 1 calf's-foot, a few carrots, 2 or 3 tomatoes, a few cloves of garlic, parsley, mixed herbs, 1 bayleaf, cloves, salt and pepper, 1 pint of red wine, a little stock, 1 tablespoon of salad oil, 1 of lard.

Method: Cut the meat in pieces weighing about 3 ozs. each. Put the oil and lard in a saucepan, with the bacon, cut in dice, the sliced vegetables, the calf's-foot, split in half, and finally the meat. When the meat and vegetables begin to brown, add the wine and stock, the herbs and seasoning, bring to the boil, cover the saucepan, and simmer very gently for about 5 hours.

This dish can be eaten either hot or cold. It is delicious when cold, and for this the meat and boned calf's-foot should be put in a mould or basin, and the liquid strained over it. It will set in a firm jelly if kept in a cool place.



ESCALOPES DE VEAU À L'OSEILLE

(Escalopes of veal with sorrel)

There are innumerable ways of serving and dressing escalopes, and they can be laid on various vegetable purées, besides sorrel, such as spinach, endive, potato, peas, etc., or served with a garnish of fresh vegetables—French beans, new carrots, peas, Japanese artichokes, sauté in butter—or again, they are often served with macaroni, nouilles, etc., and a tomato sauce. They lend themselves, in fact, to all manner of elaborate and complicated decoration and garnishes at the hands of a chef. At the same time, for

everyday purposes they are simple to prepare and quickly cooked, and are excellent when properly done.

Ingredients: 3 or 4 lbs. of fillet of veal, sorrel, flour, butter, the yolk of 1 or 2 eggs, 1 or 2 tablespoons of oil, fine white breadcrumbs, salt and pepper.

Method: Cut the fillet into slices just under $\frac{1}{2}$ inch thick, and trim off all skin and fat. Give the escalopes an oval shape. Each should weigh about $3\frac{1}{2}$ to 4 ozs. Flatten out with a beater, then dip them in flour, coat very evenly with yolk of egg, well seasoned with salt and pepper, and finally with the breadcrumbs. Pat down with the blade of a knife, to make sure that the breadcrumbs will adhere to the meat. Have ready a pan of hot butter, and cook the escalopes for 5 minutes on one side, and 5 on the other. When done, they should be a nice golden colour. Place on a hot dish on a purée of sorrel (see p. 65).



LA BLANQUETTE DE VEAU

(White veal stew)

This is one of the best known French classical dishes, and is of very ancient origin. There are various kinds of blanquettes, but I give the authentic one known as "à l'ancienne."

Ingredients: For 6 to 8 people— $2\frac{1}{2}$ lbs. of veal tendrons, or leg or ribs, 1 quart of cold water, 1 large onion, stuck with 1 clove, 2 ozs. of chopped carrot, mixed herbs, a small piece of celery, a little less than 1 tablespoon of salt.

For the sauce— $1\frac{1}{2}$ ozs. of butter, 1 oz. of flour, $\frac{3}{4}$ of a pint of the veal stock, mushroom peelings, the yolks of 2 eggs, 6 tablespoons of cream, the juice of 1 lemon, 1 teaspoon of chopped parsley.

To garnish—8 mushrooms of the same size, about 12 pickling onions, 1 oz. of butter.

Method: Put the veal in a saucepan and cover with the water. Add the salt. Bring to the boil gradually and skim very carefully. When the scum has ceased to rise, add the

vegetables and herbs. Bring to the boil, put the lid on the saucepan, leaving a small opening, and simmer gently for 1 hour or a little more. The meat should be tender and yet firm. Meanwhile, boil the mushrooms in a little water over a quick fire till tender, and cook the onions in butter, but without browning. Make the sauce by putting the butter in a saucepan and, when melted, adding the flour and stirring over a very slow fire for 10 minutes, but without browning in the slightest. Then dilute gradually with the strained veal stock, stirring well. Bring to the boil, add the mushroom peelings, and a few peppercorns. Skim carefully, and add the egg *liaison*—made by mixing the eggs in a basin with the lemon juice, a few tablespoons of cold stock, and adding gradually a few tablespoons of the warm sauce. Add the cream. Now put the pieces of veal in a clean saucepan, pour the strained sauce over them, add the mushrooms, and cook for a few minutes without boiling. Just before serving add the onions. To dish up, put the pieces of veal in the centre of the dish, pour the sauce over them and garnish with the mushrooms and onions. Sprinkle with chopped parsley.



CÔTELETTES DE VEAU EN PAPILOTES

(Veal cutlets in paper cases)

These famous veal cutlets, wrapped in paper, are said to be the invention of Madame de Maintenon and her brother, the Baron d'Aubigny, who like many notable people in the time of Louis XIV and Louis XV, dabbled in cookery and spent much time experimenting and inventing new dishes.

Ingredients: Veal cutlets, mushrooms, shallots, 1 small onion, thin slices of lean ham, butter, salad oil, salt, pepper, and a few sheets of plain foolscap paper.

Method: The veal cutlets should be trimmed, and the bone sawed, so as to leave only about 1 inch protruding from the cutlet. Cook the cutlets in butter in a sauté pan, till well

browned on both sides, seasoning with salt and pepper. Remove from the saucepan when done, and drain. On each cutlet spread a little of the following mixture: Chop the onion and shallots very finely and cook in hot butter and oil, but without browning. When they are beginning to get a golden colour, add the finely chopped mushrooms, and cook for about 10 minutes, mixing all well, and seasoning with a little salt and pepper.

Cut the sheets of foolscap paper in the shape of a large heart, the centre of the heart being where the sheet is folded. Cut this out neatly, then open, and paint all over with salad oil. Lay a slice of lean ham on one side of the paper, spread a little of the mushroom and shallot mixture over it, then over this place the cutlet, the fleshy part of the cutlet towards the upper part of the heart, and the bone pointing downwards. Cover with a slice of ham. Fold the other side of the paper over the cutlet, and now fold the edges over, crinkling them, so that the case thus formed will not come undone. Put the cutlets, thus packed, on a baking tin, and place for a few minutes only in a moderate oven, till the paper begins to brown. Serve the cutlets at once, on a hot dish, in their paper cases.



LE NAVARIN OU RAGOÛT DE MOUTON

(Mutton stew)

This is another national French dish, of very ancient origin, and popular throughout France.

Ingredients: 2 lbs. altogether of shoulder of mutton (boned), breast of mutton and middle neck, cut in pieces weighing each from 2 to 2½ ozs., 2 ozs. of lard, 1 oz. of flour, 1½ quarts of water, mixed herbs, 1 clove of garlic, 1 dozen pickling onions, 2 lbs. of potatoes.

Method: Put the lard in a saucepan and, when hot, put in the pieces of meat. Season with salt and pepper, and a good pinch of sugar, which helps to give a good colour to the

FRANCE

sauce. Cook on a brisk fire, turning the pieces of meat occasionally, and brown thoroughly. Now pour away most of the lard, and sprinkle the meat with the flour. Cook, while continually moving the meat about with the spoon, till the flour is quite brown. Add the water, stir for a few minutes, so that the flour does not adhere to the bottom of the saucepan, but is well mixed with the water. Bring to the boil, season with salt and peppercorns, add the clove of garlic, peeled and well crushed with the blade of a knife, and simmer very gently for 1 hour.

Peel the pickling onions carefully and cook in a little hot fat till they are a golden colour. Peel the potatoes, which should be more or less the same size (preferably new potatoes) and put them in cold water till they are wanted.

Remove the pieces of mutton from the saucepan, and put them in a clean saucepan. Skim all the scum from the sauce, and pour it over the mutton through a sieve. Bring to the boil and add the cooked onions. A quarter of an hour after, add the potatoes, well dried in a cloth. See that they are well covered with the sauce. Cover closely and simmer gently for $\frac{3}{4}$ of an hour. A few minutes before serving, remove the saucepan from the fire, and skim any grease that may rise to the surface. To serve, put the pieces of mutton in the middle of a hot dish, surround with the potatoes and onions, and pour the sauce over the meat and vegetables.

Unless thoroughly and properly skimmed, the navarin is apt to be greasy. Tomatoes and tomato purée are sometimes used in navarins, but as a rule the above recipe is the more popular. A *Navarin Printanier* is made in the same way, except that besides new potatoes and onions, new carrots, turnips, peas and French beans are added to it.

GIGOT D'AGNEAU À L'AIL

(Leg of lamb with garlic)

Although this is merely a plain roast leg of lamb, it is so typically French that I have chosen it instead of some of the more ornate dishes made with lamb. The subtle and delicious flavour given by a clove of garlic inserted in the meat, near the bone, makes a French *gigot* something quite different from our roast leg of lamb. There are still some parts of France where roasting is done under ideal conditions—on a spit, in front of the fire. This is real roasting, for there is no such thing as roasting in an oven. Ovens bake, but do not roast. The French always dredge their roast meats with salt, they baste with butter or good lard only, and they baste frequently. The meat, when cooked in an oven, is placed on a grill in a meat pan in a hot oven, the joint is moistened all over with melted butter or lard—and when basting, it is again brushed over with fresh butter or lard, *and never with any liquid of any kind*. When done, the surplus grease is poured from the meat pan, 3 or 4 tablespoons of hot water are put in the pan and, when this boils, the pan is well scraped and this gravy is strained over the carved meat, and mixes with the juice which has escaped from the meat when carved. The French never thicken the gravy with flour, nor do they use the bottled or tinned flavourings which the English housewife seems to think indispensable, but which completely destroy the flavour of the meat.

It is an error to imagine that French mutton and lamb are inferior to English meat. Their *pré-salé* is equal to any, especially in certain parts of France.



FROMAGE DE COCHON

(Hogshead cheese)

This excellent and tasty dish, simple to make, is vaguely reminiscent of brawn, but is far better flavoured and more highly spiced.

FRANCE

Ingredients: 1 pig's head, weighing, when boned, about 6 lbs., 1 lb. of lean gammon, stock made as in recipe for *Pot-au-Feu* (see p. 17), but with the addition of 1 calf's-foot and a little white wine, mixed herbs, bayleaves, salt, spices and peppercorns.

Method: Scald the pig's head, divide it in half, remove the tongue and brains, divide each half head in 2 or 3 pieces. Put to soak in cold water for 2 hours. Dry the meat, and rub all the pieces thoroughly with coarse salt. Put them in a terrine, cover with salt, add the gammon, cut in slices, a few peppercorns, mixed herbs, bayleaves and spices. Let stand for 3 or 4 days. Then wipe the pieces of meat thoroughly, removing all the salt, and put them in a large earthenware marmite, or a large saucepan, with the exception of the brains and tongue, cover with the stock, bring to the boil, skim thoroughly, and simmer for 3 hours, or till the bones can be easily removed. Add the brains and tongue later. Cook the gammon rashers in the stock for about 20 minutes. When the pieces of pig's head are tender, remove from the stock, bone them, and cut them, as well as the tongue and brains, in cubes of 1 inch long. Now line a mould or large basin with the gammon rashers, put in the pieces of pig's head, and alternate layers of the tongue, the brains, and the ears, press firmly down, and pour over the whole some of the stock, free from all fat (and preferably clarified). Let it stand for about 12 hours in a cold place, and remove from the mould.

Water is often used instead of stock, but the flavour is greatly improved when the head is cooked in good stock. Instead of being put in a mould or basin, the pieces of meat are sometimes tied in the skin of the head, and either moulded to a round shape, or to that of a long sausage.

CÔTES DE PORC À LA CHARCUTIÈRE

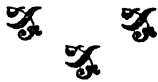
(Pork chops charcutière)

This highly delectable dish derives its name from the fact that the pork-butchers in Paris prepare and cook their pork chops in this manner. It is an extremely popular luncheon dish, and very tasty.

Ingredients: For 6 chops—1 oz. of lard, to cook them. For the sauce—1 large onion, or 2 small ones, $\frac{1}{2}$ oz. of lard, 1 teaspoon of flour, just under 1 gill of white wine, $\frac{1}{2}$ pint of stock, 1 teaspoon of mustard, 2 tablespoons of sliced gherkins, salt and peppercorns.

Method: Put the chopped onion in a small saucepan with the lard, and simmer till the onion is tender, without browning. Then sprinkle with the flour, and mix thoroughly with a spoon, over a slow fire, till a golden colour. Add gradually the stock and the white wine. Then add a little salt and a few peppercorns, bring to the boil stirring well, skim, and simmer gently for 30 or 40 minutes.

Cook the cutlets in the hot lard, on a brisk fire at first and, when each side is well browned, simmer till they are quite tender, which will take from 20 to 25 minutes, according to the size of the cutlet. Season with salt, arrange the cutlets on a hot dish, skim the sauce and strain it over the meat, having added, at the last moment, the mustard and gherkins.



Poultry

LA FRICASSÉE DE POULET

(Chicken fricassée)

This is a very old dish, and was popular in the time of Louis XIV; it has remained so ever since. There are

different fricassées, but the recipe given here is the most usual one.

Ingredients: 1 chicken, cooked in just under 2 pints of water, with 1 onion, stuck with a clove, one small sliced carrot, mixed herbs, salt and peppercorns. For the sauce—about $\frac{3}{4}$ of a pint of the chicken stock, 3 yolks of eggs, 3 tablespoons of cream, a little lemon juice. $\frac{1}{4}$ lb. of mushrooms, about 1 dozen pickling onions, both cooked separately in butter.

Method: The chicken should be neatly jointed. Put the pieces of chicken in a large saucepan, with the onion, the sliced carrot, the herbs, salt and hot water. Bring to the boil, skim, cover the saucepan, leaving a small opening, and simmer gently for about 1 hour, till the chicken is quite tender. Then strain off all the stock and put it in a basin. In another saucepan, melt the butter, rub in the flour to a smooth paste, over a slow fire, and add the hot stock gradually. Finally add the yolks and cream well mixed, and diluted with a little warm stock. Ten minutes before serving, add the onions and mushrooms, previously cooked in butter, without browning, and the lemon juice. To serve, put the pieces of chicken on a hot dish, garnish with the onions and mushrooms and strain the sauce over the whole.



POULE AU RIZ (Chicken with rice)

This is another popular and very simple way of cooking chicken. There are various recipes or ways of cooking it, but the final result is about the same.

Ingredients: 1 chicken, stock, about 3 ozs. of rice, 1 onion, herbs.

Method: If a boiling fowl is used, it will have to be cooked longer. A young, plump bird will take about 1 hour. Warm up about $\frac{3}{4}$ to 1 quart of good veal stock, put the chicken in a large saucepan, add the onion and herbs, cover with the

warm stock, bring to the boil, and simmer till the chicken is tender. Half an hour before serving, add the rice. Remove the chicken from the stock, put it on a hot dish, and put the rice around it. Moisten with a little of the stock. For this dish the rice should be quite moist.



LE POULET MARENGO (Chicken Marengo)

This manner of cooking chicken is said to have been invented by Napoleon's chef after the battle of Marengo. Having run short of butter, he used oil instead, which is now one of the essential ingredients of Chicken Marengo—that, tomatoes and garlic. These are the foundations, but since the days of Napoleon, famous chefs have added various other things, and the garnishes are many. At one time, olives were among the famous garnishes, and later it became the fashion to serve fried eggs and *écrevisses* (Dublin prawns) with this dish. Mushrooms and onions are always used as a garnish. I am not giving here the complicated and specially garnished *Poulet Marengo* of the *chefs-de-cuisine* and *restaurateurs*, but that which is used by most French cooks and housewives.

Ingredients: 1 jointed chicken, 3 tomatoes, 1 tablespoon of tomato purée, 6 tablespoons of white wine, the same of veal stock, 3 tablespoons of oil, about 12 pickling onions, about the same number of mushrooms, 1 clove of garlic, salt and pepper, a sprinkling of flour.

Method: Put the oil in a saucepan and, when hot, add the pieces of chicken, and cook to a golden brown on all sides. Add the tomatoes and the tomato purée. Sprinkle the joints with a little flour, stir well till the flour browns, add the white wine, the stock, the mushrooms and onions, previously slightly browned in butter, season with salt and pepper, add the clove of garlic, and simmer gently for 1 to 1½ hours. Put the pieces of chicken on a hot dish, garnish with the

mushrooms and onions, and croûtons of fried bread, and pour the sauce over them.. Sprinkle a little chopped parsley over the whole.



POULET FARCI EN COCOTTE

(Stuffed chicken en cocotte)

This is a typically French way of cooking chicken.

Ingredients: 1 young chicken, $\frac{1}{4}$ lb. chicken's liver, a handful of bread soaked in milk and well pressed, 1 or 2 shallots, 1 small onion, parsley, mixed herbs, salt and pepper, butter.

Method: Clean and pick the chicken's liver carefully, and chop very finely, as well as the shallots and parsley. Mix with the bread, parsley and herbs. Season with salt and pepper. Melt a little butter in a saucepan and, when hot, put in the mixture, and cook on a moderate fire, stirring frequently for about 10 to 15 minutes. Bind with 1 egg. Stuff the chicken with this mixture: Put about 4 ozs. of butter in an earthenware cocotte or casserole, put the chicken in when the butter is hot, and let it get a nice golden colour, turning it and basting frequently. Season with salt and pepper, put the lid on the casserole and place in a moderate oven and simmer gently till the chicken is quite tender. The time depends on the size and weight of the chicken. It should be basted frequently. When done, carve the chicken, put the pieces back in the casserole, and serve.



DINDE TRUFFÉE

(Truffled turkey)

The famous *dinde truffée* in France is served on festive occasions, and particularly at the *réveillon*, or supper served after the midnight mass on Christmas day. In England, where the price of fresh truffles, when obtainable, is prohibitive, a turkey stuffed with truffles is essentially a

luxury dish. I give it, however, as it is a typically French dish

Ingredients: One turkey, weighing about 8 lbs. after trussing, 1¼ lbs. of pork fat, 2 lbs. of truffles, 4 tablespoons of brandy, 3 of Madeira, 2 tablespoons of salad oil, a sprig of thyme, 1 small bayleaf, a pinch of mixed spices, salt and pepper.

Method: Wash the truffles thoroughly, and peel very carefully. This applies to fresh truffles, and not the bottled or tinned truffles, which are ready for use. Keep 2 or 3 of the largest ones, which are cut in thin slices and slipped under the skin of the breast of the bird. Cut the remaining truffles in quarters, if they are large, or in half, if small. Put them in a basin or salad bowl, with the brandy, Madeira, oil, a little salt, a pinch of mixed spices and let them stand in this while the pork fat is being prepared.

Cut this fat in small pieces, pound in a mortar, and warm slightly. Then rub through a sieve, with the pounded peelings from the truffles. Now put it in a saucepan, on a very slow fire and, when it is just melted and barely warm, add the truffles and their marinade of brandy, etc. Mix well, then remove from the saucepan. When quite cold and set, stuff the turkey with the mixture. Roast the turkey, basting with melted butter or oil.



CONFITS D'OIE (Preserved goose)

This is a very popular way of preserving goose, and is particularly popular in Gascony and the southern districts of France.

Ingredients: One or more geese, pork fat, mixed herbs, coarse salt, pepper, bayleaves.

Method: Carve the goose into joints, rub each piece with coarse salt, a little pepper, put in an earthenware terrine with the herbs, etc., and sprinkle with a little more salt. Keep

in a cool place for 24 hours. Remove from the terrine, put the pieces of goose in an earthenware casserole, and cook very slowly till they are tender.

Pour a little melted fat in stone jars, then put in the pieces of goose, with again a little of their melted fat, and so on till the jar is almost full. Finally cover with melted fat to a thickness of at least 1 inch. Goose fat can be mixed with pork fat, as there will not be sufficient goose fat to fill and cover the jars. If kept in a cool place, these *confits d'oie* will keep quite fresh for some months. The jars should be covered with greased paper as soon as the fat has set.



DODINE DE CANARD

(Stewed duck)

The dodine is one of the oldest dishes in the repertory of French cooking, being mentioned in books of the fourteenth century—*Le Grand Cuisinier de toute cuisine*, published about 1350, and many others. Maître Escoffier has given us an excellent modern version of the dodine, which is very delicious and quite easy to make. For the benefit of those of my readers who read French, I give, besides the modern version, the quaint original recipe in old French.

Ingredients: 1 duck, 2 large onions, 2 small glasses of brandy, 1 pint of claret, 3½ ozs. of pork fat, 1 large tablespoon of olive oil, a sprig of parsley, thyme, a small piece of bayleaf, clove of garlic, 7 ozs. of mushrooms, salt and pepper.

Method: Put the duck, jointed, in an earthenware terrine and season with salt and pepper and mixed spices. Add the onions, the herbs, the brandy and red wine. Let it stand for a few hours.

Put the oil and pork fat in an earthenware casserole and, when hot, put in the pieces of duck, and brown them for about 15 to 20 minutes. Add the wine, etc., in which they have soaked, the garlic, and the mushrooms. Simmer on

a very gentle fire for 1 hour or 1½ hours. Serve in the casserole in which they were cooked. *Nouilles*, or ribbon macaroni are served at the same time as the dodine.

Here is the old French version:

“Dodine rouge: Prends du pain halé et le fais rôtir bien roux sur le gril, et le mets tremper an fort vin vermeil, puis, fais frire des oignons par rouelles en sain de lard et passe ton pain par l'étamine; puis, pour épices: cannelle, muscade, clou de giofle et sucre, et un peu de sel, et fais le tout bouillir ensemble avec de la graisse de canard. Et quand il sera cuit, jette sur ton canard.”



CANARD AUX NAVETS

(Duck with turnips)

This is a great family dish in France.

Ingredients: One duck, 1 lb. of turnips, 1 pint of stock, 1½ ozs. of lard, 1½ tablespoons of flour, mixed herbs, butter, salt and pepper.

Method: Put the lard in a large saucepan and, when hot, put in the duck. Cook slowly, turning the duck occasionally till a nice golden colour. Remove from the saucepan, stir in the flour and, when it is a good golden colour, dilute with the hot stock. Skim off the fat as it rises. Now pour the sauce through a sieve into a basin, rinse the saucepan thoroughly and put the sauce back in it, with the duck. Cover closely and simmer very gently for 25 to 30 minutes. Peel the turnips and trim them, cut in thick round slices, and cook in butter, sprinkling a little sugar over them, till they begin to brown. Then add them to the duck, cover and simmer for another 40 minutes. To serve, put the duck on a hot dish, with the turnips around, and strain the gravy over the whole.

PIGEONS À LA CRAPAUDINE

(Pigeons crapaudine)

Ingredients: The number of pigeons required, flour, the beaten yolks of 1 or 2 eggs, fine white breadcrumbs, salt and pepper.

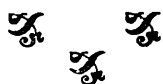
Method: The pigeons should be flattened out for grilling, then dipped in flour, brushed over evenly with the yolks of eggs, seasoned with salt and pepper, and then coated with breadcrumbs. The pigeons are now grilled and served with a hot sauce, such as sauce diable or piquante, or tartare, etc.



PINTADE RÔTIE

(Roast Guinea-fowl)

Guinea fowl is more popular in France than in this country, and one of the nicest and simplest ways of cooking it is to roast it. But in France, the bird is always larded with larding fat, as the flesh is apt to be somewhat dry. It is well seasoned with salt and pepper, frequently basted with melted butter, and served with the juice from the meat tin mixed with a few tablespoons of good stock, the whole being poured over the bird. Slices of lemon and bunches of watercress garnish this simple, but excellent dish.

*Game*

FAISAN EN COCOTTE

(Pheasant en cocotte)

Pheasants and game of all description are much eaten abroad, and there is far greater variety in the ways of cooking them than in this country.

Ingredients: 1 or 2 pheasants, 2 ozs. of butter, $\frac{1}{2}$ pint of veal stock, 1 gill of white wine, salt and pepper. A few pieces of smoked ham cut in dice.

Method: Put the butter in an earthenware casserole or cocotte and, when hot, add the pheasant, and cook it, turning occasionally, till a golden colour. Season with salt and pepper, add the ham, cover with the veal stock and wine, and simmer very gently for about 2 hours.



BÉCASSE FLAMBÉE (Snipe flambée in brandy)

Snipe are usually served in this manner in France, and it is one of the best ways of preparing them.

Ingredients: Snipe, butter, a few tablespoons of brandy, salt and pepper.

Method: The birds should be wrapped in a rasher of larding bacon, well seasoned with salt and pepper, and roasted. They should be frequently basted with butter. When done, they are carved, and put in a hot silver dish, and the brandy is poured over them. The brandy should be previously warmed. When about to serve, set alight. For the sauce, pound the livers, etc., of the birds, mixed with the scrapings from the meat tin, and the butter, season with salt and pepper, and a little lemon juice. Mix together in a small saucepan, stirring well, but without boiling. This is served in a sauceboat.



CAILLES AUX LAITUES (Quails with lettuce)

Ingredients: For 4 quails—4 lettuce, 1 slice of gammon, $\frac{1}{2}$ pint of veal stock, salt and pepper.

Method: Having washed the lettuce, blanch it in salted water for about 5 minutes. Drain well, and put it in a

saucepan, which must not be too large, on the gammon rasher. Simmer gently for about 10 minutes, and moisten with a little stock and season with a little salt and pepper. Cover closely, and simmer gently, preferably in the oven, for about 1 hour.

The quails are covered with rashers of bacon fat, put in a saucepan in which they fit closely, and only half covered with stock, and well seasoned with salt and pepper. Bring to the boil and simmer gently for 30 minutes. To serve, put the lettuce on a dish, then the quails, from which the larding bacon has been removed, and moisten with a little strained stock.



SALMIS DE CANARD SAUVAGE

(Salmis of wild duck)

This dish is of very ancient origin, and the recipe I give is the traditional one. In some parts of France, red wine is used instead of white.

Ingredients: 1 or 2 wild ducks, 1 gill of white wine, 1 gill of *Sauce Espagnole* (see p. 80), 3 or 4 shallots, $\frac{1}{4}$ lb. of mushrooms, a few truffles (optional), 1 liqueur glass of brandy, 1 bayleaf, a sprig of thyme, salt and pepper.

Method: Roast the birds and, while they are being roasted, put the chopped shallots, the herbs, etc. in a small saucepan with the white wine, and simmer gently till reduced to about one third. When the birds are nearly done, carve them carefully, removing all the flesh from the carcass. Place the pieces of duck in a saucepan, with the brandy, and set alight. When the brandy is burnt out, add a little Espagnole sauce, cover with a lid and keep warm. Chop up the bones or pound them in a mortar, and add to the wine and shallots, mixing well. Add the remaining Espagnole sauce, stir well, and simmer gently and skim carefully. Cook for about 20 minutes. Five minutes before serving, strain half the sauce over the pieces of duck, and place the saucepan over a slow

fire, but on no account should the sauce be allowed to boil. Remove the remainder of the sauce from the fire, add a few small pieces of butter, not quite 1 oz. altogether, and strain over the birds. Garnish with the cooked mushrooms, a few sliced truffles, and croûtons of fried bread.



PERDRIX AUX CHOUX (Partridges with cabbage)

This is another ancient and popular dish in France and, although the recipe remains more or less the same, for reasons of economy old partridges are often used, but young birds give better results. In the more expensive or refined version of this famous dish, the cabbage is cooked with an old partridge, which is not served at table, young partridges, previously roasted, being added to the cabbage just before serving. The recipe given below is a compromise between the two methods.

Ingredients: 2 young partridges, 2¼ lbs. of cabbage (after removing coarse outer leaves), Chipolata sausages, a large slice of fat bacon, ½ lb. of carrots, 1 large onion, stuck with a clove, a bouquet of mixed herbs, ¾ pint of stock (or ½ of stock and ¼ of white wine), 1 tablespoon of flour, 1 oz. of butter, salt and pepper. Lard.

Method: Melt a little lard in a saucepan and, when hot, put in the birds. Cook till slightly and evenly browned. Remove the birds from the saucepan. Put in the bacon, add a layer of cabbage, previously washed, blanched, well drained, and seasoned with a little salt and pepper. Over this place the birds, the carrots, scraped and left whole, the sausage, the onion, the herbs and the stock, or stock and wine. Cover with buttered paper and a close-fitting lid. Simmer very gently in the oven for about 1½ hours. Remove the partridges, however, as soon as they are quite tender, adding them again to the cabbage a few minutes only before serving. To serve, cut the bacon in small pieces, slice the sausages,

place the cabbage in the centre of the dish with the partridges over them, and garnish with the sausages, etc. Pour over the whole a little of the stock, thickened with a little flour and butter.



RÂBLE DE LIÈVRE À LA CRÈME

(Hare with cream)

In France the *râble* or back of the hare, is considered a choice piece, and there are many excellent recipes for cooking it, one of the best being with cream. In the North of France, sour cream is often used.

Ingredients: For 4 people, the back of one medium-sized hare, 1 onion, 2 or 3 shallots, a few tablespoons of olive oil, 1 of vinegar, 1 gill of white wine, parsley, 1 bayleaf, a sprig of thyme, 1 gill of cream, 1 tablespoon of lemon juice, salt and pepper.

Method: Put the back of hare in a terrine with the oil, wine, onion, shallots, herbs, salt and pepper and let it stand for a few hours in a cool place, basting occasionally with the marinade. Then put the onion and shallots in a meat tin, place the hare over it and cook in a quick oven. When done, remove all the vegetables, add the cream to the sauce and stir it in well. Put the hare on a hot dish, and strain the sauce over it, adding the lemon juice.



TERRINE DE LIÈVRE

(Potted hare)

This is a favourite way of using up the rest of the hare, when the back only has been used, as in the above recipe.

Ingredients: A freshly killed hare, 1 lb. of fillet of veal (lean), 1 lb. of lean pork, 1½ lbs. of fat pork, a few sprigs of parsley, thyme, 1 small bayleaf, a pinch of allspice, mixed spices, salt and pepper, 1 gill of brandy.

Method: Chop the hare, the veal, etc., very finely and mix the meats thoroughly, adding the herbs and seasoning. Line an earthenware terrine with rashers of fat bacon, put the chopped meats, etc., in it, packing firmly, pour in the brandy, cover with more fat rashers, and put the lid on and seal it with a paste made of flour and water. Set the terrine in a pan of boiling water and put in the oven. Keep the water just simmering, and allow 35 minutes to each pound of the mixture.

This is equally nice served hot or cold.



LA GIBELOTTE

(Rabbit stew)

This is one of the most popular dishes in France, and is an ancient traditional dish.

Ingredients: A young rabbit, weighing from 5 to 6 lbs., $\frac{1}{2}$ lb. of lean gammon, 12 or more pickling onions, $\frac{1}{2}$ lb. of mushrooms, 1 tablespoon of flour, 1 gill of white wine, 3 or 4 tablespoons of stock, lard, butter or oil, a little garlic, salt and pepper.

Method: Carve the rabbit into neat joints. Melt a few tablespoons of lard, butter or oil in a saucepan and, when hot, put in the rabbit and season with salt and pepper. Cook till well browned. Sprinkle with the flour and stir with a wooden spoon till the flour has browned. Then add the wine, stock, and a little finely chopped garlic, bring to the boil and simmer for a good half hour. Now add the bacon cut in small dice, the onions, both having been previously cooked and lightly browned in hot fat, and the mushrooms, cut in half if they are large. Simmer gently for another $\frac{1}{2}$ an hour. Serve on a somewhat deep dish and garnish with croûtons of fried bread.

FRANCE

LAPIN EN BLANQUETTE

(Blanquette of rabbit)

This is also a very popular way of cooking rabbit, and is done in exactly the same way as *Veal Blanquette* (see p. 42).

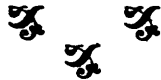


GÉLINOTTE À LA CRÈME

(Hazel hen with cream)

Although hazel hens are comparatively cheap, they are considered a great delicacy in France, and have much the same flavour as grouse, to which they are closely related.

This recipe is a very simple one. The hazel hen is roasted, but basted frequently with 2 or 3 tablespoons of melted butter and 1 or 2 of cream, to which a little lemon juice has been added. And for serving, this sauce is poured over the bird.



Vegetables

THERE is far greater variety in the vegetables used in France than in this country, and the French methods of cooking vegetables are almost unlimited. Cardoons, salsify, chicory, "crosnes du Japon," or Japanese artichokes, Globe artichokes, pimientos*, chestnuts (as a vegetable), to mention only a few, are far more common on the Continent than in England, and there are all manner of ways of preparing them. The word "vegetable" to the English mind is closely associated with cabbage and greens, and with the potato—the cabbage often overboiled, devitalized, and served dripping from the saucepan; the potato, also

* The pimiento, or sweet pepper, is often erroneously called "pimento." The latter, however, is allspice, and quite different from the vegetable, sweet pepper. The Spanish word for sweet pepper is *pimiento*, the Italian is *peperoni*, the French *piment doux*, and the Austrian and Hungarian *paprika*.

boiled, more often than not to a shapeless pulp, and both served in conjunction with meat, poultry or game.

The French cook or housewife cooks her vegetables with great care. She knows that to boil vegetables they should all—with the exception of dried peas or beans, etc.—be put in boiling salted water, and she knows exactly when they should be removed from the water, that they should then be drained, and should never make their appearance on the table unadorned—a little melted butter, salt and pepper, if a more elaborate dressing is not wanted, should help to relieve the simplicity of plain boiled vegetables. The French cook knows instinctively that a potato boiled in its skin has a far better flavour than that peeled before cooking.

She also knows that there are other ways of cooking potatoes besides boiling, and does not inflict boiled potatoes on the household day after day, as is too often the case with the English cook.

Vegetables are more often than not served as a separate course in France, as in other continental countries, and make excellent and inexpensive entrées. What more delicious, for instance, than *Petits Pois à la Française* served as a special dish, their delicate flavour a relish in itself, and not destroyed by being mixed on the same plate with meat, gravy or sauce? And so with most of the recipes given in this section, which will be found worthy of being served as a separate course.



LES POMMES DE TERRE PONT NEUF

(Fried potatoes Pont Neuf)

These potatoes, which are what we call “long chips,” derive their name from the famous bridge in Paris in the vicinity of which the street-vendors of “chips” were famed for the excellence of their fried potatoes. And trade was brisk at the luncheon hour when the “midinettes” left their work for a hurried midday meal.

Although the recipe I give is a simple one, and quite easy, even for the amateur, certain rules have to be strictly observed if good results are to be obtained. One of the first rules is that the "long chips" should be cut all of exactly the same size, both as regards length and thickness. Otherwise some will be cooked before the others, and if they remain in the hot oil a minute or two longer than they should they will be hard and tough, and the dish will be spoilt. Another secret of perfect chips of any description is that oil should be used for frying, that there should be plenty of it, and that it should be *very hot* when the potatoes are put in. Oil is by far the best fat to use for frying potatoes—potatoes fried in oil, when properly done, are quite dry and free from all grease. Those done in dripping always retain a trace and flavour of fat.

Ingredients: A few large, firm potatoes, as far as possible of the same size. A deep pan of frying oil. Salt.

Method: Peel the potatoes, and with a sharp knife trim each end and the four sides of each potato, so as to give it a square shape. Then cut lengthwise into slices just under $\frac{1}{2}$ inch in thickness. Lay these slices one on top of the other, and again cut them lengthwise into little sticks, also $\frac{1}{2}$ inch thick. The result will be that all the chips are of exactly the same size, if carefully cut in this manner. The trimmings from the potatoes can be utilised in various ways—for making potato soup, for purée, etc.—and need not be wasted.

Dry the chips in a cloth and put them in a deep pan of very hot oil—the pan should be sufficiently large to allow the potatoes to "swim"—on no account should the potatoes be closely packed in a small pan. Fry till they begin to turn a very light golden colour and till the surface is crisp and the inside of the chip soft. When done, remove rapidly from the hot oil with a skimmer, put them on a clean cloth to drain, sprinkle with salt, and put them in the oven for about 5 to 8 minutes. Serve very hot.

POMMES DE TERRE À LA LYONNAISE

(Potatoes sautés à la Lyonnaise)

According to some authorities, this dish, known throughout the world as “pommes de terre lyonnaise,” and which the French claim as their own, is of Italian origin, and for many centuries has been one of the most famous dishes in Venice—“patate alla veneziana.” The recipes are identical, except that in the Italian version the potatoes and onions are sauté in a mixture of butter and oil, whereas in the French recipe butter alone is generally used.

Ingredients: Allow $\frac{1}{4}$ lb. of onions to every 1 lb. of potatoes. Butter or lard. Parsley, salt and pepper.

Method: Boil the potatoes in their skins, in salted water, being careful not to overboil them. When done, peel them, cut in thin round slices, and cook to a light golden colour in hot butter, or lard. Slice the onions thinly—being careful that they are evenly sliced, and fry to a light golden colour in butter, but without browning. When they are done add them to the potatoes, mix well, sprinkle with salt, pepper, and a little chopped parsley.



PURÉE DE POMMES DE TERRE

(Potato purée)

The real French purée of potatoes is something so vastly different from our “mashed potatoes,” and so typically French, that it cannot be omitted from a book on French cookery.

Ingredients: 2 lbs. of potatoes, $2\frac{1}{2}$ ozs. of butter, not quite $\frac{1}{2}$ pint of milk, salt and pepper.

Method: Peel and quarter the potatoes and put them in a saucepan with just enough boiling salted water to cover. Cover the saucepan, bring to the boil and boil for 20 minutes. Drain thoroughly, and rub, as rapidly as possible, through a wire sieve, into a basin. With a wooden spoon

mix well, season with salt and pepper, and start adding the butter, divided in small pieces, stirring vigorously and quickly. When the butter has been completely absorbed, start adding the milk and keep on stirring or "beating" the purée so that it is very light. When done it should be almost frothy. Put the purée back in a saucepan and warm up, still stirring, but do not let it boil.

A well-made purée should be almost "runny"—only just sufficiently thick to be eaten with a fork.



PETITS POIS À LA FRANÇAISE (Peas à la Française)

For this dish it is absolutely essential that the peas should be very young, fresh and tender. However long old peas are cooked in this manner they never seem to get tender.

Ingredients: 2 pints of shelled peas, the heart of a large lettuce, a few small pickling onions, 1 tablespoon of sugar, according to taste, a little salt and pepper, $\frac{1}{4}$ lb. of butter, 2 tablespoons of water:

Method: Put the peas in a thick saucepan or in an earthenware casserole with a close-fitting lid. Add the lettuce, the onions, carefully peeled, the sugar, butter and water, salt and pepper. Cover, bring to the boil and simmer, but not too gently, for 35 minutes till the peas are quite tender and till the liquid is greatly reduced. Put the peas on a hot dish, divide the lettuce and put it on the peas. Garnish with the little onions.



PURÉE D'OSEILLE (Purée of sorrel)

Ingredients: 2 $\frac{1}{2}$ to 3 lbs. of sorrel, 3 ozs. of butter, a few tablespoons of cream, salt and pepper.

Method: Pick and wash the sorrel thoroughly, and

cook, like spinach, in boiling salted water. When quite tender remove from the saucepan, drain thoroughly, and rub through a sieve. Put this purée into a saucepan with 1 oz. of butter, and stir well, simmering for about 10 minutes and seasoning with salt and pepper. Then add the rest of the butter, divided into small pieces, and the cream gradually, stirring and mixing well. Like the purée of potatoes, this should be very creamy and perfectly smooth.



ENDIVES BRAISÉES

(Braised chicory)

What we call "endive" in England the French call "chicory," and vice versa. This recipe refers to what is called chicory in this country.

Ingredients: 1½ lbs. of chicory, 2 ozs. of butter, the juice of half a lemon, 3 tablespoons of water, salt.

Method: Wash the chicory and trim, removing the coarse outer leaves. Put it in a thick saucepan, or a thick earthenware vessel. Sprinkle with salt, add the butter, the water, and the lemon juice. Cover closely, bring to the boil and simmer gently in the oven for 1 to 1½ hours. When ready, put on a hot dish and pour a little of the reduced liquid from the saucepan over them.



LE GRATIN DE COURGETTES

(Young marrows au gratin)

In France only very small marrows are eaten, the large marrows being used to feed cattle.

Ingredients: 3 or 4 small marrows, 2 ozs. of butter, 3 or 4 tablespoons of cream, 1 whole egg, 2 ozs. of grated cheese, salt and pepper.

Method: Peel and chop the marrows and put them in a

FRANCE

saucepan with very little water, season with salt, and cook slowly, stirring frequently till the water has completely evaporated. Then put them in a fireproof dish, with the butter, cream, to which the egg has been added, a little of the cheese, and season well with salt and pepper. Sprinkle with the remaining cheese, dot with a few pats of butter, and cook in a brisk oven till the top is slightly browned.



TOPINAMBOURS EN DAUBE (Jerusalem Artichoke stew)

This is a delicious way of preparing Jerusalem artichokes, which are apt to be a somewhat insipid vegetable.

Ingredients: 2 lbs. of Jerusalem artichokes, 1 large onion, a little garlic (optional), a bouquet of mixed herbs, a pinch of mixed spices, white wine and stock. Salt and pepper.

Method: Slice the onion and cook in hot lard or butter till it begins to brown. Then add the peeled artichokes, cut in quarters, the herbs, garlic, spices, salt and pepper. Cover with equal parts of stock and white wine and simmer till the artichokes are quite tender.



HARICOTS VERTS SAUTÉS (French beans sautés)

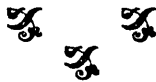
French beans or runner beans are rarely served "plain boiled" as they are in this country, one of the most popular ways of doing them being "sautés." They are boiled in the usual way, well drained of all water, and tossed in hot butter or fat till they are slightly brown. They are then seasoned with salt and pepper.

SALSIFIS FRITS

(Fried salsify)

Ingredients: A bundle of salsify, a handful of parsley, the juice of half a lemon. For the frying batter: 3 ozs. of flour, 2 tablespoons of oil or melted butter, just over 1 gill of lukewarm water, the white of 1 egg beaten to a froth, a good pinch of salt.

Method: Blanch the salsify in boiling salted water, drain thoroughly, and put them in a deep dish, with a sprinkling of salt and pepper, a little chopped parsley and the lemon juice. Let them stand for about 20 minutes. Then dip them in the frying batter, which should be quite smooth and light, and drop in boiling oil in a deep frying-pan. When a golden colour, drain, put on a hot dish and sprinkle with salt and fried parsley.



Salads

The many people in this country who eat uncooked lettuce, tomato, or onion with salt only and regard this and this only as "salad," little know that the word comes from the Latin *sal*, i.e. salt, and that the sprinkling of salt on uncooked vegetables or herbs is the original and most primitive form of "salad." But from a very early period this crude method of "salad" was superseded by a dressing in which salt was mixed with vinegar, oil and various other condiments and poured over uncooked vegetables—and vegetables other than lettuce, tomato and onion. So that nowadays the word "salad" should not be applied merely to uncooked vegetables sprinkled with salt, but to vegetables with some kind of dressing. There are numberless salad dressings—(I am not talking here of bottled dressings,

the use of which I do not advocate, as freshly-made dressings are far superior and more wholesome)—the simplest being the plain French dressing or vinaigrette: 2 tablespoons of oil to 1 of vinegar (preferably wine vinegar), salt and pepper, all thoroughly mixed in a basin, before being poured over the salad.

In France, salads are extremely popular. A plain lettuce salad with vinaigrette is always served with poultry or game, and a variety of both cooked and uncooked vegetables is used for salads. Meat, poultry and fish salads are often found on the French menu, and this is a common way in France of using up "left-overs."

Salads are divided into two classes: Plain salads, such as lettuce, celery, celeriac, tomato, cucumber, chicory, corn, cauliflower, endive, batavia, red cabbage, etc., and composite salads composed of a variety of mixed ingredients. These have grown both in number and popularity within recent years, and many innovations hail from America, where fruit in salads is often used. But although these complicated composite salads figure on the menus of the more important French restaurants, they rarely appear on the average bourgeois menu.



SALADE DE POMMES DE TERRE

(Potato salad)

Potato salad is usually eaten cold, but whether served cold or just warm, which is far preferable, it should always be dressed while still hot, so that the potatoes absorb the dressing.

Ingredients: For 1½ lbs. of potatoes the ingredients for the dressing are as follows: 4 tablespoons of oil, 1 of wine vinegar, 2 tablespoons of either red or white wine, 1 teaspoon of salt, ½ of freshly ground pepper, 1 teaspoon of chopped parsley, and a pinch of chopped chives. A little mustard is occasionally added.

Method: Boil or steam the potatoes, but do not cook too soft, or they will break. As soon as they are done, peel them and slice thinly. Put the slices in a salad bowl and pour over them the dressing, well mixed previously. Serve when lukewarm or cold. The dressing should be completely absorbed.



SALADE DE HARICOTS VERTS ET TOMATES
(Salad of French beans and tomatoes)

Ingredients: 1 lb. of French or runner beans, $\frac{1}{2}$ lb. of tomatoes, and plain French salad dressing.

Method: Prepare the beans in the usual way, but do not shred them. Break into inch lengths, and cook in boiling salted water till tender. Drain thoroughly and, when cold, put in a salad bowl with sliced or quartered tomatoes, and mix in a plain French dressing.



SALADE D'ENDIVES
(Chicory salad)

This, as I have said elsewhere, is what we call "chicory" in England. The chicory is washed, the outer leaves removed, and it is chopped up, put in a salad bowl and dressed with a plain French dressing.



SALADE DE FONDS D'ARTICHAUTS
(Salad of Globe artichokes)

Ingredients: 6 or 8 Globe artichokes, a mayonnaise dressing.

Method: Boil the artichokes in boiling salted water till the leaves can be easily removed. Drain thoroughly, by letting them stand for $\frac{1}{2}$ an hour upside down on a dish.

Remove the leaves and the choke, put the bottoms in a salad bowl, and dress with a thick mayonnaise dressing.



SALADE PARISIENNE

(Parisian salad)

Ingredients: Left-over boiled beef, or knuckle of veal, a few cold cooked potatoes, a small blanched onion, 1 or 2 hard-boiled eggs, 2 or 3 tomatoes, 1 lettuce, 1 teaspoon of parsley, French salad dressing.

Method: Cut the meat in thin strips and put in the salad bowl, with the sliced potatoes, onion, tomatoes, and the lettuce leaves. Dress in the ordinary way and sprinkle with chopped parsley.



SALADE DE LAITUES À LA CRÈME

(Lettuce salad with cream)

The lettuce is prepared as usual and put in the salad bowl. The following dressing is poured over it: pound the yolks of 2 hard-boiled eggs in a mortar and, when reduced to a paste, put them in a basin, add 4 to 5 tablespoons of cream gradually, working with a wooden spoon as in making mayonnaise, season with salt, pepper, a little sugar, and add 2 tablespoons of lemon juice very gradually and stirring continually.



SALADE DE PISSENLIT

(Dandelion salad)

Young dandelion leaves are very popular as a salad in France, the white, or cultivated, dandelion being preferred. The growing plants are kept covered, and remain white. They are gathered when the leaves are young and tender, and are dressed with a plain French dressing.

MACÉDOINE DE LÉGUMES FRAIS

(Macédoine of fresh vegetables)

A common error is to think that cold mixed vegetables, or a vegetable macédoine, with a mayonnaise dressing, is a "Russian salad." The real Russian salad consists not only of this mixture of cooked peas, carrots, beans, potatoes, turnips, but also of tongue, lobster or langouste, anchovies or filleted herrings, breast of chicken or partridge, sliced sausages, pickles, truffles, etc.

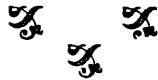
The French macédoine consists of vegetables, preferably new, cut in small dice, and covered with a mayonnaise dressing. It is very popular.



SALADE DE TURBOT

(Turbot salad)

This salad can be made with any kind of cold white cooked fish or, of course, salmon. The cold fish is cut in inch lengths, put in a salad bowl and dressed with a salad dressing or, more usually, with mayonnaise. Cold sliced potatoes and crisp lettuce leaves are added.



Sweets

The "sweet" course of a French meal is something entirely different from the "sweet" course in England. In this country it is part of the real "feeding" process of a meal, and a pudding or pie is an essential ending to an already heavy meal. In France it is a survival of the old "dessert," when, after a meal, the table was cleared and a

“dessert” was then put on the table, consisting of various kinds of light pastry, fruit compotes, crystallized fruit, fresh fruit, creams, ices, a variety of cheeses, biscuits and odds and ends. At the beginning of the nineteenth century the *confiseurs* vied in making the most elaborate decorative candy, sugar and pastry works for “dessert,” and whole gardens, with miniature trees and flowers, either in edible materials or as a background for such, appeared on the table. But this course, coming after three elaborate “services,” was by way of a dainty and happy ending to the serious business of eating. The gourmet would make his selection and perhaps choose, among all these delicacies, a luscious pear, or a tempting morsel of cheese. And so the modern French sweet entremets still retains its light and airy character, and is rarely heavy or stodgy.



BEIGNETS SOUFLÉS OU PETS DE NONNE (Soufflé fritters)

This light entremets is popular in every French household throughout France, and although the dictionary tells us that the English translation is “doughnuts,” it is entirely different, both in the ingredients and the making, from what we call doughnuts in this country.

Ingredients: For six people: a little less than 1 gill of cold water, $\frac{1}{4}$ lb. of flour, 2 ozs. of butter, 3 large eggs or 4 small ones, a little sugar, a pinch of salt, flavouring according to taste—lemon, orange flower, or vanilla.

Method: Put the water in a saucepan with the butter, divided in small pieces, a pinch of salt and a little sugar. Bring to the boil on a quick fire, and as soon as the mixture bubbles remove from the fire, add all the flour, and stir vigorously with a wooden spoon till the paste is perfectly smooth. Replace the saucepan on the fire and turn the paste with the spoon till it begins to dry and no longer clings to the bottom of the pan. Remove the saucepan from the

fire, and stir in the eggs, one at a time, making sure that each egg is well absorbed before adding the next. The paste should be well stirred and beaten, in order that it should be light. Shape into small balls, no bigger than a walnut, either with the hand or with a spoon, and drop in a deep frying-pan of boiling fat. Cook till the "beignets" are a golden colour, and have swelled to three times their original size. Roll in castor sugar and serve at once.



FROMAGE À LA CRÈME*

(Cream cheese)

This delicious sour milk cheese is a great luncheon dish in France, and is nearly always eaten with sugar. When wild strawberries are in season they are often served with fromage à la crème.

Ingredients: For a cheese sufficient for four people: 2½ pints of milk, a few tablespoons of cream.

Method: Put the milk in a jug and keep it in a warm place till it sours and becomes solid. On no account must the milk be soured with rennet. When solid, put it in a piece of butter muslin, gather the ends together to form a bag, and hang this over a basin in a cool place to drain for twelve hours or so. It is then put in a basin, mixed with a little milk, and sometimes put into a mould or a special heart-shaped wicker basket, to shape it, but this is not essential. When dished up a little cream is poured over it.



OEUF À LA NEIGE

(Snow eggs)

Ingredients: For six people: 6 eggs, ¾ pint of milk, 6 ozs. of lump sugar or sugar crystals, 5 ozs. of castor sugar, flavouring of vanilla, lemon, etc., according to taste.

* The cream cheese referred to in all sections of this book, unless otherwise specified, is the same as that described in this recipe; milk, which is either allowed to sour naturally, or is artificially soured, then drained, and put to various uses—and either eaten as cream cheese or used in cooking.

FRANCE

Method: Put the milk, lump sugar and flavouring in a saucepan. This should not be very deep, as the poaching of the eggs becomes difficult. Bring to the boil, stirring well so that the sugar melts. Beat the whites to a very stiff froth—test whether it is sufficiently stiff by placing an egg on it. If the egg does not sink, the whites are sufficiently beaten. Now add the castor sugar to the whites, beating steadily. Put a little beaten white of egg in a spoon, and with a knife smooth it and give it the shape of an egg. Drop these, one at a time, in the boiling milk, and after $1\frac{1}{2}$ minutes turn each “egg” carefully with a fork, so that the upper side gets cooked. Leave them in for exactly 2 minutes more—not longer, or they will collapse. Remove from the milk with a perforated spoon, and drain either on a large sieve or on a clean cloth.

The milk is now strained through a sieve. Beat the yolks and add the warm milk to them gradually. Put back on the fire and stir till the mixture begins to thicken. When quite cold put in a glass dish and add the whites, which will float on the surface.



BABA AU RHUM (Cake with rum)

Ingredients: $\frac{1}{2}$ lb. of flour, 1 level tablespoon of yeast, 3 tablespoons of unboiled, but warm milk, 3 ozs. of butter, 3 large eggs or 4 small ones, $1\frac{1}{2}$ level tablespoons of sugar, a pinch of salt, 3 ozs. of stoned raisins.

For the syrup which is poured over it: 6 ozs. of lump sugar, 1 gill of water, and 6 tablespoons of rum.

Method: Sift the flour in a terrine or a salad bowl, and make a well in the centre. Put the yeast in the middle and with the fingers mix with the warm milk and a little of the flour. Cover the yeast lightly with the flour and let it stand for 5 or 6 minutes. Now add the eggs, which should have been well mixed in a basin, and work with the hands for a few minutes, adding another tablespoon of milk. Knead

for about 5 minutes. Cover the basin and stand in a warm place for 30 minutes. Add the melted butter, the salt and the sugar to the paste and work for another 5 minutes, mixing in the raisins. Grease a Turk's head mould, fill it only half way, and set to rise in a warm place. When it has risen almost to the top of the mould it is ready to bake. Put in a moderate oven and bake for about 40 minutes. Remove at once from the mould and put on a wire tray. Make a syrup with the water and sugar, and as soon as the sugar is dissolved let the mixture boil for 1 or 2 minutes. When nearly cold, add the rum, place the baba on a dish and pour the syrup over it. Babas are often made in small fluted cake moulds.



COMPOTE DE CERISES

(Cherry compote)

Fruit compotes are as popular in France as stewed fruit in England, and there are few French homes in which a compote of some kind of fruit is absent from the table.

Ingredients: 1 lb. of ripe, sweet, but perfectly sound red cherries, $\frac{1}{4}$ lb. of crystallized sugar, just under a gill of water.

Method: Wash the cherries and drain thoroughly. Make a syrup with the sugar and water and, when it begins to boil, put in the cherries. Simmer gently for 10 minutes. The cherries should be slightly soft, but not lose their shape or become at all shrivelled. When done, put the cherries on a glass dish and simmer the syrup till it begins to thicken slightly, when it is poured over the fruit. Let stand till quite cold.



PAIN PERDU

("Lost Bread")

This family entremets is extremely popular in France, and when properly prepared, is excellent.

FRANCE

Ingredients: A few slices of stale bread, cut from a sandwich loaf, the yolks of 2 eggs, a little milk, essence of vanilla, 1 tablespoon of castor sugar, butter, a little icing sugar.

Method: Cut the bread into neat slices, not too thin, and remove the crust. Damp them with a little milk, previously boiled with 1 tablespoon of sugar and a good teaspoon of vanilla essence, and quite cold. Be careful not to get the bread sodden as it will break. Now dip the slices of bread in the beaten yolks of eggs, coating them evenly on both sides, and fry to a golden colour in hot, clarified butter. When done drain them on a clean cloth, then send to table on a dish, on a folded napkin, having sprinkled them freely with icing sugar or castor sugar.



SOUFFLÉ AU CHOCOLAT

(Chocolate soufflé)

Soufflés are very much in favour as an entremets in France, and are made with a variety of flavourings.

Ingredients: 3 ozs. of finely grated chocolate, the yolks of 4 eggs and the whites of 5, $\frac{1}{2}$ pint of milk, 3 level tablespoons of sugar, 1 level tablespoon of flour, $1\frac{1}{2}$ of butter.

Method: Put the butter in a saucepan and, when melted, work in the flour gradually to a smooth paste. Add, very gradually, the boiling milk, flavoured with a little vanilla essence, stirring well. Remove from the fire, and when still warm, but not hot, add the beaten yolks of eggs, mix well, and stir over a slow fire, without boiling, till the mixture just begins to thicken. Add the chocolate, and stir. Remove from the fire and, when quite cold, add the whites of eggs beaten to a very stiff froth. Butter a soufflé dish and pour in the mixture, filling only three-quarters full, as it will rise. Put in a moderate oven and bake for 20 to 25 minutes, or till it has risen above the dish. Sprinkle with a little castor sugar and serve at once.

CHOUX À LA CRÈME ET ÉCLAIRS
(Cream "choux" and "éclairs")

These delicious cakes are often served as an entremets in France, along with petits-fours and other *friandises*.

Ingredients: The same paste as for Beignets soufflés (see p. 73). For the filling of the choux or the éclairs: $\frac{1}{2}$ pint of milk, $2\frac{1}{2}$ ozs. of sifted flour, 4 whole eggs, a pinch of salt, 7 ozs. of castor sugar. Flavouring to taste.

Method: Add the flavouring to the boiling milk and let stand for 10 minutes or so. Put the eggs, the sugar, flour, and the pinch of salt in a saucepan, and mix thoroughly with a wooden spoon. Add the milk very gradually, and keep stirring continuously. Put the saucepan on a slow fire, and stir without ceasing till the cream comes to the boil, stir for a minute or two more, then remove the saucepan from the fire. Use when cold.

The paste for the choux is put on baking tins in the shape of small balls, and the éclairs are shaped in lengths of about 4 inches. Both are brushed over with a little beaten yolk of egg. Put in a moderate oven and bake till a golden colour. This will take about 25 to 30 minutes. When quite cold, carefully open the choux and the éclairs and garnish with the cream.



LES CRÊPES
(Pancakes)

From time immemorial pancakes have been one of the most popular of French entremets. There are various recipes for making them, and they are garnished in different ways. The recipe given below is for *crêpes à la Parisienne*.

Ingredients: $\frac{1}{2}$ lb. of flour, 3 ozs. of sugar, 5 eggs, 8 table-spoons of cream, 1 tablespoon of brandy, a pinch of salt, $1\frac{1}{2}$ ozs. of butter, $\frac{1}{2}$ pint of milk, 4 ozs. of finely crushed macaroons.

FRANCE

Method: Put the flour, sugar and the pinch of salt in a terrine or a salad bowl, make a well in the centre, and put in the eggs, one at a time, mixing in the flour gradually with a wooden spoon. Then add the milk, to which the melted butter has been added gradually, and start beating the mixture. Finally, add the cream and the crushed macaroons. Let the mixture stand in the kitchen for at least one hour, and then add the brandy just before making the pancakes. Put a very small piece of butter in a small frying-pan and, when hot, put a little of the mixture into it, tipping the pan from side to side so that there is a thin and even layer all over the pan. Cook one side till done, then toss and do the other side. Fold, sprinkle with sugar, and serve very hot. Hot brandy is sometimes poured over the pancakes and set alight.

The famous Crêpes Suzettes are made in the same manner, omitting the brandy, cream and macaroons in the batter. Before folding, the Crêpes Suzettes are smeared with butter, worked to a cream with equal parts of sugar, flavoured with Curaçoa and the juice of tangerines. They are usually served *flambées*—hot Curaçoa being poured over them and set alight just before serving.



RAISINÉ

(Grape juice jam)

The raisiné is a kind of jam which is made from grape juice. There is the plain raisiné, made with grape juice, and the raisiné composé, to which various kinds of other fruit are added. It is especially popular in the wine-growing districts of France, where grapes are cheap and plentiful. It is quite simple to make—the grapes are rubbed through a sieve and put in a preserving pan and set on the fire till the mixture thickens and has the consistency of jam. It is then put in pots, well sealed, and kept in a dry place.

Sundries

LA SAUCE ESPAGNOLE

(Espagnole sauce)

Whether or not this sauce is of Spanish origin, it has been adopted for centuries in France, is one of the basic sauces, and is the foundation of many other sauces and dishes.

Ingredients: To make about 1 quart of sauce: $\frac{1}{4}$ lb. of butter, 4 ozs. of carrots, $\frac{1}{4}$ lb. of onions, $\frac{1}{4}$ lb. of lean gammon, a few parsley stalks, a sprig of thyme, a small bayleaf, 2 ozs. of flour, 1 gill of white wine, 3 tablespoons of tomato purée, 2 ozs. of mushroom peelings, 2 tablespoons of Madeira, $1\frac{1}{2}$ quarts of good stock.

Method: Cut the vegetables in dice, put the butter in a saucepan and, when melted, add the vegetables. Simmer gently till the vegetables are slightly coloured, then add the flour, mix well with a wooden spoon, and simmer gently till the flour begins to brown. Then add very gradually the white wine and the stock. Bring to the boil, add the mushrooms and the tomato purée, and simmer very gently for 1 hour, skimming carefully as the scum rises.

Now strain into another saucepan through a sieve, replace on the fire, bring to the boil and again skim most carefully, as the sauce should be entirely free from grease. When finished, the sauce should be reduced to 1 quart. Remove from the fire, add the Madeira, and strain once more. This sauce will keep for several days in a cool place and can be used as required for many dishes.



SAUCE BÉCHAMEL (MAIGRE)

Béchamel sauce (with milk)

This is another of the basic sauces, used for many purposes in French cooking.

Ingredients: 2 ozs. of carrots, 2 of onions, 2 of uncooked ham or gammon, $1\frac{1}{2}$ ozs. of butter.

$1\frac{1}{2}$ ozs. of flour, the same of butter, $\frac{3}{4}$ pint of milk, a bouquet of mixed herbs, salt and pepper.

Method: Melt $1\frac{1}{2}$ ozs. of butter in a saucepan, add the vegetables cut in small dice, also the ham. Simmer very gently for 15 minutes, but without browning in the slightest. Now put the vegetables on a plate, and in the same saucepan blend the other $1\frac{1}{2}$ ozs. of butter with the flour to a smooth paste. Add the hot milk very gradually, stirring continually. Replace the vegetables in the sauce, with the herbs, season with salt and pepper, and simmer for $\frac{3}{4}$ of an hour. Strain, and use as required.



SAUCE BÉARNAISE

(Béarnaise Sauce)

This sauce, although not a foundation sauce, is so very popular in France, and somehow seems so closely associated with French cooking, with their unique *tournedos*, and other luscious dishes, that I have selected it from countless others. It is said to be the creation of the chef des cuisines of the Pavillon Henri IV at Saint-Germain-en-Laye, and dates from about 1830.

Ingredients: The yolks of 3 eggs, 4 tablespoons of white wine, 6 of tarragon vinegar, 1 tablespoon of finely chopped shallots, 2 level tablespoons of fresh tarragon, 1 of chervil, a little mignonette pepper, a little salt, $\frac{1}{2}$ lb. of butter. A good dash of cayenne.

Method: Put the wine and vinegar in a saucepan with the chopped shallot, the tarragon, the chervil, season with the mignonette pepper and a little salt. Bring to the boil and simmer till reduced by two-thirds. Remove from the fire and, when lukewarm, add the 3 yolks of eggs, stirring well, replace on a very slow fire—or even keep the saucepan in another saucepan of boiling water—and very gradually add

the butter, divided in small pieces, beating with an egg-whisk incessantly. When all the butter has been used, the sauce should be very light. It should be hurriedly strained through a conical sieve, replaced on the fire with a little chopped tarragon and chervil, and seasoned with a dash of cayenne. This sauce should never be allowed to get really hot. It should be treated as a "butter mayonnaise," worked as such, and served lukewarm, otherwise it will curdle.



OEUFS EN COCOTTE

(Eggs en cocotte)

No book on French cookery would be complete without a few egg recipes, for the French excel in the art of preparing and cooking eggs in a great variety of ways.

Ingredients: Eggs, 1 tablespoon of cream to each egg, 2 saltspoons of butter to each egg, a pinch of salt.

Method: The kind of cocotte dish used can be bought almost anywhere in England. It is a brown or green earthenware dish, large enough to hold one egg, and has a small handle. Put the cocotte dishes in the oven for a few minutes to warm them. Put the cream in a small saucepan, and let it get quite hot, but without boiling. Pour 1 tablespoon of cream in each cocotte dish, break the eggs carefully into it, add the butter, and season with salt. Put the dishes in a deep meat tin or any suitable vessel, with boiling water reaching to the middle of them. Cover with a dish or lid, and set in a moderate oven so that the water is kept simmering, without boiling. Cook for 6 or 7 minutes, till the eggs are of the consistency of a lightly-poached egg. Dry the cocotte dishes and serve at once.

OEUFS SUR LE PLAT

(Eggs sur le plat)

I am giving the typical recipe for this delicious way of preparing eggs. There are a number of dishes of Oeufs sur le plat—for instance, Oeufs à la Turque, with the addition of a little lamb kidney, cooked in butter; also Madrilène, with tomato, shallot, chervil, tarragon, Chilli pepper, etc.

Ingredients: 2 eggs to each person, $\frac{1}{2}$ an oz. of butter to each egg, a pinch of salt.

Method: For this recipe flat shallow fireproof dishes are used. Warm these in the oven. Put the butter in them when hot, and melt it. Break the 2 eggs carefully in each dish, season the whites with a little salt (not the yolks, as it is apt to mark them and spoil their appearance), and place the dishes on the middle shelf of a fairly brisk oven, so that they get an equal heat, and cook for 3 or 4 minutes at the most. Serve at once. The whites of the eggs should be sufficiently set to be eaten with a fork, but quite runny, and the yolks very runny. French people usually mop up with a piece of bread whatever a fork or spoon cannot manœuvre—a survival of the time when cutlery was unknown, and fingers and bread were the accepted methods with food!



LA FONDUE

(Egg and cheese dish)

This recipe is very old, very popular, simple, yet quite difficult to do “to a turn.” Brillat-Savarin has an amusing tale to tell about it. A perfect Fondue should be *just* and *exactly* sufficiently set to eat with a fork. Somehow it is considered wrong to eat it with a spoon. Towards the end of the seventeenth century a Monsieur de Madot was made Bishop of Belley. At a wonderful banquet given to celebrate his arrival a special fondue was included among the entremets. The bishop, never having partaken of this dish, and

thinking it was a sweet cream, ate it with a spoon instead of a fork—to the horror and amazement of the distinguished guests. This created such a scandal that for years after the oldest inhabitant of Belley still discussed the bishop's lapse, and there were people who went on remembering "someone who had known somebody who had actually been present at the banquet"

I give Brillat-Savarin's version of it, also quoted by Alexandre Dumas in his *Dictionnaire de Cuisine*:

Ingredients: Allow 1 egg to each person. The eggs should be weighed. Allow a third of their weight of Gruyère cheese and a sixth of their weight of butter. Salt and pepper.

Method: Break the eggs in a saucepan and beat and mix as for an omelet. Add the butter, divided in small pieces, and the cheese, sliced or grated. Put on a brisk fire and stir continuously till the mixture begins to thicken. It should be the consistency of a cream just sufficiently thick to be eaten with a fork. Immediately it has attained this consistency it should be poured on a warm (not too hot) dish—if left for a minute in the saucepan it will be overcooked. La Fondue should be well seasoned with salt and plenty of pepper. Brillat-Savarin recommends a bottle of the very best wine as an accompaniment to La Fondue



HUITRES AUX SAUCISSES

(Oysters with sausages)

This somewhat surprising hors-d'œuvre, hailing from Gascony, but essentially of Bordeaux, has become popular all over France, and may even become popular in England among gourmets, as my distinguished colleague and friend, X. Marcel Boulestin, has introduced it to this country. It is most simple—cold oysters are eaten alternately with piping hot grilled sausages, or sausages sautés with white wine.

PETITS PÂTES CHAUDS

(Small hot pâtés)

These consist of small pâtés of puff pastry, very light, small and dainty, with a filling of the same forcemeat as for rissoles (see p. 37) or godiveau (see p. 32), brushed over with yolk of egg and cooked in a fairly brisk oven till a light golden colour.



ANCHOÏADE

(Anchovy paste)

This is a most popular hors-d'œuvre in the south of France, and particularly in Provence.

Ingredients: 6 or 8 boned anchovies, 2 tablespoons of salad oil, 1 teaspoon of wine vinegar, 1 clove of garlic, a dash of pepper. A few slices of bread.

Method: Pound the anchovies in a mortar with the garlic and add the oil and vinegar. Spread this on slices of bread and either grill or cook in a fairly brisk oven till the bread begins to brown. Serve very hot.



LE BEURRE BLANC

(White butter)

This essentially French spécialité is simplicity itself to make, if one has very good and fresh butter. It is usually served with fish. $\frac{1}{2}$ lb. of butter is melted on a slow fire, a little finely chopped shallot is added, a little vinegar, salt and pepper, and the butter is beaten with a wooden spoon continuously till it has completely melted and looks very white, when it is poured in a hot sauceboat and served at once.

A Few French Cheeses

The art of cheese-making is a very ancient one, and can be traced as far back as two thousand years ago. The discovery of cheese was probably purely accidental, and primitive man, finding that milk which had been allowed to stand for some time, till it coagulated, was not only edible, but pleasing to the palate, started making some sort of soft sour-milk variety of cheese, similar to those we get in country districts all over the world. Most cheese, however, is made from milk soured with rennet—an extract from the mucous membrane of the stomach of the calf, cleaned and preserved by salting and drying.

There are many thousands of varieties of cheese, nearly five hundred of which are French. Among these I have selected only a few of the better-known ones, which are obtainable in this country. They can be grouped as follows:

1. Cheeses made from fresh sour milk.
2. Soft cheeses, made from sour milk fermented at a low temperature, unpressed, and which remain soft.
3. Hard cheeses, made from sour milk, fermented at a high temperature and compressed.
4. The blue-mouldy cheeses, prepared from a mould (*penicilium glaucum*) which gives the green and blue veined appearance to certain cheeses.

Although the French cheeses belonging to the first group are rarely exported, I will mention a few of the better-known ones for the benefit of readers who may be travelling in France.

LE FROMAGE BLANC, or white cheese, which is made from cow's milk. After the milk has soured and coagulated it is put in a muslin bag to drain, hung for some hours, and eaten with salt, pepper or sugar.

LE FROMAGE À LA CRÈME, which I have described on page 82.

LE BONDON, of Neufchâtel-en-Bray, made from sour cow's milk mixed with ewe's milk, or is made from ewe's milk alone, mixed with cream, and sometimes with the mould *penicilium candidum*.

LE FROMAGE DEMI-SEL, a slightly salted cream cheese.

In the second group we get a few cheeses which are well known in this country.

CAMEMBERT is made in the arrondissement which bears that name, in the neighbourhood of Lisieux, in Normandy. It is made with cow's milk, soured with rennet, and is treated with a mould, *penicilium camamberti*, which gives it its characteristic flavour. It is made in rounds of about $1\frac{1}{4}$ inches in thickness and 4 to $4\frac{1}{2}$ inches in diameter, and is packed in round boxes. Camembert should be eaten only when it has matured and is soft and creamy.

BRIE, which is, like the Camembert, one of the most delicious of French cheeses, is made in the farms near the bishopric of Meaux. It has the shape and appearance of a large, flat cream tart, and is slightly salty. It is a soft cheese, with a firm mottled crust, but not "runny" like ripe Camembert.

COULOMMIERS, which is made from sour milk mixed with cream, is a small round cheese of a somewhat firm texture, with a greyish-white crust.

PORT SALUT, a comparatively modern cheese, originally made in the abbey of that name at Mayenne. It is a thin, flat cheese, slightly salty, yellow in colour, of a smooth texture, with but a faint odour of cheese, and it has an extremely delicate flavour.

PONT-L'ÉVÊQUE is another popular unpressed cheese, which is much eaten in France. Like most of the above-mentioned, it is a mild cheese, with a delicate flavour.

MONT-DORE is another popular cheese. The special feature in the making of it is that it is soaked in white wine before being matured.

The best known among the hard-rind cheeses belonging to the third group, fermented at a high temperature and compressed, are:

GRUYÈRE, which, although strictly speaking, is a Swiss cheese, deriving its name from a district of the Swiss canton of Fribourg, is also made in large quantities in France in the Jura Mountains district. The number of evenly-distributed holes or "eyes" which characterize it develop after the cheese has gone through the process of salting in the curing-rooms, where the blocks of cheese are kept for some time and turned every day to prevent the growth of mould. These holes are formed by the development of carbon dioxide and free nitrogen, caused by certain sugars remaining in the treated milk. Good Gruyère should be firm, of a pale yellow colour, and the holes should be large and not too numerous.

CANTAL belongs to the same group of hard-rind cheeses, and is made from cow's milk, and is slightly salty.

Among the most famous French cheeses of the veined green and blue mould varieties is:

ROQUEFORT, made in the department of Aveyron, the cheese being cured in the natural mountain caves of the village of Roquefort. It is made from ewe's milk, and treated with a blue mould. Roquefort cheese is of ancient origin, and the story goes that in the time of the ancient Gauls a young shepherd, having made some cheese from sour ewe's milk, stored a supply of it in one of the caves. Coming back for it in a few days' time, he found the cheese transformed—it had become friable, slightly hot, and certainly more tasty than his usual cheese. He repeated the experiment, revealed his discovery to his comrades, and soon a few huts were erected on the slopes of the Combalou, where the humble inhabitants started the making of the now world-famous Roquefort.

A Few French Beverages

LE CAFÉ (Coffee)

Although coffee is extensively drunk in many other countries, it is such a national institution in France, and "café au lait" and "café noir" are so popular that I have thought fit to say a few words about it, and describe the typically French method of coffee-making. It is a common error to think that French coffee is always adulterated by the admixture of chicory. Among the working classes in France the bitterness imparted by the addition of chicory is sometimes fancied, but the real French connoisseur of good coffee would never tolerate the addition of chicory, or any other "flavouring" matter to his coffee.

Although the history of coffee is somewhat obscure, it seems to have been in use in Abyssinia from time immemorial, whence the shrub was introduced to Arabia, and eventually reached Europe some 200 years ago; and the Mocha coffee of Arabia, when obtainable (and genuine), is undoubtedly the finest coffee. There are innumerable blends of coffee, in France as well as in this country, a third each of Mocha, Bourbon and Martinique coffees being a favourite one in France, though Porto-Rico is sometimes used as a substitute for the Bourbon or Martinique.

To obtain good coffee it is essential that it should be properly roasted and freshly and finely ground.

In France the classical method, which has been more or less adopted in all countries where the art of coffee-making is studied, dates from the beginning of the nineteenth century, when Monsieur de Belloy, nephew of the then Archbishop of Paris, invented his famous filter which revolutionised coffee-making. It consists of an earthenware or stone coffee-pot, with a very fine filter, a perforated disc

fitting over it, and a lid. The coffee-pot is stood in a saucepan of boiling water, which is kept simmering continually, but not sufficiently for the coffee to boil. The coffee is put on the filter, in the proportions of 1 tablespoon of coffee to 6 of water, the coffee being first of all damped with a little boiling water, so that the grains will swell, and must stand for 5 minutes, with the lid on the pot. The boiling water is then added gradually, at intervals of 2 to 3 minutes. The whole process takes from 15 to 20 minutes.

The method is excellent, and is best calculated to retain the delicate aroma of coffee, which is extremely volatile, and unites so feebly with water that it escapes with great facility.

A very typical French custom is to add a liqueur glass of brandy to a cup of black coffee.

French coffee, at its best, should have all the qualities described by Talleyrand:

“Noir comme le diable,
Chaud comme l’enfer
Pur comme un ange,
Doux comme l’amour—”



CHOCOLAT (Chocolate)

Chocolate is a very popular beverage in France, and many people have a cup of chocolate in the morning for breakfast; and it is also frequently drunk in the afternoon instead of tea.

Whether made with milk or water, chocolate should never boil. The French method is as follows: Just under 2 ozs. of chocolate to a full breakfast cup of liquid, whether milk or water. Break the chocolate tablets in pieces, put them in a small saucepan, with a little of the boiling liquid, and set on the side of the stove or on a very low fire for a few minutes till the chocolate begins to dissolve. Then remove

FRANCE

from the fire, and with a whisk or a wooden spoon, work to a smooth paste, free from lumps. Then add a little more of the boiling liquid, mix well, and add the remaining milk or water. Beat vigorously for 1 or 2 minutes, so as to make the mixture frothy, and serve at once.



CITRONNADE

(Lemonade)

Cooling drinks are very popular in France, and they have some excellent recipes for making them. To make roughly about $2\frac{1}{2}$ quarts of citronnade, just over 2 quarts of cold filtered water are required, 4 large lemons, 1 lb. of lump sugar. Put the sugar in an earthenware terrine with the cold water and let stand till the sugar is melted. Then add the lemon peel, cut in strips, and the juice of the 4 lemons. Cover, and let stand for 4 to 5 hours. Pour through a fine sieve, and cool on the ice before serving.



ORANGEADE

(Orangeade)

This is made in exactly the same way as citronnade, using 4 large oranges instead of lemons.



SIROP D'ORGEAT

Syrups of all descriptions are extremely popular in France, and are very cooling and pleasant drunk with the addition of a little cold water. Although nowadays these syrups are usually bought ready-made, in many old-fashioned French families home-made syrups are preferred. The sirop d'orgeat is one of the favourites.

Ingredients: 1 lb. of sweet almonds, 6 ozs. of bitter almonds,

1½ quarts of water, 3 lbs. of crushed lump sugar, half a tumbler of orange flower water.

Method: Blanch and skin the almonds and pound them to a smooth paste in a mortar with a little water. Add about ½ pint of water and mix well. Put the almonds and water in a saucepan, add the remaining quantity of water, the sugar and orange flower water, and simmer in a double saucepan till the sugar has melted. Remove from the fire, strain through a cloth into a terrine or large basin and, when cool, put it in bottles. It should be kept in a cool place, as it is apt to ferment.



SIROP DE GROSEILLES

(Syrup of gooseberries)

This is another popular syrup and is made by pounding the gooseberries in a mortar, or crushing them in a basin, so as to extract all the juice. Let the juice stand in an earthenware vessel for 12 hours to ferment. To each quart of juice, allow 2½ lbs. of sugar. Mix the juice and the sugar in a preserving pan, bring to the boil, and skim carefully. When the syrup just begins to thicken, remove from the fire and stand till quite cold, when it can be bottled, tightly corked and kept in a cool place.



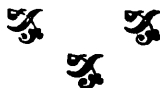
RATAFIA DE CERISES

(Cherry ratafia)

Home-made liqueurs were very popular at one time in France, when the price of alcohol was not so high, and the French housewife excelled in the making of various kinds of "ratafias."

Black cherries are used for this. Remove the stalks and stones, and crush half the quantity of cherries with a fork, and pound the remaining half in a mortar. Put all in an

earthenware terrine and let stand for 12 or 18 hours. Then pour through a sieve into another terrine, and allow for each quart of juice, $\frac{3}{4}$ lbs. of sugar, 1 quart of alcohol, and a stick of cinnamon. Pour into an earthenware jug, and let it stand for one week. Strain and bottle.



A Few Choice Wines of France

The number of different varieties of wines produced in France is so vast that any attempt at a complete record of them would fill several volumes. The cultivation of the vine in France is of great antiquity, and in no other country do we find soil and climatic conditions so favourable to the production of wines of such high quality.

I wish to thank Monsieur André Simon for his invaluable help in revising my manuscript on the wines of France. M. Simon is not only one of the greatest living authorities on wine, but is also the founder and President of the Wine and Food Society, who are doing such splendid work to further the cause of gastronomy in England and to raise the standard of cooking.



The vine was cultivated at a very early period in the Bordelais district, but it was only in the sixteenth century that the Bordeaux wines began to be popular throughout France. Their vogue dates from the time of Louis XV,

when they were introduced to the court by the Maréchal de Richelieu.

The Bordeaux district may be considered the heart of the wine industry of France, and the Gironde produces an unsurpassed variety and quantity of delicate and elegant wines. The Gironde Département is divided into several districts, the most important of which is the Médoc, which, in its turn, is divided into a number of communes, such as Margaux, Pauillac, St. Estèphe, etc., where the different vineyards from which the wines derive their names are situated.

Among the better-known classed growths of the MÉDOC wines (claret) are:

1st Growths: Château Lafite (Pauillac), a rich ruby wine with a fine and delicate bouquet. It is full-bodied and soft. The domain of Château Lafite was founded in 1355. Château Margaux (Margaux). The Margaux are not so full-bodied, but are more perfumed and delicate. Château La Tour (Pauillac).

2nd Growths: Among the best are Château Mouton-Rothschild; Château Léoville-Lascases (Saint Julien); Château Léoville-Poyferré (Saint Julien), the two latter being light and delicate wines; Château Branc-Cantenac (Cantenac), similar to Margaux, soft and with a pleasing bouquet; Château Pichon-Longueville (Pauillac); Château Cos D'Estournel (Saint Estèphe), a light aromatic wine.

The third, fourth and fifth growths also furnish excellent wines, some of which are little known in this country.

Nearly all the wines grown on gravelly soils are called "graves," but a specific district of GRAVES lies south of Bordeaux. The most famous of red wines produced in the Graves district is Château Haut-Brion (Pessac), a full-bodied wine considered by connoisseurs to be the equal of the finest Bordeaux wines. The white wines of Graves are not classified, although there are some excellent ones.

The most famous of all SAUTERNES is Château d'Y'quem (Sauternes), amber-coloured and highly perfumed. Wines

of the 1st Growths include Château La Tour-Blanche (Bommes), Château Coutet (Barsac), Château Guiraud (Sauternes); and the 2nd Growths give us Château de Mirat (Barsac), Château Doisy-Graves (Barsac), Château d'Arche Lafaurie and Château Filhot (Sauternes), Château Lamothe (Sauternes), and many other excellent wines.

The CÔTES wines are grown on the hills in between the Garonne and the Dordogne, the best being grown in the Saint-Émilion district. The better-known wines of the 1st Growths are Château Ausone (where, in the year A.D. 300, the poet Ausonius, according to tradition, was born), Château Clos Fourter, Château Canon, Château Cheval-Blanc, Château Figeac, etc.

The non-classified wines of the Bordeaux district are sold under the names of the communes where they are grown, such as Saint-Estèphe, Saint-Emilion, Saint-Julien, Sauternes, Barsac, etc., or of districts embracing a number of communes, such as Médoc and Graves.

BURGUNDY is one of the oldest wine-growing districts of Europe. From Haute-Bourgogne we get the CÔTE DE NUITS wines, those of the "grands premiers crus" being: Romanée-Conti (Vosne), Clos Vougeot (Vougeot), Musigny (Chambolle), which are considered to be the finest and softest of all burgundies. Among well-known burgundies of the 1st Growths are Romanée Saint-Vivant (Vosne); Saint-Georges (Nuits), both with a very fine bouquet; Clos de Tart (Morey); Richebourg (Vosne); La Tâche (Vosne). And the 2nd Growths include Beaux Monts (Vosne); Baudets (Nuits) Cras (Nuits); Murgers (Nuits); and several others.

From the CÔTE DE BEAUNE we get the full-bodied wines of the 1st Growths such as Corton (Aloxe), Clos du Roi (Aloxe), Renardes-Corton (Aloxe), Les Chaumes (Aloxe), and among the many of the 2nd Growths are La Barre (Volnay), Caillerets (Volnay), Chevret (Volnay), Santenet (Meursault), Perrières (Meursault), Grèves Enfant-Jésus (Beaune), Clos de la Mousse (Beaune), Clos du Roi (Beaune). From this district also come the Beaune Hospices, the Pom-

mard wines, highly perfumed but not quite so *délicate* as those of Volnay, Clos Saint-Jean (Chassagne), Clos Cavannes (Sautenay).

The wines of the Côte de Beaune have less bouquet than those of the Côte de Nuits, but are very full-bodied.

The principal white wines of Burgundy are those of Montrachet and the Meursault in Upper Burgundy and the Chablis in Lower Burgundy. The Pouilly comes from Saône-et-Loire: it is usually sold as Pouilly-Fuissé to differentiate it from the white wines of Pouilly-sur-Loire, sold as Pouilly-Fumé.

In Upper Burgundy the wines of the Côte de Beaune include Montrachet (Puligny et Chassagne), the finest of all white burgundies; Meursault (Meursault); Meursault Perrières; Meursault Charmes; Corton Blanc (Aloxe); Charlemagne-Corton (Pernaud); Bâtard-Montrachet (Puligny); and a few other excellent white burgundies.

The best white wines of the Côte de Nuits are the Musigny Blanc (Chambolle) and the Vougeot Vigne Blanches (Vougeot), both rare wines.

In Lower Burgundy we get Chablis (Chablis), the best Growths of which include Chablis Grenouilles, Chablis Vaudesir, and others.

In the Lyonnais district we get the Beaujolais wines, the principal Growths of which include Thorins (Saône-et-Loire, canton de la Chappelle-de-Guinchay), Moulin-à-Vent; and the best Growths of the Fleurie include La Chapelle des Bois, Le Garant, Poncié, etc., and wines little known in England.

Champagne gets its name from the former province of that name, which is now replaced by the departments of Marne, Haute-Marne, Aube and Ardennes. Although both white and red wines were produced in Champagne at a very early date, it was not till the latter part of the seventeenth century that sparkling wine was first made. The discovery is ascribed to Dom Pérignon, a Benedictine

monk, who was in charge of the Hautvillers Abbey wine cellars from the year 1670 to 1715.

The district in which the finest champagnes are produced is divided into what is popularly known as the "river" and the "mountain" districts, the former consisting of vineyards near the River Marne, the principal of these being Ay, Dizy, Hautvillers, Mareuil-sur-Ay, the Epernay vineyards, Cramant Avize, Oger and Le Mesnil. The "mountain" vineyards include Verzy, Sillery, Verzenay, Chigny, etc.

Among the better-known champagnes in this country are Pommery & Greno, Veuve Clicquot, Mœt & Chandon, Heidsieck Dry Monopole, Pol Roger, Roederer, G. H. Mumm & Co., Krug, Bollinger, Perrier Jouët, etc.

Among the Côtes de Rhône wines are the famous Ermitage (Drome), both red and white. The best wines of Touraine are among the red wines, Bourgueil (Chinonais), and among the white wines the Vouvray (Pays de Tours). From Anjou we get both still and sparkling Saumur wines.

The finest brandies are produced in the departments of Charente and Charente Inférieure, the centre of which is the town of Cognac, and the only brandy which has a right to the name of Cognac is that produced in a limited district known as the Région Délimitée.

The department of Calvados produces a very potent cider-brandy called Calvados. Marc de Bourgogne is another strong spirit, distilled from the husks of burgundy. Among the best-known French liqueurs are Chartreuse, Bénédictine, Anisette, Crème de Menthe, Crème de Cacao, Crème de Cassis, Cointreau, Grand Marnier, Parfait Amour, Raspail, Vieille Cure, etc.

The best French Vermouth, which is made with an aromatised white wine, comes from the Hérault district.

CIDER

One of the places in France where cider is chiefly made and consumed is Normandy. The cider drunk by the peasants is strong and rough, but has a pleasing and characteristic flavour.

Some of the best "Growths" of cider come from the Seine-Inférieure, especially from the Roumois, and from the little valleys which run from Dieppe to Rouen, in the Caux district.

In thè Eure, the region of Pont-Audemer, Cornevilles-Cloches, Beuzeville and Broglie, we again find some of the "Growth" ciders.

The Calvados also has some fine ciders, in the district of Auge, and famous ciders are made at Orbec, Vimoutiers, Montpuizon, and Tortisambert. These are highly alcoholic.

The most delicate ciders made in Normandy come from Clécy and Thury-Harcourt in the Vallée de l'Orme, again in the Calvados. These are milder than those from the Auge.

In La Manche, at Nèfreville, between Briquebec and Valognes, very good cider is also made.

ITALY



SOUPS

	PAGE
Il Minestrone (Milano) (<i>Soup with stock and vegetables</i>)	106
“Risi e Bisi” (Veneto) (<i>Soup with rice and peas</i>)	107
Zuppa di Fagioli alla Fiorentina (<i>Kidney bean soup à la Florentine</i>)	107
Zuppa di Spinaci alla Modenese (<i>Spinach soup à la Modena</i>)	108
Cappelletti All’Uso Di Romagna (<i>Capelletti as made in Romagna</i>)	108
Le Tagliatelle in Brodo (<i>Tagliatelle in soup</i>)	108
Minestra di due Colori (Firenze) (<i>The soup of two colours</i>)	109
Acquacotta (Toscana) (“ <i>Cooked water</i> ”)	109
Minestra di Semolino (<i>Semolina garnish for soup</i>)	110
Anolini alla Parmigiana (<i>Anolini à la Parma</i>)	110



FISH

Baccalà alla Veneziana (<i>Dry salt cod</i>)	112
Baccalà alla Vicentina (<i>Dry salt cod</i>)	112
Il Tonno alla Bolognese (<i>Tunny fish à la Bolognese</i>)	113
“Le Sfogie in Saòr” (Venezia) (<i>Soles with a vinegar sauce</i>)	113
Pesci Arrostiti e Freddi (Venezia) (<i>Baked cold fish</i>)	113
Cappe ai Ferri (<i>Grilled scallops</i>)	114
Risotto di Scampi (Fiume) (<i>Risotto with “Dublin” prawns</i>)	114
Triglie alla Livornese (<i>Red mullets à la Livorna</i>)	114
Anguilla alla Fiorentina (<i>Eels à la Florentine</i>)	115
Muscoli Fritti Nell’Olio (<i>Mussels fried in oil</i>)	115

RECIPES OF ALL NATIONS

ENTREES

	PAGE
Maccheroni al Pomodoro (<i>Maccaroni with tomatoes</i>)	117
Maccheroni al Forno (<i>Baked maccaroni</i>)	118
Vermicelli e Alici (Calabria) (<i>Vermicelli and anchovies</i>)	118
Spaghetti Con Aglio e Olio (<i>Shaghetti with garlic and oil</i>)	119
Pasta Colle Acciughe (Sicilia) (<i>Tagliatelli (paste) with anchovies</i>)	119
I Ravioli	119
Polpettine alla Fiorentina (<i>Forcemeat balls à la Florentine</i>)	120
Il Risotto alla Milanese (<i>Risotto à la Milanaise</i>)	121
Risotto Con Funghi (<i>Risotto with mushrooms</i>)	121
Polenta (<i>Yellow maize flour</i>)	121
Polenta e Oséi (<i>Polenta with small birds</i>)	122
Polenta al Forno (Venezia Tridentina) (<i>Baked polenta</i>)	122
I Gnocchi alla Piemontese (<i>Potato dumplings à la Piemontese</i>)	123
I Gnocchi alla Romana (<i>Semolina dumplings à la Romana</i>)	123
Funghi alla Toscana (<i>Mushrooms à la Toscana</i>)	124
Carciofi alla Modenese (<i>Artichokes à la Modenese</i>)	124
Fagioli All'Uccelletto (<i>Kidney beans</i>)	125
Broccoli alla Fiorentina	125
"Pumaruolo o Gratté" (Sicilia) (<i>Tomatoes au gratin</i>)	125
"La Bagna Cauda" (<i>Hot sauce composed of oil, butter, garlic, and anchovies</i>)	126



MEAT

L'Osso Buco (<i>Veal stew</i>)	127
La Costoletta alla Milanese (<i>Cutlet à la Milanaise</i>)	128
Fritto Misto alla Fiorentina (<i>Mixed ingredients fried à la Florentine</i>)	129
Stufatino (Firenze) (<i>Veal stew</i>)	129
Maiale Ubriaco (" <i>Intoxicated pork</i> ")	130

ITALY

	PAGE
Vitello Tonnato (Milano) (<i>Veal with tunny fish and anchovies</i>)	130
Il Fegato alla Veneziana (<i>Liver à la Veneziano</i>) . . .	131
Olivette di Vitello (Pesaro) (<i>Veal olives</i>)	131
Il Garofolato (Roma) (<i>Beef stew with cloves</i>)	132
"Testa di Puorco" (Sicilia) (<i>Pig's head</i>)	132



POULTRY AND GAME

Pollo alla Diavola (Firenze) (<i>Devilleed chicken</i>)	133
Pollo alla Padovana (<i>Chicken à la Padua</i>)	133
Pollo Grillettato All'Areina (<i>Grilled chicken Areina</i>)	133
Il Tacchino Ripieno (Lombardia) (<i>Stuffed turkey</i>)	134
Anitra All'Olivo (Liguria) (<i>Duck with olives</i>)	134
Pappardelle Coll'Anitra (<i>Pappardelle (Italian paste) with duck</i>)	135
Lepre alla Trentina (<i>Hare à la Trentina</i>)	135
Pernici allo Zabaione (Piemonte) (<i>Partridges with zabaione</i>)	135
Coniglio in Agrodolce (Sicilia) (<i>Rabbit with sour-sweet sauce</i>)	136
Uccelletti alla Maremmana (Toscana) (<i>Small birds à la Maremmana</i>)	136



VEGETABLES

Carciofi alla Giudia (<i>Artichokes in the Jewish style</i>)	136
Asparagi alla Fiorentina (<i>Asparagus à la Florentine</i>)	137
Cavolfiore alla Romagna (<i>Cauliflower à la Romagne</i>)	137
Funghi alla Napoletana (<i>Mushrooms à la Napolitaine</i>)	137
Fagioli "Assoluti" (<i>Beans "assoluti"</i>)	138
I Piselli al Prosciutto (<i>Peas with ham</i>)	138
I Pomodori Ripieni (Roma) (<i>Stuffed tomatoes</i>)	138
Le Zucchine Marinate (<i>Marinated small marrows</i>)	138

SALADS

	PAGE
Il Cappon Magro (Liguria) (<i>Mixed vegetable salad</i>)	139
Il Cappone in Galera (<i>Salad of anchovies and capers</i>)	140
Il Condion (Liguria) (<i>Mixed salad</i>)	140
Insalata d'Indivia (<i>Endive salad</i>)	140
"La Misticanza" (Roma) (<i>Mixed salad</i>)	140
Insalata coi Tartufi (Piemonte) (<i>Salad with truffles</i>)	141
Insalate Verdi (<i>Salads</i>)	141
Insalate con Dragoncello (Siena) (<i>Salads with tarragon</i>)	141
Il Pesto (Genova) (<i>Cheese, Nuts, etc.</i>)	142
Il Pesto (another Recipe) (<i>Basil, garlic, Parmesan cheese, oil</i>)	142



SWEETS

Zabaione (<i>Egg-punch</i>)	142
Pizza alla Napoletana (<i>Tart à la Napolitaine</i>)	143
Frittelle di Borrane (<i>Borage fritters</i>)	144
Cavallucci di Siena (<i>Cakes of nuts, candied peel, etc., from Siena</i>)	144
Frittelle di Farina Bianca (<i>Batter fritters</i>)	144
Pesche Ripiene (<i>Stuffed peaches</i>)	145
Gnocchi di Latte (<i>Milk dumplings</i>)	146
Torta di Noci (<i>Nut pudding</i>)	146
Fave alla Romana ("Broad beans" à la Romana).	146
Pizza "Figliata" (Napoli) (<i>Pastry with honey, nuts, etc.</i>)	147

ITALY

SUNDRIES

	PAGE
Salsa Genovese per Pesce Lesso (<i>Genovese sauce for boiled fish</i>)	148
Salsa Tonnata (<i>Tunny fish sauce</i>)	148
Tortino di Pomodoro (<i>A dish of tomatoes and eggs</i>)	148
Frittelle di Riso (<i>Rice fritters</i>)	149
Pane Bolognese (<i>Bologna bread</i>)	149
Cenci (<i>Dessert cakes</i>)	150
Bruciate Briachi (<i>Burnt chestnuts</i>)	150
Olive Ripiene (Ascoli) (<i>Stuffed olives</i>)	150
Donzelline Ripiene di Acciughe Salate (<i>Small pastry rissoles with anchovies in brine</i>)	151
Cacimperio (Torino) (<i>Cheese and egg dish</i>)	151



A FEW ITALIAN CHEESES

Green Gorgonzola	152
White Gorgonzola or Pannerone	152
Mascherpone	152
Bel Paese	153
Stracchino di Milano	153
Cacciocavallo	153
Reggiano	153
Fontina d'Aosta	153
Parmigiano or Parmesan	153
Lodigiano	154
Il Pecorino Romano	154
La Ricotta Romana	154
La Mozzarella	155
Il Canestrato	155
A ' FEW ITALIAN WINES	155

Introduction

ITALIAN food is the food of a people who have *la joie de vivre*, who have the gift of song and laughter and who are blessed with the divine gift of enthusiasm which alone leads to the creation of great works of art—and to gastronomic achievements of the highest quality. There is something as glowing in their cookery as there is in their art. It has the subtle artistry which is characteristically Italian. It has those rare qualities of delicacy and refinement which belong to the period in history when Italian culture was at its zenith, and many of the traditional dishes of Italy date from that period.

Italian cookery is less complicated and “detailed” than French cooking. The Italian chef or cook produces his gastronomic “effects” by simpler and more direct methods. He uses less ingredients and depends rather on the intrinsic goodness and on the perfect cooking of his raw materials. This broadness and simplicity are the most admirable qualities of Italian cooking, but they require certain gifts which the cooks of few nations seem to possess to the same degree as the Italian. To attain perfection in the cooking of simple dishes, sound judgment is required—partly a natural instinct and partly a matter of training—perfect accuracy as to quantity and quality, and the same concentration and care which most cooks give only to the more elaborate and complicated culinary operations. The Italian seems to have an inborn sense of cooking a thing *à point*, or to a nicety, and knows the paramount importance of exact timing. Many of his dishes require an “eye which never leaves the clock,” and he knows full well that a fraction of a minute will be the making or marring of them.

Italy is one of the few European countries possessing a rich heritage of traditional dishes, and traditional dishes which have remained unchanged throughout the centuries. Long before France rose to supremacy in the art of cooking,

Italian, and particularly Venetian, cooking had attained a great degree of perfection and was renowned in many other countries. In the sixteenth century, when Venice was in her full splendour, the art of good eating reached the greatest heights, and the feasts and banquets and the many delicacies which adorned the tables were only equalled by those which, a century or so later, were spread on the tables of the kings of France. It was not, in fact, till Catherine of Medici brought Italian chefs to France in the year 1533 that France became initiated into a more refined school of cooking which, as years went by, she developed after her own fashion and in a characteristic manner. Gradually she wrested from Italy the title of champion in the sphere of gastronomy and has held it ever since.

But although the cooking which we get in the large hotels and restaurants shows traces of French influence, the traditional cooking of Italy has remained singularly unchanged and purely national. It is, in fact, one of the very few European countries which show few traces of outward influence in cooking.

The gods seem to have lavished all the good things of the earth on this land of beauty and sunshine. The wealth of raw materials of every kind is almost overwhelming—fine and pure races of cattle, game, poultry, an abundance of vegetables and fruit, the vine, the waters of the Mediterranean and the Adriatic teeming with fish. But the gods were discerning, for they showered these gifts on a people worthy of them, and who have the same sense of balance and of beauty in the art of cooking as they have in all the arts.

I wish to tender my sincere thanks to Cavaliere B. Calderoni, one of the most distinguished exponents of the art of cookery, and an authority on Italian traditional cooking, for his advice and help and for reading through the manuscript of this section and confirming the authenticity of the recipes I have given.

Soups

Soups and their innumerable "trimmings" in the way of ravioli, gnocchi, spaghetti and all manner of appetising delicacies, are very popular in Italy. Each province, each city, small town or even village, seems to boast of its own particular soup or of some special and characteristic accompaniment to it. These various pastes—made with either eggs and flour, potato flour, maize flour, semolina, rice, forcemeat dumplings of all descriptions, although extensively used in Austria, Germany and Russia, are of Italian origin and typically Italian.



IL MINESTRONE (MILANO) (Soup with stock and vegetables)

This delicious soup is the great spring and summer soup, made with fresh young vegetables, and is usually served cold. It is served in special small marmites or bowls.

Ingredients: 3 pints of good stock, $\frac{1}{4}$ lb. of salt pork (gammon), $\frac{1}{2}$ lb. of fresh kidney beans, $\frac{1}{2}$ lb. of peas, 1 or 2 sticks of celery, 1 small cabbage, $\frac{1}{2}$ lb. of spinach, 3 or 4 carrots, $\frac{1}{2}$ lb. tomatoes, 1 small onion, a little sage, $\frac{1}{2}$ a cupful of rice, parsley, 1 or 2 cloves of garlic, 3 or 4 table-spoons of Parmesan cheese, salt and pepper.

Method: Put the stock in a large saucepan, bring to the boil and add the pork, cut in inch lengths, the beans, the peas, the cabbage and the spinach, finely chopped, as well as the carrots, celery, onion, sage, parsley, rice and chopped tomatoes. Stir well, season with salt and pepper and simmer till the vegetables are tender and have nearly absorbed the stock. Finally stir in the Parmesan cheese. The soup should be very thick, and can be served either hot or cold.

RISI E BISI (VENETO)
(Soup with rice and peas)

This typical Venetian soup, popular throughout the whole of Italy, was the dish which was always served to the Doges on the occasion of the feast of San Marco. The characteristic of most of the Venetian "minestre" is their thickness—in fact, in this country Italian minestre would hardly be called "soups," being more in the nature of what, in old English cooking, was called "pottage."

It is difficult to give the exact proportion of the ingredients, as much depends on the quality of the rice used, and it is not always possible to get Italian rice. The method, however, is simple enough. The rice is cooked in butter to a golden colour, with a little chopped onion, celery and either gammon or ham. Hot stock is then added gradually, and finally the peas. Stir well and simmer for $\frac{1}{2}$ an hour or longer. It should be of the consistency of porridge.



ZUPPA DI FAGIOLI ALLA FIORENTINA
(Haricot bean soup à la Florentine)

Ingredients: 1 lb. of beans, $\frac{1}{2}$ a small red cabbage, $\frac{1}{2}$ pint, or a little more, of tomato sauce (see page 117), 2 or 3 onions, small slices of brown bread, 1 or 2 leeks, 2 or 3 sticks of celery, garlic, a few sprigs of thyme and rosemary, salt and pepper, oil and a little stock.

Method: Put the beans in a saucepan or an earthenware casserole with the chopped vegetables and seasoning, 4 or 5 tablespoons of oil, the tomato sauce and a little stock. Bring to the boil and simmer very gently for $1\frac{1}{2}$ to 2 hours, adding more stock or tomato sauce if necessary. This again would hardly be considered a "soup" in England, but comes under that category in Italy.

ZUPPA DI SPINACI ALLA MODENESE

(Spinach soup à la Modena)

Ingredients: 2 lbs. of spinach, 1 gill of stock, 2 ozs. of butter, 2 or 3 tablespoons of grated cheese, salt, pepper, a little nutmeg, 1 or 2 eggs, croûtons of fried bread.

Method: Boil the spinach in salted water. When tender, drain thoroughly and put in an earthenware casserole, with the butter and stock. Stir well, add the eggs, the seasoning and the cheese. Simmer gently till the mixture thickens, and serve with croûtons of fried bread.



CAPELLETTI ALL'USO DI ROMAGNA

(Capelletti as made in Romagna)

Ingredients: The breast of cooked capon or chicken, 1½ ozs. of grated Parmesan cheese, a little sour cream or sour cream and milk cheese, 1 whole egg and 1 yolk, salt, pepper, a pinch of mixed spices, rounds of pastry made with flour and eggs.

Method: Chop the breast of chicken finely and mix in a basin with the other ingredients. Season with salt, pepper and spices. Roll the pastry out very thinly and cut in rounds just over 2 inches in diameter. On each round put a little of the mixture, fold over, damping the edges of the paste with a little water and press firmly. Now bring the ends together, again damping them slightly and pressing. They will then be reminiscent of small hats, hence their name of "capelletti." They are cooked in stock for about 15 minutes.



LE TAGLIATELLE IN BRODO

(Tagliatelle in soup)

Tagliatelle are one of the many Italian pastes which can be added to soups or can be served as an entrée, or as an

ITALY

accompaniment to meat, poultry and game. They are cut into strips, the width varying in different parts of Italy, but they are rarely wider than $\frac{1}{2}$ an inch. There are various recipes for making the paste, but this is a popular one.

Ingredients: 1 lb. of flour, 4 whole eggs and the yolks of 1 or 2. A pinch of salt.

Method: Mix the eggs and the flour and work into a firm dough. Roll out very thinly and let stand for about 1 hour to dry thoroughly. Then cut into strips just under $\frac{1}{2}$ an inch wide and cook in a large saucepan of boiling salted water for a few minutes. Drain thoroughly.



MINESTRA DI DUE COLORI (FIRENZE)

(The soup of two colours)

Ingredients: A handful of spinach, $\frac{3}{4}$ lb. of flour, 2 ozs. of Parmesan cheese, 2 whole eggs and the yolks of 2 eggs, 1 pint of milk, $2\frac{1}{2}$ ozs. of butter, a pinch of salt and nutmeg.

Method: Put the butter in a saucepan and, when melted, mix in the flour. Pour in the hot milk, season with salt and nutmeg and work with a wooden spoon into a smooth paste, on a slow fire. Remove from the fire and, when cool, mix in the eggs and the cheese. Divide the paste in half, and mix one half with the spinach, previously boiled, well drained and rubbed through a sieve. Drop small lumps of the alternate green and yellow paste into boiling stock through a piping funnel.



ACQUACOTTA (TOSCANA)

(“Cooked water”)

Ingredients: 3 or 4 large onions, 2 or 3 sticks of celery, 1 lb. of tomatoes, 3 or 4 peperoni (sweet peppers), slices of bread, eggs, water, salt and pepper.

Method: The vegetables are chopped or sliced, cooked in

a frying pan in hot oil and well seasoned with salt and pepper. When slightly browned, hot water is added, gradually—sufficient to give the consistency of a thick soup. The soup is then poured over slices of bread, brushed over with beaten egg.



MINESTRA DI SEMOLINO

(Semolina garnish for soup)

Bring $\frac{1}{2}$ pint of milk to the boil and add as much semolina as it will absorb. Stir and simmer for about 20 minutes till the mixture is very thick. Remove from the fire, add about 1 oz. of grated Parmesan cheese, a little butter, a good pinch of salt and grated nutmeg. Then work in 1 or 2 eggs, so that the mixture is of the consistency of a somewhat liquid cream. Pour it into a well-buttered plain mould and simmer in a double saucepan, preferably in the oven, till the mixture is easily detached from the mould. Turn out, cut into small dice or rounds and cook in boiling stock for about 5 minutes.



ANOLINI ALLA PARMIGIANA

(Anolini à la Parma)

These consist of very small ravioli (see page 119), with a filling of grated cheese, fine breadcrumbs, egg, a little very thick Espagnole sauce (see page 80), and a slight flavouring of onion and nutmeg. They are put in the boiling stock and cooked for about 15 minutes. This is the traditional "minestra" served at Easter and Christmas in the province of Parma.

Fish

In selecting typical recipes from the vast repertory of Italian cooking, the difficulty lies in the fact that many of the national fish dishes are made with fish unknown and unobtainable in this country. The waters of the Mediterranean and the Bay of Naples yield a wealth of edible sea creatures which seems unlimited. The different varieties of shellfish—lobsters, crayfish, “Dublin” prawns, crabs, scallops, clams, oysters, and mussels—not to mention all manner of other fish, ranging in size from the anchovy to the gigantic tunny—are familiar to all those who have been to Venice and sampled some of their incomparable fish dishes. Coming back from any of the coast cities or towns of Italy, the limited and monotonous range of fish displayed at our English fishmongers’ is striking and disappointing, and the price of shellfish prohibitive in many instances.

Throughout the course of this book, in collecting Italian, Austrian and other recipes, I have often found the word “sardelle” mentioned, and was told that, in spite of the meaning given in the dictionary, it was not a sardine, but a larger species of anchovy. The sardella, however, is neither the one nor the other. It is the fry of the twaite shad (*Alosa finta*), belonging to certain migratory species of herring (*Clupea*), and is abundant in the waters of the Mediterranean. Its size varies from $3\frac{1}{2}$ to 5 inches, and it is treated in the same manner as the anchovy and preserved in oil. It has a similar flavour. The anchovy (*Engraulis encrasicolus*) also belongs to the herring family, and the young specimens which appear on the market, either in oil or in brine, vary from $1\frac{1}{2}$ inches to $3\frac{1}{2}$ in length.

The sardine, which is an immature pilchard (*Clupea pilchardus*), is again a member of the herring family, and is also abundant in the Mediterranean, where it does not exceed a length of more than $7\frac{1}{2}$ inches when mature.

BACCALÀ ALLA VENEZIANA

(Dry salt cod)

This is one of the most famous and ancient of the fish dishes of Venice and, although their salt cod differs somewhat from that obtainable in England, yet quite good results can be obtained with the latter.

Ingredients: 2 lbs. of dried salt cod, previously soaked in cold water for 12 hours (the water should be changed every 4 hours), 2 or 3 chopped onions, 4 or 5 anchovies, butter, oil, Béchamel sauce (see page 80).

Method: Put a few tablespoons of oil and butter in a saucepan with the chopped onion. When the onion is cooked to a golden colour, add the fish and cook for about 15 minutes, but without browning. Then stir in a little milk, and cover with a thick Béchamel sauce, to which chopped anchovies have been added. Put a close fitting lid on the saucepan and simmer very gently for about 1 hour.



BACCALÀ ALLA VICENTINA

(Dry salt cod)

The virtues of this excellent dish have been sung by a well-known poet of Vicenza, Adolfo Guiriato, who calls it a "real masterpiece." It is a typical local dish and belongs essentially to Vicenza.

Ingredients: 2 lbs. of dry salt cod, 5 or 6 large onions, 3 or 4 cloves of garlic, 6 anchovies, oil, butter, milk, cinnamon, salt and pepper.

Method: Chop the onions, garlic and parsley, and pound the anchovies in a mortar. Put them in a saucepan with the oil and butter and, when the onion is quite soft, add the fish and season with salt, pepper and grated cinnamon. Cook for about 20 minutes, cover with a little hot milk and simmer for 1 to 1½ hours.

IL TONNO ALLA BOLOGNESE

(Tunny fish à la Bolognese)

Ingredients: 1 lb. of tunny fish in oil, 2 onions, 1 or 2 sticks of celery, 1 or 2 carrots, garlic, oil, white wine.

Method: Chop the vegetables and cook in oil till tender. Then add the fish, cut in inch lengths, and a few tablespoons of white wine. Simmer for about $\frac{1}{2}$ an hour.



“LE SFOGIE IN SAÒR” (VENEZIA)

(Soles in vinegar sauce)

This is the traditional dish eaten on the occasion of the feast of the Redemption (July 19th).

Ingredients: Sole, 1 or 2 onions, 1 tablespoon of sultanas, 1 tablespoon of pine kernel nuts, oil and vinegar.

Method: Sprinkle the sole with flour and salt and fry in hot oil with the sultanas and nuts. Chop the onion and fry in the same oil in which the fish was cooked. Add the fried onions, the sultanas and the nuts to about 1 gill of vinegar, and let the sole stand in this sauce for 1 or 2 hours.



PESCI ARROSTITI E FREDDI

(Grilled cold fish)

There are two favourite ways of cooking certain fish in Venice—frying in oil and serving the fish hot, well drained of oil, and crisp, or baking and serving the fish cold. Boiled fish and stewed fish are eaten in Venice, but the two typical methods are hot fried fish and cold baked fish. Fresh tunny, mackerel, mullets, etc., are baked and dressed with enough oil to cover, sprigs of parsley and slices of lemon, and served cold. The oil is poured over them while they are still hot.

CAPPE AI FERRI
(Grilled scallops)

This excellent dish consists of grilled scallops, over which hot oil and a little butter, with a little chopped onion, garlic and parsley, are poured as soon as the scallops are ready.



RISOTTO DI SCAMPI
(Risotto with "Dublin" prawns)

The Norway lobster, a very small species of lobster, with slender claws, and common in the seas of Norway as well as in the Mediterranean, the Gulf of Naples and the Bay of Biscay, is sold in London under the name of "Dublin" prawns. The flavour is extremely delicate, and the "scampi" of Italy, and of Venice in particular, where they are slightly different from our "Dublin" prawns, seem to surpass, both in texture and taste, those of other waters.

Ingredients: 2 or 3 dozen "Dublin" prawns, 1 lb. of rice, 2 pints of stock made with the shells and claws of the prawns, 1 small onion, salt and pepper.

Method: Chop the onion and fry to a golden brown in a little butter or oil. Add the rice, and the fish stock, season highly with salt and pepper, stir well and simmer for about 30 minutes, or till the rice has absorbed the stock. Ten minutes before serving add the "Dublin" prawns, previously shelled and dipped in flour and fried in hot oil to a golden colour.



TRIGLIE ALLA LIVORNESE
(Red mullets à la Livorna)

Ingredients: The number of mullets required, tomatoes, a small stick of celery, garlic, parsley, salt and pepper, oil.

Method: Chop 1 or 2 cloves of garlic, the celery, and a few springs of parsley, and fry in hot oil. When the garlic begins

ITALY

to brown, add the chopped tomatoes and stir well. Cook till the tomatoes are reduced to a pulp. Then rub through a sieve, replace the tomato pulp in a pan and cook the mullet in it till tender, seasoning with salt and pepper. Just before serving sprinkle with chopped parsley.



ANGUILLA ALLA FIORENTINA

(Eels à la Florentine)

Ingredients: 2 lbs. of eel, oil, 2 cloves of garlic, 2 or 3 bayleaves, breadcrumbs, salt and pepper.

Method: Skin the eel and cut in 2 inch lengths. Put a little oil in a pie dish with the chopped garlic and the bayleaves and, when hot, add the pieces of eel, coated with breadcrumbs. Moisten with a little more oil, season with salt and pepper, and bake till the pieces of eel are slightly brown and quite tender. Add 1 or 2 tablespoons of water in the course of baking.



MUSCOLI FRITTI NELL' OLIO

(Mussels fried in oil)

This is one of the nicest of Italian fried fish dishes, consisting of mussels, sprinkled with salt, dipped in flour, fried to a golden colour in hot oil and served dry and crisp, drained of all oil.

The secret of successful frying in oil, in this case as in that of any other kind of fish, etc., is that it should be done "à grande friture"—in a large, deep, roomy frying pan and the oil should be extremely hot.

Entrées

The Italian, like the Frenchman, is a comparatively light eater compared with some of the more northerly races, and he will often "make a meal" of some of the dishes described in this section.

Italy is the home of all manner of pastes, such as various kinds of macaroni, spaghetti, vermicelli, ribbon or flat macaroni, the names of which often vary according to the thickness of the paste or the length, etc. From Italy we get polenta, different kinds of gnocchi, raviolis, tagliatelle and many other delicious farinaceous preparations.

The art of cooking such things as macaroni is unknown in this country, and macaroni à l'Anglaise is too often a sodden mass of paste, broken in small bits. There are a few golden rules to be observed in the cooking of any of these Italian pastes—firstly, they should never be broken or chopped in small lengths either before or after cooking. In Italy—and especially in some parts—we find macaroni and spaghetti almost one yard long, and great care is taken not to break it. And however long it is, there is no difficulty in cooking it in a large saucepan: shortly after one end of it has been placed in the boiling water it becomes soft and collapses, and the remaining part slips into the saucepan quite easily. The second rule is that all these pastes should be cooked in an abundance of boiling salted water—they should, in fact, "swim in the water." The reason why we so frequently get sodden macaroni in this country is because it has not been cooked in a sufficient quantity of water, and the strands have been in too close contact.

English cooks also invariably over-boil macaroni, spaghetti, etc. In Italy it is cooked "al dente," as they call it—sufficiently firm to be felt "under the tooth"—and almost crisp. They are as particular about the length

of time it should be boiled as some people are about their boiled egg. It is quite a common occurrence in Italian restaurants to hear a customer giving instructions as to the exact number of minutes his dish of macaroni, etc., should be boiled—sometimes five minutes, sometimes $6\frac{1}{2}$, sometimes a little longer—and in the case of freshly made paste, or of flat or ribbon macaroni, 2 or 3 minutes' immersion in boiling water is sufficient. In this country, however, we seldom get any of these freshly made pastes, and they require a little more boiling, but not the prolonged boiling they are usually given. Another point to be observed is that all these pastes should be thoroughly drained on a colander or a sieve before being served. Wet macaroni is as unpardonable a sin as wet rice or sodden cabbage.



MACCHERONI AL POMODORO

(Macaroni with tomatoes)

This is one of the most famous traditional dishes of Naples and, although it has become more or less international and is known in all countries, it seldom has the exact "touch" which the Neopolitan cook gives it. Outside Italy "tomato sauce" is rarely that luscious and creamy preparation which it should be.

Ingredients: $\frac{1}{2}$ lb. of Italian macaroni (long and unbroken), 1 lb. of tomatoes, 1 small onion, 1 sprig of sweet basil, butter, oil, Parmesan cheese, salt and pepper.

Method: Put the macaroni in a large saucepan of boiling salted water. Boil till it is tender. The time is difficult to determine, as much depends on the freshness of the macaroni. When freshly made, it takes a few minutes only. But it should never be allowed to boil till it breaks on being lifted from the saucepan with a fork. When done, drain thoroughly on a sieve or in a colander. When well drained of all water mix with the following tomato sauce: Put 2 tablespoons of oil in a saucepan with just over 1 oz. of

butter and, when hot, add the onion, coarsely chopped. Cook to a golden brown, crushing with a spoon so that the oil and butter are well flavoured, and remove the onion from the saucepan. Now add the tomatoes, also coarsely chopped, the sweet basil, and season with salt and pepper. Bring to the boil and simmer very gently for about 1 hour till the tomatoes are reduced to a pulp. Then rub through a sieve, replace in the saucepan and when quite hot pour it over the cooked macaroni with 2 ozs. of melted butter and 4 tablespoons of grated Parmesan cheese.



MACCHERONI AL FORNO

(Baked macaroni)

Ingredients: $\frac{1}{2}$ lb. of large macaroni, 1 lb. of large tomatoes, butter, oil, Parmesan cheese, salt and pepper.

Method: The macaroni is boiled, as in previous recipe, but will require more time. When cooked and drained, place in an earthenware casserole, with a little butter and oil and sliced tomatoes. Season well with salt and pepper, and bake in a moderate oven for 20 to 30 minutes. Sprinkle freely with grated Parmesan cheese.



VERMICELLI E ALICI (CALABRIA)

(Vermicelli and anchovies)

This delicious and typical dish is done in the same manner as the "Maccheroni al pomodoro," but here the onion is not removed from the sauce, and 5 or 6 pounded anchovies and a little chopped parsley are added to the tomato sauce, and thoroughly worked in. The vermicelli is well mixed with the sauce, and the whole freely sprinkled with grated cheese.

SPAGHETTI CON AGLIO E OLIO

(Spaghetti with garlic and oil)

The spaghetti is boiled, as in the previous recipes, but requires less time—about 3 to 4 minutes—well drained, and put in a frying-pan with 4 or 5 tablespoons of oil in which 3 or 4 cloves of chopped garlic have been slightly browned and sprinkled with a little parsley. Season with salt and pepper, mix well and simmer, turning frequently for 20 to 30 minutes, so that the spaghetti absorbs a certain amount of the oil.



PASTA COLLE ACCIUGHE (SICILIA)

(Tagliatelle with anchovies)

These are made in the same manner as the tagliatelle described on page 108, but they are dressed with a rich tomato sauce (see page 117), to which 10 or 12 anchovies (in oil), chopped garlic and parsley have been added. The anchovies should either be finely chopped or pounded in a mortar.



I RAVIOLI

Ravioli are popular throughout Italy and have, in fact, become almost international. The method of making them differs in various parts of Italy, and they are sometimes eaten plain and sometimes with a filling. They are often added to soups or served as an entrée with tomato sauce and grated cheese. The recipe given below is a favourite one.

Ingredients: 1 lb. of flour, 2 whole eggs and the yolk of 1, 2 tablespoons of oil, a pinch of salt and sufficient water to make into a stiff dough.

For the filling: A little breast of chicken, veal, calves' brain, sweetbread, spinach, garlic, bayleaf, a little brown stock, 1 tablespoon of grated Parmesan cheese, 1 egg.

Method: Make a stiff dough with the flour, eggs, etc., and knead for 20 minutes or longer. Let the dough stand for 30 minutes. Then roll out very thinly on a floured board and cut into rounds of about 3 inches in diameter. On each round place a little of the following stuffing: Put the chicken breast, the brain and the spinach in a saucepan and braise with the chopped garlic, a little bread, soaked in milk, bayleaf, and a very little stock. Simmer gently for about 45 minutes till the stock has been completely absorbed. The mixture should be dry. Remove from the saucepan, pound in a mortar, mix with the grated cheese and bind with an egg. Fold the paste over, pressing the edges together and damping slightly so that the ravioli will not open while cooking. Boil in stock for 20 minutes. Remove from the stock, put on a hot dish and pour over them a sauce made with a little stock, thickened with meat glaze, and sprinkle with grated Parmesan cheese.



POLPETTONE ALLA FIORENTINA

(Forcemeat balls à la Fiorentina)

Ingredients: $\frac{1}{2}$ lb. of lean veal, 1 lb. of lean and fat gammon, 2 or 3 onions, 2 sticks of celery, 2 or 3 carrots, butter, mixed herbs, mixed spices, flour, 1 or 2 eggs, salt and pepper.

Method: Remove any fat or gristle from the veal and chop the meat very finely, mixing it with the finely chopped gammon. Season with a little mixed spices and finely chopped mixed herbs. Bind with 1 or 2 eggs, shape into small balls and roll in flour.

Chop the onions and other vegetables and put them in a saucepan with 2 or 3 tablespoons of butter. When the vegetables begin to brown, sprinkle them with a little flour, mix well, and when the flour browns add $\frac{1}{2}$ a tumbler of water, and season with salt and pepper. Put the meat balls in this and simmer for $\frac{3}{4}$ of an hour to 1 hour, covering the sauce-

pan with a lid. When done, put on a hot dish, strain the vegetable purée around them and sprinkle with a little lemon juice.



IL RISOTTO ALLA MILANESE

(Risotto à la Milanaise)

This famous dish is known throughout the world, and it is perhaps the best known of all Italian risottos, although there are many others.

Ingredients: 1 lb. of rice (preferably Italian rice), 1 or 2 onions, 4 ozs. of butter, 6 ozs. of grated cheese, 2 ozs. of beef marrow, 3 or 4 tablespoons of white wine, 1½ pints of good beef or chicken stock, saffron, salt and pepper.

Method: Put 2 ozs. of butter and the beef marrow in a deep frying pan, and when hot add the chopped onion and cook till it begins to brown. Then add the rice, stir well, cook for 15 minutes, add the boiling stock, the white wine, a good pinch of saffron, salt and pepper, and mix all well. Simmer gently for 20 to 30 minutes, stirring occasionally, and just before serving sprinkle with the grated cheese and 2 ozs. of melted butter.



RISOTTO CON FUNGHI

(Risotto with mushrooms)

Another famous risotto is that with mushrooms. It is done in the same manner as the previous recipe, 6 ozs. of slices mushrooms being added when the onions are slightly browned, and cooked for 5 minutes, before adding the rice. The white wine and saffron are omitted.



POLENTA

(Yellow maize flour)

Extensive use is made in Italy of this yellow maize flour which, when cooked, is not only served as a separate dish but

also accompanies various dishes of meat and fish. In certain parts of Italy polenta is eaten instead of bread.

Ingredients: $\frac{1}{4}$ lb. of fine Italian yellow maize flour, 2 or 3 tablespoons of butter, $\frac{1}{4}$ lb. of grated Parmesan cheese, a little over 1 pint of water, salt and pepper.

Method: Put the water in a saucepan, add a good pinch of salt and, when boiling, stir in the flour with a wooden spoon. Stir till it thickens, and simmer for 30 minutes, stirring constantly so that it is perfectly smooth. When done, add the butter and grated cheese, season with salt and pepper, mixing thoroughly, and serve very hot.



POLENTA E OSÉI (BERGAMO)

(Polenta with small birds)

This dish, which is more or less the “national” dish of both the provinces of Bergamo and Brescia, is one of the culinary triumphs of Italy. In Italy, as in France, much more use is made of small birds of every description than in England, the equivalent in this country being what is put on the market as “field fare”—small birds which the farmers are allowed to shoot, as they cause considerable damage to the crops. These small birds, as well as sparrows, are eaten freshly shot, and are dressed without being drawn. For this particular dish they are sprinkled with a little salt, brushed over with melted butter, wrapped in sage leaves and grilled. Once or twice in the course of cooking they are basted with a little melted butter. For serving they are placed on a dish of hot polenta, cooked as in the previous recipe, and the dripping from the pan is poured over them.



POLENTA AL FORNO (VENEZIA TRIDENTINA)

For this dish, popular in the towns as well as country districts in this part of the country, the polenta, boiled as in

the above recipes, is mixed with sausages, and a little gammon, previously cooked in butter and cut in cubes, and the whole put in a casserole or fireproof dish and cooked in the oven for 20 minutes.



I GNOCCHI ALLA PIEMONTESE

(Potato dumplings à la Piemontese)

Ingredients: 1 lb. of potatoes, 3 ozs. of flour, 1 whole egg, 1 yolk, salt and pepper, 3 or 4 tablespoons of butter, 6 ozs. of grated Parmesan cheese.

Method: Boil or steam the potatoes and, while still hot, rub through a sieve. Then mix in a basin with the flour, the egg and yolk of egg, and season with salt and pepper. Roll into small balls the size of a walnut, flatten out in the shape of small cylinders, and poach in boiling salted water for 10 minutes. Drain and serve with a little gravy or Espagnole sauce (see page 80) and grated Parmesan cheese.



I GNOCCHI ALLA ROMANA

(Semolina dumplings à la Romana)

Ingredients: $\frac{1}{4}$ lb. of semolina, 2 ozs. of butter, $2\frac{1}{2}$ ozs. of grated Parmesan cheese, 2 eggs, milk and salt.

For the sauce: 4 ozs. of butter, 4 ozs. of grated Parmesan cheese.

Method: Cook the semolina in the boiling milk, and when thick and smooth, add 1 oz. of butter, and 1 of grated cheese. Remove from the fire and add the eggs, mixing thoroughly. Then pour the mixture on a dish in a layer about $\frac{1}{2}$ an inch thick. Let the mixture stand till cold, and then, with the fingers, roll into gnocchi of the same size and shape as almonds. Put these in a pie dish or baking dish with the 4 ozs. of melted butter, the cheese, and season with salt. Cook in a moderate oven for 30 to 35 minutes.

FUNGHI ALLA TOSCANA

(Mushrooms à la Toscana)

Ingredients: 1 lb. of mushrooms, 2 lbs. of tomatoes, 2 or 3 cloves of garlic, 2 tablespoons of oil, 2 or 3 sprigs of marjoram, salt and pepper.

Method: Peel the mushrooms, remove the stalks, and cut in 3 or 4 pieces, if the mushrooms are large. Quarter the tomatoes, put them in a saucepan and season with salt and pepper. Do not add any liquid. Simmer on a slow fire, crushing them with a spoon to extract the juice, and cook for 1½ to 2 hours, till they are reduced to a pulp. Rub them through a sieve and they are ready for use. This is what the Italians call "sugo di pomodoro" and it is extensively used in Italian cooking. Put this "sugo" in a saucepan, with 2 tablespoons of oil and the marjoram, and add the mushrooms. Bring to the boil and simmer gently for 30 minutes or more till the mushrooms are quite tender.



CARCIOFI ALLA MODENESE

(Artichokes à la Modenese)

Ingredients: 4 or more globe artichokes, 12 fillets of anchovy (in oil), 6 cloves of garlic, 1 heaped tablespoon of chopped parsley, 2 or 3 carrots, 2 or 3 large onions, a few strips of fat bacon, 1 stick of celery, 4 tablespoons of oil, mixed herbs, salt and pepper.

Method: Trim the artichokes, and boil for 8 to 10 minutes in salted water till they are just beginning to be tender, but are still quite firm. Drain thoroughly, remove the centre leaves, and with a small sharp knife remove the choke. Stuff the artichoke with fillets of anchovies, mixed with the garlic, pounded together in a mortar. Put a piece of fat bacon over each artichoke, tie with a string and place the artichokes in a saucepan on the chopped vegetables with the oil and a little water. Cover the saucepan and simmer very

gently for about 45 minutes, basting occasionally. For serving, remove the bacon from the artichokes, put them on a hot dish and strain a little of the contents of the pan over them.



FAGIOLI ALL'UCCELLETTO

(Haricot beans)

Ingredients: To every lb. of beans allow 4 tablespoons of oil and 2 of tomato pulp (sugo di pomodoro, see page 117), 2 sage leaves, salt and pepper.

Method: The beans should be boiled in salted water till tender. Drain thoroughly. Put the oil and the sage leaves in a saucepan and, when the oil is very hot, add the beans and season with salt and pepper. Cook till the beans have absorbed the oil, stirring occasionally. Then add the tomato pulp and, when well mixed with the beans, serve on a hot dish.



BROCCOLI ALLA FIORENTINA

Ingredients: 1 lb. of broccoli, 5 or 6 tablespoons of oil, 3 or 4 cloves of garlic, salt and pepper.

Method: Cook the broccoli in boiling salted water and, when tender, remove and drain thoroughly. Chop coarsely and put the oil in a frying pan. When hot, add the cloves of garlic, and when these begin to brown, add the broccoli, and season with salt and pepper. Cook for 20 to 30 minutes, stirring occasionally.



"PUMARUORO O GRATTE" (SICILIA)

(Tomatoes au gratin)

Ingredients: The number of tomatoes required, anchovies, Italian salami, capers, breadcrumbs, oil, salt and pepper.

Method: With a sharp knife make a neat round incision on the top of each tomato and remove the pulp with a small

spoon. Chop the anchovies, the salami and the capers, mix thoroughly in a basin with a small quantity of bread-crumbs, and moisten with a little oil. Season with salt and pepper. Stuff the tomatoes with this mixture, sprinkle with breadcrumbs, put on a buttered dish, pour a little oil over each tomato and bake in a moderate oven for about 25 minutes.



“LA BAGNA CAUDA” (PIEMONTE)

This hot sauce, composed of oil, butter, garlic and anchovies, is the great national sauce of Piemonte. It is used to dress various kinds of vegetables and especially a vegetable which is practically unknown in this country but is extensively grown and used on the Continent—the cardoon. It is closely related to the artichoke, the edible part being composed of the blanched and crisp stalks of the inner leaves. The dish is served in a special and very attractive way. The Bagna Cauda, or sauce, is served in the vessel in which it was made, and stood on the table on a hot plate or over a spirit lamp and kept on the boil continually. The pieces of uncooked cardoon or celery or chicory or pimiento, as the case may be, are dipped in it, and then eaten. It is a most appetising and pleasing dish—especially to those who happen to like garlic.

Ingredients: Equal parts of oil and butter, 12 anchovies (in oil), and 6 or 8 cloves of garlic, and sometimes a little cream. (In districts where truffles are plentiful and cheap, as in Piemonte, chopped truffles are added.)

Method: Put the oil and butter in an earthenware vessel, with the pounded anchovies and garlic in thin slices. Mix well, bring to the boil and serve as described above. If a spirit lamp is used, care should be taken to place an asbestos mat on it, or the earthenware saucepan will break.

Meat

It is a common error to declare that butcher's meat in Italy is of inferior quality. The white short-horned bullocks of Perugia, for instance, can hold their own and rival the finest of our English bullocks, and veal in Italy, as in France, is usually superior to English veal. In Italy, too, they make far more extensive use of very young animals, whereas in this country the only "baby" animal which makes an appearance on the table is the sucking pig. But there we get "vitello di latte" ("sucking calf," I suppose, is the correct translation), and "baby" lamb, the meat of which is only comparable to that of our very best young English chickens, both in delicacy and tenderness. The Italians excel in "plain" cooking—roasting, grilling and frying, as well as in more elaborate methods of cooking, and it is a mistake to think that, because the food in Italian hotels consists mainly of "made dishes" and rich stews, the whole of the Italian population feeds in this way.



L'OSSO BUCO

(Veal stew)

This is one of the most famous Italian dishes, but the version we get in London restaurants is very different from the kind we get in Italy, especially as "sucking" calf should be used, and this is practically unobtainable in this country.

Ingredients: 2 or 3 lbs. of knuckle of veal, 3 or 4 carrots, 1 or 2 sticks of celery, $\frac{1}{2}$ pint of tomato pulp, 1 glass of white wine, veal stock or water, a strip of lemon peel, a sprig of thyme, parsley and 1 bayleaf, a little flour, salt and pepper, butter.

Method: The knuckle of veal must be sawed into 2 inch lengths—not chopped, as the marrow must remain inside

Ingredients: 1½ to 2 lbs. of leg of young veal, ½ pint of tomato pulp, 6 tablespoons of white wine, 2 or 3 cloves of garlic, 2 sprigs of rosemary, 4 tablespoons of oil, salt and pepper.

Method: The meat is either sliced or cut into 2 inch lengths. Put the oil in a saucepan or in an earthenware casserole and, when hot, add the garlic. Cook till slightly brown and add the meat, seasoning with salt and pepper. When the meat is slightly brown, add the tomato pulp, the wine and the rosemary. Bring to the boil and simmer for 1½ hours till the meat is very tender.



MAIALE UBRIACO ("Intoxicated pork")

This amusing name comes, I suppose, from the fact that, in the process of cooking, the red wine in which the pork is being cooked naturally reduces considerably and the pork is said to have drunk it and is therefore intoxicated. The dish consists of loin of pork, well seasoned with salt and pepper, and browned in 1 or 2 tablespoons of oil in a deep frying pan, with several cloves of garlic and chopped parsley. A generous supply of red Ghianti wine is then added, and the meat is simmered till the wine has reduced by half. To serve, put the meat on a hot dish and pour the sauce over it.



VITELLO TONNATO (MILANO) (Veal with tunny fish and anchovies)

This is one of the most delicious of the characteristic Italian dishes and is especially good in summer.

Ingredients: Two lbs. of fillet of young veal, 4 large anchovies in brine, 4 ozs. of tunny fish in oil, 1 onion, 2 carrots, 1 stick of celery, 1 bayleaf, 2 cloves, oil, the juice of 1 large lemon, 2 tablespoons of capers, salt and pepper.

Method: Remove all fat and gristle from the meat. Take

2 anchovies, cut them in half and remove the bones. Cut them into 8 thin strips, lard the fillet of veal with them and tie up the fillet with string. Put sufficient water in a saucepan to cover the veal, add the onion, stuck with 2 cloves, the sliced carrots, celery, the bayleaf, and a handful of coarse salt. Bring to the boil and add the veal. Simmer for 1½ hours. Then remove the meat from the water and drain thoroughly. Carve into very thin slices, and put these slices in an earthenware vessel or casserole only just sufficiently large to hold them so that they will be closely packed. Cover with the following sauce: Bone the 2 remaining anchovies, and pound in a mortar with the tunny fish. Then add oil gradually as in the making of mayonnasie, and finally the lemon juice. The sauce should be somewhat liquid, and should cover the meat. Finally add the capers and let this stand in a cold place for a day or two. To serve, arrange the slices on a dish, pour the sauce over them and garnish with slices of lemon.



IL FEGATO ALLA VENEZIANA

(Liver à la Veneziana)

This well known Italian dish consists of small, thin slices of calves' liver fried in a mixture of butter and oil, with a little chopped onion and parsley and well seasoned with salt and pepper.



OLIVETTE DI VITELLO (PESARO)

(Veal olives)

This is a speciality of Pesaro, and is said to have been one of the favourite dishes of the composer Rossini, who was also a great gourmet. They consist of thin slices of lean veal cut from the fillet, neatly rolled and with a stuffing inside each slice consisting of pounded anchovies and capers.

They are then wrapped in a paste made with flour and beaten egg and fried in oil or butter to a golden colour.



IL GAROFOLATO (ROMA)
(Beef stew with cloves)

Ingredients: 2 or 3 lbs. of topside or fresh silverside of beef, larding fat, 1 lb. of tomatoes, 1 gill of red wine, 3 or 4 cloves of garlic, 6 cloves, mixed spices, parsley, salt and pepper, a little oil.

Method: The beef should be thickly larded with thin strips of larding fat. Put a little oil in a saucepan and, when hot, add the beef, and cook till brown on all sides. Then add the tomatoes, cut in quarters, the red wine, the garlic, chopped parsley and the cloves, and season with salt and pepper. Bring to the boil and simmer gently for 2 hours or till the meat is tender. Celery or cardoons, cooked in the sauce, are usually eaten with this dish.



“TESTA DI PUORCO” (SICILIA)
(Pig’s head)

This tasty dish consists of pig’s head boiled in water with carrots, onions, celery, mixed herbs, salt and peppercorns. When quite tender, the head is removed from the stock and boned. A little vinegar, 1 or 2 glasses of Marsala wine and mixed spices are then added to the stock. The boned pig’s head is put in a deep basin, the stock poured over it, and it is stood in a cool place till the stock has set into a firm jelly.

Poultry and Game

POLLO ALLA DIAVOLA (FIRENZE) (Devilleed chicken)

This simple and exquisite dish is very popular in Florence, and is the traditional dish eaten at the fair of the Impruneta.

It consists merely of a young chicken, flattened out or spatchcocked and skewered for grilling, well brushed over with oil and highly seasoned with salt, pepper and ginger, and sprinkled over with chopped onion and parsley. It is then grilled over a clear charcoal or wood fire and served very hot. The seasoning of ginger gives it quite a distinctive flavour.



POLLO ALLA PADOVANA (Chicken à la Padovana)

This excellent stew is made by browning 3 or 4 finely chopped onions in a saucepan in butter or oil, then adding the chicken, jointed in several pieces, seasoning with salt and pepper and, with the lid on the saucepan, cooking very slowly for 1½ hours. Before serving, a little lemon juice and the yolks of 1 or 2 eggs are stirred into the sauce.



POLLO GRILLETTATO ALL'ARETINA (Chicken sauté Aretina)

Ingredients: 2 or 3 very young chickens or poussins, 2 or 3 onions, ½ pint of stock, 1 gill of white wine, ½ pint of shelled peas, 1 cupful of rice, salt, pepper and a little oil.

Method: Cut the chickens in joints and brown in hot oil with the chopped onion, seasoning with salt and pepper. When brown, add the stock, the wine, the rice and peas, and stew gently till the rice and peas are quite tender.

IL TACCHINO RIPIENO (MILANO)
(Stuffed turkey)

This stuffed turkey is the great dish on feast days and special occasions. It can be bought already prepared in all poultry shops at Christmas time in Italy. Although the mixture of ingredients may seem a little unusual, the result is excellent and imparts a delicious flavour to the turkey.

The stuffing is made with a little minced veal, the liver and gizzard of the turkey, ham, sausages, shallots, chestnuts, previously shelled and either boiled or roasted, prunes, truffles, all finely chopped or put through a mincer and seasoned with salt, pepper, a little nutmeg, grated cheese, and moistened with a little honey and white wine. The ingredients are cooked in a little oil, and thoroughly mixed, and 1 or 2 eggs are added to bind the stuffing.



ANITRA ALL'OLIVO
(Duck with olives)

Ingredients: One young duck, strong beef stock, the liver, gizzard and heart of the duck, 2 onions, 2 or 3 dozen olives, salt and pepper.

Method: Chop the onions, duck liver, gizzard and heart, and about 12 stoned olives, and mix with sufficient hot stock to cover the duck, which should be jointed. Stir well, season with salt and pepper and, when the sauce is thick, place the pieces of duck in it and simmer gently for 1 to 1½ hours. When ready the duck is placed on a hot dish, the sauce poured over it and the dish is garnished with olives. The duck is often cooked in a casserole and served in it, with the addition of olives.

PAPPARDELLE COLL' ANITRA

(Wide flat macaroni with duck)

This is a dish which is eaten on the occasion of the feast of St. Lorenzo (August 10th) in the district of that name in Florence.

Ingredients: A young duck, 1 lb. of tomatoes, 1 gill of red wine, mixed herbs, salt and pepper, butter or oil, pappardelle.

Method: Chop the tomatoes and put them in a saucepan with a little butter or oil. Cook till soft, then add the duck, the wine and herbs, and season with salt and pepper. Chop the duck liver very finely and add it to the sauce. Simmer for 1½ hours, and before serving mix in the pappardelle. These are made with the same ingredients as the tagliatelle described on page 108, but are cut into wider strips—1½ to 2 inches wide.



LEPRE ALLA TRENTINA

(Hare à la Trentina)

Ingredients: A young hare, beef stock, lard, red wine, 2 tablespoons of raisins, 2 of pine kernel nuts, a few strips of lemon peel, butter, salt and pepper, sugar.

Method: Clean the hare and put the heart, the liver and gizzard, all finely chopped, in a deep dish. Cover with the red wine, adding the raisins, the nuts, a little nutmeg and sugar and let this stand for several hours. Divide the hare into joints, brown in a saucepan in a little lard and butter, seasoning with salt and pepper. Cover with stock, bring to the boil and add the wine, liver, etc. Simmer gently for 1½ to 2 hours.



PERNICI ALLO ZABAIONE (PIEMONTE)

(Partridges with zabaione)

This dish consists of roasted partridges covered with zabaione (see page 142). It is extremely popular in the Alpine regions of Italy.

CONIGLIO IN AGRODOLCE (SICILIA)

(Rabbit with sour sweet sauce)

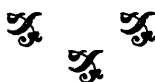
These sour-sweet sauces, as well as aspic dishes, are very typical of Sicilian cooking. For this dish, the rabbit is divided in joints and cooked in a saucepan or in an earthenware casserole, in $\frac{1}{2}$ pint of wine vinegar, 1 gill of tomato pulp (see page 118), with 2 or 3 sticks of celery, chopped olives, capers, 3 or 4 tablespoons of sugar and a little salt. It is stewed slowly for about $1\frac{1}{2}$ hours, or till quite tender.



UCCELLETTI ALLA MAREMMANA (TOSCANA)

(Small birds à la Maremmana)

The birds used for this dish consist principally of a variety of small birds, already mentioned in a previous recipe and which we call "field fare" in this country. Sparrows are also very popular in Italy and are sold strung on strings. They are first of all browned in a little oil, then cooked in 1 gill of vinegar, to which have been added 5 or 6 anchovies and 2 or 3 cloves of garlic, pounded in a mortar, and $\frac{1}{2}$ pint of tomato sauce, with a few dried olives. They are cooked in this sauce for about $\frac{3}{4}$ of an hour, served on pieces of fried bread, and the sauce is poured over them.



Vegetables

CARCIOFI ALLA GIUDIA

(Artichokes in the Jewish style)

Among the many excellent vegetable dishes which are prepared in Italy, this dish of artichokes ranks among the first. It is a speciality of Rome. To make this dish, however, it is essential to have very small Globe artichokes, barely $1\frac{1}{2}$ to 2 inches in height and, although these sometimes find

their way to the English market, they are scarce. The artichokes should also be very fresh. The outer leaves are removed, and the tips of the leaves are trimmed with sharp scissors. A good piece of stalk is left on. They are then fried in a deep frying pan, in an abundance of very hot oil, and seasoned with salt and pepper. When well fried and tender they are removed from the oil and arranged on a dish, the leaves being slightly pushed back and opened out, so that the artichokes look like small flowers. With these small artichokes the chokes need not be removed, and the whole of the leaves are edible.



ASPARAGI ALLA FIORENTINA

(Asparagus à la Florentine)

This dish consists of asparagus tips, previously boiled (but not too soft), lightly browned in butter, with salt, pepper and grated cheese, and served with eggs, fried in butter.



CAVOLFIORE ALLA ROMANA

(Cauliflower à la Romana)

The cauliflower is divided into clusters, blanched for a few minutes in boiling salted water, and then thoroughly drained. Put a little oil in a frying pan with 2 or 3 cloves of garlic and a little chopped parsley and, when the oil is very hot, add the clusters of cauliflower and brown slightly. Then add a few tablespoons of tomato sauce and, just before serving, sprinkle with grated cheese.



FUNGHI ALLA NAPOLETANA

(Mushrooms à la Napolitaine)

The mushrooms are peeled and then boiled in salted water. When tender, they are removed from the water, well

drained and sauté in oil, with a little garlic, and sliced or quartered tomatoes, all well seasoned with salt and pepper.



FAGIOLI "ASSOLUTI"

(Beans "assoluti")

The kidney beans, either fresh or dried, are first boiled in water, drained and sauté in oil, with garlic, parsley, marjoram and chilli pepper.



I PISELLI AL PROSCIUTTO

(Peas with ham)

The peas are cooked in a closely covered saucepan or earthenware casserole with a little lard, 2 or 3 tablespoons of stock and thin strips of ham, and seasoned with salt and pepper. They should simmer till they are very tender.



I POMODORI RIPIENI (ROMA)

(Stuffed tomatoes)

The tomatoes are stuffed with rice cooked in broth, and are then cooked in a baking pan or fireproof dish, with oil, anchovies, garlic, a little pepper and a few sprigs of mint. They should be baked in a moderate oven for about 20 minutes.



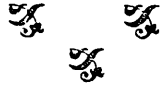
LE ZUCCHINE MARINATE

(Marinated small marrows)

There are various kinds of gourd, pumpkins and marrows in Italy and there are innumerable ways of cooking them. In Naples, one of the favourite ways of preparing small

ITALY

marrows—young marrows, not more than 3 to 4 inches long—is to cut them in small pieces, fry them, pour a little vinegar over them and garnish with a few sprigs of mint.



Salads

Salads, either served as a separate course or eaten with meat, poultry or game, are an important item on the Italian menus. Besides a large consumption of such things as lettuce, tomatoes, chicory, endive, etc., there are a number of mixed salads—salads composed of ingredients seldom used for this purpose in England. They also have a large variety of quite distinctive dressings.



IL CAPPON MAGRO (LIGURIA) (Mixed vegetable salad)

This unique dish, which has been called “the queen of salads,” is as attractive to look upon as it is to eat. On a foundation of semolina or unsweetened biscuits, well rubbed with a little garlic, an imposing structure of cooked vegetables and other ingredients is erected, in the shape of a pyramid. Clusters of cooked cauliflower, cubes of beetroot, young French beans, small pieces of carrots, potatoes, celery, dressed with oil, vinegar and salt, make a picturesque ensemble when well arranged in a proper colour scheme. The pyramid of vegetables is garnished here, there and everywhere with bits of cooked fish and lobster, coated with a somewhat thick sauce made with pounded capers, 2 or 3 pounded anchovies, finely chopped parsley, oil and lemon

juice, and seasoned with salt and pepper. Finally in the pyramid are stuck a few small skewers, threaded with dainty pieces of crayfish, olives, anchovies, hard-boiled eggs, etc.



IL CAPPONE IN GALERA
(Salad of anchovies and capers)

This more modest salad is extremely tasty. It consists of a biscuit, moistened with a little water to make it soft, and dressed with chopped anchovies, olives and capers, with a simple dressing of oil.



IL CONDION
(Mixed salad)

This salad is made with sliced or quartered tomatoes, pimientos, salt olives, gherkins, chopped celery, chives or shallots, a sprig of chopped sweet basil, all mixed with a dressing composed of mullet roe (compressed and salted, like caviare), marinated in oil, lemon juice and a little chopped parsley.



INSALATA D'INDIVIA
(Chicory salad)

What is called "endive" in France and Italy we call chicory in this country. This salad is made with fresh, white, uncooked chicory, with a dressing consisting of oil, a little crushed garlic, a few sprigs of mint, and a little salt.



"LA MISTICANZA" (ROMA)
(Mixed salad)

This is another of those delightful mixed salads, made with wild herbs, celery, tomatoes, fennel roots and

ITALY

leaves, with a dressing of oil, crushed garlic and sprigs of sweet basil.



INSALATA COI TARTUFI

(Salad with truffles)

A lettuce salad is strewn with thin strips of truffles, and dressed with a dressing composed of the pounded yolks of 1 or 2 eggs, to which oil and vinegar are added gradually, as in the making of mayonnaise, 2 or 3 anchovies, also pounded in a mortar, and a little French mustard. A famous version of this salad is popular in the hilly districts around Turin and is called "la insalata delle 24 ore" (the salad of the 24 hours). It is made in the same way, but decorated with edible and gaily coloured flowers, like the nasturtium.



INSALATE VERDI

(Salads)

In Milan, lettuce or other green salads are dressed with a mixture of 3 tablespoons of salad oil to 1½ of vinegar, 1 teaspoon of mustard, and 2 or 3 boned and pounded anchovies. The anchovies take the place of salt, and the mustard that of pepper.



INSALATE CON DRAGONCELLO (SIENA)

(Salads with tarragon)

Extensive use is made in Siena of aromatic herbs, especially of tarragon, and practically all salads are strewn with a handful of chopped tarragon. Here, too, extensive use is made of marjoram and catmint, and they have a somewhat unusual salad dressing consisting of these finely chopped herbs and parsley, with garlic, a little ginger and pepper.

IL PESTO (GENOVA)

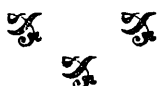
(Cheese, nuts, etc.)

This is a delicious paste, made with anchovies, cheese, pine kernel nuts (other nuts can be used), garlic, a few sprigs of sweet basil and oil, all pounded to a smooth paste in a mortar.



IL PESTO (*Another Recipe*)

The following "pesto" is also popular. It is made with a sprig of basil, 1 clove of garlic, 2 ozs. of grated Parmesan, pounded in a mortar with 4 tablespoons of oil and rubbed through a sieve.



Sweets

ZABAIONE

(Egg-punch)

This essentially Italian sweet, which is well-known all over the world, has, in the course of its travels, assumed so many different forms and has been so "touched up" by ignorant cooks of other nations that it is sometimes difficult to recognise it as zabaione. In this country I have met with particularly fantastic and fanciful recipes for "Italian wine cream," as it is sometimes called, and some authors boldly talk of adding "beaten whites of eggs," fruit juices and stewed fruit. In other English recipes we are told to use Chianti wine.

Here is the authentic "zabaione" as it is made in its native land. It can be served either hot or cold and is always served in glasses and eaten with a spoon.

Ingredients: The yolks of 3 large eggs, 1½ ozs of sugar, just over 1 gill of either Marsala wine or Madeira.

Method: Put the yolks of eggs and sugar in a basin and beat till the mixture is almost white and very light. Then add the wine and mix thoroughly. Pour into a saucepan and put on a quick fire, beating incessantly, without allowing the mixture to boil or thicken. As soon as it begins to rise, remove from the fire and pour into glasses. When served cold, keep in a cool place till required.



PIZZA ALLA NAPOLETANA (Tart à la Napolitaine)

In the south of Italy, particularly in Naples and its vicinity, all kinds of flat tarts are called "pizze." The one I give is among the most popular. There are also savoury "pizze" made with the same dough as bread, spread out on a large round tin and covered with fillets of anchovy, sliced tomatoes, sliced black olives, slices of Mozzarella cheese, sprinkled with chopped marjoram, covered with oil and baked in a moderate oven for 30 minutes.

Ingredients: Puff pastry or short crust, 6 ozs. of sour milk (when it has become solidified), 2½ ozs. of sweet almonds, including 3 bitter almonds, 2 ozs. of sugar, just under 1 oz. of flour, 1 whole egg, and 1 yolk, 1 gill of milk, a flavouring of either lemon or vanilla, according to taste.

Method: Put the milk, the sugar, flour and 1 egg in a saucepan and stir until the mixture begins to thicken. Remove from the fire and, after a few minutes, add the yolk of egg and the flavouring. Then stir in the sour milk and the almonds, previously blanched and skinned, and pounded in a mortar. Line a tart dish with the puff pastry or short crust, thinly rolled out, put the mixture on it, cover with another thin sheet of pastry and decorate with small pieces of pastry, cut in fancy shapes. Brush over with the yolk

RECIPES OF ALL NATIONS

of an egg, and bake in a moderate oven for 25 to 30 minutes, till the pastry is a golden colour. This is served cold, and sprinkled with a little sugar.



FRITTELLE DI BORRANE

(Borage fritters)

Borage leaves are never used in this country except in wine cups, but in Italy and in other countries they are very popular in cooking. Large and fresh borage leaves are chosen, each dipped in frying batter and fried in a deep saucepan of very hot oil. As soon as they begin to turn a golden colour, they are removed from the oil, well drained and sprinkled with vanilla sugar or plain sugar.



CAVALLUCCI DI SIENA

(Cakes with nuts, candied peel, etc., from Siena)

Ingredients: $\frac{1}{2}$ lb. or a little more of flour, $\frac{1}{2}$ lb. of moist sugar, $\frac{1}{4}$ lb. of shelled walnuts, 2 ozs. of candied orange peel, $\frac{1}{2}$ a teaspoon of anise seed, a pinch of mixed spices and grated nutmeg.

Method: Put the sugar in a saucepan with $\frac{1}{3}$ of its weight of water. Cook till it can be drawn out to a fine thread, and immediately add the nuts, finely chopped, the candied peel, cut in small dice, and the flavouring. Mix thoroughly and pour the mixture on a well-floured board. Mould into little cakes, the shape of an egg, of about $1\frac{1}{2}$ inches in length. Sprinkle with flour and bake in a moderate oven, being careful that they do not get too brown.



FRITTELLE DI FARINA BIANCA

(Batter fritters)

These simple but delicious fritters are very popular in

Tuscany, and especially in the country around Florence, where they are popularly called "boncerelle."

Ingredients: $\frac{1}{2}$ lb. of flour, the yolks of 3 eggs, a thin strip of finely chopped lemon peel, a pinch of salt. Water, oil, sugar.

Method: Put the flour in a terrine or salad basin with a pinch of salt, make a well, and put the yolks of eggs in it. Add the flour gradually to the eggs with a wooden spoon and, when it is all mixed, add sufficient water, very gradually, to make a light batter. Mix in the lemon peel. Let the batter stand for $\frac{1}{2}$ an hour. Then, with a spoon, drop a little of the mixture—not more than 1 teaspoon at a time—into a pan of very hot oil. Cook to a golden colour, remove from the oil and drain on a cloth. Sprinkle with a little sugar and serve hot.



PESCHE RIPIENE

(Stuffed peaches)

Ingredients: 6 large peaches, not too ripe, 4 small sponge fingers or sponge cakes (as they are made somewhat large in England, 2 or even 1 will be sufficient), 2 ozs. of sweet almonds, including 3 bitter almonds, 1 strip of candied peel, either lemon or orange, sugar, and $\frac{1}{2}$ a glass of white wine.

Method: Cut the peaches in half, remove the stone, and a little of the pulp so as to make more room for the stuffing. Pound the almonds in a mortar with a little sugar, then put them in a basin, add the peach pulp, the finely chopped sponge cake and the candied peel, also finely chopped. Fill the peaches with the mixture, then put the two halves of each peach together, so that they look whole, put them on a baking sheet, pour the wine over them, sprinkle freely with sugar, and cook in a moderate oven for about 10 minutes or longer, till the sugar has formed a nice crust over them. These can be served either hot or cold.

GNOCCHI DI LATTE

(Milk dumplings)

Ingredients: 1 quart of milk, $\frac{1}{2}$ lb. of sugar, $2\frac{1}{2}$ ozs. of powdered starch, the yolks of 8 eggs, a little vanilla flavouring.

Method: Mix all the ingredients thoroughly and put them in a saucepan on a slow fire. Stir continuously till the mixture thickens. When thick, pour into a dish or pan about 2 inches deep. Let stand till cold and cut into almond-shaped gnocchi, pile them in a buttered fireproof dish, dot with a few pats of butter and brown in a moderate oven.



TORTA DI NOCI

(Nut pudding)

Ingredients: 6 ozs. of nuts or walnuts, 6 ozs. of sugar, 6 ozs. of grated chocolate or powdered chocolate, 1 oz. of candied peel, 4 eggs, vanilla flavouring.

Method: Pound the nuts in a mortar with the sugar and, when worked to a smooth paste, put them in a basin and mix with the chocolate and the yolks of egg, and flavour with the vanilla. Mix thoroughly and finally add the whites of eggs, beaten very stiffly, and the finely chopped candied peel. Butter a pie dish and sprinkle it with breadcrumbs. Pour the mixture into this and bake in a moderate oven for about 30 minutes.



FAVE ALLA ROMANA

("Broad beans" à la Romana)

The "fave dei morti" or "beans of the dead," which consist of pastry, shaped to resemble a large broad bean, are found in various parts of Italy, and are specially made on All Souls' Day. The making and consumption of these pastry beans in connection with the dead must have started at some remote period, and is a survival of an ancient superstition with regard to the bean. The goddess Demeter, for

instance, who was not only the "corn" mother of the Greeks, but whose influence extended to vegetation generally and to all the fruits of the earth, excluded the bean, the use of which was forbidden at Eleusis. The bean was looked upon as a funeral offering and it was thought that the souls of the dead were enclosed in it; Pythagoras forbade his disciples to partake of the bean because it was offered to the dead. So the old superstition still survives, but the modern Italian "fave" are very delicious, and worthy to be eaten every day of the year.

There are many different recipes, and I have chosen one which is very popular.

Ingredients: $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of sugar, $\frac{1}{4}$ lb. of sweet almonds, a little over 1 oz. of butter, 1 egg, flavouring of lemon or cinnamon or orange flower, brandy.

Method: Pound the blanched and skinned almonds in a mortar with the sugar till they are like very small grains of rice. Then add to the flour and the egg, and mix all thoroughly, adding sufficient brandy to make into a stiff dough. Roll out and shape into "fave" or large broad beans, put these on a buttered tin, sprinkled with a little flour, and brush them over with the beaten yolk of one egg. Bake in a moderate oven. Being small, they are quickly done. They should be of an even golden colour.



PIZZA "FIGLIATA" (NAPOLI)

(Pastry with honey, nuts, etc.)

This excellent sweet consists of short crust, rolled out thinly, sprinkled or brushed over with honey and strewn with chopped walnuts and hazel nuts, chopped candied peel and mixed spices. It is then rolled up to form a long sausage, and this is twisted into a spiral and baked in a moderate oven for 30 minutes till it is of a golden colour.

Sundries

SALSA GENOVESE PER PESCE LESSO

(Genovese sauce for boiled fish)

Ingredients: $\frac{1}{2}$ oz. of capers, 1 salt anchovy, 3 stoned olives, the yolk of 1 hard-boiled egg, 1 heaped tablespoon of bread, previously soaked in vinegar, 3 or 4 sprigs of parsley, 1 gill of oil and 1 tablespoon of vinegar, a clove of garlic, salt and pepper.

Method: Chop the garlic and parsley very finely and pound in a mortar with the anchovy, the olives, the yolk of egg and the bread. When pounded into a smooth paste add the oil gradually, and finally the vinegar. Season with a little salt and pepper.



SALSA TONNATA

(Tunny fish sauce)

Ingredients: 2 ozs. of tunny fish (in oil), 2 ozs. of capers, 2 anchovies (in oil), the yolk of 1 hard-boiled egg, the juice of half a lemon, oil and a little pepper, 3 or 4 sprigs of parsley.

Method: Chop the tunny fish, the anchovies, the capers and parsley, and pound to a smooth paste in a mortar with the yolk of egg, adding a little oil—sufficient to moisten. Then rub through a sieve, add the lemon juice and sufficient oil to make into a thick cream, working the mixture with a wooden spoon, as in making mayonnaise.



TORTINO DI POMODORI

(A dish of tomatoes and eggs)

Ingredients: $1\frac{1}{2}$ lbs. of tomatoes, 3 or 4 eggs, 1 clove of garlic, parsley, mint or marjoram, 3 or 4 tablespoons of oil,

grated Parmesan cheese, croûtons of fried bread, salt and pepper.

Method: Chop the tomatoes and put them in a saucepan with the oil, garlic and parsley. Season with salt and pepper, and simmer till the tomatoes are reduced to a pulp. Then rub through a sieve and add the eggs, beaten as for an omelet, and the grated Parmesan. When the eggs are set, remove from the fire and put on a hot dish with a sprinkling of either chopped mint or marjoram.



FRITTELLE DI RISO

(Rice fritters)

Boil $\frac{1}{4}$ lb. of rice in about 1 pint of milk for 30 to 35 minutes, adding a small lump of butter, a pinch of salt, a little sugar and a few drops of lemon juice. When the rice is soft, remove from the saucepan and let it get quite cold. Then put it in a basin and mix with the yolks of 3 eggs, 2 ozs. of flour and a teaspoon of rum. Let the mixture stand for several hours and, when about to use, add gradually the whites of eggs beaten to a stiff froth. Drop small pats of the mixture into a pan of hot oil and fry to a golden colour. When done, remove from the pan, drain, sprinkle with sugar and serve hot.



PANE BOLOGNESE

(Bologna bread)

Ingredients: 1 lb. of cornflour, 6 ozs. of sugar, 6 ozs. of butter, $2\frac{1}{2}$ ozs. of raisins, 2 ozs. of chopped nuts, 1 oz. of candied peel in thin strips, a pinch of cream of tartar and of bicarbonate of soda, 2 eggs, 6 tablespoons of milk.

Method: Mix the flour and sugar, make a well and add the butter and the egg. Add the warm milk gradually, with the cream of tartar and the soda, working the paste into a stiff dough. Then add the raisins, the nuts and the candied peel.

Mix thoroughly and shape into two somewhat flat loaves, brush over with beaten yolk of egg and bake in a moderate oven.



CENCI

(Dessert cakes)

Make a stiff dough with $\frac{1}{2}$ lb. of flour, the yolks of 2 eggs, and 1 whole egg, 1 tablespoon of sugar and 2 tablespoons of either brandy or white wine. Knead well and when quite firm roll out the paste on a floured board and cut into strips or ribbons. Tie each strip carefully into a bow or rosette, and fry in a deep pan of hot oil. Remove when a golden colour and sprinkle with icing sugar.



BRUCIATE BRIACHI

("Burnt" chestnuts)

The chestnuts are either grilled or baked, then peeled and put on a hot silver dish, freely sprinkled with sugar and hot rum is poured over them and set alight.



OLIVE RIPIENE (ASCOLI)

(Stuffed olives)

The olives of Ascoli are known for their succulence and their large size, and in both these qualities they surpass the better-known Spanish olive. As they are difficult to obtain in this country, large Spanish olives can be used for this excellent and very novel dish. The olives are carefully stoned and filled with a forcemeat made with a little white chicken meat, ham, finely chopped, Parmesan cheese and a pinch of nutmeg, all cooked in butter, with the addition of an egg to bind the mixture. The olive is then wrapped

either in pastry or coated with flour, brushed over with yolk of egg, and lastly dipped in white breadcrumbs and fried in very hot oil. They can be eaten either hot or cold.



DONZELLINE RIPIENE DI ACCIUGHE SALATE

(Small pastry rissoles with anchovies in brine)

The pastry is made with $\frac{1}{2}$ lb. of flour, just over 1 oz. of butter, a little milk, and a pinch of salt. It must be well kneaded and allowed to stand for 30 minutes. It is then divided in halves, and each half rolled out thinly. On one sheet of pastry, the anchovies, well washed, boned and chopped, are spread and covered with the other sheet of pastry. The pastry is cut into almond shapes with a pastry cutter, and these are fried in very hot oil.



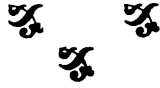
CACIMPERIO (TORINO)

(Cheese and egg dish)

This is the Italian version of the famous French "fondue," and is one of the special dishes of Turin. It is difficult to say whether the French originally got it from Italy, or vice versa, but in both countries it is considered a typical national dish, and the two versions are certainly different. In Turin they use a cheese very similar to Gruyère—"fontina"—which is slightly more oily.

The cacimperio is made with 6 ozs. of chopped cheese, previously soaked in milk for 2 hours, just over 3 ozs. of butter, the yolks of 4 eggs and a little milk. The butter is put in a saucepan, and when it begins to colour the cheese is added, with 2 tablespoons of the milk in which it has soaked. The mixture is stirred continuously, but should never boil, and when the cheese is completely dissolved, the saucepan is removed from the fire, and the

yolks of eggs are mixed in. The saucepan is replaced on the fire, the mixture again well stirred, and as soon as it is of the consistency of thick cream, it should be served.



A Few Italian Cheeses

The number and variety of cheeses made in Italy is almost as great as those made in France, although comparatively few are imported to England. The best known in this country are Parmesan, Gorgonzola and, of recent years, Bel Paese, which has become very popular.

Lombardy is one of the great cheese-producing districts of Italy, and some of the finest quality of cheeses come from there.

Gorgonzola. This famous cheese, although originating from the town of Gorgonzola in the province of Milan, is extensively made in Lombardy as well as in other parts of Italy, while an inferior kind is made in several other countries. It is made from whole milk and there are two varieties of it: Green Gorgonzola, of a soft buttery consistency, tasty and hot, of a yellowish-white colour, and green-veined as a result of having been treated with the mould *penicilium glaucum*; White Gorgonzola or Pannerone is made more especially in Lower Lombardy. Of the same texture and consistency as the other, it is sweeter and not so hot and is not treated with a mould.

Mascherpone is another delicious Italian cheese, but is little known in this country. It is made from fresh cream and is very white, soft and delicate. It is sold in muslin or gauze bags, which contain either $\frac{1}{4}$ lb. or $\frac{1}{2}$ lb. of the cheese. It is eaten quite fresh. These are extensively made in Lombardy, more especially in the autumn and winter.

Bel Paese has a delicate flavour, is of a smooth texture and slightly salty. It is made in large somewhat flat rounds, weighing about $4\frac{1}{2}$ lbs. Most of it comes from Melzo, whence it originated, and also from Certosa di Pavia and Corteolona.

Stracchino di Milano is made from whole milk, prepared as soon as the cow has been milked, and while the milk is still warm. It is a mild, soft cheese, of a smooth texture and white or very pale cream in colour. It is made in squares weighing about 5 lbs.

Cacciocavallo is another of Lombardy's most famous cheeses, and is occasionally seen in foreign shops in London. It originated in Central Italy, but is now extensively made in Lombardy. It is made from whole milk or partially skimmed milk and is sometimes mixed with ewe's milk.

Reggiano, which is made in the province of Reggio Emilia, is very similar to Parmesan cheese, but is more aromatic and highly flavoured, owing to the fragrant pastures in the district and to a very special and pure race of cattle. It improves with age, and is not used until a year or eighteen months after maturing.

Fontina D'Aosta is a fatty cheese, with a few holes or "eyes," like Gruyère. It has a smooth texture and is white, with a mild and delicate flavour. It is popular throughout Italy.

Parmigiano or Parmesan is one of the best known of all Italian cheeses and is exported to all parts of the world. It is called Parmigiano because it was originally made in the province of Bibbiano, which at the time belonged to the duchy of Parma. It came into existence many centuries ago and its reputation was already firmly established in the fourteenth century. Boccaccio, in one of the tales of the Decameron, talks of a country where "there is a mountain made entirely of grated Parmesan cheese on which people live who have nothing else to do but make macaroni and ravioli and cook them in capon broth." This proves that even in such remote days grated Parmesan was used in

cooking, and as an accompaniment to the same dishes with which it is served in modern times.

The territory of Bibbiano is now part of the province of Reggio and large quantities of the best Parmesan come from there. But it is also made in the province of Bologna, in Modena, Ferrara and Piacenza, where it is called Lodigiano. There are, in fact, eighteen different varieties of Parmesan cheese. Parmesan improves with age, and is considered to be at its best when it has been kept from two to four years, its price varying accordingly. It is sold as *vecchio* (old), *stravecchio* (very old), and *stravecchione* (extra old), the last always being chosen by connoisseurs. Grated Parmesan is one of the most typical condiments of Italian cooking and is always associated with it. There are unfortunately many inferior imitations on the market, but the genuine Parmesan can be recognized by the fact that, when cooked, it does not become "tacky" or stringy, which happens with those of inferior quality.

It is a common mistake in this country to use Parmesan which is sold already grated. Parmesan should always be freshly grated and used at once as, when grated, it is apt to lose its distinctive aroma and flavour very rapidly.

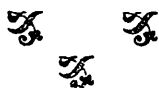
Il Pecorino Romano is one of Rome's most famous cheeses. It is made from the whole milk of ewes, it has a hard crust and is somewhat similar in texture to Port Salut. It is slightly salty and hot and has the rather strong and characteristic flavour of all the cheeses made from ewe's milk. When fresh it is eaten with bread or biscuits, but when old it is excellent for grating and is extensively used for cooking in middle and southern Italy instead of Parmesan.

La Ricotta Romana is another cheese made from the butter-milk of ewes. It is rich and creamy, very delicate and fragrant. It is eaten either as ordinary cheese, or, like the French cream cheese, with a little sugar. Another favourite way of eating it is with sugar and powdered cinnamon or coffee. Spread on thin strips of bread, the Italians have it for breakfast with their *café au lait*. It makes an excellent

sweet when cut in strips, dipped in flour, brushed over with the yolk of an egg, well beaten, then fried and sprinkled with sugar. It is also used in the cooking of many Italian dishes.

La Mozzarella is one of the best known cheeses of the province of Napoli and is extensively made at Cardito, Aversa, in the Mazzoni di Capua and at Salernitano. At Battipaglia it is produced in a special way and on a very large scale. It is made from the milk of the buffalo, and shaped in rounds weighing about 1 lb. It is soft, though quite firm, mild, and retains a certain amount of buttermilk. It has a very distinctive flavour and should be eaten quite fresh.

Il Canestrato is one of the most famous of Sicilian cheeses. It is made of mixed ewe's and goat's milk. It is matured for one year, and cured with salt at regular intervals. The taste is somewhat hot and very distinctive, and the colour is that of the yellower kinds of butter. Pepper is sometimes added to it to make it still hotter. When fresh, it is eaten with bread, and when more mature it is used for cooking.



A Few Italian Wines

Italy is essentially a wine-growing country, and the cultivation of the vine has been established from time immemorial. Several of the wines we drink to-day in Italy were appreciated by the Romans and are mentioned by many authors; and the wines of Campania, Umbria and Tuscany were deservedly famous centuries before the vineyards of Gaul were even heard of. Italian wines, however, have never been held in such high esteem as those produced by France, having a somewhat cruder bouquet, due partly to climatic conditions, and partly to the unscientific method of cultivation which

prevailed up to comparatively recent times. Great improvements have been made, however, and the methods of vinification now employed are no longer haphazard. The great vineyards of Italy have adopted modern methods and now many an Italian wine can boast of as fine a bouquet as those of France.



TUSCANY

Tuscany is one of the regions of Italy where wine is most extensively grown, and from here we get the famous Chianti wines, which are exported in large quantities to all parts of the world.

The typical red Chianti is of a fine ruby-red colour, soft and velvety, with a delicate and aromatic bouquet and a certain freshness which is very characteristic. It is ready for use after six months, but the best Chianti are those which have been kept for 2 to 3 years, when their finest qualities are fully developed.

The typical and classical Chianti are made in the communes of Castellina, Gaiole and Radda, in the province of Siena, the original home of the wine.

Among other good wines of Tuscany are Rùfina, of a bright ruby-red, and with a highly aromatic bouquet; Pomino, which is more full-bodied than the first; and Carmignano, made in the commune of that name in the Valdarno. The last is of a more brilliant colour than Chianti, but with a less delicate bouquet. It is said to have been one of the favourite wines of Queen Anne.

Montepulciano is another old and famous wine. It was drunk at the table of Pope Paolo III Farnese in the year 1500, and its delicate perfume, which improves with age, makes it rank among one of the first of Italian wines.

PIEMONTE

Some of the best wines of Italy are produced in Piemonte, the best known being Barolo, which was known to the Romans and has been famed throughout the centuries. It is made in the districts in the south-easterly part of the Alba,

and is of a ruby-red when young, and assumes a slightly brownish colour when matured. It is apt to be slightly rough when not matured, but after a few years its fine, rich bouquet is developed. It is at its best in its sixth or seventh year.

Barbaresco is a wine of much the same type, but somewhat less alcoholic, and is ready for drinking in its second to third year.

Ghemme develops its full aromatic bouquet, which is highly characteristic, in its fifth year. Barbéra is an extremely popular wine both in Italy and in foreign countries. There are two types of Barbéra, the *asciutto* or dry, and the *amabile* or sweet. The dry wine is generous, with a fine bouquet, and when mature has an exquisite aroma. The sweet wine is highly perfumed and pleasing.

Cortese is one of the best among the white wines of Piemonte, and the finest comes from Sezzadio in the Val Bor-mida. It is a pale coloured clear wine, dry and delicate with a distinguished bouquet.

Moscato is a light, clear wine of a light golden colour, sweet and perfumed and very sparkling. The typical wine comes from Canelli, where it has been made for many centuries, although it is also made extensively in Piemonte. It has a world-wide reputation, and the Moscato di Canelli, Asti Spumante and Moscato Spumante are widely exported.

Among other well known wines produced in Piemonte is Italian vermouth—the famous “Vermouth di Torino.” It derives its name from the German *Wermut*, an extract of wormwood, which is employed in the making of vermouth, as in the making of absinthe and several liqueurs. It is this which gives it a slight bitter flavour and also its tonic properties. Vermouth was invented in 1786, by Antonio Benedetto Càrpano, at Turin. The vermouth produced in Piemonte is different from that made in Tuscany.

CAMPANIA

Many excellent and well known wines come from this region, and chief among them is Capri, both white and red. White Capri is perhaps one of the most pleasing of Italian white wines. It has a very characteristic aroma, is of a pale and very clear gold colour, it is dry, and has a most delicate bouquet. Red Capri at its best is comparable to a good Bordeaux wine. It is mellow and fragrant, and has a delicious bouquet. Lacrima Christi, which is also a famous Italian wine, is made both as a white and a red wine, but the white is the better and more popular. It is a dry, delicate wine with a subtle aroma, and is comparable to some of the fine German wines. Falerno is a wine which found much favour with the Romans—"the immortal Falerno" as it was called by Martial—its virtues being sung by many of the Roman poets. White Falerno is of a rich straw colour, very pleasing and with a delicate bouquet. Red Falerno is also excellent.



PUGLIA

Puglia produces a few excellent wines, both red and white, many of which are exported.

Vini di Sansevero are light white wines, delicate and pleasing. Torre Giulia is a good white wine, of a pale straw colour, dry and somewhat strong.

Moscato di Trani is a vinous wine, of a golden colour and somewhat sweet. It has a pleasing bouquet and improves with age.

Primitivo di Gioia del Colle (Bari) of a deep red, is a strong and somewhat dry wine. Aleatico, which is made in various parts of Puglia, is a good red wine, soft and pleasing, with a characteristic bouquet, and compares favourably with the Aleatico made in other parts of Italy.

SICILIA

The most famous of all Sicilian wines is undoubtedly Marsala which, strange to say, was created by an Englishman, John Woodhouse, who, in the year 1773, started producing his wine at Marsala. This city still remains the centre of production, although it is made in many other districts.

Marsala is a wine of great body made from special grapes and with considerable care. It is highly alcoholic, dry or sweet according to the variety, rich and full, with a characteristic bouquet. It improves with age, and the old Marsalas, or Marsala vergini as they are called after having attained their full maturity, are highly prized.



A FEW ITALIAN LIQUEURS

Grappa, or Italian brandy, is produced in many parts of Italy and there are a number of differently flavoured grappa, among the better known being those from the Val d'Aosta, some unflavoured, others flavoured with wormwood (*artemisia*), and somewhat resembling absinthe. These are Grappa di Val S. Giacomo, Miele del Grappa, etc.

Acquavite di Genziana, flavoured with gentian, is produced in various parts of the country; Anisina, a kind of Anisette; Braulio, made in Lombardy and highly flavoured with Alpine herbs; Cerasella di Fra Ginepro, a liqueur flavoured with fruit and particularly black cherries; Mentuccia Di S. Silvestro, flavoured with various kinds of herbs and particularly mint; Corfinio, made in the Aruzzo and reminiscent of Chartreuse; Lagrima d'Abeto, a Tuscan liqueur, slightly bitter, with a flavour of pine, and made with wormwood, gentian and other aromatic herbs; Nocino, with fresh nuts; and Strega, which is extensively exported and is very reminiscent of Chartreuse. These are among the better known Italian liqueurs, but there are many others, and practically every district in Italy has its local liqueur.

SPAIN



SOUPS

	PAGE
Sopa de Albondiguillas a la Barcelonesa (<i>Soup with force- meat balls</i>)	167
Tourin de Cataluña (<i>Catalonian Tourin</i>)	168
Consomé a la Andaluza (<i>Consommé à la Andaluza</i>)	168
Sopa Mezclada (Escudella) (<i>Mixed soup</i>)	169
Sopa de Cebolla (Popular) (<i>Onion soup</i>)	169
Sopa a la Mallorquina (de pescado) (<i>Soup à la Majorca</i>) (<i>with fish stock</i>)	170
La Fabada	170
Caldo Gallego (<i>Galician soup</i>)	171
Potaje de Garbanzos y Espinacas a la Española (<i>Soup of dried peas and spinach</i>)	171
Sopa de Ajo a la Madrileña (<i>Garlic soup à la Madrilène</i>)	172



FISH

Lenguados al Graten Español (<i>Soles au gratin à l'Espagnole</i>)	173
Merluza al Horno (<i>Fresh or dried haddock in the oven</i>)	173
Truchas a la Catalana (<i>Trout à la Catalane</i>)	173
Bacalao a la Vizcaina (<i>Dry salt cod à la Vizcaina</i>)	174
Atún Fresco a la Bilbainita (<i>Fresh tunny fish as done at Bilbao</i>)	175
Bacalao con Patatas (<i>Dry salt cod with potatoes</i>).	175
Pescado a la Asturiana (<i>Fish à la Asturia</i>)	176
Langostinos Salteados a la Catalana (<i>Lobster sautés à la Catalane</i>)	176
Pescado Frito a la Andaluza (<i>Fried fish à la Andalusia</i>)	177
Truchas a la Española (<i>Trout à l'Espagnole</i>)	177

S P A I N

E N T R É E S

	PAGE
Paella a la Valenciana (<i>Rice with chicken and shellfish</i>)	178
Pescado con Arroz (<i>Fish with rice</i>)	179
Riñones de Carnero a la Señorito (<i>Lamb kidneys à la Señorito</i>)	180
Manos de Cerdo a la Sultana (Asturias) (<i>Pig's feet à la Sultane, from Asturia</i>)	180
Callos a la Catalana (<i>Tripe à la Catalane</i>)	181
Pisto Manchego (<i>Pork stew</i>)	181
Menestra de Legumbres a la Castellana (<i>Pottage of vegetables in the Castilian manner</i>)	182
Lentejas Guisadas con Chorizo (<i>Lentils cooked with sausages</i>)	182
Riñones Salteados al Jerez (<i>Kidneys sautés with Jerez</i>)	183
Fondos de Alcachofas a la Castellana (<i>Artichoke bottoms in the Castilian manner</i>)	183



M E A T

Buey a la Catalana (<i>Beef à la Catalonia</i>)	184
Biftek a la Andaluza (<i>Beefsteak à l'Andalouse</i>)	184
Buey a la Sevillana (<i>Beef à la Sevillana</i>)	185
Chuletas de Ternera a la Ampurdanesa (<i>Veal cutlets à la Ampurdanesa</i>)	185
Chuletas a la Navarra (<i>Lamb cutlets à la Navarra</i>)	186
Cordero Asado a la Manchega (<i>Lamb cooked à la Manchega</i>)	186
Solomillo a la Sevillana (<i>Loin of pork à la Sevillana</i>)	187
Filetes de Cerdo con Habas Estofadas (<i>Fillets of pork with stewed broad beans or haricot beans</i>)	187
Salchichas con Judias (<i>Sausages with haricot beans</i>)	188
Filetes de Cerdo con Pimientos (<i>Fillets of pork with pimientos</i>)	188

RECIPES OF ALL NATIONS

POULTRY

	PAGE
El Pavo Relleno a la Catalana (<i>Stuffed turkey à la Catalane</i>)	188
Pollo a la Navarresa (<i>Chicken à la Navarresa</i>)	189
Pollitos Salteados (<i>Young chickens sautés</i>)	190
Pollos en Chanfaina a la Catalana (<i>Fricassée of chickens à la Catalane</i>)	190
Pepitoria de Gallina a la Española (<i>Fricassée of fowl à l'Espagnole</i>)	190
Arroz con Pollo (<i>Rice with chicken</i>)	191
Pechuga de ave a la Sarasate (<i>Breasts or fillets of poultry à la Sarasate</i>)	191
Pollo Frito a la Extremeña (<i>Fried chicken à l'Extremadure</i>)	192
Pichones a la Vinagreta (<i>Pigeons with vinegar</i>)	192
Pato Cazuela Montañesa (<i>Duck Montañesa</i>)	193



GAME

Perdices Estofadas a la Catalana (<i>Braised partridges à la Catalane</i>)	193
Conejo Asado con Aioli (<i>Rabbit with aioli</i>)	194
Conejo Fritto a la Catalana (<i>Fried rabbit à la Catalane</i>)	194
Perdices a la Campesina (<i>Partridges à la campesina</i>)	194
Perdices en Escabeche (<i>Partridges in marinade</i>)	195
Pájaros y Tordos Fritos a la Española (<i>Small birds à l'Espagnole</i>)	195
Pierna de Jabali a la Pirenaica (<i>Leg of boar à la Pirenaica</i>)	195
Conejo de Bosque a la Catalana (<i>Wild rabbit à la Catalane</i>)	196
Conejo a la Gallega (<i>Rabbit à la Galicia</i>)	196
Liebre Cacerola (<i>Hare en casserole</i>)	197

S P A I N

V E G E T A B L E S

	PAGE
Espàrragos a la Gitanella (<i>Asparagus à la Gitanella</i>)	197
Fondos de Alcachofas al Graten a la Catalana (<i>Artichoke bottoms au gratin à la Catalane</i>)	197
Judias Verdes a la Andaluza (<i>Runner beans à la Andaluza</i>)	198
Coliflor al ajo Arriero (<i>Cauliflower with garlic à la muletier</i>)	198
Judias Blancas al Tio Lucas (<i>Haricot beans à la Tio (or Uncle Lucas)</i>)	198
Guisantes Leridana (<i>Peas à la Lérida</i>)	199
Setas a la Parrilla (<i>Grilled mushrooms</i>)	199
Berengenas Rellenas (<i>Stuffed aubergines</i>)	199
Lentejas con Jamon (<i>Lentils with ham</i>)	200
Pimientos Rojos Rellenos con Espinacas (<i>Red pimientos stuffed with spinach</i>)	200



S A L A D S

Ensalada Andaluza (<i>Andalusian salad</i>)	201
Gaspacho Andaluz (<i>Andalusian Gaspacho</i>)	201
Ensalada de Escarola (<i>Salad of Batavian endive</i>)	201
“Esqueixada” (<i>A mixed salad</i>)	202
Habichuelas Tiernas al Ajo (<i>Runner beans with garlic</i>)	202
“Escalibada” (<i>Salad of cooked pimientos and aubergines</i>)	202
Ensalada de Pimientos y Tomate (<i>Salad of pimientos and tomatoes</i>)	203
Ensalada de Patatas Ricas (<i>Potato salad</i>)	203
Ensalada Valenciana (<i>Salad Valenciana</i>)	203
Ensalada de Verano (<i>A summer salad</i>)	204

RECIPES OF ALL NATIONS

SWEETS

	PAGE
Arroz con Leche a la Gallega (<i>Rice with milk à la Galicia</i>)	204
Turrón de Gandia (<i>Almonds and sugar</i>)	205
Turrón de Jijona (<i>Almond, sugar and honey</i>)	205
Bizcocho de Patatas Domenech (<i>Cake à la Domenech</i>)	205
Confitura de Tomate (<i>Tomato jam</i>).	206
Churros (<i>Spanish fritters</i>)	206
“Tocinos del Cielo” (“ <i>Little Pigs of Heaven</i> ”)	207
Melon Relleno del Mono (“ <i>The Monkey’s</i> ” <i>stuffed melon</i>)	208
Roscas a la Natillas (<i>Puff pastry garnished with cream</i>)	208



EGGS AND SUNDRIES

Huevos a la Gitanella (<i>Eggs à la Gitanella</i>).	209
Huevos Escalfados Madrid-Nieves (<i>Poached eggs Madrid-Nieves</i>)	209
Tortilla Española a la Mercedes (<i>Spanish omelet à la Mercédès</i>)	210
Huevos al Plato a la Flamenca (<i>Eggs sur le plat à la Flamenca</i>)	210
Huevos Fritos a la Andaluza (<i>Fried eggs à la Andalusia</i>)	211
Huevos Fritos con Jamon a la Madrileña (<i>Fried eggs and ham à la Madrileña</i>)	211
Puré a la Andaluza (<i>Purée à la Andalusia</i>)	211
Ropa Vieja Española (“ <i>Remnants</i> ” <i>à l’Espagnole</i>)	212
El Adobo a la Madrileña (<i>Seasoning or marinade à la Madrileña</i>)	212
Salsa Verde Española (<i>Spanish green sauce</i>)	212



A FEW SPANISH BEVERAGES

Chocolate	213
Grenadina (<i>Syrup of fresh pomegranates with wine</i>)	213
Fruta con Vino	213
SOME SPANISH WINES	214

Introduction

SPANISH cookery is reminiscent of bull-fights, of Spanish dancing and of Goya. It is vivid, highly coloured, sometimes Quixotic, brilliant and often enchanting. And climatic conditions are such that it is possible to consume a far greater amount of rich and highly seasoned food in Spain than in almost any other country in the world. Who, for instance, in this country, would think of sitting down to a lunch—the *Almuerzo* or lunch in Spain being served at any time between 2 or 3—and having either a salad or hors-d'œuvre, soup, a fish or egg dish, stewed steak with potatoes, rabbit, accompanied by globe artichokes, chicken, pork, a sweet or cheese, fruit, with almonds, biscuits, etc. and repeating more or less the same kind of menu at 9 or 10 at night, with either a cup of chocolate or coffee or a glass of wine and biscuits in-between? Yet the Spaniards thrive on it, and anyone who lives in Spain for some time and lives in the Spanish fashion soon becomes accustomed to these lengthy menus.

Like most European countries, Spain has been influenced by French cookery, but in spite of this, she still has a very characteristic and national cookery of her own. Most of the cooking is done in oil, as butter is expensive, but it does not follow that Spanish cooking, at its best, is oily or greasy. It is highly seasoned, and much use is made of garlic and onions, of chilli pepper and of the Spanish paprika, which is made in Murcia and called “Pimenton”—a very excellent paprika, similar to Hungarian paprika but slightly stronger, that of inferior quality being derisively called *arena* or sand by the Spaniards.

Another characteristic of Spanish cookery is the mixture of a number of ingredients in one dish—their famous “paella”, for instance, contains a long list of ingredients

which at first sight may appear to be discordant, but the deft and experienced hand of a good Spanish chef or cook knows how to make a most harmonious ensemble from this medley of apparently ill-assorted elements. Lobster, chicken, crabs, mussels, clams, all manner of shell fish, peas, artichokes, French beans, rice, garlic and saffron succeed in making a most happy *entente*.

In selecting from the wide repertory of Spanish dishes, I have been careful to choose those which are likely to be pleasing to the taste of other nations, and those among my English readers who venture to try them will find that Spanish cookery is a welcome contrast to English food, which tends to be as colourless and monotonous as a London sky in winter. And if some of the Spanish dishes are found too "rich," too highly flavoured, too spicy, it must be remembered that in all countries on which the sun shines in its full glory, in all wine-growing and wine-drinking countries such food can be enjoyed with impunity and that the high spirits and gaiety which reign supreme among the Southern nations of Europe, the active interest taken in food and the pleasure of eating good food, are all conducive to good digestion.

I wish to tender my most sincere thanks to Señor F. Ricart-Matas, the famous Spanish chef and proprietor of the Monico restaurant in Barcelona, for his help and advice in compiling this book of national Spanish recipes; also to Señor José Solsona, another distinguished exponent of the art of cookery, for five years chef at Martinez' Spanish Restaurant, London, and to Señor P. J. Utrera, head of the firm of Moraima of Spain (London), for his valued assistance on the subject of Spanish wines.

Soups

Stock and consommé serve as foundations to many Spanish soups, but as these are made in the same manner as all good stock, with meat and bones, it is unnecessary to give the recipe. The garnishes, additions, etc., alone differ. The typically Spanish soups are very sufficing and, as in their other dishes, many ingredients are used.



SOPA DE ALBONDIGUILLAS A LA BARCELONESA (Soup with forcemeat balls à la Barcelona)

This is a very popular soup in the Barcelona restaurants and hotels and is typically Spanish.

Ingredients: Stock, $\frac{1}{4}$ lb. lean mutton, $\frac{1}{4}$ lb. pork (with a little fat), 1 clove of garlic, a little tomato purée or Espagnole sauce (see page 80), white breadcrumbs, 1 or 2 eggs, a few sprigs of parsley, a few of chervil, salt, pepper and red pepper.

Method: Chop the meat up very finely with the garlic, a little parsley, a pinch of nutmeg and white breadcrumbs, and season highly with salt, pepper and red pepper. Bind with 1 or 2 eggs, shape into small balls the size of a hazel nut, sprinkle with flour and fry in butter or hot fat.

Put the stock in a saucepan, bring to the boil, add 5 or 6 tablespoons of very fine brown breadcrumbs, mix thoroughly, add the forcemeat balls to the soup, a little Espagnole sauce, or the tomato purée, a teaspoon of chopped parsley and chervil, and simmer for 15 minutes. Serve very hot.

TOURIN DE CATALUÑA
(Catalonian Tourin)

Ingredients: For 4 people: 3 pints of stock, 2 large onions, 2 yolks of eggs, 2 ozs. of chopped ham, 1 glass of white wine, a small stick of celery, a sprig of thyme, 1 bayleaf, a pinch of nutmeg, oil, vinegar, salt, white pepper, croûtons of fried bread.

Method: Slice the onions very finely and put them in a large saucepan with a few tablespoons of oil, the ham, the bayleaf, the celery, finely chopped, and the thyme, and season with nutmeg, salt and white pepper. When they are a nice golden colour add the white wine. Mix well and add the hot stock. Simmer for 15 minutes.

Put the yolks of 2 eggs in the soup tureen, beat well, add a little vinegar, pour the soup over the beaten eggs, without straining, and add the croûtons of fried bread.



CONSOMÉ A LA ANDALUZA
(Consommé à la Andaluza)

This soup is what is known in France as consommé Madrilène, the difference being as follows: In the French recipe it is made with chicken stock, strongly flavoured with celery and tomato juice. It is quite clear, and when served hot is garnished with tomatoes cut in small dice, and when served cold it is unadorned. In Spain, however, ordinary consommé is used and the tomato purée thickens it slightly.

Ingredients: Consommé, tomato purée, 1 or 2 tablespoons of vermicelli.

Method: Bring the soup to the boil, add a few tablespoons of tomato purée and, 5 minutes before serving, add the vermicelli.

SOPA MEZCLADA (ESCUDELLA)

(Mixed soup)

This soup is typically Spanish, and not only has a mixture of somewhat heavy and sufficing vegetables, but rice and vermicelli are added to it. The saffron, besides giving it a good colour, makes it more digestible.

Ingredients: Veal stock, a few potatoes, turnips, haricot beans, cabbage, and a stick or two of celery. A few table-spoons of rice, and the same of vermicelli. A good pinch of saffron.

Method: The stock is brought to the boil, and the vegetables, coarsely sliced, are added to it, the haricot beans having been previously soaked and boiled till tender. Simmer gently till all the vegetables are quite tender, and 20 minutes before serving add the rice, the vermicelli and the saffron. The soup should be somewhat thick.



SOPA DE CEBOLLA (POPULAR)

(Onion soup)

This peasant soup is popular throughout Spain, the poorer people making it with water instead of stock.

Ingredients: One or 2 large Spanish onions, the yolks of 2 or 3 eggs, stock or water, a few slices of toasted bread, oil, vinegar, salt and pepper.

Method: Shred the onion and fry in hot oil to a golden colour, but without browning. Add it to the hot stock or boiling water, season with salt and pepper and simmer for 10 minutes. Beat the yolks of eggs with a little vinegar, put them in the soup tureen, pour the stock and onion over them, mix well, and add the slices of toasted bread.

SOPA A LA MALLORQUINA (DE PESCADO)

(Soup à la Majorca) (with fish stock)

This very pleasant fish soup hails from Majorca. The fish stock there is somewhat different from that which we make in England, as the seas around Majorca abound with a variety of fish unknown in this country. In Spain also a number of different fish which never come to English waters are used for this and other fish soups.

Ingredients: Fish stock, 1 large onion, 3 or 4 tomatoes, 1 clove of garlic, 2 glasses of white wine, 1 tablespoon of Madeira, a little chopped parsley, salt, slices of toasted bread.

Method: Shred the onion finely and fry in boiling oil to a golden colour, adding the tomatoes, cut in quarters, the garlic and parsley, the Madeira and the two glasses of white wine. Stir well and let the wine reduce a little. Pour the hot fish stock over this, season with salt, add the slices of toasted bread and simmer for 20 minutes.



LA FABADA

This is a great national dish in Asturia, and is a meal in itself. It is usually made in large quantities. Spanish people are very fond of sausages, and each province boasts its own local sausages, few of which are obtainable in England. The best substitute we have here are the chipolata.

I give a simplified version of this most elaborate recipe, as it includes the head and feet of salted and cured "cow."

Ingredients: 2½ lbs. of pickled salt beef, a small ham, 2 lbs. of haricot beans, 1 lb. of Asturian black pudding, 5 small sausages. Water.

Method: Soak the ham and salted beef in water for 2 hours, then put them in a large saucepan, cover with cold water, bring to the boil and simmer gently for 2 hours. At the end

of 1 hour add the haricot beans, previously cooked, and the black pudding and sausages.

When done, the soup, with the haricot beans in it, is served first, and the meat and sausages as a separate course.



CALDO GALLEGO

(Galician soup)

Ingredients: 2 lbs. of haricot beans, a ham bone weighing about 1 lb., 1 or 2 beef bones of the same weight, 1 cabbage, a few potatoes, 1 tablespoon of lard or dripping, 1 of flour, water, salt and pepper.

Method: Put 4 quarts of water in a large saucepan with the beans, previously soaked, the ham and beef bones. Bring to the boil and simmer for 3 hours.

After 2 hours add the cabbage evenly shredded, the potatoes, peeled and quartered, and a thickening made with the fat and the flour. Add a little salt and pepper, and continue simmering for 1 hour more.



POTAJE DE GARBANZOS Y ESPINACAS A LA ESPAÑOLA

(Soup of dried peas and spinach à la Espagnole)

Ingredients: 1 lb. of chick peas or dried peas, 2 of spinach, 2 onions, 1 carrot, 1 lb. of dry salt cod, 1 or 2 tomatoes, 1 or 2 eggs, parsley, 1 bayleaf, mixed herbs, garlic, salt and pepper.

Method: Put the dried peas, previously soaked for 12 hours, in a saucepan with a liberal amount of cold water and bring to the boil. Add 1 onion, the carrot, the dry salt cod, the herbs, garlic and bayleaf. Simmer very gently till the peas are quite tender. Meanwhile, wash the spinach thoroughly and cook in a little water. Drain, chop it and add to the soup. Remove the carrot and onion from the

soup and strain. Rub 1 tablespoon of the peas through a sieve and add to the soup, which should not be very thick.

Chop the other onion very finely, put it in a small saucepan with the chopped cloves of garlic, the parsley and the tomatoes, and a few tablespoons of the soup. Season with salt and pepper. Bring to the boil, simmer gently for $\frac{3}{4}$ of an hour, and stir into the soup, mixing well. One or 2 hard-boiled eggs, finely chopped, are sometimes added a few minutes before serving.



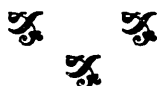
SOPA DE AJO A LA MADRILEÑA

(Garlic soup à la Madrilène)

Garlic soup is one of the most popular soups in Spain, and each province has its own and special way of making it. This is how it is made in Madrid:

Ingredients: For each person allow 1 clove of garlic, 1 thin slice of bread, 1 gill of water, a little oil.

Method: Fry the garlic in a little oil till it begins to colour, then add the bread, season with salt and pepper, pour the boiling water over this, boil for 1 minute and serve. A beaten egg is sometimes added if the soup is preferred thick.



Fish

In choosing among the many ways they have of preparing fish in Spain, I have endeavoured to select those made with fish which are procurable in England, as there is an endless variety of fish of every kind in Spain which seldom reach our shores. Extensive use is made of dry salt cod, which has a distinctive flavour, being salted in a different way from ours. The Spaniards excel in the frying of fish, oil always being used for the purpose.

LENGUADOS AL GRATEN ESPAÑOL

(Soles au gratin à l'Espagnole)

Ingredients: 1 or more soles, 3 or 4 shallots, $\frac{1}{2}$ lb. of mushrooms, parsley, 1 glass of white wine, lemon juice, fine white breadcrumbs, oil, salt and pepper.

Method: Season the fish with salt, pepper and a squeeze of lemon juice. Put it in a fireproof dish with the chopped shallots, mushrooms and parsley and pour over it a little oil and the glass of white wine. Cover with breadcrumbs and bake in a moderate oven for 20 to 25 minutes, till the fish is tender. Garnish with croûtons of fried bread.



MERLUZA AL HORNO

(Fresh or dried haddock in the oven)

Ingredients: Dried haddock or fresh haddock can be used. Tomato purée, 1 clove of garlic, 4 tablespoons of white wine, parsley, breadcrumbs, salt and pepper, oil.

Method: Pour a little oil in a round baking plate or tin, put the haddock in it, cut in pieces of equal size. Pour the white wine over it, cover with the tomato purée, sprinkle with white breadcrumbs, finely chopped garlic and parsley and put in the oven for 15 minutes.



TRUCHAS A LA CATALANA

(Trout à la Catalane)

Ingredients: The number of trout required or 1 large trout, 1 or 2 onions, 1 clove of garlic, parsley, butter, vinegar, cumin, slices of lemon.

Method: The trout should be filleted, and if a large trout is used it should also be filleted, and the pieces subdivided. The fish is fried and then added to the following sauce, in which it should simmer for 5 minutes: Pound the garlic and parsley in a mortar, add the cumin, a little butter, and dissolve

with a little water and vinegar. Put in a saucepan or deep frying pan, on a very slow fire, add the fish and the onions, previously fried to a golden colour in oil. For serving, pour the sauce over the fish and onions, and garnish with slices of lemon.



BACALAO A LA VIZCAINA

(Dry salt cod à la Vizcaina)

This is one of the rare dishes coming from Spain which find a place in some of the French cookery books, and it is the great national dish for Good Friday.

Ingredients: 2 lbs. of dry salt cod, 3 lbs. of onions, 3 lbs. of tomatoes, 6 pimientos (sweet green or red Spanish peppers), 1 clove of garlic, a slice of bread, breadcrumbs, pepper and salt, oil.

Method: Soak the cod for 12 hours. Put it in a saucepan of cold water, bring to the boil and, as soon as it comes to the boil, remove the fish, and drain on a colander. Take the bones out carefully, without breaking the pieces of fish, then roll in flour and fry to a golden colour in hot oil. Slice 2 lbs. of onions finely, and fry in 1 pint of oil. When a golden colour, add 2 lbs. of tomatoes, cut in small pieces, and fry them. In another saucepan, fry 1 lb. of chopped onion, 1 lb. of tomatoes, cut in quarters, and the Spanish peppers, the garlic and the slice of bread. Simmer for 1 hour and when reduced to a pulp, rub the whole contents of this saucepan through a sieve, and add this purée to the other saucepan of fried onions and tomatoes.

To serve, put a layer of sauce in the dish, place the fish on this and over it pour more sauce. Sprinkle with breadcrumbs and parsley, and set in the oven to brown.

ATUN FRESCO A LA BILBAINITA

(Fresh tunny fish as done at Bilbao)

Tunny fish is often obtainable in this country, although the average fishmonger does not stock it. It has an excellent and delicate flavour, not unlike veal, and has been facetiously called the "veal of the ocean." It is very popular in most continental countries.

Ingredients: Allow about 3 ozs. of fish to each person. Tomato sauce, white breadcrumbs, $\frac{3}{4}$ lb. of potatoes, a handful of chopped parsley, 1 bayleaf, garlic, salt, lemon juice, oil, white pepper.

Method: Divide the fish into neat fillets weighing about 3 ozs. each. Put them in a fireproof dish, cover with the tomato sauce, the breadcrumbs, to which chopped garlic has been added, and sprinkle with a little chopped parsley. Sprinkle with oil, and put in a moderate oven for 12 to 15 minutes.

Potatoes, cooked in the following manner, are served at the same time and eaten with the fish: In a small saucepan, put 2 tablespoons of oil and, when hot, add 2 cloves of garlic finely chopped, and a handful of finely chopped parsley. Then add the potatoes, peeled and cut in small dice, a bayleaf, salt and a little white pepper. Mix them well with the other ingredients, add sufficient boiling water to cover, and cook rapidly till they are tender.



BACALAO CON PATATAS

(Dry salt cod with potatoes)

Ingredients: 1 lb. of dry salt cod, 2 lbs. of potatoes, 1 lb. of onions, 1 or 2 tomatoes, 1 clove of garlic, 1 tablespoon of chopped parsley, a good pinch of saffron, white pepper and oil.

Method: Soak the cod for 12 hours, changing the water frequently. Prepare and fry as in recipe for Bacalao à la

Vizcaina (see page 174). Put the sliced potatoes in a saucepan with the oil in which the cod was cooked, with the chopped onion, the garlic and the parsley. Cover with boiling water, and simmer till the potatoes are soft. When they are nearly cooked, add the saffron and season with white pepper. Simmer gently and put on a hot dish with the fish.



PESCADO A LA ASTURIANA
(Fish à la Asturia)

Ingredients: 1 lb. of fish, $\frac{1}{2}$ glass of white wine, 2 onions, 1 teaspoon of grated chocolate, 4 ozs. of butter, 1 glass of water, 12 small mushrooms, 1 tablespoon of flour, salt and pepper.

Method: Put the butter in a casserole and, when hot, add the fish, the finely shredded onions, previously cooked, and the tablespoon of flour. Then add the hot water, the wine, the grated chocolate, salt and pepper, and simmer till the fish is tender. Add the cooked mushrooms 10 minutes before serving.



LANGOSTINOS SALTEADOS A LA CATALANA
(Lobster sautés à la Catalane)

Ingredients: 1 or 2 lobsters, according to the quantity required, 1 small onion, 1 clove of garlic, a few sprigs of parsley, 1 glass of white wine, 3 tablespoons of tomato sauce, salt and pepper.

Method: Remove the meat from the shell and claws of the cooked lobsters, and brown in a deep frying pan of hot oil. Add the onion, finely chopped, the garlic and parsley. Season highly with salt and pepper, and add the white wine and the tomato sauce a few minutes before serving.

PESCADO FRITO A LA ANDALUZA
(Fried fish à la Andalusia)

This typical Spanish dish consists of a variety of fish, cut in small pieces of equal size and fried to a golden colour in hot oil. In choosing the fish for this dish, it is important to select fish which can all be cooked in the same length of time—not, for instance, to mix coarse fish and very delicate fish, the one taking longer than the other to fry. Like our fried fish, it is served with a garnish of parsley and slices of lemon. It is sometimes accompanied by a tomato sauce.



TRUCHAS A LA ESPAÑOLA
(Trout à l'Espagnole)

This curious recipe is very probably a survival of Moorish influence on Spanish food, as the use of honey with meat and fish dishes is common, both in African and Eastern cookery. In old English cookery books of some 200 or 300 years ago we frequently find such things as dressed crab with "synamon" and sugar, or cinnamon and sugar with marrow-bones, but the only survival of this is our mint sauce and our red currant jelly with mutton.

Ingredients: A few small trout, 4 or 5 shallots, 4 or 5 small mushrooms, 1 tablespoon of chopped chives, 1 or 2 tablespoons of honey, 1 glass of white wine, oil, a sprinkling of cumin, chopped parsley, salt and pepper.

Method: Put the fish in a casserole with the oil, the wine, the honey and the chopped shallots, and season with cumin, salt and pepper. Let the fish stand in this marinade for about an hour, then take them out, wrap each fish in a piece of plain foolscap paper, well oiled, place them in an earthenware casserole and cook on a very slow fire till tender. When ready, remove from the paper, put on a hot dish and serve with a butter sauce.

Entrées

The word "entrée" is hardly applicable to some of the substantial dishes given in this section, but the classification of Spanish dishes, according to the method usually adopted in this country and in France, is beset with difficulties. I cannot here go into a long historical dissertation on the subject, which is beyond the scope of this work, but the modern acceptance of the word is, I think, very different from the original signification. The Spanish dishes I have selected are suitable both as entrées or as the principal course of a meal—more especially as the principal course of a lunch. The choice must be left to the discretion—and appetite—of my readers; the first recipe, at any rate to most of us, would be a meal in itself. It is one of Spain's gastronomic glories, and there are many versions of it. The "Paella"—which, by the way, derives its name from the special pan in which it is cooked—is highly reminiscent of our English "Salmagundi," in which a medley of ingredients were used and chicken was combined, among other things, with herrings or anchovies.



PAELLA A LA VALENCIANA

(Rice with chicken, shellfish, etc.)

There are many versions for preparing this famous dish, but this is one of the most popular.

Ingredients: Young chickens (young rabbits are a good substitute), shellfish, lobster, crab, clams and mussels. In Spain a number of small shellfish somewhat similar to cockles or winkles are used. They are not found in this country. Peas, small globe artichokes, French beans, rice, 1 or 2 cloves of garlic, a good pinch of saffron, $\frac{1}{2}$ a bayleaf, salt and pepper, oil.

Method: The chickens should be jointed in 6 or 8 pieces, and sauté in a deep frying pan in a little oil till a golden colour. The chopped garlic is then added, and the rice, which after a minute or so is moistened with boiling water. Next are added the beans, peas, the bottoms of the artichokes, cut in quarters, and the shelled and cooked shellfish. The whole is highly seasoned with salt, pepper, $\frac{1}{2}$ a bayleaf and a liberal pinch of saffron. Cook on a fairly brisk fire, stirring and mixing frequently. When the rice has absorbed all the water, and is dry and each grain quite separate, the dish is ready and should be served at once in the pan in which it was cooked.



PESCADO CON ARROZ

(Fish with rice)

Ingredients: Any kind of white fish, such as turbot, brill, halibut, 1 cup of rice, 1 lb. of tomatoes, 1 or 2 sticks of celery, 1 or 2 onions, 1 carrot, 1 sprig of fennel, 1 of sweet basil, 1 of thyme, 1 or 2 cloves of garlic, parsley, salt and pepper.

Method: Cut the fish in pieces of equal size. Use the head and bones to make good fish stock, flavoured with the herbs, celery, carrot and onions. Put some oil in a frying pan and cook the fish on a fairly brisk fire till a golden colour. Now put the pieces of fish in a fireproof dish, with a little oil and a sprinkling of parsley and chopped garlic. Put in a slow oven. Slice the tomatoes and fry in oil. Put the rice in the pan in which the fish was cooked, having drained off the oil, but without washing the pan. Moisten with the fish stock, season with salt, and cook on a brisk fire till the stock is absorbed and the rice is dry and flaky. To serve, pile the rice in the centre of the dish and arrange the slices of fish and the tomatoes around it.

RIÑONES DE CARNERO A LA SEÑORITO

(Lamb's kidneys à la Señorito)

This is a most popular dish in Madrid, and is to be found on the menu of all the restaurants and hotels.

Ingredients: 5 or 6 lamb's kidneys, Espagnole sauce (see page 80), 1 or 2 truffles, 1 small onion, 1 pint of shelled peas, 12 small mushrooms, 2 or 3 slices of lean ham, 1 hard-boiled egg, butter, 4 or 5 tablespoons of white wine, parsley, salt and pepper.

Method: Remove the fat and skin from the kidneys and cut in very thin slices. Put a little butter in a deep frying pan and, when hot, put in the kidneys, season with salt and pepper, sprinkle with the finely chopped onion and parsley, and add the white wine. Cook for a few minutes—3 or 4 at the most—on a fairly quick fire. Now mix in the Espagnole sauce, the cooked peas, sliced truffle and the cooked mushrooms. Cook all for a few minutes longer till the kidneys are done. Place on a hot dish and garnish with vegetables, the fried ham and slices or quarters of hard-boiled egg.



MANOS DE CERDO A LA SULTANA (ASTURIAS)

(Pig's feet à la Sultane, from Asturia)

Ingredients: Pig's feet, 3 or 4 large onions, 1 lb. of tomatoes, a few small Spanish pimientos (sweet peppers), a purée of lentils, a purée of chestnuts, garlic, parsley, 1 carrot, 1 stick of celery, mixed herbs, salt and peppercorns.

Method: Boil the pig's feet in salted water with 1 onion, a sliced carrot, the stick of celery, mixed herbs, and a few peppercorns. When tender, remove from the water, bone them and cut in pieces of the same size. Dip them in flour and fry lightly. Strain some of the stock into a saucepan and add the sliced onions and tomatoes, chopped garlic and parsley. Bring to the boil and simmer gently for 1 hour.

Strain, put in a clean saucepan and add the pig's feet. Simmer gently. Fry the pimientos, previously sprinkled with a little flour, and add them to the pig's feet and sauce. Put on a hot dish and garnish with a little purée of lentils and a little chestnut purée.



CALLOS A LA CATALANA (Tripe à la Catalane)

Ingredients: Tripe, 1 onion, 3 or 4 tomatoes, 1 glass of white wine, chip potatoes (the thin round chips), mixed herbs, 1 clove of garlic, parsley, salt and pepper, grated nutmeg, butter or lard.

Method: Boil the tripe for several hours till quite tender, then cut in very small pieces or in fine strips. Put the lard or butter in a sauté pan and, when hot, add the onion, very thinly sliced, the chopped tomatoes, the tripe, the herbs, garlic and parsley, and season with salt, pepper and nutmeg. Moisten with the white wine and mix thoroughly. Cover the frying pan, and put it in a slow oven for a few minutes. Serve, and garnish with the fried potatoes, and sprinkle with parsley and finely-chopped garlic.



PISTO MANCHEGO (Pork stew)

Ingredients: A small piece of pork, 2 or 3 onions, $\frac{1}{2}$ lb. of tomatoes, small marrows, a few pimientos, lard, a little gravy or stock, a few eggs, salt and pepper.

Method: Melt the lard in a frying pan and fry the sliced onions and the pork, cut in small pieces. Add the small marrows, cut in chunks, the peeled tomatoes, and lastly, the pimientos, previously sauté in hot fat and cut in strips. Mix all well and moisten with the gravy or stock. Season with salt and pepper and simmer till the stock has been absorbed. Serve with either stuffed or scrambled eggs.

MENESTRA DE LEGUMBRES A LA CASTELLANA

(Pottage of vegetables in the Castilian manner)

This pottage or soup is reminiscent of the "pottage" in old English cooking, which were hardly "soups" in the present acceptation of the word. They were more in the nature of stews, and this Spanish "menestra" is more of a meat and vegetable ragoût or stew.

Ingredients: Hot cooked mutton, beef or chicken. For the garnish: Either a small piece of pork or ham, cut in small pieces, 1 chopped onion, the bottoms of globe artichokes in quarters, French beans, peas, lettuce, finely chopped, a few small new potatoes, 1 very small marrow, peeled, and cut in chunks, a few tablespoons of tomato sauce, 1 glass of white wine, lard or butter, salt, pepper and a good pinch of nutmeg.

Method: Put lard or butter in a deep frying pan and, when melted, put in all the vegetables, season with salt, pepper and nutmeg, add the white wine and tomato sauce, mix all well, cover the frying pan, and simmer till all the vegetables are thoroughly cooked, stirring occasionally. Serve with meat or chicken.



LENTEJAS GUISADAS CON CHORIZO

(Lentils cooked with sausages)

Ingredients: Lentils, a few sausages (Chipolata, if possible), 1 onion, 1 or 2 tomatoes, 1 or 2 pimientos, 1 clove of garlic, parsley, salt and pepper.

Method: Boil the lentils and, when done, drain thoroughly and cook in oil, on a very slow fire, with the sausages and other ingredients till very tender.

RIÑONES SALTEADOS AL JEREZ

(Kidneys sautés with Jerez)

Ingredients: A few lamb's kidneys, 1 tumbler of sherry, a little lard, a few tablespoons of Espagnole sauce (see page 80), 1 teaspoon of chopped parsley, small triangular croûtons of fried bread, salt and pepper.

Method: Remove the fat and skin from the kidneys, slice them and cut in small pieces. Cook on a brisk fire in a little lard, seasoning with salt and pepper. In 3 to 4 minutes remove from the pan and drain on a colander. Put the sherry in a frying pan and reduce by half. Then add to it 1 or 2 tablespoons of Espagnole sauce, and cook the kidneys in this sauce for a few minutes. Put on a hot dish, sprinkle with chopped parsley, and garnish with the croûtons.



FONDOS DE ALCACHOFAS A LA CASTELLANA

(Artichoke bottoms in the Castilian manner)

This is a delicious way of serving the bottoms of globe artichokes. When cooked they are added to a purée of chestnuts, put in a fireproof dish, covered with a little Béchamel sauce (see page 80), sprinkled with grated cheese and slightly browned in a quick oven.

Meat

BUEY A LA CATALANA

(Braised beef à la Catalane)

Ingredients: 5 or 6 lbs. of topside or round of beef, $\frac{1}{2}$ lb. of larding bacon, the same of ham, $\frac{1}{2}$ lb. of bacon rashers, $1\frac{1}{2}$ lbs. of onions, $\frac{1}{2}$ lb. of small mushrooms, 1 lb. of French beans, 1 lb. of tomatoes, 2 lbs. of potatoes, 3 or 4 carrots, 1 lb. of sausages, 1 glass of red wine, a small glass of brandy, 1 clove of garlic, thyme, marjoram, sweet basil, parsley, 1 or 2 bayleaves, salt, a pinch of nutmeg, a few peppercorns, butter.

Method: Lard the beef on both sides with thin strips of larding fat and uncooked ham. Line a large saucepan with the bacon rashers, lay the beef on these, add a little butter, the garlic, the sliced onions and carrots, parsley, salt, peppercorns and nutmeg. Simmer gently till the meat and vegetables begin to brown, then put in the sliced tomatoes, the red wine and brandy. Simmer again till the wine is reduced, then cover the meat with water, bring to the boil and simmer for 2 or 3 hours till the meat is very tender. To serve, put the meat on a hot dish, strain the stock, and garnish the dish with the following, previously cooked: the French beans, sauté with a little ham, the potatoes, cut in small dice, and browned in butter, the mushrooms and the fried sausages. The strained stock is served in a sauceboat.



BIFTEK A LA ANDALUZA

(Beefsteak à l'Andalouse)

Ingredients: 2 lbs. of rump steak, 3 or 4 aubergines, a few ozs. of cooked ham, 1 lb. of small tomatoes, 24 pickling onions, mixed herbs, salt and pepper.

Method: For this recipe the steak is usually stewed in an

earthenware casserole till tender, and served with the following garnish: The aubergines are stuffed with finely chopped cooked ham and tomato pulp, and fried or sauté in butter, with mixed herbs; the small onions are cooked to a golden colour in butter or oil and the tomatoes are stuffed with a little bread and finely chopped onion, and also fried or sauté in butter, the whole being well seasoned with salt and pepper.



BUEY A LA SEVILLANA (Beef à la Sevillana)

This dish consists of either roasted or stewed beef, with a garnish of the bottoms of artichokes, blanched in boiling salted water, stuffed olives, poached for a few minutes in boiling water, and plain boiled potatoes, previously shaped in small rounds, and sprinkled with a few drops of oil and chopped parsley.



CHULETAS DE TERNERA A LA AMPURDANESA (Veal cutlets à la Ampurdanesa)

Ingredients: Veal cutlets, lean ham, mushrooms, 1 onion, 5 or 6 tablespoons of tomato purée, a few tablespoons of good stock, 5 or 6 almonds and a few hazel nuts, shelled and grilled, $\frac{1}{2}$ oz. of chocolate, a little saffron, mixed spices, 1 glass of white wine, salt and pepper.

Method: Fry the cutlets in hot oil or lard and, when done, remove from the pan. Put them in a saucepan and cover with very thin strips of cooked lean ham and mushrooms. Fry the chopped onion in the same fat, and when a golden brown, drain off all the fat, add the white wine, the hot tomato purée and the stock, and mix well, simmering gently for a few minutes. Pound the saffron, the grilled nuts, the

chocolate and the mixed spices in a mortar, moisten with a little boiling water and add to the sauce. Reduce a little, and cook the cutlets in it for a few minutes. To serve, put the cutlets on a hot dish, garnish with the ham and the mushrooms, and pour the sauce over them.



CHULETAS A LA NAVARRA

(Lamb cutlets à la Navarra)

Ingredients: Lamb cutlets, 1 slice of gammon, cut in dice, 1 onion, 1 lb. of tomatoes, Chipolata or other small sausages (special sausages called Pamplona are used for this dish in Spain), lard and oil, salt and pepper.

Method: Fry the cutlets in equal quantities of hot lard and oil, seasoning them with salt and pepper. When done, put them in an earthenware casserole with the following sauce: In the same fat in which the cutlets were fried, cook the ham, cut in dice, and the chopped onion. When the onion begins to brown add the finely chopped tomatoes, season highly with salt and pepper, and cook for about 10 minutes. Then pour the sauce over the cutlets, cover the casserole and place in the oven for 20 to 30 minutes. The sausages, cut in small pieces, are cooked separately and served with the cutlets.



CORDERO ASADO A LA MANCHEGA

(Lamb cooked à la Manchega)

Ingredients: Almost any cut of lamb can be used for this dish—a small leg or the best end of neck, a shoulder, etc.—1 or 2 pimientos, 1 clove of garlic, butter, 1 glass of white wine, 1 bayleaf, parsley, salt and pepper.

Method: Put the lamb in an earthenware casserole—this is one of the special features of the dish—with butter, the

bayleaf, and a seasoning of salt and pepper. Put in the oven, baste and turn the meat occasionally and, when it begins to brown, add the white wine and simmer gently, basting frequently till the meat is done. The time varies according to the choice of the cut. Ten minutes or so before serving, fry the pimientos, the garlic and chopped parsley, pour all the sauce from the casserole over them, removing the bayleaf, stir well for a few minutes, and pour all back over the meat. Serve in the casserole in which it was cooked.

Cooked vegetables are usually served with this, such as French beans, aubergines, potatoes, etc.



SOLOMILLO A LA SEVILLANA

(Loin of pork à la Sevillana)

This excellent dish consists of roast loin of pork garnished as follows: Plain boiled potatoes, shaped with a vegetable scooper into small balls about the size of a marble, sprinkled with a little oil and chopped parsley; large olives stuffed with chicken or poultry forcemeat, 4 of which are piled on the bottoms of globe artichokes, and the whole of the garnish is moistened with a little of the basting from the pork. With this a tomato sauce, to which chopped green pimientos, fried in oil, have been added, is served in a sauceboat.



FILETES DE CERDO CON HABAS ESTOFADAS

(Fillets of pork with stewed broad beans or haricot beans)

The fillets of pork are fried or sauté in oil or butter and served either with stewed broad beans or haricot beans and covered with a little Espagnole sauce (see page 80), to which a few tablespoons of sherry have been added.

SALCHICHAS CON JUDIAS

(Sausages with haricot beans)

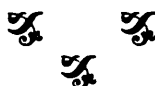
The sausages are fried in butter, put on a hot dish in the oven, and the haricot beans, previously boiled, are fried to a slight golden colour in the same butter as the sausages. Put the beans on the dish with the sausages.



FILETES DE CERDO CON PIMIENTOS

(Fillets of pork with pimientos)

The fillets of pork are fried in butter and served with pimientos, fried in the same butter, and with a tomato purée seasoned with garlic.



Poultry

EL PAVO RELLENO A LA CATALANA

(Stuffed turkey à la Catalane)

This dish is served on special occasions, and turkey is usually prepared in this way for Christmas.

Ingredients: A fine turkey, weighing about 15 lbs. before trussing. For the stuffing: 6 or 8 pork sausages, $\frac{1}{2}$ lb. of prunes (previously soaked for 12 hours), the same quantity of dried peaches (also soaked), 6 ozs. of pine kernel nuts (obtainable in England), 1 lb. or more of chestnuts, $\frac{1}{2}$ lb. of lean ham, 1 or 2 truffles, 1 glass of sherry, mixed herbs, including thyme, marjoram, basil, parsley, 1 bayleaf, salt and pepper.

Method: Melt some lard in a frying pan and put in the ham, and the turkey liver cut in small dice, and brown. Add the

sausages, which are afterwards cut in small pieces, and all the other ingredients, coarsely chopped, with the exception of the truffles, which are added at the last moment. Moisten with the wine, and mix well, seasoning with salt and pepper. When partially cooked remove from the fire, add the sliced truffles, and take out the herb bouquet. Stuff the turkey with the mixture, preferably the day before it is cooked, so that it will be well flavoured. Brush the turkey with a little melted butter and roast in the oven, basting frequently and adding a few tablespoons of stock and wine. A little of this sauce is strained over the turkey, and the rest served in a sauceboat.



POLLO A LA NAVARRESA (Chicken à la Navarresa)

Ingredients: One young chicken, a large slice of ham, 2 or 3 onions, 2 or 3 carrots, stock, flour, white wine, 1 heaped tablespoon of chopped tarragon, butter, salt, oil.

Method: Season the chicken with salt and put it on a meat tin with 2 or 3 tablespoons of oil. When it begins to colour, put a small lump of tarragon butter inside it. This compound butter is made by pounding 1 tablespoon of chopped tarragon in a mortar with just over 2 ozs. of butter. When half-cooked remove the chicken from the oven and put it in a cocotte or earthenware casserole, with the ham cut in strips, the sliced carrots and onions and the fat from the meat tin, adding the wine and the stock. Cover the casserole and put in a moderate oven. Cook till the chicken is quite tender. Before serving add a little flour, mixed with stock to thicken the sauce. Add finally the rest of the tarragon butter. Put the chicken on a hot dish, garnish with the vegetables and the strips of ham and pour the sauce over it.

POLLITOS SALTEADOS

(Young chickens sautés)

Ingredients: Two small chickens, a few dice of ham, tomato purée, 1 or 2 onions, stock, 1 glass of sherry, the bottoms of small artichokes, a few potatoes, cut in dice, butter, mixed herbs, salt and pepper.

Method: The chickens are browned in butter and oil, with the ham, cut in dice, the chopped onions, mixed herbs, and seasoned with salt and pepper. When nicely coloured they are moistened with the wine, the tomato purée and a little stock. The pan is covered and put in the oven till the chickens are tender. They are served with the artichoke bottoms, cooked and covered with tomato purée and with dice of fried potatoes. The sauce is poured over the chickens.



POLLOS EN CHANFAINA A LA CATALANA

(Chickens in fricassée à la Catalane)

Proceed as in the last recipe, but instead of serving with artichokes and potatoes, chopped pimientos and aubergines are cooked and served with the chicken. This has chopped tomatoes instead of the tomato purée and is moistened with stock only and no wine. Garnish with croûtons of fried bread.



PEPITORIA DE GALLINA A LA ESPAÑOLA

(Fricassée of fowl à l'Espagnole)

Ingredients: One fowl, 1 tablespoon of chopped onion, cooked peas, white wine, stock, a pinch of saffron and of nutmeg, mixed herbs, a little flour, salt and pepper.

Method: Joint the fowl and put the joints in a saucepan with oil or lard, with the chopped onion, and season with salt, pepper and mixed herbs. When the chicken begins to

brown sprinkle it with flour. Add the white wine, let it reduce a little, then add the stock and simmer till tender, skimming carefully. Add a little saffron and nutmeg. To serve, put the pieces of chicken on a hot dish, strain the sauce over them, and garnish with peas, boiled and then cooked in a little butter.



ARROZ CON POLLO

(Rice with chicken)

Ingredients: 1 or 2 young chickens, 3 onions, $\frac{1}{4}$ lb. of gammon, $\frac{1}{2}$ lb. of tomatoes, 1 breakfast-cupful of rice, 3 or 4 pimientos, asparagus tips, peas, parsley, salt and pepper, chicken stock.

Method: Cut the chicken in 6 or 8 pieces and cook in butter to a golden colour, seasoning with salt and pepper. Add the chopped onion, previously fried in oil, the gammon, cut in small cubes and fried in butter, and the tomatoes, either quartered or sliced, also fried in butter or oil. Now add the rice, season highly with salt and pepper, moisten with chicken stock and cook till the rice is soft, adding more stock if necessary. When done, put on a hot dish and garnish with pimientos fried in oil, cooked asparagus tips, cooked peas and a sprinkling of chopped parsley.



PECHUGA DE AVE A LA SARASATE

(Breasts or fillets of poultry à la Sarasate)

Ingredients: The breasts of any kind of poultry—chicken, turkey, duck, etc.—a slice of fillet of veal, bread soaked in milk, a few slices of cooked ham—1 for each fillet—1 wine-glass of sherry, slices of fried bread, fresh green peas, 1 or 2 eggs, salt, pepper and a little grated nutmeg, Espagnole sauce (see page 80).

Method: Carefully remove the breast from the fowl and cut in half. Chop the veal, mix with the bread, previously

soaked in a little milk, season with salt, pepper and nutmeg, and bind with the eggs. Lay a spoonful of the mixture on each half-breast, cover with a slice of ham, trimmed to the same size, and place on a buttered meat tin. Over them put a pat of butter and cook in a moderate oven. When done put each fillet on a slice of bread, fried in butter, cover with a little Espagnole sauce (see page 80), flavoured with sherry, and serve with fresh boiled green peas.



POLLO FRITO A LA EXTREMEÑA

(Fried chicken à l'Extrémadure)

Ingredients: 1 or 2 young chickens, small sausages, tomatoes, parsley, oil, flour, the yolks of 1 or 2 eggs, bread-crumbs, salt and pepper.

Method: Cut the chicken in half, roll in flour, season with salt and pepper, brush over with the beaten yolks of eggs, coat with fine breadcrumbs and fry in hot oil. Serve with fried sausages, a few tomatoes, baked in the oven and sprinkled with chopped parsley.



PICHONES A LA VINAGRETA

(Pigeons with vinegar)

Ingredients: Young pigeons, pickling onions, 1 or 2 table-spoons of vinegar, the same of Espagnole sauce (see page 80) or a little meat glaze.

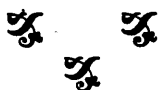
Method: Roast the pigeons, basting frequently and, when done, place on a hot dish and cover with the sauce, to which the vinegar has been added. Garnish with glazed pickling onions.

PATO CAZUELA MONTAÑESA

(Duck Montañesa)

Ingredients: One duck, 1 onion, 1 or 2 tomatoes, 1 tablespoon of Spanish paprika, flour, 1 glass of sherry, $\frac{1}{2}$ pint of stock, mushrooms, pickling onions, small potatoes, and salt.

Method: Divide the duck into joints and cook in an earthenware casserole in hot oil till evenly browned. Add the chopped onion and, when a golden brown, sprinkle with a little flour and mix thoroughly. Then add the sliced tomato, the sherry and the stock, and season with the paprika and salt. Simmer gently for about 1 hour till the duck is tender. To serve, place the pieces of duck on a hot dish, strain the sauce over them and garnish with the mushrooms and onions, previously cooked in oil or butter, and the small potatoes.



Game

PERDICES ESTOFADAS A LA CATALANA

(Braised partridges à la Catalane)

Ingredients: Partridges, 3 or 4 small sausages, a little lean veal, fat bacon, the partridge livers, 3 or 4 onions, chives, 1 truffle, a piece of dried orange, 1 clove of garlic, thyme parsley, 1 bayleaf, 1 teaspoon of melted chocolate, dissolved in a little water, vinegar and wine, salt, peppercorns.

Method: Make the stuffing with the chopped sausages, a little lean veal, the partridge livers and a little chopped truffle. Cook this in lard or butter, seasoning with salt and pepper and, when done, stuff the partridges with the mixture. Put them in a saucepan on slices of fat bacon, with a little oil, the chopped onions, the piece of dried

orange, the garlic and herbs. After ten minutes add the dissolved chocolate, the vinegar, wine and a seasoning of salt and peppercorns. Simmer with the lid on till the partridges are tender. Put the partridges on a hot dish and pour the contents of the saucepan over them. Garnish with croûtons of fried bread.



CONEJO ASADO CON AIOLI

(Rabbit with aioli)

Ingredients: The rabbit is slightly flattened, rubbed over with salt and garlic, sprinkled with lemon juice and placed in an earthenware casserole. Baste frequently with butter or oil. When done, an Aioli sauce is served with it.



CONEJO FRITO A LA CATALANA

(Fried rabbit à la Catalane)

The rabbit is jointed and put in an earthenware casserole with vinegar, white wine, mixed herbs, a clove of garlic, and sprinkled with salt and pepper. Let it stand in this marinade for several hours. Then dip the pieces of rabbit in flour and fry in hot oil to a golden colour. Some hot sauce—such as sauce piquante—is served with it.



PERDICES A LA CAMPESINA

(Partridges à la campesina)

This dish consists of roast partridges, with a sauce made with a little stock and sherry, and served with a garnish of grilled mushrooms, thin slices of grilled pork and thin slices of grilled ham.

PERDICES EN ESCABECHE

(Partridges in marinade)

Ingredients: Young partridges, oil, vinegar, thyme, marjoram, sweet basil, parsley, 1 or 2 cloves of garlic, white wine, salt and pepper.

Method: Divide the partridges in 4 pieces, and lightly brown them in an earthenware casserole, in a little oil, seasoning highly with salt and pepper. Cover with equal parts of vinegar and wine, add the chopped herbs and garlic, bring to the boil and simmer gently in the oven till the birds are quite tender. The birds can be eaten either hot or cold.



PÁJAROS Y TORDOS FRITOS A LA ESPAÑOLA

(Small birds à la Espagnole)

This is a simple but typical and favourite method of cooking small birds in Spain. Three or four small birds are put on a skewer, sprinkled with salt and fried to a golden colour in hot oil.



PIERNA DE JABALI A LA PIRENAICA

(Leg of boar à la Pirenaica, from the Pyrénées)

Ingredients: A leg of boar, 2 or 3 lemons, white wine, brandy, salt, a few sprigs of thyme, 1 or 2 bayleaves, pepper.

For the garnish: The cooked bottoms of a few globe artichokes, cooked ham, a little Espagnole sauce (see page 80), asparagus tips, butter, salt and pepper.

Method: Put the white wine, a little brandy and the juice of 3 or 4 lemons in a deep dish with the chopped thyme and bayleaf, salt and pepper. Lay the leg of boar in the dish and baste it thoroughly with the marinade. Let it

stand for a day or so, turning and basting frequently. Then roast it, allowing 25 minutes to the pound, basting frequently. Like pork, it should be thoroughly cooked. When ready, serve and garnish with the artichoke bottoms, stuffed with finely chopped ham, mixed with a little Espagnole sauce and with asparagus tips, previously boiled and sauté in a little butter and seasoned with salt and pepper.



CONEJO DE BOSQUE A LA CATALANA
(Wild rabbit à la Catalane)

Ingredients: A young wild rabbit, jointed, 2 or 3 tomatoes, 1 large onion, 2 or 3 tablespoons of Espagnole sauce, $\frac{1}{2}$ oz. of grated chocolate, mixed herbs, salt and pepper, oil.

Method: Divide the rabbit in neat joints, and cook to a golden brown in hot oil, seasoning with salt and pepper. Then add the chopped tomatoes and onion, the Espagnole sauce, the grated chocolate and chopped mixed herbs. Simmer for $1\frac{1}{2}$ hours or till the rabbit is quite tender. Put the pieces of rabbit on a hot dish and strain the sauce over them.



CONEJO A LA GALLEGA
(Rabbit à la Galicia)

Cut the rabbit into joints and fry in hot oil to a golden colour. Then add sliced onions and tomatoes and fry till a good brown colour, adding about 2 ozs. of gammon, cut in cubes. Season highly with salt and pepper and cook till the rabbit is tender.

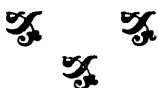
LIEBRE CACEROLA

(Hare en casserole)

Ingredients: A young hare, jointed, 1 onion, stock, 1 glass of red wine, 1 or 2 cloves of garlic, flour, salt and pepper.

For the garnish: 3 pimientos, 3 aubergines, 12 olives, parsley, oil or butter.

Method: Divide the hare into joints, put them in a casserole, and brown lightly in hot oil, seasoning highly with salt and pepper. Then add the chopped onion and garlic, sprinkle with a little flour and stir till brown. Add the red wine and sufficient stock to cover. Simmer for 1½ to 2 hours. When done, put the pieces of hare on a hot dish, strain the sauce over them and garnish with sliced pimientos and aubergines, fried in oil, and stoned and blanched olives. Sprinkle with chopped parsley.

*Vegetables*

ESPARRAGOS A LA GITANELLA

(Asparagus à la Gitanella)

This dish consists of asparagus boiled in salted water, well drained and served with a poached egg and rounds of fried bread on which is spread the chopped yolk of a hard-boiled egg mixed with a little mustard and mayonnaise dressing.



FONDOS DE ALCACHOFAS AL GRATÉN A LA CATALANA

(Artichoke bottoms au gratin à la Catalane)

Put 5 or 6 sliced aubergines with some chopped ham in an earthenware casserole with a little oil and white wine

and season well. When this is almost cooked, add the artichoke bottoms, sprinkle with grated cheese and breadcrumbs, moisten with a little stock and put in a moderate oven till slightly brown.



JUDIAS VERDES A LA ANDALUZA

(Runner beans à la Andaluza)

The beans are boiled for 5 minutes in salted water, then thoroughly drained. They are then fried or sauté in butter or lard, with thin strips of ham and a few chopped tomatoes, and well seasoned with salt and pepper.



COLIFLOR AL AJO ARRIERO

(Cauliflower with garlic)

Having boiled and drained the cauliflower, put it in a fireproof casserole or dish and sprinkle with oil, fried chopped garlic, a little cayenne pepper and a little vinegar. Simmer this for 10 minutes and serve.



JUDIAS BIANCAS AL TIO LUCAS

(Haricot beans à la Tio [or Uncle] Lucas)

Having been previously soaked, the beans are cooked with a clove or two of garlic, parsley, thyme, 1 bayleaf, mixed spices, peppercorns and oil. When tender, put on a hot dish and pour a little of the mixture in which they were cooked over them, adding a little more oil.

GUISANTES LERIDANA

(Peas à la Léridan)

The shelled peas are put in a saucepan with a little lard, a few chives, a little garlic, chopped parsley, a sprinkling of flour, purée of tomato, salt and pepper. Simmer very gently, with a close-fitting lid, till quite tender. Ten minutes before serving add pieces of pork, sauté in butter, and slices of fried Catalonian sausages (or Chipolata).



SETAS A LA PARRILLA

(Grilled mushrooms)

Put the mushrooms in a dish, sprinkle freely with oil, and season with salt and pepper. Let them stand for a few hours in this marinade. Grill them, put them on a hot dish. Fry a chopped clove of garlic, with chives and parsley, in the oil in which the mushrooms have marinated, add a little vinegar and pour over the mushrooms.



BERENGENAS RELLENAS

(Stuffed aubergines)

Ingredients: A few aubergines, 1 or 2 tomatoes, 1 onion, cooked chicken, salt, pepper, parsley.

Method: Cut the aubergines in two lengthwise, and blanch in boiling water for 10 minutes. Remove the pulp from the aubergines, being careful not to break the skins. Chop the onion, the tomato and the chicken finely and cook in a little oil or butter, with some of the aubergine pulp, seasoning with salt and pepper and mixing all well. Stuff each half aubergine with the mixture and put in a moderate oven for 15 minutes. Before serving sprinkle with chopped parsley.

LENTEJAS CON JAMÓN
(Lentils with ham)

The lentils should be soaked for 12 hours in cold water. Put them in a saucepan of cold salted water, bring to the boil and cook till tender. Drain thoroughly, put them in a frying or deep sauté pan, with 1 or 2 chopped onions fried to a golden brown, 1 or 2 chopped tomatoes, a clove of garlic and $\frac{1}{2}$ lb. of ham (to every pound of lentils), cut in large dice or in strips. Mix all thoroughly, season with salt and pepper and cook for 15 minutes. Sprinkle with chopped parsley, and serve very hot.



PIMIENTOS ROJOS RELLENOS CON ESPINACAS
(Red pimientos stuffed with spinach)

Cut the top off each pimiento and remove the seeds. Then either grill or sauté them in oil and, when done, stuff them with the spinach, which should be prepared as follows: Wash and clean the spinach and cook till tender in a little boiling salted water. When done, drain and squeeze in a cloth to extract as much water as possible. Then put the spinach in a sauté pan in a little hot oil, with 1 or 2 cloves of chopped garlic, and season with salt and pepper. Stir well and cook for about ten minutes. Stuff the pimientos, put them in a fireproof dish, moisten with either a little stock or Espagnole sauce (see page 80) and put in the oven for 10 minutes.

Salads

ENSALADA ANDALUZA

(Andalusian salad)

Sliced uncooked pimientos, chopped chives, sliced tomatoes, cooked rice, the whole flavoured with essence of garlic, are the ingredients of this salad, which is sprinkled with a little chopped parsley.



GASPACHO ANDALUZ

(Andalusian Gaspacho)

This dressing and salad is reminiscent of the French "aioli," with slight variations, and is popular throughout the whole of Spain.

One clove of garlic is allowed for each person. The garlic is pounded in a mortar with a little cumin, salt and a little pepper, and oil is added gradually, while the mixture is being continuously stirred, as in the making of mayonnaise. When perfectly smooth, the paste is spread on slices of bread, which are put on a dish, each slice being covered with a little very thick tomato pulp. A few drops of water are sprinkled over the bread, and this is allowed to stand for a little time, so that the bread becomes well soaked with the mixture. Before serving, a sprinkling of vinegar is added, and sometimes sliced uncooked pimientos and onions. Crushed ice is placed around the dish.



ENSALADA DE ESCAROLA

(Salad of Batavian endive)

The batavia is chopped and the following dressing is poured over it just before serving: A clove of garlic, 1

tomato, $\frac{1}{2}$ teaspoonful of pepper and the same of cumin are all pounded in a mortar, 3 tablespoons of oil, $1\frac{1}{2}$ of vinegar being added gradually.



“ESQUEIXADA”

(A mixed salad)

This very tasty salad is made with 3 or 4 tablespoons of dry salt cod, previously boiled and flaked, a few boned anchovies, stoned olives, sliced uncooked onion, 2 or 3 uncooked pimientos, all put in a salad bowl, on crisp lettuce leaves, dressed with salad oil and vinegar, salt and pepper, and garnished with slices of hard-boiled eggs.



HABICHUELAS TIERNAS AL AJO

(Runner beans with garlic)

The beans are broken in $\frac{1}{2}$ inch lengths and boiled in salted water. When done they are thoroughly drained on a colander and, when cold, put in a salad bowl with a dressing composed of a few tablespoons of oil with which 1 or 2 cloves of garlic, pounded in a mortar, have been well mixed. Season with a little salt.



“ESCALIBADA”

(Salad of cooked pimientos and aubergines)

The pimientos are cut in half, and the aubergines also, and baked in the oven till tender, with a little oil. When done, skin both pimientos and aubergines and dress with 3 tablespoons of oil to $1\frac{1}{2}$ of vinegar and a little salt and pepper. Serve cold.

ENSALADA DE PIMIENTOS Y TOMATE

(Pimiento and tomato salad)

This simple but popular salad consists of uncooked red or green pimientos, cut in strips and mixed with sliced tomatoes. The dressing is composed of oil, vinegar, salt and pepper, and a little pounded garlic.



ENSALADA DE PATATAS RICAS

(Potato salad)

For this dish a few large cooking apples are required. Make a neat round incision at the top of each apple, remove the core, and with a sharp knife remove as much of the interior of the apple as possible without piercing or damaging the skin. Sprinkle the inside of the apples with a little lemon juice. Cut a few cooked potatoes in small cubes, cut the part removed from the apples in cubes of the same size, as well as 1 or 2 sticks of celery and put all in a basin. Add a little chopped chervil, tarragon, parsley, the yolks of 2 eggs, oil, vinegar, a little lemon juice, 1 or 2 tablespoons of tomato purée, season with salt and pepper and mix all thoroughly. Fill the apples with the mixture, arrange neatly on a dish and surround with any of the mixture that is left over.



ENSALADA VALENCIANA

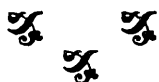
(Salad Valenciana)

A slice of toast, well rubbed with garlic, is put in the salad bowl, and over it lettuce, sliced oranges and pimientos. The dressing is made with the yolks of 1 or 2 hard-boiled eggs, pounded in a mortar and to which 3 tablespoons of oil are gradually added, and finally a little vinegar and lemon juice, salt and pepper.

ENSALADA DE VERANO

(A summer salad)

This consists of 2 aubergines, cut in half lengthwise, and baked, 2 baked pimientos and 2 baked tomatoes. The pimientos and tomatoes are skinned and sliced and, when cold, 1 small chopped chilli pepper, 1 chopped spring onion, and a little chopped chervil are added. The salad is dressed with oil and lemon juice and seasoned with salt and pepper.



Sweets

Spaniards are very fond of sweet things, and most of their sweets are extremely sweet. They crystallize every kind of fruit—and in a few cases, vegetables—and among the most popular sweetmeats are their turrone, which are very reminiscent of French nougat. They make extensive use of both vanilla and nutmeg flavouring, and chocolate is in great favour.



ARROZ CON LECHE A LA GALLEGA

(Rice with milk à la Galicia)

Ingredients: 6 ozs. of rice, 6 ozs. of sugar, 1½ pints of milk, 2 ozs. of butter, a pinch of salt, vanilla flavouring or nutmeg.

Method: Wash the rice, put it in a saucepan of boiling water and boil for 5 minutes. Then put it on a sieve and place it under the cold water tap for a few minutes. Have ready a saucepan of boiling milk, to which the sugar, butter and a pinch of salt and either the vanilla or nutmeg flavouring have been added. Throw in the rice and, when the milk again comes to the boil, set on a very slow fire and simmer for 25 to 30 minutes, covering closely.

The mixture is then put in a frying pan and fried, and

sprinkled with sugar. The top is finally browned with either a red-hot poker or a red-hot iron.



TURRON DE GANDIA

(Almonds and sugar)

These delicious and typical Spanish turrone are familiar to all those who have visited Spain, and there are many varieties of them.

This particular one is made with blanched, skinned and roasted almonds, allowing $\frac{3}{4}$ lb. of sugar to every 1 lb. of almonds. The sugar used is loaf sugar, crushed and rubbed through a fine sieve. The almonds are finely chopped with half the quantity of sugar, then pounded in a mortar, the remaining sugar being added gradually. Put the mixture in an iron saucepan, bring to the boil, stirring continuously, and when sufficiently thick pour into small wooden frames or boxes lined with rice paper, till the mixture sets.



TURRON DE JIJONA

(Almonds, sugar and honey)

This turrone is slightly different from the preceding one, as honey is added to the sugar and almonds. To every 1 lb. of almonds allow $\frac{1}{2}$ lb. of sugar and $\frac{1}{4}$ lb. of honey. The blanched, roasted and chopped almonds are pounded in a mortar with the sugar, then put in a saucepan with the honey, stirred till the mixture begins to brown and poured in wooden frames or boxes lined with rice paper.



BIZCOCHO DE PATATAS DOMENECH

(Cake à la Domenech)

This excellent Spanish cake is the "creation" of the famous Catalonian chef, Ignacio Domenech, and is extremely popular in Barcelona.

Ingredients: Four whole eggs, the yolks of 2 eggs, 6 ozs. of sugar, $\frac{1}{4}$ lb. of potato flour, $1\frac{1}{2}$ ozs. of flour, almonds, grated lemon peel.

Method: Break the eggs in a saucepan, add the sugar and put on a very slow fire. Beat vigorously with a whisk till the mixture has doubled in volume. Add the potato flour, mixed with the ordinary flour, very gradually, and mix in the grated lemon peel. Beat for another ten minutes or so, then pour into a well-buttered mould, strewn with shredded almonds, previously blanched, and bake in a moderate oven till the cake begins to brown.



CONFITURA DE TOMATE

(Tomato jam)

This is a very popular jam in Spain, where tomatoes are plentiful and far sweeter than the tomatoes we get in this country.

To every 4 tablespoons of tomato pulp, allow 4 tablespoons of sugar, and 1 or 2 tablespoons of brandy or rum.

To obtain the tomato pulp, quarter the tomatoes and put them in a saucepan without any liquid. Place on a slow fire and crush the tomatoes with a wooden spoon. Simmer for $1\frac{1}{2}$ to 2 hours till reduced to a pulp, and rub through a sieve. Put the pulp in a saucepan with the sugar and brandy and simmer on a slow fire till the consistency of jam. This jam makes an excellent filling for cakes.



CHURROS

(Spanish fritters)

These delicious and very special fritters are usually eaten at breakfast in Spain—breakfast consisting merely of a cup of chocolate or coffee, in which the Spaniard dips his churos. In this country, however, they are more suitable as a light luncheon sweet, and their peculiar shape makes them both attractive and novel.

Ingredients: For about 6 people: 5 ozs. of flour, 2 ozs. of butter, 3 large eggs or 4 small ones, $\frac{1}{2}$ pint of water, a pinch of salt, a flavouring of either vanilla, lemon, rum or orange flower water, sugar.

Method: Put the water and the butter, divided in small pieces, in a small saucepan with a pinch of salt. Stir till the butter melts and bring to the boil. As soon as the liquid is boiling remove the saucepan from the fire, add the flour and stir vigorously with a wooden spoon, working to a perfectly smooth paste. Now replace on a slow fire and stir till the paste no longer clings to the pan or to the spoon. Then add the eggs, slightly beaten, one at a time, mixing thoroughly so that the paste absorbs the eggs. Add the flavouring and, when the paste is sufficiently firm, put a little of it in a piping machine used for icing cakes, with a piping funnel just under $\frac{1}{2}$ an inch wide. Drop the mixture into a deep frying pan of hot oil in long lengths of about 12 inches which curl up as they are cooked, and fry till a light golden colour. They swell out to about 1 inch in thickness and, immediately they are done, they should be removed from the oil and drained on a cloth in the oven. Before serving, sprinkle with sugar.



“TOCINOS DEL CIELO”
 (“Little pigs of heaven”)

This sweet with the quaint name is made by boiling to the small thread, $\frac{1}{4}$ lb. of lump sugar with the equivalent amount of water, i.e. when the syrup can be drawn out to a fine thread which breaks at a short distance. Remove from the fire and, when slightly cool, the yolks of 6 eggs, previously well beaten, are mixed in very gradually. The mixture is then poured either in small buttered moulds or in a large mould, the moulds or mould being placed in a saucepan of boiling water and the mixture simmered till just set. It is then turned out of the moulds and allowed to stand till

quite cold. A chocolate sauce, made as follows, is poured over them: Dissolve 2 sticks of chocolate in 6 tablespoons of water, stir and, when the chocolate is dissolved, remove from the fire. When cold pour over the "Little pigs of heaven."



MELON RELLENO DEL MONO

("The Monkey's" stuffed melon)

This dish derives its name from the famous Spanish liqueur, Anis del Mono, which is made at Badalona, in Catalonia, and is considered one of the best anisettes in the world. The top is removed from a ripe melon, the seeds are carefully scooped out, and a wine-glass of the liqueur is poured in. The melon is kept on ice or in a cool place for several hours before it is served.



ROSCAS A LA NATILLAS

(Puff pastry garnished with cream)

This delicious sweet consists of a vol-au-vent of puff pastry garnished with the following cream: Four whole eggs, 2½ ozs. of flour, just over 1 pint of milk, 7 ozs. of sugar, a pinch of salt. Vanilla flavouring. Put the milk in a saucepan, with the vanilla (or other flavouring, if preferred), bring to the boil and simmer for a few minutes. Put the eggs, the flour, the sugar, with a pinch of salt, in another saucepan and work all well together. Then add the milk very gradually, working continuously with a whisk or a wooden spoon. When quite smooth, place the saucepan on a very slow fire and stir till the mixture begins to boil. Keep on stirring for another 2 minutes, remove from the fire and pour into a basin to cool.

Eggs & Sundries

HUEVOS A LA GITANELLA

(Eggs à la Gitanella)

Ingredients: 4 or 5 eggs, 2 or 3 cloves of garlic, saffron, $\frac{1}{2}$ a teaspoon of cumin, 10 or 12 blanched and skinned almonds, a small piece of bread, salt, pepper, oil, a pinch of nutmeg.

Method: Put a little oil in a small frying pan and lightly fry the garlic, almonds and bread. Pound the saffron, cumin and nutmeg in a mortar, add the fried garlic, almonds and bread, and pound thoroughly. When reduced to a paste add a little of the oil in which the garlic and other ingredients were fried, season with a little salt and add a little boiling water to thin the sauce. Pour the mixture into a fireproof dish, break the eggs carefully over it and put in a quick oven till the eggs are set.



HUEVOS ESCALFADOS MADRID-NIEVES

(Poached eggs Madrid-Nieves)

Ingredients: Poached eggs, purée of foie gras, Béchamel sauce (see page 80), spinach, the yolks of 1 or 2 eggs, truffle, puff pastry, croûtons of fried bread.

Method: Put the poached eggs on rounds or croûtons of fried bread coated with the foie gras, and dress as follows: Arrange them in a circle on a dish, cover alternately with a little Béchamel, to which a little spinach water has been added to make it green, while the next egg is covered by Béchamel made yellow by the addition of the yolks of 1 or 2 eggs. A slice of truffle, cut in the shape of a small half-moon, is laid over the egg with the yellow Béchamel, and a little yolk of hard-boiled egg rubbed through a sieve covers the green eggs. The dish is garnished with very small pieces of puff pastry, cut out in fancy shapes.

TORTILLA ESPAÑOLA A LA MERCEDES

(Spanish omelet à la Mercédès)

Here is another very attractive and tasty gastronomic "colour scheme."

Ingredients: For 6 people: Allow 4 eggs for each omelet, spinach, chives, tomatoes, garlic, parsley, lean cooked ham, a few mushrooms, a glass of sherry, tomato sauce, yolks of eggs, butter.

Method: Make 2 omelets—one coloured a bright green by mixing with the omelet mixture a little spinach, previously boiled, then sauté in butter and rubbed through a sieve, and chopped chives. The other omelet is blended in the same way with tomato pulp and skin, sauté in butter, with garlic and a little chopped parsley and rubbed through a sieve, making a red omelet. Fry the chopped ham and mushrooms in a little butter, with chopped parsley, moisten with the sherry and a little stock.

Put the green omelet on a hot dish without folding, over it spread the ham and mushrooms and over this place the red omelet. Serve with a tomato sauce, to which the yolk of an egg and a little butter have been added.



HUEVOS AL PLATO A LA FLAMENCA

(Eggs sur la plat à la Flamenca)

This is a favourite way of preparing eggs in Andalusia and is a feature on the menus of all the restaurants in Seville.

Ingredients: Eggs, tomatoes, fresh peas, French beans, fried potatoes, sliced sausages, a few asparagus tips, pimentios, cooked ham, onion, a little stock.

Method: Cut the ham in small squares and sauté in butter, with a little chopped onion. When the onion begins to brown add the other vegetables, all previously cooked. Mix well and fry for a few minutes, seasoning with salt and pepper. Add the slices of cooked sausage and put all in a

fireproof dish. Break the eggs over this and put in a quick oven till the eggs are set. Garnish the dish with sliced cooked pimientos, ham cut in small triangles, and slices of sausages.



HUEVOS FRITOS A LA ANDALUZA

(Fried eggs à la Andalusia)

This is one of the most delicious ways of frying eggs. It requires some skill, however, and must be done with rapidity and a sure hand. Break 1 egg at a time in a cup: slip it into a small, but deep, frying pan of boiling oil and, as soon as it shows the slightest sign of colouring, turn it and give it 1 or more minutes or even less. It will swell out like a fritter. Drain for a few seconds on a fish slice, with which it should be removed from the oil, and serve immediately.



HUEVOS FRITOS CON JAMON A LA MADRILEÑA

(Fried eggs and ham à la Madrileña)

For this simple but tasty dish, strips of raw ham are fried with eggs and usually accompanied by a tomato sauce and often by a Pisto Manchego (see page 181) or fried potatoes.



PURÉ A LA ANDALUZA

(Purée à la Andalusia)

This purée of chick peas or dried peas, seasoned with cumin, is popular as a garnish or as a vegetable dish. After having been soaked for 12 hours or so, the peas are boiled in salted water and, when sufficiently tender, they are rubbed through a sieve into a basin. The purée is put in a saucepan and thinned, either with a little of the water in which they were cooked or with a little milk. Butter is added and a seasoning of salt, pepper and cumin. The purée should be well stirred, and should be light. It is often used as a border for meat or fish dishes.

ROPA VIEJA ESPAÑOLA
 ("Remnants" à l'Espagnole)

This is a favourite Spanish way of disposing of cooked left-over meat.

Ingredients: Cooked meat, 1 lb. of onions, 1 lb. of tomatoes, 5 or 6 pimientos, butter, salt and pepper.

Method: Slice the onions and fry them in butter. When they begin to brown, add the sliced or quartered tomatoes, the sliced pimientos and the meat, cut in thin strips. Season with salt and pepper. Simmer gently for $\frac{1}{2}$ an hour. This dish is sometimes garnished with croûtons of fried bread.



EL ADOBO A LA MADRILEÑA
 (Seasoning or marinade à la Madrileña)

This makes an excellent marinade for pork chops and gives them a delicious flavour when grilled or sauté. The casserole or dish in which the cutlets are to marinate is well rubbed with crushed garlic, then filled with equal parts of vinegar and white wine, so that the cutlets will be just covered, and a seasoning of salt, pepper, 1 bayleaf, and a little marjoram is added. The casserole should be kept in a cold place and the cutlets soaked for about 2 hours or longer. They should be well dried in a cloth before being cooked.



SALSA VERDE ESPAÑOLA
 (Spanish green sauce)

Put a little oil in a saucepan and when hot add 2 or 3 cloves of chopped garlic. When the garlic begins to brown stir in a little flour and add gradually 2 pints of hot stock and 1 tablespoon of chopped parsley. Season with salt and pepper and let it simmer till reduced by half. Add a handful of cooked peas and a handful of asparagus tips and simmer for 10 minutes longer. This sauce is often poured over hard-boiled eggs and the dish garnished with boiled new potatoes.

A Few Spanish Beverages

CHOCOLATE

Chocolate has been a favourite beverage with the Spaniards for several centuries and was first introduced from Mexico, where it was extensively drunk by the Aztecs. In Spain it is a great breakfast beverage, as popular as tea in England. It is made with water, but simmered till it becomes very thick—of the consistency of cream—and is served very hot in small cups and flavoured with a little cinnamon. The Spanish breakfast tray is a simple one as compared with a breakfast “spread-out” in England—a small cup of hot and highly concentrated chocolate, a jug of cold milk, loaf sugar, a tumbler and a few churos (described on page 206). The cold milk is poured out in the tumbler, over a little loaf sugar, and a sip of the hot chocolate alternates with a sip of the cold sweet milk, and an occasional morsel of churos. This is the typical Spanish breakfast.



GRENADINA

(Syrup of fresh pomegranates)

This delicious beverage is made from the fresh pomegranates, the juice of which is mixed with a light syrup made with sugar and water. A little of the syrup is put in a tumbler and iced water added to it.



FRUTA CON VINO

As in other fruit-growing and wine-drinking countries, the Spaniards have a particularly pleasant way of flavouring their wine with fruit. They skin and stone a peach, an apricot, a plum or any suitable fruit, cut it in several pieces and put it in a glass. Over it they pour their wine. This refreshing beverage is drunk during meals, and the fruit, impregnated with perhaps several helpings of wine, is very delicious to eat.

A Few Spanish Wines

The wines of Spain and of the Canary Islands have been held in high esteem for many centuries, particularly the Sherry, the Malaga, the Valdepeñas and a few others. But although from a geographical standpoint Spain is admirably situated as a vine-growing country, France has always held the front rank in table wines, from the fact that methods of production have been more carefully studied and the grape has not been so rudely treated. Within recent years, however, wine production in Spain has been greatly improved and modern and more scientific methods have been adopted in many vineyards.

The English word "sherry," which was originally "sherris," is derived from the name of the town Xeres de la Frontera, from which the wine takes its name. There are a great number of different sherries, those made for exportation differing in type from those consumed in the country. Among the best are the wines made from a certain proportion of Pedro Ximenes grapes, this proportion varying according to type. Sherry is by nature of a pale colour, the darker shades being brought about by age or by Paxarete, a wine made by exposing the grapes to the sun.

Among the better known Spanish wines the following may be mentioned:

Amontillado, from Andalusia, a sherry of the first class, dry and delicate.

Manzanilla, a light and delicate wine, of a fine straw colour, highly aromatic. At Sanlucar de Barrameda, where Manzanilla has been produced for many centuries, the name is said to be derived from the word "chamomile," the Spanish for which is "manzanilla," and the flavour of the wine is certainly reminiscent of that sweet smelling herb.

Solera (1847) is a rare wine, brown, with a dry finish, but

there are many different kinds of Soleras, as this is the name given to the method followed by growers to produce a special type of sherry. Among the Solera wines there are, for instance, the Olorosos, the Finos, the Amorosos, the Amontillados and many others.

Tio Pepe, one of the finest of very dry sherries, is extremely delicate. Xeres, Xeres de la Frontera, both pale and brown, dry and rich; Pedro Ximenes, a fine and delicate wine; Montilla, dry, a good bouquet and flavour; Malaga wine, from Malaga, a very rich dessert wine, of lighter alcoholic strength than sherry.

Valdepeñas, from La Mancha, a red wine, full-bodied and strong. It requires age to perfect it and is considered one of the finest wines of Spain. Manzanares, similar to Valdepeñas.

Vino Tinto, a red wine from Alicante—a tolerable wine which, when matured, is called Fondillos. Mataro, a Catalonian red wine, full-bodied and generous, but a little harsh.

From the Estremadura we get one of the best red wines of Spain, the Tinto Olivencia.

Tintillo de Rota, from Andalusia, is a sweet cordial wine, very luscious and, at one time, was very popular in England.

Cordova, from Andalusia, is a good, typical wine of the country, and among other good wines are: Miranda de Ebro, from Old Castille; Cabezon, from Valladolid; Tierra del Campo, from Old Castille; Velez Malaga, from Malaga, a luscious sweet wine. Malvasia from Catalonia is a sound Malmsey; Vidona, made in the Canaries, is a wine resembling Madeira; Palma, also made in the Canaries, is a rich Malmsey, having a slight flavour of pineapple; Anis del Mono, is an excellent anisette, made at Badalona, in Catalonia; Fuenceral is a liqueur wine from Old Castille.

The wines of the Rioja district are of comparatively recent origin, but are of excellent quality and very sound, with an aromatic and characteristic bouquet. The Rioja clarets are soft and delicate wines and the burgundies are rich and full-bodied. There are also some excellent white Rioja wines, both dry and slightly sweet. These Rioja wines are now being largely exported to England and are pleasing table wines.

Among the vintage Rioja wines the best are: Bilbainas "Villa Paceta" 1904, which is considered to be the best vintage claret of the Rioja district; Bilbainas "Villa Paceta" 1910, a very fine claret, with an elegant bouquet; Bilbainas "Villa Paceta" 1917, a fine delicate claret, with a beautiful aroma.

Among the Rioja burgundies we get: Bilbainas "Castle Pomal" (Rioja) 1912, a great wine in perfect condition; Bilbainas "Castle Pomal" (Rioja) 1926, a soft and velvety wine, with a delicate aroma.

Among the dry white wines are: Bilbainas "Dry England" (Rioja) 1910, a fine specimen of dry white wine; Bilbainas "Dry England" (Rioja) 1917, a delicate and elegant wine.

And some of the best of the Rioja Sauternes are the Bilbainas "Brillante" Sauternes (Rioja) 1912, '14 and '26.

PORTUGAL



SOUPS

	PAGE
Sopa de Batata e Agrião (<i>Potato and watercress soup</i>)	219
Sopa de Tomate e Ovos (<i>Tomato and egg soup</i>)	220
Sopa de Camarão (<i>Shrimp soup</i>)	220



FISH

Fofos de Bacalhau (<i>Salt cod puffins</i>)	221
Bacalhau á Portuguesa (<i>Salt cod à la Portugaise</i>)	221
Bacalhau Fresco á Portuguese (<i>Fresh cod à la Portugaise</i>)	222



MEAT

Lombo de Porco (<i>Loin of pork</i>)	222
Lombo de Porco Real (<i>Loin of pork à la Royale</i>)	223
Lombo de Vitela á Portuguesa (<i>Loin of veal à la Portugaise</i>)	223



POULTRY

Galinha Cerehada á Portuguesa (<i>Chicken sauté à la Portugaise</i>)	224
--	-----

RECIPES OF ALL NATIONS

SWEETS

	PAGE
Pudim Portuguez (<i>Portuguese pudding</i>)	224
Pudim de Noses (<i>Walnut pudding</i>)	225
Pudim de Ovos (<i>Egg pudding</i>)	225



SAVOURY

Ovos Duros á Portuguesa (<i>Hard-boiled eggs à la Portugaise</i>)	225
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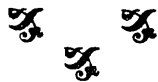


A FEW PORTUGUESE WINES	226
------------------------	-----

Introduction

The cooking of Portugal is practically the same as that of Spain and particularly that of the province of Galicia. There is perhaps an even more generous use of onions and tomatoes, but the dishes are similar and much wine is used in cooking.

I wish to tender my thanks to Señor A. S. De Mendonça, of the Casa de Portugal, London, for his kind assistance in selecting these few typical Portuguese national dishes.



Soups

SOPA DE BATATA E AGRIÃO

(Potato and watercress soup)

This is an interesting and typically Portuguese version of the French Potage Cressonnière, but it is richer and contains more ingredients.

Ingredients: Meat stock, 3 or 4 potatoes, a bunch of watercress, the yolks of 4 eggs, 1 cup of milk, 2 or 3 tablespoons of grated cheese (optional), salt and pepper.

Method: Grate a few uncooked potatoes, add them to the boiling stock and simmer for $\frac{1}{2}$ an hour. Rub through a sieve and put the soup back in a saucepan. A few minutes before serving, add the watercress, finely chopped. Put the yolks of 4 eggs in the soup tureen, mix them thoroughly with a cup of warm milk and 1 tablespoon of butter, adding gradually a few tablespoons of the hot soup. Finally pour the soup into the tureen over the egg mixture. Season with salt and pepper and sprinkle with grated cheese, according to taste.

SOPA DE TOMATE E OVOS

(Tomato and egg soup)

Ingredients: 3 lbs. of tomatoes, 2 onions, 1 heaped table-spoon of chopped parsley, 3 or 4 hard-boiled eggs, 2 table-spoons of butter, salt and pepper, 2 quarts of water.

Method: Quarter the tomatoes, slice the onions and put them in a saucepan with a little butter. Crush the tomatoes with the back of a spoon, and simmer for about 15 minutes, till both tomatoes and onions are tender. Then add the 2 quarts of boiling water and the chopped parsley. Bring to the boil and simmer for 1½ to 2 hours. Remove from the fire, pour the soup through a sieve into a basin and then rub the tomatoes and onions through the sieve. Replace on the fire, season with salt and pepper and, just before serving, add 2 table-spoons of butter and stir well. This soup is poured over sliced hard-boiled eggs.



SOPA DE CAMARÃO

(Shrimp soup)

Ingredients: 1 pint of shrimps (live when available), 3 or 4 large onions, flour, butter, 1 glass of white wine, salt and pepper, croûtons of fried bread.

Method: Boil the shrimps in salted water and, when done, remove and keep the water in which they were boiled. Slice the onions and cook with a little butter in a saucepan, sprinkling with about 1 table-spoon of flour, and cook till it begins to colour, but do not let it brown. Stir well, and add the water in which the shrimps were boiled, and the shrimps, of which the heads should have been removed. Pound the heads in a mortar with a little butter, rub through a sieve, and add to the soup. Season with salt and pepper, and serve with croûtons of fried bread.

Fish

FOFOS DE BACALHAU

(Salt cod puffins)

Ingredients: 1 lb. of thick dry salt cod, 2 eggs, 3 tablespoons of flour, salt, Parmesan cheese (optional), water.

Method: Soak the cod for 12 hours in cold water, changing the water frequently. Put the cod in a saucepan, cover with cold water and bring to the boil. Simmer for a few minutes, remove from the water and drain thoroughly. Remove the bones, and cut the fish in 1-inch squares. Make a batter with the flour, the yolks of eggs and a little water, adding a good pinch of salt. Finally, add the whites of eggs, stiffly beaten. Dip the pieces of fish in this batter and fry in hot oil to a golden colour. Parmesan cheese is sometimes added to the batter.



BACALHAU Á PORTUGUESA

(Salt cod à la Portugaise)

Ingredients: 1½ lbs. of dry salt cod, 3 or 4 large potatoes, 5 onions, tomatoes, pimientos, oil, butter, salt and pepper.

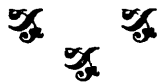
Method: Having soaked the cod, as in the preceding recipe, remove the bones, and flake the fish. Slice the potatoes, the onions, the tomatoes and pimientos, and place in alternate layers in a deep earthenware casserole with the fish. Add several tablespoons of oil, a little melted butter, and season with salt and pepper. Simmer for 1 to 1½ hours, keeping the casserole closely covered.

BACALHAU FRESCO À PORTUGUESE

(Cod à la Portugaise)

Ingredients: 2½ lbs. of fresh cod, ½ lb. of chopped onions, 1½ lbs. of tomatoes, 4 ozs. of rice, ½ pint of white wine, ½ pint of oil, butter, 1 clove of garlic, a few sprigs of parsley, salt and pepper.

Method: The cod should be divided into slices or steaks, weighing ½ lb. each. Put them in a deep frying pan with the oil and butter, the chopped onion, previously cooked to a light golden colour in butter, the finely chopped tomatoes, the garlic, the rice, previously boiled in salted water for 10 minutes, and well drained, and the parsley. Season with salt and pepper, cover the frying pan with a dish and cook for about 10 minutes, uncover and cook for another 8 to 10 minutes. Arrange the cod steaks on a hot dish and cover with the contents of the pan.



Meat

LOMBO DE PORCO

(Loin of pork)

Ingredients: 2 lbs. of loin of pork, 2 onions, 2 tomatoes, 2 carrots, parsley, 1 tablespoon of butter, 1 of lard, 6 table-spoons of wine or stock, salt and pepper, mixed cooked vegetables.

Method: Melt the butter and lard in a saucepan or casserole and, when hot, put in the pork, well rubbed over with salt. Cook to a nice brown colour, turning it so that it is equally browned on all sides. Then add the sliced onions, tomatoes, carrots, a little parsley and either the white wine or stock to moisten. Season highly with salt and pepper

PORTUGAL

and simmer gently for 2 to 2½ hours till the meat is tender. Place the loin on a hot dish, strain the sauce over it and garnish with cooked vegetables, such as aubergines, pimientos, carrots, peas, small potatoes, sautés in a little butter.



LOMBO DE PORCO REAL

(Loin of pork à la Royale)

The bottom of an oblong mould is covered with a thin coating of aspic jelly and, when this begins to set, various vegetables cut in fancy shapes are arranged in a pattern over it and covered with a thin layer of aspic. When this has set, the cold roasted loin of pork is placed on the dish, with the top downwards. Cover with warm aspic and let it stand till quite firm in a cold place. To remove, warm the mould for a few seconds in hot water. Garnish with pieces of aspic cut in fancy shapes.



LOMBO DE VITELA Á PORTUGUESA

(Loin of veal à la Portugaise)

Place the loin of veal in a deep dish with white wine, a clove of garlic, and season with salt and pepper. Let it stand for several hours in this marinade, turning it frequently. Remove the garlic and half of the wine, brush the joint with melted butter and lard, and roast, basting frequently with the sauce.

Poultry

GALINHA CEREHADA Á PORTUGUESA (Chicken sauté à la Portugaise)

The chicken is jointed into 8 pieces, which are cooked to a rich golden colour in a little oil and butter. One chopped onion and 1 clove of garlic are then added and, when the onion is slightly golden, 2 or 3 chopped tomatoes are added, and 2 ozs. of small, previously cooked mushrooms. The dish is seasoned with salt and pepper. Simmer gently for $\frac{3}{4}$ hour, put the pieces of chicken on a hot dish, pour the sauce and the mushrooms over them and garnish with small cooked tomatoes.



Sweets

PUDIM PORTUGUEZ (Portuguese pudding)

Ingredients: The yolks of 12 eggs, 1 lb. of sugar, the juice of 6 oranges.

Method: Put the lump sugar in a saucepan with the juice of the 6 oranges and boil till it begins to thicken. Remove from the fire and, when slightly cool, beat in the yolks of eggs. Pour the mixture into a well buttered mould and cook in a saucepan of water, which should be kept simmering all the time. When set, remove from the mould and let stand till cold.

PUDIM DE NOSES

(Walnut pudding)

Ingredients: $\frac{1}{2}$ lb. of sugar, 6 ozs. of walnuts, 5 eggs, cinnamon.

Method: Shell the nuts and pound them in a mortar to a smooth paste with the cinnamon. Beat up the eggs and sugar, add the nuts and mix and beat thoroughly. Pour the mixture into a well-buttered mould and cook as in the preceding recipe.



PUDIM DE OVOS

(Egg pudding)

Ingredients: 12 yolks of eggs, 1 lb. of sugar, a small strip of pork fat (unsalted), a small strip of grated lemon rind, cinnamon, 1 wineglass of port or Madeira.

Method: Boil the sugar with the grated lemon rind, the cinnamon and the pork fat till it turns to a fairly consistent syrup. Remove from the fire and, after a few minutes, gradually beat in the eggs with the wine. Coat a mould with a thin layer of caramel, pour the mixture into it, place in a saucepan of boiling water and cook for $\frac{3}{4}$ of an hour. The mould should have a lid or be covered in some other way.



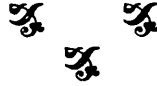
Savoury

OVOS DUROS Á PORTUGUESA

(Hard-boiled eggs à la Portugaise)

This consists of large, firm tomatoes, halved and the interior scooped out. They are seasoned with salt and pepper and cooked in a little oil for a few minutes only. A

hard-boiled egg is placed in each half tomato, and a thick Portuguese sauce (made with tomatoes, a little onion, garlic, oil, salt and pepper) is poured over each egg.



A Few Portuguese Wines

The history of port is closely associated with the history of England, and had it not been that English wine merchants developed the vineyards of the Douro Oporto and adapted a wine to please the English palate, port, as we know it to-day, might not have existed.

The first real port to be shipped to England was that shipped by two young English wine merchants in the year 1576. The story goes that they tasted a wine entirely new to them at a monastery near Oporto, and were so delighted with it that they promptly bought all they could find, doctored it with a little Portuguese brandy—a practice which is still followed—and despatched it to England. But it was not till the famous Methuen Treaty in 1703 that port became really popular in England.

In return for the admission of English woollens into Portugal, England granted differential and favourable duties on Portuguese wines, thus displacing the drinking of French burgundy by that of port. This treaty stood for 130 years; and although the days of the “three bottle” and “four bottle” man is a thing of the past, port has remained a popular and almost national English drink, for the port made for the English market is not the same as that drunk in Portugal.

The district where port is grown is the Alto Douro, a rugged tract of land, commencing at a point on the river

PORTUGAL

Douro, about sixty miles from the picturesque town of Oporto. It is made from grapes grown in this valley, and nowhere else, although there are many wines of the port "style" on the market. The finest grapes blended in the trough to make the best quality port are the Tinta Francisca, Tinta Cão, Tourigo, Morete, Mourisco Bastardo, Souzão and Tinta Amarella.

Port is now generally matured in the cask, but in years of exceptionally fine vintages a certain quantity of the very choicest wine is set aside to mature in bottles, and this is Vintage Port.

Crusted Port is the wine which has been bottled before fermentation is complete, and which, in time, precipitates argol, a semi-crystalline deposit, which is a crude kind of tartar, generally red or grey, and forms a crust on the sides of the bottle. This deposit proves that the wine is the natural produce of grapes. In pouring out such ports, great care should be taken not to shake the bottle, and in decanting carefully the "crust" will be left behind in the bottle.

Port is a generous and full-bodied wine. When young it is of a deep purple colour, and is known as "Full." It grows paler as it ages, becoming "Ruby" and afterwards "Tawny."

In his book on *Wine and Wine Lands of the World*, Mr. F. Hedges Butler gives the following interesting list of the famous ports of last century:

1815	-	"Waterloo"
1820	-	"Twenty"
1834	-	"Thirty-four"
1847	-	"Forty-seven"
1851	-	"Exhibition"
1854	-	"Comet"
1863	-	"Sixty-three"
1868	-	"Sixty-eight"
1887	-	"Jubilee"
1896	-	"Jubilee"

The same author tells us that the most famous vintages still extant are those of 1878, '87, '90, '92, '96, 1900, '04, '08, '12, '17, '20, '22, '23 and '24; and that the "'23 vintage is universally recommended for laying down, being considered one of the best since 1878."

Madeira wine has also been chiefly in the hands of British wine merchants, and the industry was largely developed by them. It is a light coloured white wine of the sherry type, full-bodied and luscious.

Other Portuguese wines, which come mostly from the neighbourhood of Lisbon, are: Colares, which corresponds to French claret and is a wine of good quality; Carcavellos, a sweetish wine, known in England as Lisbon; Bucelas, a white wine, resembling Hock, made from the Riessling grape.

Other Portuguese wines are rarely exported.

AUSTRIA



SOUPS

	PAGE
Kohl Suppe (<i>Cabbage soup</i>)	236
Kümmel Suppe (<i>Caraway soup</i>)	236
Bries Suppe (<i>Sweetbread soup</i>)	237
Brot Suppe (<i>Bread soup</i>)	237
Rahm Suppe (<i>Cream soup</i>)	238
Fisch Suppe (<i>Fish soup</i>)	239
Garnishes for Soups	239
Reis Würstchen (<i>Rice sausages</i>)	240
Nieren-Knödel (<i>Kidney dumplings</i>)	240
Fridatten (<i>Pancakes for soups</i>).	240
Mehl-Nockerl (<i>Flour dumplings</i>)	241



FISH

Paprika Makrellen (<i>Paprika mackerel</i>)	242
Häringe in Rahmsauce (<i>Herrings in cream sauce</i>)	242
Kren-makrellen (<i>Mackerel with horseradish sauce</i>)	243
Fisch-Gulasch (<i>Fish stew with paprika</i>)	243
Steirische Forelle (<i>Trout à la Styria</i>)	244
Bücklinge (<i>Smoked herrings</i>)	244
Fisch Mit Kapern (<i>Fish with capers</i>)	244
Gespickter Fisch (<i>Larded fish</i>)	245
Aal à la Danube (<i>Eel à la Danube</i>)	245
Hummer (<i>Lobster</i>)	246

ENTRÉES

	PAGE
Gans-Leber (<i>Goose liver</i>)	246
Kalbszunge (<i>Calves' tongue</i>)	246
Kren-Fleisch (<i>Pork with horseradish</i>)	247
Beuschel (<i>Heart, liver, lungs, sweetbreads, etc.</i>)	247
Österreichische Eier (<i>Eggs à la Austria</i>)	248
Gefüllter Kohl Wurstchen (<i>Stuffed cabbage leaves</i>)	248
Haschierte Nieren (<i>Hashed or minced kidneys</i>)	249
Erdäpfel-Nudeln (<i>Potato quenelles</i>)	249
Gefüllte Omelette (<i>Stuffed pancakes</i>)	250
Gefüllte Paprika (<i>Stuffed paprikas</i>)	250



MEAT

Gullasch (<i>Beef or veal stew</i>)	251
Lungenbraten Filets (<i>Fillets from the undercut</i>)	251
Ochsenszunge Mit Kren (<i>Ox tongue with horseradish</i>)	252
Wiener Schnitzel (<i>Vienna Schnitzel</i>)	252
Gefüllter Kalbsbraten (<i>Stuffed veal</i>)	253
Gefüllter Schöpsenrücken (<i>Saddle of lamb</i>)	253
Paprika-Kalbs-Schnitzel (<i>Paprika veal</i>)	254
Schweinsschlögel (<i>Leg of pork à la Wienersald</i>)	254
Faschierter Braten (<i>Meat loaf</i>)	254
Schwein mit Kraut (<i>Pork with cabbage</i>)	255



POULTRY

Paprika Huhn (<i>Paprika chicken</i>)	255
Gefülltes Huhn (<i>Stuffed chicken</i>)	256
Backhühner (<i>Fried young chickens</i>)	256
Poularde à la Sacher (<i>Chicken à la Sacher</i>)	257
Geflügel Ragoût (<i>Brown stew with giblet, liver, etc., of poultry</i>)	257
Gebratene Gans (<i>Roast goose</i>)	258
Gebratene Ente (<i>Roast duck</i>)	258
Gebratene Junge Ente (<i>Roast duckling</i>)	258
Gebratene Tauben (<i>Roast pigeons</i>)	259
Perlhun (<i>Guinea fowl</i>)	259

A U S T R I A

G A M E

	PAGE
Rebhühner (<i>Partridges</i>)	259
Schnepfe (<i>Snipe</i>)	260
Hasenbraten (<i>Hare</i>)	260
Fasan (<i>Pheasant</i>)	261
Fasan Nach Böhmischer Art (<i>Pheasant à la Bohémienne</i>)	261
Rehrücken (<i>Saddle of venison</i>)	262
Hirsch-Braten (<i>Venison</i>)	262
Gemsentrücken Braten (<i>Roast chamois</i>)	263
Tomaten Gefüllt mit Gems Leber Ragoût (<i>Tomatoes stuffed with chamois liver</i>)	264
Hasenpfeffer (<i>Civet of hare</i>)	264



V E G E T A B L E S

Kraut mit Rahm (<i>Cabbage with sour cream</i>)	265
Sauerkraut (<i>Sour or pickled cabbage</i>)	265
Sauere Kartoffel (<i>Potatoes in sour sauce</i>)	266
Kartoffel Knödel (<i>Potato balls</i>)	266
Gedünstete Gurken (<i>Stewed cucumber</i>)	266
Kürbisse (<i>Vegetable marrow</i>)	267
Kürbisse mit Paprika (<i>Vegetable marrow with paprika</i>)	267
Paprika Gefüllts mit Reis (<i>Paprikas with rice</i>)	267
Stangen Spargel (<i>Asparagus</i>)	268
Gebackene Pilze (<i>Baked mushrooms</i>)	268



S A L A D S

Österreichischer Salat (<i>Austrian salad</i>)	269
Kartoffel Salat (<i>Potato salad</i>)	269
Linsen Salat (<i>Lentil salad</i>)	269
Kraut Salat (<i>Cabbage salad</i>)	270
Wiener Kraut Salat (<i>Viennese cabbage salad</i>)	270
Paprika Salat (<i>Paprika salad</i>)	270
Gurkensalat (<i>Cucumber salad</i>)	270
Heringe à la Lichtenstein (<i>Herrings à la Lichtenstein</i>)	271
Fisch Salat (<i>Fish salad</i>)	271
Hauptel Salat (<i>Lettuce salad</i>)	271

RECIPES OF ALL NATIONS

SWEETS

	PAGE
Apfel-Strudel (<i>Apple strudel</i>)	272
Topfen Knödel (<i>Sour milk or cream quenelles</i>)	273
Wiener Gugelhupf (<i>Vienna gugelhupf</i>)	273
Kaiser-Schmarn (<i>Emperor schmarn</i>)	274
Schlosser Buben (<i>Locksmith's boys</i>)	274
Nuss Torte (<i>Nut cake</i>)	275
Österreichische Dalken (<i>Austrian dalken</i>)	275
Wirre Gedanken (<i>"Troubled thoughts"</i>)	276
Omelette Gefüllte mit Sauerer Sahne (<i>Pancakes with sour cream stuffing</i>)	277
Salsen-Schnitten (<i>Jam slices</i>)	277



SUNDRIES

Kren Sauce (<i>Horseradish sauce</i>)	277
Dill Sauce (<i>Dill sauce</i>)	278
Kapern Sauce (<i>Caper sauce</i>)	278
Schweins Sulz (<i>Pork jelly</i>)	278
Sardellen Gericht (<i>A dish of anchovies</i>)	279
Wiener Brötchen (<i>Viennese rolls</i>)	279
Kipfel (<i>Crescents</i>)	280
Hirn in Muscheln (<i>Calves' brain in shells</i>)	280
Kalbsfleisch à la Sacher (<i>Veal à la Sacher</i>)	281
Sardell in Muscheln (<i>Anchovies in shells</i>)	281



A FEW AUSTRIAN BEVERAGES

Kaffee mit Schlagobers (<i>Coffee with whipped cream</i>)	282
Kakao mit Schlagobers (<i>Chocolate with whipped cream</i>)	282
Mandel Milch (<i>Almond milk</i>)	282
Kardinal (<i>Cardinal</i>)	283
Pfirsichbowle (<i>Cold peach punch</i>)	283

Introduction

AUSTRIA AND HUNGARY

ALTHOUGH the cookery of Austria is highly characteristic and national, it has been greatly influenced and moulded by that of the other nations with which she has come in close contact in the course of her varied and chequered career throughout the centuries.

We find, first of all, traces of the German domination, and a number of Austrian dishes are undoubtedly of Teutonic origin, although in the course of time their interpretation has become so different that Austria may well claim them as part and parcel of her gastronomic heritage. The difference, in fact, is as great as that of the same waltz tune interpreted by a German band and a Viennese band—the notes and harmonies are identical, but there is a brilliancy, a sparkling vitality, and exuberance in the execution of the latter which is lacking in the more ponderous and sentimental execution by the former. The famous Häring Salat, for instance—now almost an international institution—is a typical example of this: taste it in Berlin and taste it in Vienna. The ingredients are more or less the same. Why is it different? Because in Berlin a German mind visualised it and a German hand made it, and because in Vienna its tone and rhythm were slightly altered by the light and deft hand of an Austrian. It requires but a slight touch, an additional amount of flavouring, some subtlety in the preparation or cooking of a dish to make it cross a frontier and to label it as belonging to one nation or another.

If Austrian cookery has been influenced by Germany, it has been even more so by both Hungarian and Italian cookery.

The Slav element in the population of Austria is strong, and the association with Hungary, whether as friend or foe,

is a long-standing one. Hungarian cookery, on the other hand, owes one of its most characteristic features to the Turkish rule under which she groaned for nearly two hundred years; and had it not been that Hungary was for so long a battlefield red with the blood shed to defend Christian civilization against the attacks of the Turkish Empire, Hungarian cookery might have ignored the condiment which gives so many of her national dishes a vivid and brilliant scarlet hue. Paprika, or Hungarian pepper, was first introduced by the Turkish invaders, who got it originally from India. It is made from the fruits of the *Capsicum annuum*, and is sold in different grades varying in pungency and quality, that in general use in both Hungary and Austria being only slightly pungent, with a most pleasing flavour. It is unlike other peppers in that it can be used generously—1 or 2 tablespoons having no more pungency than the proverbial “dash of cayenne” so often mentioned in culinary formulas.

Turkish pepper, as it was first called, was for some considerable time used only by the peasants, but later it was adopted in the bourgeois kitchen, and eventually found its way to the royal courts.

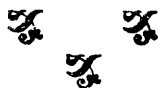
And this essentially and typically Hungarian condiment has also become typically Austrian and many a scarlet dish adorns the Austrian table.

An interesting little memento of Austria's wars with Turkey is the delicious Viennese crescent-shaped breakfast roll, which was created by a pastrycook to celebrate the victory gained over the Turks by John Sobieski in 1683, which saved the Austrian capital.

The extensive use of pastes of all descriptions in Austria comes from her close connection with Italy and her rule over certain Italian provinces. The making there of such things as macaroni, spaghetti, gnocchi, ravioli, etc., was already a well-established tradition long before the Austrians occupied any part of Italy. But here again we get the same subtle difference in the interpretation of the same

recipes, and the Austrian Knödel or Nockerln is not quite the same as that of their Italian ancestors.

In spite, however, of the various influences which are apparent in Austrian cooking; in spite, also, of the world-wide invasion of French cooking which is noticeable in the restaurant and hotel cookery of Austria, her national dishes are typical and her pastry cooks rank among the finest in the world. The same vitality and gaiety which characterise the Austrian people are reflected in the national dishes, and theirs is the food of a people who revel in music and dancing, and to whom cookery is one of the most pleasant arts and crafts of life.



AUSTRIA

As in most other European countries, the "suppe" or soup is an important and substantial dish in Austria, and with the peasants and working classes is a meal in itself. Like the Italians, they make all manner of pastes, of dumplings and forcemeat balls which are added to the stock, thus turning the soup course into a very sufficing and substantial one.

Goose fat is plentiful and cheap in Austria and is extensively used for cooking; and when ingredients such as sausages or meat, previously cooked in goose fat, are added to soups, it is apt to make them somewhat rich and, according to the standards of French or English cooking, too oily and greasy.

Stock is made in the same way as in France and other countries, the soup meat being eaten in much the same manner as the French "bouilli" or boiled soup meat, with or without the addition of paprika and, more often than not, served with home-made flat or ribbon macaroni or some kind of dumplings.

Soups

KOHL SUPPE

(Cabbage Soup)

Cabbage soups of many descriptions are popular in Austria, as they are in Germany, the most popular among the peasants and working classes consisting of shredded cabbage, boiled in water, with a *liaison* of flour and butter, and a seasoning of salt, pepper and caraway seed. The following, however, is a more refined version of it:

Ingredients: Stock, 1 or 2 cabbages, fried sausages, or boiled smoked sausages, flour, fat, salt and pepper.

Method: Shred the cabbages and brown in a little hot fat. Sprinkle with a little flour, stir well and cook till the flour begins to brown. Pour boiling stock over the cabbage, season with salt and pepper and simmer for 1 hour. Before serving, add slices of either fried sausages or boiled smoked sausages.



KÜMMEL SUPPE

(Caraway soup)

Extensive use is made in Austrian cooking, as in German cooking, of caraway seed as a flavouring.

Ingredients: 1 teaspoon of caraway seed, 2 ozs. of butter, 1 oz. of flour, macaroni, water, salt and pepper.

Method: Melt the butter in a saucepan, then add the flour gradually and stir till it browns. Mix in the caraway seeds, and pour in about 1½ pints of boiling water, stirring well. Simmer for ½ an hour, strain and add the macaroni, cut in inch lengths and previously boiled. Instead of the macaroni, croûtons of fried bread are sometimes added to the soup.

BRIES SUPPE

(Sweetbread Soup)

Ingredients: 2 or 3 calves' sweetbread, stock (2 pints), 2 onions, 2 or 3 carrots, 1 cabbage, asparagus tips, salt and pepper:

Method: Soak the sweetbread in cold water for 3 or 4 hours, changing the water occasionally. Put them in a saucepan of cold water, and bring to the boil for exactly 2 minutes. Remove from the water and lay them on a clean cloth to drain. With a knife, carefully remove bits of skin and veins, being careful not to damage the thin membrane which covers the sweetbread.

Slice the vegetables with the exception of the asparagus, and shred the cabbage. Melt some fat in a saucepan, and when hot add the vegetables and simmer till they begin to brown. Sprinkle with flour, stir well till this also begins to brown. Cover with the boiling stock, and simmer for $\frac{1}{2}$ an hour or a little longer. Add the sweetbread, cut in 2 inch lengths, and simmer very gently for 30 to 35 minutes, till the sweetbread is quite tender. For serving, remove the pieces of sweetbread from the stock, put them in a soup tureen and strain the soup through a sieve over them. The soup is garnished with cooked asparagus tips and croûtons of fried bread.



BROT SUPPE

(Bread Soup)

Ingredients: A few slices of stale bread, preferably the crust, $1\frac{1}{2}$ pints of veal stock, 2 or 3 eggs, sausages or smoked meat, parsley, salt and pepper.

Method: If the bread is not quite dry, put it in a slow oven till it is crisp. Break the bread in small pieces, put it in a saucepan and pour the tepid stock over it. Let it stand for 10 minutes, so that the bread gets thoroughly soaked with the stock. Then put on the fire, and stir till the mixture

comes to the boil. Season with salt and pepper and simmer for $\frac{1}{2}$ an hour. The soup should be perfectly smooth and any pieces of bread which have not been absorbed by the liquid should be crushed with the back of a spoon. Five minutes before serving, beat the yolk of an egg in a basin, stir with 1 or 2 tablespoons of the hot stock, and add to the soup, which must not be boiling. Slices of hard-boiled eggs, of previously cooked sausages or smoked meat, are added 2 or 3 minutes before serving, and finally the soup is sprinkled with fried parsley.



RAHM SUPPE (Cream Soup)

As Pea Soup is used in the making of this Cream Soup, I give first of all a recipe for the former.

For the Pea Soup: 1 pint of shelled peas, stock, 2 tablespoons of butter, 1 of flour, parsley, salt, pepper, and a little sugar.

Method: Put the shelled peas in an earthenware casserole, or a saucepan with a close-fitting lid, with the butter, 1 tablespoon of water, salt, pepper and a little sugar. Stew very gently till the peas are tender—the time varies according to whether young or old peas are used. When nearly done, add the flour and cook to a golden colour without browning. When done, rub the peas through a sieve into a basin. Put this purée into a saucepan, pour the hot stock over it, stir well and simmer for $\frac{1}{2}$ an hour. The soup is garnished with cooked macaroni and strips of smoked tongue.

For the Cream Soup: One pint of sour cream—this should not be too thick, and use cream that is just beginning to sour— $\frac{1}{2}$ pint of pea soup, 2 or 3 onions, $\frac{1}{2}$ a teaspoon or less of caraway seed (according to taste), 1 tablespoon of flour, salt.

Method: Chop the onions finely, put them in a saucepan with butter, and simmer till they are a golden colour. Sprinkle with the flour and stir till the flour also begins to colour. Add the warm pea soup gradually, stir, and simmer till it thickens. Remove from the fire and, after a few minutes, add the warm sour cream and stir well. Replace the saucepan on the fire, stir and simmer for 20 minutes. Season with salt and caraway seed. Garnish with a few croûtons of fried bread.



FISCH SUPPE

(Fish soup)

Ingredients: $\frac{1}{4}$ pint of pea soup, $\frac{3}{4}$ pint of fish stock, $\frac{1}{2}$ pint of vegetable stock, fish roe, a few tablespoons of sour cream, a few strips of lemon peel, 1 tablespoon of vinegar, salt and peppercorns.

Method: Mix the strained fish stock, the vegetable stock, and the pea soup in a saucepan and stir well. Season with salt and peppercorns. Simmer for 15 minutes, and before serving add pieces of cooked fish, cooked roe, and the vinegar. When the soup is poured into the tureen add the sour cream and thin strips of lemon peel. Serve with croûtons of fried bread.



GARNISHES FOR SOUPS

These garnishes are either previously cooked and added to the soup at the last moment or some of them are poached in the soup 10 or 15 minutes before serving, according to size and ingredients.

REIS WÜRSTCHEN

(Rice sausages)

Ingredients: Boiled or stewed cold rice, cooked lean veal, the yolk of 1 or 2 eggs, 1 whole egg, breadcrumbs, salt and pepper. A few sheets of rice paper (Rice paper is used in confectionery and for macaroons).

Method: Chop the veal very finely, mix with the rice, season highly with salt and pepper and bind the mixture with the yolks of 1 or 2 eggs. Shape into tiny sausages by wrapping in rice paper and twisting the ends. This must be very carefully done as rice paper breaks easily. Dip in beaten egg, roll in fine white breadcrumbs and fry in hot fat. These are added to the stock just before serving.



NIEREN-KNÖDEL

(Kidney balls)

Ingredients: Calf's kidney, 3 eggs, breadcrumbs, flour, frying fat, beef marrow, salt and pepper.

Method: Melt a little fat in a frying pan, and cook the finely chopped kidney. When done, put in a basin, add the marrow, previously poached, the breadcrumbs, a little flour, season highly with salt and pepper, and bind with the yolks of three eggs. The mixture should be sufficiently stiff to be shaped into tiny balls. These are added to the stock about 5 minutes before serving.



FRIDATTEN

(Pancakes for soups)

Ingredients: $\frac{1}{2}$ pint of milk, 2 eggs, 6 tablespoons of flour, a pinch of salt, butter.

Method: Make a light batter with the above ingredients, beating well, and let it stand for about 1 hour. Put a very

small piece of butter in a small frying pan and, when it has melted and the whole pan is coated, remove the pan from the fire, and quickly pour a little of the batter in the pan, tilting it from side to side so that it spreads evenly and thinly, covering all the pan. Replace at once on the fire, and when one side is done, either toss the pancake or turn it carefully with a fork. When done, remove from the pan. Let the pancakes get cold, then cut them into very thin strips—almost as fine as vermicelli—and add to the soup just before serving.



MEHL-NOCKERL (Flour dumplings)

Ingredients: 6 ozs. of flour, 3 or 4 eggs, butter, a pinch of salt.

Method: Put the flour in a salad bowl or earthenware tureen, leaving a bare space in the centre of the basin. In this put the yolks of eggs mixed with melted butter. Work with a wooden spoon, gradually mixing in the flour with the eggs and butter till all the flour has been used. Finally add the whites of eggs, beaten to a stiff froth. The paste should be very firm, although light. Shape into small balls, either with the hands or with a soup spoon, and poach in boiling stock for 10 minutes. When the balls rise to the surface they are done.

Fish

Extensive use is made of freshwater fish in Austria, as all saltwater fish has to be imported, and is therefore more expensive and less abundant than in other countries. Salt fish is popular, as it is in Germany. Their fish dishes are highly seasoned, more often than not with paprika.



PAPRIKA MAKRELLEN

(Paprika mackerel)

Ingredients: 2 or 3 skinned and filleted mackerel, 1 or 2 onions, 6 tablespoons of sour cream, the yolk of 1 or 2 eggs, the juice of $\frac{1}{2}$ a lemon, butter, small potatoes, salt, 1 tablespoon of paprika.

Method: Chop the onions and cook in butter to a golden colour. Butter a fireproof dish, put the onions in it, place the filleted mackerel over them, season with salt, sprinkle with paprika and add the sour cream. Cook in a moderate oven for 20 to 25 minutes. Remove the dish from the oven, and mix in the yolks of eggs, previously stirred in a basin with a little butter and lemon juice. Small boiled potatoes are served with this dish.



HÄRINGE IN RAHMSAUCE

(Herrings in cream sauce)

Ingredients: A few fillets of fresh herrings, 6 or 8 tablespoons of sour cream, a few boned anchovies, butter, brown breadcrumbs. Salt and pepper.

Method: The fillets of herrings are put in a buttered fireproof dish, with the sour cream, then sprinkled with bread-

A U S T R I A

crumbs, well seasoned with salt and pepper, and garnished with anchovies (in oil) and a few pats of butter on the top. Put in a moderate oven and cook for 20 to 30 minutes, till the fish is quite tender.



KREN-MAKRELLEN

(Mackerel with horse-radish sauce)

The mackerel are either grilled or boiled, served with plain boiled potatoes and the following sauce accompanies them: Melt 1 tablespoon of butter in a saucepan, add gradually a little less than a tablespoon of flour, and work till smooth. Add $\frac{1}{2}$ pint of warm sour cream gradually, stirring well, then add 2 tablespoons of finely grated horse-radish, 1 or 2 teaspoons of vinegar and a little salt. Stir well and simmer for 5 minutes.



FISCH-GULASCH

(Fish stew with paprika)

Ingredients: Any kind of fresh white fish can be used for this, such as turbot, halibut, brill, cod, etc. 1 $\frac{1}{2}$ lbs. of fish, 6 large onions, 1 $\frac{1}{2}$ tablespoons of paprika, salt, pepper and frying fat.

Method: Melt a good amount of fat in a saucepan, and fry the sliced onions till a golden colour. Then add the fish, cut in 2 or 3 inch lengths, without the bones, sprinkle with the paprika, salt and pepper and just cover with a little stock or water. Simmer for 1 hour or a little more, without stirring. Add a little more water or stock, if necessary. Plain boiled rice is usually served with this.

STEIRISCHE FORELLE

(Trout à la Styria)

Ingredients: A few small river trout, filleted and skinned, a few slices of larding bacon, butter, a few tomatoes, Béchamel sauce (see page 80), salt and pepper.

Method: Bone and skin the fish, lay the fillets on a buttered pan, cover with the slices of larding bacon and cook in a moderate oven for 10 to 15 minutes till the fish is tender. Put on a dish, remove the larding bacon, and serve with a Béchamel sauce and tomatoes previously cooked in a little butter and well seasoned with salt and pepper.



BÜCKLINGE

(Smoked herrings)

Ingredients: A few Bücklinge herrings, filleted (these are obtainable in England), 2 eggs to each fillet, butter, salt and pepper.

Method: Butter a fireproof dish, lay the herring fillets in it, leaving sufficient space between each herring for 2 eggs. Break the eggs carefully between each fillet, sprinkle the eggs with salt and pepper, put a few pats of butter on the herrings, and place in the oven till the eggs are set.



FISCH MIT KAPERN

(Fish with capers)

Ingredients: 1½ lbs. of any white fish, 3 or 4 large onions, 6 tablespoons of sour cream, the juice of 1 small lemon, 1 teaspoon of grated lemon peel, 2 or 3 tablespoons of capers, parsley, salt and pepper.

Method: Brown the onions in a frying pan in hot fat, add the pieces of fish, cut in 2 inch lengths, season with salt and pepper, add the sour cream, and finally the lemon juice, the

grated lemon peel, a little parsley and the capers. Mix well and serve as soon as the fish is tender.



GESPICKTER FISCH

(Larded fish)

Ingredients: For this a whole fish is required—either a small turbot, brill, cod, etc.—a slice of larding bacon, 3 or 4 onions, salt and pepper, a garnish of vegetables.

Method: Cut the larding fat into very thin inch lengths, and lard one side of the fish neatly with a larding needle. Lay the fish in a buttered tin, on sliced onions, dot with butter, season with salt and pepper and cook slowly in a moderate oven, basting frequently.

When done lay the fish on a dish with the larded side uppermost, and either garnish the dish with the cooked vegetables or serve them separately. Mushrooms, whole truffles or cauliflower, often accompany this dish.



AAL À LA DANUBE

(Eel à la Danube)

Ingredients: Eel, 2 or 3 glasses of white wine, parsley, salt. For the sauce: the yolks of 1 or 2 hard-boiled eggs, a little stock or gravy, 1 tablespoon of vinegar, chopped parsley, butter, mustard, salt, pepper, and a little sugar.

Method: Cut the eel in pieces of about 2 inches in length, put them in an earthenware vessel, sprinkle freely with salt, and let them stand in a cold place for 3 or 4 hours. Now lay them in a saucepan, closely packed, moisten with the white wine, sprinkle with parsley, cover the saucepan and simmer till the pieces of eel are quite tender.

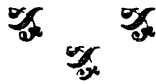
For the sauce, melt the butter in a saucepan, add the finely chopped yolk of egg, stir well and add the other ingredients. Serve in a sauceboat. Garnish with slices of lemon.

HUMMER

(Lobster)

Ingredients: Lobster, 4 or 5 medium-sized mushrooms, Béchamel sauce (see page 80), to which a little fish stock is added, a few tablespoons of grated Parmesan cheese, bread-crumbs.

Method: Chop the meat of the cooked lobster, as well as the previously cooked mushrooms, and put in a fireproof dish. Cover with the Béchamel sauce, sprinkle with the grated cheese and breadcrumbs, and put in the oven till lightly browned.



Entrées

GANS-LEBER

(Goose livers)

Ingredients: A few goose livers, 3 ozs. of butter, a few tablespoons of white wine, $\frac{1}{4}$ lb. mushrooms, 3 or 4 table-
spoons of sour cream, salt and pepper.

Method: Melt the butter in a frying pan and when very hot put in the goose livers and cook for a few minutes, tossing them frequently. Then add the sliced mushrooms, the wine, the sour cream and season with salt and pepper. Cook till the livers and mushrooms are tender. Should the sauce be too thick, thin with a little wine.



KALBSZUNGE

(Calves' tongue)

Ingredients: Cooked calves' tongue, 3 or 4 boned anchovies, breadcrumbs, $\frac{1}{4}$ lb. of butter, the juice of 2 lemons, salt and pepper.

Method: Melt the butter in a saucepan, add the anchovies, which should be pounded in a mortar, the lemon juice, salt and pepper. Stir and mix well, and simmer for a few minutes. Slice the calves' tongue, and dip each slice in this sauce when cold. Coat with fine white breadcrumbs, and fry to a golden colour in hot fat. Dish up and strain the sauce over the fried tongue. Rice is usually served with this dish.



KREN-FLEISCH (Pork with horse-radish)

Ingredients: Young, tender lean pork, 3 or 4 onions, stock, 1 wine glass of vinegar, 2 tablespoons of grated horse-radish, 1 bayleaf, salt, croûtons of fried bread.

Method: Slice the onions and put them in a little hot fat, and as soon as they begin to colour add the pork, cut in 2 or 3 inch lengths, cover with the stock and vinegar, add the bayleaf, season with salt and pepper and simmer very gently for 1 hour or so, till the meat is quite tender. When done, remove the pieces of pork from the saucepan, put them on a hot dish, strain the sauce over them, sprinkle with the grated horse-radish and garnish with croûtons of fried bread. Mashed potatoes are served with this.



BEUSCHEL (Heart, lungs, liver, sweetbread)

Ingredients: Heart, etc., of a calf or lamb, stock, 1½ tablespoons of butter, 1 of flour, 1 tablespoon of capers, 1 tablespoon of chopped anchovies, 1 tablespoon of vinegar, the juice of 1 lemon, 2 or 3 lumps of sugar, parsley, thyme, 1 chopped onion, 1 teaspoon of grated lemon rind, salt and pepper.

Method: The cooked heart, etc., when cold are cut in strips of the size of macaroni. They are then added to the following sauce, and cooked for a few minutes in it.

Melt the butter in a saucepan, and when melted add the flour gradually, and stir till the flour is browned. Then add the stock (about $\frac{1}{2}$ pint) little by little, stirring well. Add all the other ingredients, the lump sugar, salt and pepper, mixing thoroughly. Finally put in the calf's heart, etc. and simmer for a few minutes. Some kind of knödel are served with this.



ÖSTERREICHISCHE EIER

(Eggs à la Austria)

Hard-boiled eggs are cut in half, the yolks removed and mixed in a basin with finely chopped cooked mushrooms, chopped anchovies, smoked tongue, lean cooked ham, the yolk of an egg, a little oil, vinegar, salt and pepper. The eggs are filled with this mixture and put on a dish with a little of the mixture around them.



GEFÜLLTER KOHL WÜRSTCHEN

(Stuffed cabbage leaves)

Ingredients: A few cabbage leaves, forcemeat, butter, a few rashers of fat bacon, 1 glass of white wine, salt and pepper.

Method: The forcemeat can be made with left-over cooked meat, preferably veal. The meat is finely chopped, mixed with a little chopped onion, seasoned with chopped parsley, thyme, marjoram, fennel, caraway seed, and 1 yolk of egg to bind. It is cooked in a little butter, and well seasoned with salt and pepper. When well browned, lay a spoonful of the mixture on a cabbage leaf previously blanched in salted

water, wrap it well round the forcemeat, gathering up and folding the ends, and tie with string as in making a parcel. When done, line a saucepan with the rashers, put the stuffed cabbage leaves over them, add the white wine, and simmer very gently for $\frac{1}{2}$ an hour. To serve, arrange the stuffed cabbage leaves on a dish, remove the string, strain the gravy over them and serve with boiled rice.



HASCHIERTE NIEREN

(Hashed or minced kidneys)

Ingredients: Lamb kidneys, 4 tablespoons of stock, 3 or 4 tablespoons of white wine or lemon juice, flour, 1 tablespoon of paprika, salt and pepper.

Method: The lamb kidneys, fat and skin having been removed, are cooked in a little butter and well seasoned with salt and pepper. When done, remove from the pan and let them stand till cold. Then chop finely and cook for a few minutes in a little melted butter and flour. When the flour has browned, the stock and wine or lemon juice are added. Sprinkle with the paprika and serve with a purée of potatoes.



ERDÄPFEL-NUDELN

(Potato quenelles)

Ingredients: 3 or 4 large boiled potatoes, 1 or 2 eggs, flour, 2 tablespoons of grated Parmesan cheese, salt and pepper.

Method: Boil the potatoes in salted water, then mash them thoroughly with a fork while still hot. Let them cool and work to a stiff paste on a board with the flour, the egg and the grated Parmesan. Roll in the shape of a long sausage, the thickness of a thumb. Cut this into 1 inch lengths and let them stand for about 1 hour or more to dry. Boil in salted water or stock for about 10 minutes until they have

all risen to the surface. Drain, and sauté or fry lightly in butter, sprinkling them with breadcrumbs and Parmesan cheese. A tomato sauce is often served with this.



GEFÜLLTE OMELETTE

(Stuffed pancakes)

Ingredients: Pancake batter and highly spiced forcemeat.

Method: Make pancakes in the usual way and put a little cooked forcemeat, highly spiced, in each. Roll the pancakes, cut them in half, put them in a well buttered fireproof dish and cook in a slow oven for 20 minutes.



GEFÜLLTE PAPRIKA

(Stuffed paprikas)

Ingredients: A few red or green paprikas, rice, stock, salt and pepper.

Method: Put the rice in a deep frying pan and moisten thoroughly with stock. Season with salt and pepper. As the rice absorbs the stock, add a little more, and repeat this till the rice is cooked. Have ready some blanched paprikas, the tops having been cut off, and the inside of the paprikas scooped out, and fill with the rice. Place the stuffed paprikas on the remaining rice.

Meat

GULLASCH

(Beef or veal stew)

Although, strictly speaking, this dish is of Hungarian origin, it is so popular in Austria, and has been adopted for such a considerable length of time, that I think I am justified in including it in this section.

Ingredients: 1½ lbs. of beef, 5 or 6 onions, 1 or 2 cloves of garlic, a few caraway seeds, 1 tablespoon of paprika, salt and pepper.

Method: Melt some fat in a casserole and, when hot, add the sliced onions and cook till they begin to brown. Then add the beef, cut in 1 inch cubes, the garlic, crushed with a knife, the paprika, and the caraway seeds. Season with salt and pepper. Cover the casserole and cook till the meat is slightly browned. Now add either sufficient hot stock or water to cover the meat and simmer for 1½ to 2 hours. Serve in the casserole in which it was cooked. Dumplings of some kind are eaten with this or sometimes home-made ribbon macaroni or noodles.



LUNGENBRATEN FILETS

(Filets from the undercut)

Ingredients: Filets of beef taken from the undercut, about ½ an inch thick, larding fat, smoked tongue, salt and pepper. For the garnish, a few mushrooms, lamb kidney sliced or cut in small cubes, truffles, etc.

Method: Cut the larding fat and the smoked tongue into very thin ½ inch lengths and, with a larding needle, lard the filets with alternate strips of fat and smoked tongue. Season with salt and pepper and cook lightly in melted fat.

When done—they should be served somewhat underdone—put on a hot dish and garnish with cooked mushrooms, slices of kidney grilled or sauté in butter, and sliced truffles. Pour a little melted butter over them.



OCHSENZUNGE MIT KREN
(Ox-tongue with horse-radish)

Boiled ox-tongue is sliced, put on a hot dish and the following sauce is poured over it: Put 2 ozs. of grated horse-radish in about $\frac{1}{2}$ pint of stock, bring to the boil and simmer gently for 20 minutes. Remove from the fire, and add 1 tablespoon of melted butter, 4 of cream, and 1 of breadcrumbs. Replace the saucepan on the fire, stir well, and simmer till the mixture begins to thicken. Now strain the sauce and mix in the yolks of 1 or 2 eggs. Season with salt and pepper, and a little mustard dissolved in vinegar.



WIENER SCHNITZEL
(Vienna Schnitzel)

Ingredients: Very thin slices of veal (usually cut from the fillet), flour, the beaten yolks of 1 or 2 eggs, fine white breadcrumbs, salt and pepper.

Method: Dip the slices of veal in flour, then in the yolks of eggs, to which salt and pepper have been added, and finally in the fine white breadcrumbs. Cook in hot butter for a few minutes only as the slices of veal are very thin. When a golden colour on both sides, put on a hot dish and serve at once.

This is the plain Wiener Schnitzel, but the one whose popularity has spread to practically all European countries is highly garnished, and on most menus is called “Escalopes de Veau à la Viennoise.” The garnish consists of a thin slice of lemon on each escalope, on which a stoned olive is

placed, around the olive a boned anchovy, and the dish is garnished with capers and finely chopped yolks of hard-boiled eggs and finely chopped white of egg, placed alternately on the dish.



GEFÜLLTER KALBSBRATEN (Stuffed Veal)

Ingredients: A leg of veal, 4 or 5 onions, 6 anchovies, 1 calf's kidney and a little fat, a little soaked bread, 1 or 2 yolks of eggs to bind, sour cream, salt and pepper.

Method: The leg of veal should be boned, then flattened out and stuffed with the finely chopped onions, the boned anchovies, kidney, bread, all well mixed and previously browned in a little hot fat, and well seasoned with salt and pepper. The veal is then roasted and basted with butter and a little stock. When done, hot sour cream is poured over it, and it is served with hot rice or a salad.



GEFÜLLTER SCHÖPSENRÜCKEN (Stuffed saddle of lamb)

Ingredients: Saddle of lamb, 1 onion, 6 shallots, $\frac{1}{4}$ lb. of ham, a handful of soaked bread, parsley, beef marrow, 2 eggs, salt and pepper.

Method: Remove the bones and fat from the saddle, rub the meat all over with onion, salt and pepper, and keep in a cool place for 12 hours. Chop the shallots, ham, parsley and marrow very finely, cook till slightly brown in a little butter, season with salt and pepper, bind with the 2 eggs and, when done, stuff the saddle of mutton. Tie with string and roast, basting frequently. The gravy is strained over it when done.

PAPRIKA-KALBS-SCHNITZEL

(Paprika veal)

Ingredients: Thin slices of fillet of veal, 4 or 5 onions, 1 tablespoon of paprika, $\frac{1}{2}$ pint of sour cream, salt and pepper.

Method: Fry the sliced onions in hot fat, sprinkling them with the paprika and, when they begin to brown, add the slices of veal, dipped in flour. Season with salt and pepper, add the sour cream and mix well. Serve with flour dumplings (see page 241) poached in salted water, drained and lightly cooked in hot butter.



SCHWEINSSCHLÖGEL

(Leg of pork à la Wienerwald)

Ingredients: A leg of pork, 2 lbs. of tomatoes, $\frac{3}{4}$ pint of white wine, salt.

Method: The leg of pork is boiled like a ham with vegetables, herbs, etc. When done, slices are put on a hot dish and the following sauce poured over them: Boil the tomatoes in white wine, seasoned with salt. Simmer till reduced to a pulp, and strain. Macaroni, or dumplings of some kind, is served with this dish.



FASCHERTER BRATEN

(Meat loaf)

Ingredients: 1 lb. of pork, 1 lb. of beef, a handful of bread soaked in milk, 6 tablespoons of sour cream, 1 or 2 eggs, salt and pepper.

Method: Put the meat through the mincer, add the soaked bread, season highly with salt and pepper, bind with the eggs and mix thoroughly. Shape the mixture into a loaf, put it on a baking tin with melted fat and cook in a moderate

oven, basting frequently for about 1 to 1½ hours till it is done. Twenty minutes or so before serving add the sour cream. Rice or macaroni is served with this dish.

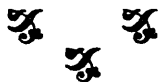


SCHWEIN MIT KRAUT

(Pork with cabbage)

Ingredients: 1½ to 2 lbs. of pork, 1 cabbage, 3 large onions, a few tablespoons of sour cream or milk, butter, paprika, salt and pepper.

Method: Slice the onions and brown them in hot butter or fat and sprinkle with 1 tablespoon of paprika. Then add a ½ pint of warm water and the pork cut in inch lengths. Season with salt and pepper and simmer gently for about 1 hour or till the pork is tender. At the same time shred the cabbage and put it in a deep frying pan in hot butter or fat with about 4 tablespoons of sour cream or milk. Simmer for 1 hour, covering the pan with a plate or dish. Season with salt and pepper. At the end of 1 hour add the cabbage to the pork and onion, mix all well and cook altogether for another 20 to 30 minutes.



Poultry

PAPRIKA HUHN

(Paprika chicken)

Ingredients: One or 2 young chickens, 5 or 6 onions, the yolks of 1 or 2 eggs, 1 gill of sour cream, 1 tablespoon of paprika, salt and pepper.

Method: Slice the onions and cook in hot fat till a golden colour. Add the chickens cut in quarters and sprinkle all

with the paprika. When the chickens are slightly coloured, add the yolks of eggs, well mixed with the sour cream, season with salt and pepper and simmer till the chickens are quite tender. Rice is served with this dish.



GEFÜLLTES HUHNER (Stuffed chicken)

Ingredients: A young chicken, larding fat, 3 or 4 mushrooms, 2 tablespoons of boiled green peas, rice, 1 yolk of egg, salt and pepper.

Method: Cut the larding fat into small strips, just over $\frac{1}{2}$ an inch long, and lard closely the breast of the chicken with a larding needle. Mix in a basin the rice, the cooked peas, and the cooked and chopped mushrooms, moisten with a little stock or melted butter, season with salt and pepper and bind with the yolk of 1 or 2 eggs. Stuff the chicken with this mixture and roast, basting frequently. Serve with tomato sauce and boiled cauliflower.



BACKHÜHNER (Fried young chickens)

Ingredients: Young chickens, 3 to 4 months old, flour, the yolks of 2 eggs, fine breadcrumbs, salt and pepper, butter or fat.

Method: Quarter the young chickens, sprinkle freely with salt and let them stand for $\frac{1}{2}$ an hour. Then dip the joints in flour, coat with yolks of eggs and finally with fine white breadcrumbs. Fry in butter or fat till a golden colour. A lettuce salad, with slices of hard-boiled egg, is served with this.

This dish is sometimes garnished in the same manner as Wiener Schnitzel with anchovies, etc. (see page 252).

POULARDE À LA SACHER

This dish is a spécialité of the famous restaurant in Vienna, the Hotel Sacher: the late Madame Sacher and her husband both created dishes which are popular throughout Austria.

Ingredients: A chicken, $\frac{1}{2}$ lb. of sausage meat, 1 goose's liver, 2 or 3 lambs' sweetbreads, asparagus, peas, new carrots, new potatoes, Madeira wine.

Method: Mince the goose liver and mix it with the sausage meat. Cook in butter or goose fat, seasoning with salt and pepper, and adding, when nearly done, 3 or 4 tablespoons of Madeira. Stuff the chicken with this, roast, and serve with a garnish of the vegetables mentioned above, previously cooked.



GEFLÜGEL RAGOÛT

(Brown stew with giblet, liver, etc., of poultry)

Ingredients: The neck, giblets, heart and liver of poultry and left-over poultry, 3 or 4 onions, stock, salt and pepper.

Method: Slice the onions and brown in goose fat. When well browned, add the giblets, etc., and when these are also browned, sprinkle with a little flour and mix thoroughly. Cover with warm stock, season with salt and pepper and simmer for 1 hour. Add any left-over cooked poultry 15 minutes before serving.

This ragoût has many variations. Sometimes tomatoes are added, sometimes paprikas, often both. Caraway seed or cumin is often used as a seasoning, as well as a sprinkling of chives. Ribbon macaroni or rice or potato balls (see page 266) are served with this.

GEBRATENE GANS

(Roast goose)

The Austrians are particularly fond of goose, and it is extensively eaten throughout the country—it is, in fact, a characteristic national dish; and Kalt Gans—cold goose, served with cucumber salad sprinkled with caraway seed or chopped dill—is one of the most popular poultry dishes.

Ingredients: A young goose, 3 or 4 sweet dessert apples, a few sprigs of marjoram, a few lumps of sugar, apple compote or red currant jelly.

Method: The bird is well rubbed with salt and pepper, outside and inside, sprinkled with chopped marjoram, a few sprigs being put inside the goose. Peel and core the apples, replace the core with a lump of sugar, and stuff the goose with them. Roast the goose, basting frequently, and serve with apple compote or red currant jelly and a salad.



GEBRATENE ENTE

(Roast duck)

The stuffing for the duck consists of the liver and heart, boiled, then finely chopped with a little bread soaked in milk, 1 or 2 eggs, a little butter, and all well seasoned with salt and pepper. When served, the duck is eaten with thin slices of oranges, soaked in red wine and sugar and mixed with stewed sour cherries and red currants.



GEBRATENE JUNGE ENTE

(Roast duckling)

The duckling is stuffed with a mixture of a few mushrooms, previously cooked in butter, 2 or 3 chopped shallots, a little parsley, a handful of bread soaked in cream, 1 or 2 eggs, and a seasoning of salt and pepper. The duck is served with fresh peas, or a salad and compote.

GEBRATENE TAUBEN

(Roast pigeons)

The pigeons are larded and stuffed as follows: Melt a little butter in a frying pan, put in $\frac{1}{4}$ lb. of chopped calves' liver, 1 large boned anchovy, also chopped, 1 onion, 1 or 2 juniper berries, a few sprigs of thyme, salt, pepper, and a glass of red wine. Mix all thoroughly and cook till the liver is done. Stuff the pigeons and roast them in butter. Sour cream is poured over them and they are served with bread-crumbs, fried in butter, and a fruit compote.

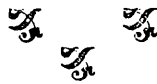


PERLHUHN

(Guinea-fowl)

Ingredients: A guinea-fowl, calves' brain, larding fat, slices of bread, butter, 1 gill of sour cream, 1 onion, salt and pepper.

Method: Lard the breast of the guinea-fowl very closely with thin slices of larding fat, sprinkle it with salt and roast, adding a sliced onion and basting frequently with butter. Pour sour cream over it and serve with this sauce and slices of bread fried in butter, on which is heaped stewed calves' brain, well seasoned with salt and pepper. Baked potatoes, black currant jelly and salad are served with it.



Game

REBHÜHNER

(Partridges)

Ingredients: Young partridges, larding fat, butter, a few juniper berries, lentils, salt and pepper, fruit salad, sour cream.

RECIPES OF ALL NATIONS

Method: The partridges are rubbed over with salt, then thickly larded with thin strips of larding fat, and roasted with plenty of butter and a few crushed juniper berries. Sour cream is poured over them, and they are served with lentils and fruit salad.



SCHNEPFER

(Snipe)

Ingredients: A few snipe covered with a slice of larding fat, butter, a few tablespoons of stock, 2 or 3 shallots, sour cream, 1 glass of red wine, 1 tablespoon of chopped lemon peel, parsley, brown breadcrumbs, 1 yolk of egg, rounds of fried bread, salt and pepper, stewed pineapple.

Method: Salt and pepper the snipe, cover with larding fat and tie with string. Roast in a quick oven in butter and a little stock, basting frequently. Chop the liver and heart, and mix with the chopped shallots, parsley, breadcrumbs and lemon peel. Moisten with a little sour cream and red wine. Season with salt and pepper. Cook in butter till the liver and heart are well done. Before serving, pour sour cream over the birds and put rounds of bread, fried in butter, and garnished with the liver, etc., around the dish. Stewed pineapple is served with this.



HASENBRATEN

(Hare)

Ingredients: A young hare, larding fat, 2 or 3 carrots, 1 large turnip, 2 or 3 onions, 1 clove of garlic, parsley, rosemary, thyme, 1 bayleaf, salt, peppercorns, a few strips of lemon peel, red wine, sour cream, potato balls (see page 266), stewed currants or currant jelly.

Method: The hare is well larded and highly seasoned with salt and pepper. Put the sliced vegetables in a stew pan,

with the herbs, etc., and cover with equal quantities of wine and water. Bring to the boil and simmer for $\frac{1}{2}$ an hour. Then put in the hare and stew till quite tender. When nearly done, remove the hare from the pan, strain the sauce, and replace the hare in the pan, which should have been well rinsed. Cover with the sauce, adding a little sour cream. When ready, carve the hare, put the pieces on a hot dish and pour the sauce over them. Baked potato balls are served with this, and either stewed currants or currant jelly.



FASAN (Pheasant)

The pheasant is stuffed with a purée of chestnuts, mixed with fresh pork fat, cooked in butter, and seasoned with salt, pepper and a little sugar. Salad, compotes or jellies is served with it.



FASAN NACH BÖHMISCHER ART (Pheasant à la Bohémienne)

This famous dish, which has become a classical one in the chef's repertory, is usually done somewhat differently by the Austrians. The difference is that, whereas in the French version the bird is invariably stuffed with pâté de foie gras and truffles, in Austria it is stuffed with a filling composed of snipe and fat salt pork, and sometimes truffles. Here is the Austrian recipe:

Ingredients: A pheasant, 2 or 3 snipe, a slice of fat salt pork, 2 or 3 truffles (optional), herbs, paprika, salt, pepper, butter or fat, 1 or 2 eggs.

Method: The snipe should be roasted, but left very underdone. All the meat is removed, very finely chopped, mixed with the chopped pork, and seasoned with the chopped herbs—marjoram, thyme, parsley—salt, pepper and

paprika, and lastly the chopped cooked truffles, if these are included. The mixture is cooked in butter, and 1 or 2 whole eggs are added to bind. The pheasant is stuffed with this, and cooked in a casserole with butter for about 45 minutes. A little brandy is poured over it, and it is served with a little game stock.



REHRÜCKEN (Saddle of venison)

Venison is extensively eaten in Austria. It is plentiful and cheap and there are many delicious ways of preparing it.

Ingredients: The haunch or fillet is the best cut to use for this method of cooking venison. Larding fat, 2 or 3 large onions, 2 or 3 carrots, 2 turnips, 1 clove of garlic, parsley, rosemary, thyme, 1 bayleaf, a few strips of lemon peel, salt, peppercorns, red wine, sour cream.

Method: Put the sliced vegetables and finely chopped garlic and herbs in a saucepan and add equal parts of wine and water. Bring to the boil and simmer for $\frac{1}{2}$ an hour. Then add the larded venison, cover closely and simmer for 1 to 2 hours, according to the toughness of the meat. When half done, remove the joint from the pan, strain the sauce, replace the venison in the saucepan—which should have been well rinsed—pour the liquid over it, add a few table-spoons of sour cream, and cook slowly till done. Potato balls (see page 266) and red currant jelly are served with this.



HIRSCH-BRATEN (Venison)

Ingredients: Venison, a few carrots, onions, turnips, lean gammon, cut in large dice, mixed spices, game stock, flour, salt and pepper, sour cream, capers.

A U S T R I A

Method: Brown the vegetables in hot fat with the gammon, sprinkling with flour and cooking till the flour begins to brown. Then add the piece of venison, which should have been well rubbed over with salt, cover with a little game stock, season with salt, pepper and spices, and cook slowly till quite tender. Ten minutes before serving, strain the sauce, return to the saucepan, add a few tablespoons of sour cream and 1 or 2 tablespoons of capers. Garnish the dish with croûtons of fried bread. Serve with fruit compote or red currant jelly.



GEMSEN RÜCKEN BRATEN

(Roast chamois)

Although chamois is difficult to get in this country, and can be had only at a few restaurants in London, it is so largely consumed in Austria that no book of typical Austrian recipes would be complete without a chamois dish. When well cooked, the flesh of young chamois is tender and has a distinctive and pleasant flavour.

Ingredients: A haunch or fillet of chamois, larding fat. For the marinade, red wine, a little vinegar, 2 carrots, 1 onion, mixed herbs, garlic, salt and peppercorns, water. The marinade can be used either cooked or uncooked.

Method: Put the sliced vegetables, etc., in an earthenware vessel and put the joint over them. Cover with the wine and water, and season with plenty of salt. Let it stand in the marinade for 3 or 4 days, turning the joint occasionally. Remove from the marinade, dry it with a cloth, lard it closely with larding fat and roast, basting frequently. The same garnishes are served with it as those in the preceding recipe.

TOMATEN GEFÜLLT MIT GEMS LEBER RAGOÛT (Tomatoes stuffed with chamois liver)

This is another favourite chamois dish in Austria.

Ingredients: Chamois liver, a few large and firm tomatoes, a little chopped onion, butter or fat, salt and pepper.

Method: Chop the liver in small pieces and cook in butter or fat, with a little chopped onion. Sprinkle with a little flour, and cook till the flour is well browned and the liver quite tender. Make a neat round incision on the top of each tomato, remove some of the pulp, and fill with the cooked liver. Sprinkle with breadcrumbs, put a small pat of butter on each tomato and put in the oven for 15 to 20 minutes.



HASENPFEFFER

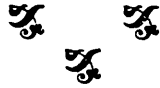
(Civet of hare)

Ingredients: A hare, divided into joints, a thick slice of gammon, cut into large dice, 2 large onions, red wine, small onions (pickling onions) and small mushrooms for the garnish, flour, 1½ ozs. of chocolate, salt and pepper.

Method: Put the gammon, cut in large dice, in a little hot fat, and brown. Add the sliced onions and cook till brown, sprinkling them with flour and mixing well, till the flour begins to colour. Then add the pieces of hare, which should have been in a marinade for several hours (see marinade), and cook till slightly browned. Then cover with red wine, season with salt, pepper and the grated chocolate. Cover and simmer gently for about 1½ hours, till the pieces of hare are tender. The flavour of the chocolate is barely perceptible. It merely makes the sauce slightly sweet.

When nearly done, the sauce is strained and poured over the joints, which should have been put in a clean saucepan. Add the small onions, previously browned in butter, and the cooked mushrooms, and simmer for a few minutes longer.

To serve, put the pieces of hare in the centre of a hot dish, pour the sauce over them, garnish with the mushrooms, onions and croûtons of fried bread. Ribbon macaroni is usually served with this dish.



Vegetables

KRAUT MIT RAHM (Cabbage with sour cream)

Ingredients: The white part of a large cabbage, 2 or 3 tablespoons of sour cream, butter, salt, a few caraway seeds.

Method: Shred the cabbage very finely and put it in a deep frying pan with the sour cream and a little butter. Season highly with salt, and sprinkle with a few caraway seeds. Stir occasionally, keep the pan covered with a dish or plate, and simmer for 1½ to 2 hours.



SAUERKRAUT (Sour or pickled cabbage)

Ingredients: 2 lbs. of sauerkraut, 1 onion, stock, lard, flour.

Method: Put the sauerkraut in a saucepan, and cover with the stock. Bring to the boil and simmer for 2 hours. Melt a little butter in a saucepan, cook the finely chopped onion till it begins to brown, then sprinkle with a little flour and, when the flour begins to brown, add all to the sauerkraut, mixing well. Sauerkraut is usually eaten with pickled pork.

SAUERE KARTOFFEL

(Potatoes in sour sauce)

Ingredients: A few freshly boiled potatoes, the peel of 1 large lemon, cut in 3 or 4 large strips, 1 tablespoon of finely chopped onion, 1 or 2 tablespoons of vinegar, 1 gill of stock, 1 bayleaf, salt and pepper.

Method: Melt the butter in a saucepan and fry the chopped onion till it begins to brown. Sprinkle with a little flour, and when this browns add the hot stock gradually, and finally the vinegar, lemon peel, bayleaf and a seasoning of salt and pepper. Simmer for $\frac{1}{2}$ an hour. Add the hot boiled potatoes, cut into small cubes, and simmer for 5 minutes. Remove the bayleaf and lemon peel, and serve.



KARTOFFEL KNÖDEL

(Potato balls)

Ingredients: A few cooked potatoes, yolks of 1 or 2 eggs, a little milk, breadcrumbs, salt and pepper.

Method: Mash the potatoes, add a little milk and butter, and bind with the yolks of 1 or 2 eggs. Season with salt and pepper. Shape into small balls, roll in flour, then coat with yolk of egg and fine breadcrumbs. Either bake in the oven or fry in very hot fat.



GEDÜNSTETE GURKEN

(Stewed cucumber)

Ingredients: 2 or 3 sliced cucumbers, stock, sour cream, the juice of $\frac{1}{2}$ a lemon, 1 or 2 cloves of garlic, flour, butter, salt and pepper.

Method: Melt a little butter in a saucepan, sprinkle in a little flour and, when a light brown, add a little stock gradually, stirring well; then add the sour cream, lemon

A U S T R I A

juice, garlic, salt and pepper. Stew the peeled and sliced cucumber in this till quite tender. Put the slices of cucumber on a hot dish and pour the sauce over them.



KÜRBISSE

(Vegetable marrow)

Ingredients: 1 or 2 small marrows, 1 gill of stock, butter, flour, 1 teaspoon of vinegar, caraway seed, salt and pepper.

Method: Melt a little butter in a saucepan and stir in half the quantity of flour. When well blended, add the hot stock gradually, stirring well. Then add the vinegar, salt, pepper and the caraway seed. Peel the marrows, cut in 2 inch lengths, sprinkle with salt and let them stand for $\frac{1}{2}$ an hour. Then put them in the sauce, bring to the boil, and simmer till the marrow is quite tender.



KÜRBISSE MIT PAPRIKA

(Vegetable marrow with paprika)

Proceed as in above recipe, but using sour cream instead of stock, and omitting the vinegar and caraway seed. Flavour with 2 teaspoons of paprika.



PAPRIKA GEFÜLLTS MIT REIS

(Stuffed paprikas with rice)

Ingredients: 6 or 8 large green or red sweet peppers (paprikas), 1 cupful of rice, 1 onion, 2 or 3 tomatoes, $\frac{1}{2}$ pint of sour cream, stock or water, goose dripping, salt.

Method: Cut the top off the paprikas and remove the seeds. Cut 1 or 2 of them into strips. Cook in hot goose dripping, with the chopped onion, the peeled tomatoes and the rice, which should be moistened with a little water or stock.

RECIPES OF ALL NATIONS

Cook till the rice is soft, mix in the sour cream and simmer for 5 minutes, stirring well. Stuff the paprikas with the mixture and serve with rice.



STANGEN SPARGEL

(Asparagus)

This simple but distinctive way of serving plain boiled asparagus is typically Austrian and must not be confused with *Asperges à la Polonoise*, which, besides brown breadcrumbs, also includes finely chopped yolks of hard-boiled eggs and parsley. In the Austrian recipe the asparagus are boiled in salted water, well drained, laid on a dish and sprinkled with fine breadcrumbs, well browned in butter, and melted butter is poured over them.



GEBACKENE PILZE

(Baked mushrooms)

The peeled mushrooms are put in a well buttered glass fireproof dish with a lid, covered with sour cream, sprinkled with chopped parsley and shallots, and seasoned with salt, pepper and lemon juice. Place the dish in a moderate oven and cook for about 25 to 30 minutes.

Salads

ÖSTERREICHISCHER SALAT

(Austrian salad)

Equal quantities of cooked potatoes and peeled and cored apples are cut into dice and mixed with a dressing of equal parts of oil and vinegar, seasoned with salt and pepper. The salad is garnished with slices of hard-boiled eggs. Uncooked filleted herrings, cut in strips, are sometimes added, as well as beetroot cut in cubes.



KARTOFFEL SALAT

(Potato Salad)

Peel and slice 4 or 5 large potatoes and, while still warm, put them in a salad bowl, moisten with white wine and a dressing of 4 tablespoons of oil to 2 of vinegar, and season with salt and pepper. Sprinkle finely chopped onion and parsley over them and let stand for a little so that the wine and dressing are absorbed.



LINSEN SALAT

(Lentil salad)

Boiled lentils, well drained, are put in a salad bowl, mixed with the same dressing as in the above recipe and also sprinkled with chopped onion and parsley.

KRAUT SALAT

(Cabbage salad)

The white part of a cabbage, uncooked, is finely shredded, mixed with either the same dressing of oil and vinegar as in the foregoing recipes or with a dressing of sour cream and a little vinegar, and sprinkled with caraway seed.



WIENER KRAUT SALAT

(Viennese cabbage salad)

In this recipe the cabbage is usually boiled, but raw cabbage is sometimes used. It is shredded and dressed with a little vinegar, sugar, salt and pepper, and either cumin or caraway seed. Often it is garnished with small cubes of fried bacon or gammon.



PAPRIKA SALAT

(Paprika salad)

The paprikas are either boiled or baked till tender and served with a salad dressing made of 2 tablespoons of oil to 1 of vinegar, salt, pepper, and a little sugar.



GURKENSALAT

(Cucumber salad)

The cucumber is pared and cut into extremely thin slices. These are sprinkled freely with salt and left to stand for 1 or 2 hours. Then they are well squeezed in a cloth to extract the water, put in a salad bowl and dressed with a dressing of sour cream, a little vinegar or lemon juice, salt, and sometimes a sprinkling of paprika.

A U S T R I A

HERINGE À LA LICHTENSTEIN

(Herrings à la Lichtenstein)

Cooked herrings, when cold, are cut in small pieces, and dressed with the ordinary salad dressing of oil and vinegar, to which a little mustard and cream are added, and salt and pepper. This salad is garnished with cooked mushrooms and a little chopped onion.



FISCH SALAT

(Fish salad)

Cold cooked fish is cut into inch length pieces, put in a salad bowl, with a dressing of oil and vinegar, garnished with capers and sliced gherkins and sometimes sprinkled with chives or grated horseradish.



HÄUPTEL SALAT

(Lettuce salad)

Although this salad is strictly speaking international, and does not belong exclusively to Austria, it is so popular there and is served with so many dishes that I think it necessary to mention it. The lettuce is dressed with a plain dressing of oil and vinegar or a cream and lemon juice dressing, with a little sugar, salt and pepper, and garnished with slices of hard-boiled egg.

Sweets

APFEL-STRUDEL

(Apple strudel)

There are various recipes for making the batter for strudel, some in which a little butter is used, some in which oil takes the place of butter, and some which include yeast. The recipe I give is the one most commonly used in Austria.

Ingredients: Just under $\frac{1}{2}$ lb. of flour, 1 whole egg, 1 tablespoon of oil, a pinch of salt, a little water.

For the filling: Peeled, cored and sliced apples, currants, raisins, breadcrumbs fried in butter, sugar, melted butter.

Method: Put the flour on a pastry board and make a well in the centre. In this, put the egg, the oil and a pinch of salt. Mix first with a knife, then knead with the hands, adding a little water gradually. Work for 15 to 20 minutes, taking the dough in the hands and beating on the board. When it shows bubbles and no longer adheres to the hands, put it on a floured board, cover with a basin and let it stand for 1 hour. Put a large clean cloth on the kitchen table, sprinkle it with flour and roll out the dough. Lift the dough and, with the back of the hands under it, pull and stretch it carefully until it reaches the size of the cloth and is very thin and transparent. This is not an easy thing to do, and practice and experience are required to do this pulling without breaking the very thin paste. Lay the paste on the cloth and carefully trim off the pieces hanging over the side of the table. Now brush the paste over with melted butter, sprinkle with the fried breadcrumbs, the sliced apples, the raisins, currants and sugar. Lift the two corners of the cloth with both hands and roll the paste into a long thin sausage. Bend it and place carefully on a well-greased tin, brush over with melted butter or fat, and bake till it is a nice

A U S T R I A

golden colour. Sprinkle with sugar, cut in thick slices and serve hot. There are many different varieties of strudel fillings. It can be filled with different kinds of fruit or with sour milk or cream mixed with yolks of eggs, sugar, raisins and currants.



TOPFEN KNÖDEL

(Sour milk or cream quenelles)

Ingredients: $\frac{1}{2}$ lb. of solid sour milk or cream, $1\frac{1}{2}$ ozs. of butter, 2 eggs, 3 tablespoons of sugar, a pinch of salt, flour, butter, breadcrumbs.

Method: Cream the butter, then add the yolks, beating and mixing thoroughly. Mix in the sour milk or cream and the sugar. Finally add the whites of eggs beaten to a stiff froth. Add sufficient flour for the mixture to be firm enough to roll into small balls. Poach them in boiling water for 5 minutes. Have ready a frying pan with melted butter and breadcrumbs, put the quenelles in this, shake the pan, so that they will be evenly coated and slightly browned. Remove from the pan and sprinkle with sugar. The sugar in the mixture is often omitted and the quenelles are merely sprinkled with sugar when they are done.



WIENER GUGELHUPF

(Vienna Gugelhupf)

This cake is also made in Alsace and Germany, but the Viennese claim it as one of their national cakes.

Ingredients: 12 ozs. of flour, 4 ozs. of butter, 1 oz. of castor sugar, about 1 oz. of yeast, 3 eggs, just under $\frac{1}{2}$ pint of milk, 4 ozs. of raisins and currants, about 2 dozen Jordan almonds.

Method: Dissolve the yeast in a little warm milk. Put the flour in a salad bowl or round terrine, make a well in the centre, put in the eggs, the melted butter, the sugar and the dissolved yeast, stir all well together and finally add the raisins and currants. Pour the mixture into a fancy fluted cylinder mould, which should have been well buttered and in which the almonds, blanched and sliced, have been strewn, filling the mould $\frac{3}{4}$ full only. Put the mould in a warm place, cover, and let the dough rise till it comes to the top of it. Now place the mould on a thick baking tin, and put in a moderate oven and bake for about 1 hour. When sufficiently baked it should come out of the mould quite easily. Stand on a wire tray and sprinkle with a little castor sugar.



KAISER-SCHMARN

(Emperor schmaĭn)

Ingredients: $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ pint of fresh cream, a sprinkling of sugar, 4 eggs, $1\frac{1}{2}$ ozs. of raisins, a pinch of salt, butter.

Method: Beat the yolks of eggs and cream, add the flour, the raisins, a little sugar (optional) and finally the whites of eggs beaten to a stiff froth. Melt a little butter in an omelet pan and, when hot, pour in the mixture and proceed as in making an omelet but without folding. When slightly browned on both sides, put on a hot dish and, with two forks, roughly pull to pieces and sprinkle with sugar flavoured with vanilla.



SCHLOSSER BUBEN

(Locksmith's boys)

Ingredients: Large dried plums, blanched almonds, a dough made with flour, eggs, sugar and white wine (quantity)

ties according to number of plums) and a pinch of salt. Castor sugar mixed with grated chocolate.

Method: The plums should be soaked for about 12 hours, and boiled till soft. The stone is removed and a blanched almond is put in its place. Each plum is surrounded by dough and they are baked in butter till a good colour and, while still hot, are rolled in the sugar and grated chocolate.



NUSS TORTE

(Nut cake)

Ingredients: 3 tablespoons of grated chocolate, 2 tablespoons of breadcrumbs soaked in a little rum, 2 tablespoons of flour, 4 eggs, 6 tablespoons of sugar, 6 tablespoons of ground nuts or almonds, cream or milk, butter.

Method: Beat the butter and sugar to a cream, add the chocolate and mix thoroughly, then add the ground nuts, the breadcrumbs, the flour and finally the whites of egg beaten to a stiff froth. This cake should be thoroughly beaten or it is apt to be heavy. When well beaten, pour into a cake tin and bake in a slow oven for about $\frac{3}{4}$ of an hour, when the cake should have risen. When done, turn out of the mould and let it stand till cold. Cut the cake carefully into 1 or 2 layers, and fill with a mixture of ground nuts worked to a smooth paste with a little warm milk or cream, butter and sugar. Cover the cake with a layer of this mixture, sprinkle with chocolate and with very finely chopped nuts.



ÖSTERREICHISCHE DALKEN

(Austrian dalken)

Ingredients: 6 ozs. of flour, 4 eggs, 2 tablespoons of castor sugar, $\frac{3}{4}$ pint of milk, a pinch of salt, butter.

Method: Work all the ingredients thoroughly together in a basin with a wooden spoon, and add the milk gradually. Let

it stand for 15 minutes. Butter some small moulds usually used for poaching eggs, and put 2 tablespoons of the mixture in each. (Do not put any water in the pan containing the moulds.) Place in a moderate oven. The batter rises, and as it does so the edges curve inwards towards the centre, owing to the rounded sides of these particular moulds, thus forming little tartlets. When the under part is browned and the tartlet is well shaped, turn and slightly brown the upper part. When done, they are filled with apricot or greengage jam and fresh cream.



WIRRE GEDANKEN ("Troubled Thoughts")

Ingredients: Just under $\frac{1}{2}$ lb. of flour, the yolks of 4 eggs, 3 tablespoons of castor sugar, 5 tablespoons of white wine or water, a pinch of salt, frying oil or good fat.

Method: Work the flour and eggs with a knife, then add the other ingredients and knead for about 20 minutes. The paste should be light but quite firm. Mould into an oblong shape, cover with a basin and let it stand for $\frac{1}{2}$ an hour. Now cut very small pieces from the paste and roll them out on a floured pastry board as thinly as possible into rounds of about 3 inches. With a sharp knife make 4 small incisions in each round. Thread the handle of a wooden spoon in and out of these incisions. Have ready a small deep saucepan of boiling oil or fat. Dip the "Troubled Thought" in the hot fat, holding it with the wooden spoon. After about 1 minute, slip the spoon out as the "Troubled Thought" will be sufficiently cooked on one side, turn it carefully and cook the other side to a light golden colour. Have ready a plate with icing sugar and dip them in this while still hot, coating them equally all over. They should be very light and crumbly.

OMELETTE GEFÜLLTE MIT SAURER SAHNE

(Pancakes with sour cream stuffing)

Pancakes are made in the ordinary way and spread with the mixture described in recipe for Topfen Knodel (see page 273). The mixture should, of course, be poached in the same manner before being used.



SALSEN-SCHNITTEN

(Jam slices)

Ingredients: A few slices of white bread, apricot, greengage or currant jam, red wine, spices, the yolks of 1 or 2 eggs, breadcrumbs, butter or fat.

Method: Cut slices of bread, remove the crust, spread the bread with the jam, and cover with another slice of bread. Moisten these sandwiches with a little red wine, in which sugar and spices have been boiled for a few minutes, brush over with yolk of egg, coat with white breadcrumbs and fry in hot butter or fat to a golden colour.

*Sundries*

KREN SAUCE

(Horse-radish sauce)

Put a few tablespoons of stock in a small saucepan, bring to the boil, and add about 1 tablespoon of white bread, without the crust, and mix well. A tablespoon of finely grated horse-radish is stirred in, with 3 or 4 tablespoons of sour cream and a good pinch of saffron. Simmer for a few minutes and it is ready for use.

When served with fish, fish stock is used instead of meat stock. Cold horse-radish sauce is also prepared with grated horse-radish, grated apples, cream and lemon juice.



DILL SAUCE

(Dill sauce)

Dill is very popular in Austria and is extensively used as a flavouring to sauces and dishes. One tablespoon of chopped dill is added to a saucé made with stock and thickened with a little flour browned in butter, or it is sometimes added to a plain butter sauce.



KAPERIN SAUCE

(Caper sauce)

To a sauce made with stock, thickened with a little flour browned in butter, as in above recipe, finely chopped lemon peel and a lavish amount of capers are added, and a few tablespoons of sour cream.



SCHWEINS SULZ

(Pork jelly)

Ingredients: 2 or 3 lbs. of lean pork, with a few bones, 2 or 3 large carrots, 2 or 3 large onions, 1 stick of celery, parsley, 1 bayleaf, thyme, a few strips of lemon peel, white wine or vinegar, salt and pepper.

Method: Put the meat and bones in a large saucepan and cover with equal parts of water and white wine or vinegar. Bring to the boil, skim carefully and add the sliced vegetables and seasoning. Simmer till the meat is very tender. When done, put the meat in a deep dish or in a basin with or without the vegetables (according to taste) and strain over

it the liquid in which the meat has boiled. Put in a cool place till set in a jelly. One of the dainty ways of serving this is to cut the meat and jelly in small pieces and put it on shell-shaped dishes, with boiled calves' brain, cut in small pieces, clusters of cauliflower, and a mayonnaise dressing. It is also garnished with slices of hard-boiled egg and pickled cucumbers.



SARDELLEN GERICHT

(A dish of anchovies)

Boned anchovies are arranged on a dish with a garnish of strips of cold boiled eel, capers, sliced pickled cucumbers, clusters of cold boiled cauliflower and mushrooms. The following sauce is poured over them: the yolks of 2 or 3 hard-boiled eggs are pounded in a mortar, and mixed with vinegar, finely chopped shallots, parsley, a little mustard, and finally oil is worked in gradually, as in making mayonnaise.



WIENER BRÖTCHEN

(Viennese rolls)

Ingredients: 2 lbs. of the best flour, just over 1 oz. of yeast, $\frac{1}{2}$ oz. of salt, $\frac{3}{4}$ pint of milk, yolk of egg, water.

Method: Dissolve the yeast in $\frac{1}{3}$ of the warmed milk and the same of water. Make a stiff dough with some of the flour and the yeast, milk and a little water. Keep in a warm place and set to rise for $\frac{1}{2}$ an hour. Work the remaining flour with the water and milk and add the dough that has risen. Work and knead thoroughly. Now let the dough stand for 1 hour, then fold over. Then divide the dough in 4 oz. pieces and shape into compact balls. Let stand for another $\frac{1}{2}$ hour. Shape them into round rolls, brush over with yolk of egg and set in a moderate oven till done.

KIPFEL (Crescents)

These famous Viennese crescent-shaped rolls were first made by a pastrycook in the year 1683 to celebrate Sobieski's victory over the Turks.

Ingredients: 1 lb. of best sifted flour, $\frac{1}{4}$ lb. of butter, yolk of egg, $\frac{1}{2}$ oz. of salt, a little under 1 oz. of yeast, $\frac{1}{2}$ pint of milk.

Method: Dissolve the yeast in 5 ozs. of warm milk. Put the flour in a terrine or salad bowl, add the dissolved yeast, work into a dough, neither very stiff nor yet too soft. This is entirely a matter of judgment and experience. Let stand for about $\frac{1}{2}$ an hour, and if the dough has risen sufficiently, add the rest of the milk, the salt, and work till the dough no longer clings to the hands. Now roll out on a pastry board and coat with the butter, as in making puff pastry. Fold the dough, shape into a ball and let it stand in a cool place for several hours or even overnight. Roll out the dough, cut in 4 or 5 inch lengths, roll each piece into a cylindrical shape and let stand for 10 minutes. Flatten them slightly and shape into crescents. Put them on a cloth and let them rise for another hour. Then brush over with the yolk of egg and bake in a moderate oven.



HIRN IN MUSCHELN (Calves' brains in shells)

Although of comparatively recent origin, these "little dishes," served as hot hors-d'œuvre, have become popular in Vienna owing to a great extent to the influence of the famous Viennese chef, Sacher, and of his wife, Madame Sacher, who did much in their lifetime to further the cause of "haute cuisine" in Austria.

Ingredients: Calves' brains, onions, turnips, eggs, white wine, anchovies, Parmesan cheese, butter, salt and pepper.

Method: After having been soaked, blanched, skinned and

carefully cleaned, the calves' brains are cooked in a little butter, with chopped onions, turnips and 3 or 4 tablespoons of white wine, and seasoned with salt and pepper. When done, they are drained and put in scallop shells. A spoonful of well-beaten egg is spread over each, with a sprinkling of grated Parmesan cheese and finely chopped anchovies. The shells are then put in a brisk oven till the egg has just set, and they must be served at once.



KALBSFLEISCH À LA SACHER

(Veal à la Sacher)

This very tasty cold hors-d'œuvre consists of small slices of cold veal, neatly arranged in scallop shells, with a few boiled pickled onions, and the following sauce poured over them: Pound the yolks of a few hard-boiled eggs in a mortar, then add the finely chopped whites of eggs, chopped gherkins, pickled shallots, chervil and stir in a few table-spoons of oil gradually, as in making mayonnaise. Finally add a little vinegar. Season with salt and pepper.



SARDELL IN MUSCHELN

(Anchovies in shells)

This is a very special hot hors-d'œuvre, made by creaming 6 ozs. of butter, then adding the yolks of 4 eggs, a few pounded anchovies, 1½ ozs. of grated Parmesan cheese, chopped chives, and finally the white of egg beaten to a stiff froth. The mixture is put on scallop shells and cooked in a hot oven for 10 minutes.

A Few Austrian Beverages

KAFFEE MIT SCHLAGOBERS

(Coffee with whipped cream)

This is one of the most famous of all Austrian beverages, and its popularity is such that one need not go to Austria to sample it. It is obtainable in many restaurants and is simple to make, although much depends on the quality of the coffee. It can be served either hot or cold.

To a cup of strong black coffee add a little milk and sugar, and on the top put about 1 tablespoon of whipped cream, sweetened with a little sugar. The contrast of the hot coffee and the cold whipped cream is very pleasant. The coffee is sometimes served iced, with the cold whipped cream over it.



KAKAO MIT SCHLAGOBERS

(Chocolate with whipped cream)

This consists of a cup of hot chocolate, made with chocolate powder to which boiling milk is added gradually, and served with sweetened whipped cream in the same manner as the coffee with cream.



MANDEL MILCH

(Almond milk)

About 2 dozen or so sweet almonds are finely chopped and put into a basin or jug with 1 pint of water. Stir till the mixture looks like milk. Strain through a wet napkin. Pound the almonds in a mortar, and stir again in the same water. Strain, add a good amount of sugar, and a little orange juice. It is usually served very cold, but sometimes just warm.

A U S T R I A

KARDINAL (Cardinal)

About 1 lb. of lump sugar is well rubbed with orange skin and put in a bowl with the juice of 2 oranges, a cupful of pineapple juice, a bottle of white wine, and $\frac{1}{2}$ a bottle of champagne. It is iced and served very cold.



PFIRSICHBOWLE (Cold peach punch)

For this excellent punch, 10 or 12 ripe peaches are peeled and stoned, and cut in slices. These are put in a basin, freely sprinkled with sugar and allowed to stand for about 2 hours. A bottle of red wine is poured over them and also a bottle of white wine. This is iced, and just before serving a bottle of iced champagne is added.

HUNGARY



SOUPS

	PAGE
Gulyásleves (<i>Gullash soup</i>)	287
Káposztaleves (<i>Cabbage soup</i>)	287
Burgonyaleves (<i>Potato soup</i>)	288



FISH

Rác Ponty (<i>Rác-carp</i>)	289
Halkocsonya (<i>Fish in aspic</i>)	289
Rákpaprikás (<i>Crayfish or Dublin prawns with paprika</i>).	290



ENTREES

Kolbászos Rántotta (<i>Scrambled eggs with sausages</i>)	290
Paprikás-Gomba (<i>Mushrooms with paprika</i>)	291
Káposztáspalacsinta (<i>Cabbage pancakes</i>)	291
Töltött Burgonya (<i>Stuffed potatoes</i>)	291



MEAT

Puszta Pörkölt (<i>Meat stew</i>)	292
Székelygulyás (<i>Szekely gullash</i>)	293
Borjúpaprikás (<i>Veal paprika</i>)	293
Esterházy-Rostélyos (<i>Esterházy steaks</i>)	293
Erdélyi Tokány (<i>Transylvanian Tokány</i>)	294
Borjú vagy Disznó Paprikásszelet (<i>Veal or pork chops with paprika sauce</i>)	294

POULTRY AND GAME

	PAGE
Pörköltcsirke (<i>Pörkölt chicken</i>)	295
Paprikásnyúl (<i>Hare with paprika</i>)	295



SUNDRIES

Rakott Burgonya (<i>A potato and egg dish</i>)	296
Paprikásburgonya (<i>Potatoes with paprika</i>)	296
Tökfőzelék (<i>Vegetable marrow with cream</i>)	296
Csipetke (<i>Very small flour dumplings</i>)	297
Liptauer Cheese	297



SWEETS

Boszorkányhab (<i>The witches' froth</i>)	298
Mákostészta (<i>Poppy-seed cake</i>)	298
Huszárrostélyos (<i>Hussar toast</i>)	298
The National Hungarian Wine	299

Introduction

HUNGARIAN cookery, similar in many respects to Austrian cookery, is distinguished by its more highly seasoned and pungent dishes, and by a more generous use of onions, fat and cream. It invariably evokes visions of bright scarlet dishes, tinted by the favourite Hungarian condiment, paprika, which looks far more vicious and fiery than it actually is. It has, in fact, a distinctive and pleasing flavour, and is only slightly hot. It is used in soups, in fish dishes, in meat dishes—in fact, in almost every Hungarian dish with the exception of sweets and puddings.

Among the most famous of all Hungarian dishes are their gulyás and their paprikas, the former being either a soup or a stew, the latter being divided into pörkölt, the paprika dish without sour cream, and the other being paprika dishes containing sour cream. Great use is made of fresh green or red peppers (the sweet Spanish pimiento), of sauerkraut and, as in so many European countries, of sour cream or milk. There is an abundance of fresh-water fish and of Dublin prawns, for which we find excellent recipes.

Altogether, Hungarian cooking at its best is excellent, and it can boast of quite a number of typical national dishes.

Soups

GULYÁSLEVES

(Gullash soup)

First and foremost among Hungarian soups comes this one, of which there are many versions, some containing many different kinds of meat, others only one or two; but the principle remains the same, and the two predominant flavours are those of onions and paprika.

I give the simpler recipe for gullash soup and one which is apt to be more popular than that made with beef, pork, mutton and smoked ham.

Ingredients: 2 lbs. of beef, 1 or 2 smoked sausages, 1 lb. of onions, 1 or 2 fresh tomatoes, 2 red or green pimientos, 2 or 3 potatoes, 2 tablespoons of paprika, 3 pints of water, salt, lard.

Method: Shred the onions and cook to a light golden colour in the hot lard. Then add the meat, cut in inch-long pieces, the chopped tomatoes, the shredded pimientos or paprikas, and season with the paprika powder and salt. Simmer very gently for about 45 minutes, then add the hot water gradually, cover the saucepan or casserole and simmer very gently for about 2 hours. Half an hour or so before serving, add the potatoes, peeled and quartered, and about ten minutes before serving add the sliced smoked sausage.



KÁPOSZTALEVES

(Cabbage soup)

Ingredients: 6 ozs. of either lean pork or mutton, 2 lbs. of cabbage, 1 large onion, 2 or 3 tomatoes, $\frac{1}{2}$ a pint of sour cream, 2 tablespoons of flour, 2 tablespoons of lard, 1 quart of water, 1 teaspoon of paprika, salt.

Method: Shred the onion and cabbage and put in a saucepan with a little hot fat. Mix well and add the meat, cut in cubes, the chopped tomatoes, and the seasoning of paprika and salt. Simmer gently for 30 minutes, but without allowing to brown. Then add the hot water gradually, cover, and simmer for 1½ hours, till the meat and cabbage are quite tender. Half an hour before serving, dilute the flour with a little of the sour cream and a few tablespoons of the hot stock, work into a smooth paste, and stir it into the soup. Finally stir in the remainder of the sour cream.



BURGONYALEVES

(Potato soup)

Ingredients: 3 or 4 large potatoes, 1 medium sized onion, 3 tablespoons of sour cream, parsley, 1 pimiento, 1 quart of water or stock, salt, 1 tablespoon of paprika, lard.

Method: Melt about 1 tablespoon of lard in a saucepan and, when hot, add the chopped onion, the paprika or pimiento and the potatoes cut in small dice. Simmer gently without browning till the onions are of a light golden colour, and sprinkle with a little chopped parsley. Add the hot water, stir in the paprika, season with salt, bring to the boil and simmer for ½ an hour or till the potatoes are cooked. Stir in 1 tablespoon of the sour cream a few minutes before serving, and the remaining sour cream when the saucepan has been removed from the fire.

Fish

RÁC PONTY

(Rác-carp)

Although carp is always used for this dish in Hungary, any sea or freshwater fish can be prepared and cooked in the same manner.

Ingredients: One large carp, larding bacon, 2 or 3 tomatoes, onions, parsnips, $\frac{1}{2}$ pint of sour cream, $\frac{1}{2}$ lb. of butter, 1 tablespoon of paprika, salt.

Method: Cut the larding bacon, the tomatoes, onions and parsnips into thin strips and, with a larding needle, lard the whole back of the fish with alternate rows of the larding bacon and the vegetables. Put the fish in a baking tin or in a fireproof dish, sprinkle freely with salt and paprika, pour the melted butter over it and place in a moderate oven till the fish is tender, basting frequently with the sour cream.



HALKOCSONYA

(Fish in aspic)

Ingredients: 2 lbs. of fish 2 or 3 large onions, 2 tablespoons of paprika, salt, 2 quarts of water.

Method: Cut the fish into 2 inch lengths and remove the bones. Put the fish, the bones and the finely chopped onions in a saucepan with the cold water, seasoning with the salt and paprika. Bring to the boil, and simmer till the fish is tender. Remove the pieces of fish carefully from the stock, put them in a basin or a dish and strain the stock over them. Put in a cold place till the stock has set in a jelly.

RÁKPAPRIKÁS

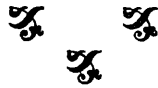
(Crayfish or Dublin prawns with paprika)

The Norway lobster, or "Dublin" prawn as they are called in England, is very cheap and plentiful in most European countries, and this Hungarian recipe is very popular.

Ingredients: 2 dozen Dublin prawns, 4 tablespoons of tomato purée, 1 gill of sour cream, 1 heaped teaspoon of paprika, $\frac{1}{4}$ lb. of butter, parsley, 1 teaspoon of cumin, salt.

Method: Boil the crayfish or Dublin prawns in salted water, flavoured with the cumin and parsley. When done, drain and remove the flesh from the tails and claws. Pound the shells to a paste in a mortar with 2 ozs. of butter, and rub through a sieve. Melt the remaining butter, mix with the paste made with the shells, add the tomato purée, the paprika, and season with a little salt. Then add the flesh from the tails and claws of the crayfish, pounded in a mortar, and, just before serving, stir in the cream.

Plain boiled rice, dry and flaky, is usually served with this.



Entrées

KOLBÁSZOS RÁNTOTTA

(Scrambled eggs with sausages)

Ingredients: 6 eggs, $\frac{1}{4}$ lb. smoked sausages, 2 ozs. of unsalted or green bacon, 1 or 2 green pimientos, salt and pepper, butter.

Method: Cut the bacon, pimientos, and sausage in small dice and fry lightly in a little butter or fat. Break the eggs in a basin, mix well with a fork, season with salt and pepper,

HUNGARY

and add the cubes of bacon, sausage and pimientos. Melt a little butter in a deep frying pan, pour in the egg mixture, and stir continually with a wooden spoon till the consistency of thick cream, only just sufficiently set to be eaten with a fork. Serve at once.



PAPRIKÁS-GOMBA

(Mushrooms with paprika)

Ingredients: $\frac{1}{2}$ lb. of small mushrooms, 2 or 3 onions, 1 tablespoon of paprika, 2 tablespoons of sour cream, lard, salt, water.

Method: Chop the onions finely and evenly, and fry in a little lard till brown. Then add the mushrooms, carefully peeled, season with salt and paprika, and add sufficient warm water barely to cover the mushrooms. Cover the saucepan and simmer very gently till the mushrooms are tender and till the water has completely evaporated. Just before serving, stir in the sour cream.



KÁPOSZTÁSPALACSINTA

(Cabbage pancakes)

This is made by adding 3 or 4 tablespoons of finely shredded cabbage, boiled, and then lightly fried or sauté in a little butter or fat, to a somewhat thin pancake batter. The pancakes are made in the usual way, and before folding are filled with a little chopped ham.



TÖLTÖTT BURGONYA

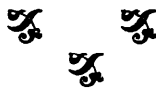
(Stuffed potatoes)

Ingredients: 8 large potatoes as nearly as possible of the same size, cooked minced pork, 2 or 3 tablespoons of cooked

RECIPES OF ALL NATIONS

rice, a few smoked sausages, 2 or 3 onions, $\frac{1}{2}$ pint of sour cream, 1 tablespoon of paprika, lard or fat, salt.

Method: Peel the potatoes and cut them in half lengthwise. With a small sharp knife remove the interior of the potato, leaving a thickness of about $\frac{1}{8}$ of an inch. Stuff each half potato with the mixed minced pork and rice, cooked in a little butter, and well seasoned with salt and paprika. Slice the onions and mix with the pulp removed from the potatoes, and brown lightly in a little fat, with the sliced sausages. Place a layer of onions in a deep fireproof dish, over this put the potatoes and sausages, then the stuffed potatoes. Cover with a little hot water, sprinkle with paprika and bake in a moderate oven, adding the cream when the potatoes are nearly done.



Meat

PUSZTA PÖRKÖLT

(Meat stew)

Ingredients: Equal parts of beef, veal and pork, 2 or 3 onions, 2 or 3 potatoes, lard or fat, salt and 1 teaspoon of paprika.

Method: Slice the onions and cook till a golden brown in hot lard or fat. Then add the meat, cut in inch lengths, season with salt and paprika. When the meat begins to brown, cover with hot water and simmer gently for $1\frac{1}{2}$ hours. Twenty minutes or so before serving add the potatoes, cut in small cubes, and serve as soon as these are cooked.

SZÉKELYGULYÁS

(Szekely gullash)

Ingredients: 1 lb. of pork, 1 lb. of sauerkraut, 1 large onion, 1 gill of sour cream, lard, salt.

Method: Chop the onion, and cook in hot lard till a golden colour. Sprinkle with the paprika and mix well. Then add the meat, cut in small squares and simmer for a few minutes. Add a little water, and simmer till the water has evaporated. Repeat this process till the meat is quite tender. Add the previously boiled sauerkraut, mix well, and finally add the sour cream.



BORJÚPAPRIKÁS

(Veal paprika)

Ingredients: 1 lb. of veal, 2 or 3 onions, 1 tablespoon of paprika, lard, 1 gill of sour cream, salt, water.

Method: The meat is cut in small squares and cooked exactly as in the preceding recipe, but without the sauerkraut.



ESTERHÁZY-ROSTÉLYOS

(Esterházy steaks)

Ingredients: Small steaks, taken from the loin, onions, carrots, parsnips, 1 gill of sour cream, 1 tablespoon of paprika, lard, salt.

Method: Put the sliced vegetables in a saucepan with the hot lard and, when they begin to brown, add the steaks (which should have been previously grilled for a few minutes), the paprika and the cream. Simmer till the steaks are tender and slightly underdone.

ERDÉLYI TOKÁNY
(Transylvanian Tokány)

This simple beef stew is very popular in Transylvania. The beef is cut into inch squares, put in a saucepan with a little lard and seasoned with salt and pepper. A few table-spoons of water are added, and the meat is simmered gently for about 1 hour till quite tender. A little more hot water is added from time to time in the process of cooking. About half an hour before the meat is ready, sliced onions are added and, when the onions are tender and the meat is slightly brown, the Tokány is ready.



BORJÚ VAGY DISZNÓ PAPRIKÁSSZELET
(Veal or pork chops with paprika sauce)

Ingredients: A few veal or pork cutlets, 2 rashers of bacon to each cutlet, $\frac{1}{2}$ a pint of sour cream, 1 tablespoon of paprika, salt.

Method: Fry the rashers in a little melted butter and, when done, remove from the pan and keep warm in a very slow oven. Fry the cutlets to a nice golden colour in the bacon fat, add a little hot water and simmer till the cutlets are quite tender, seasoning with salt and paprika. Add the cream gradually, stirring till the sauce thickens. To serve, put some boiled rice in the centre of a dish and lay the slices of bacon over it. Arrange the cutlets around the dish and pour the sauce over them.

Poultry and Game

PÖRKÖLTCSIRKE

(Pörkölt chicken)

Ingredients: 1 chicken, jointed, 2 or 3 tablespoons of tomato purée, 1 or 2 large onions, 2 or 3 pimientos, 1 tablespoon of paprika, salt, and a little water.

Method: Sprinkle the chicken, cut in neat joints, with salt and let stand for 2 or 3 hours. Fry the chopped onion in a little lard and, when slightly browned, mix in the tomato purée and season with salt and paprika. Then add the chicken, brown, add a little water, and simmer till the chicken is tender. Garnish with sliced and previously cooked pimientos.



PAPRIKÁSNYÚL

(Hare with paprika)

Ingredients: Saddle of hare, 2 or 3 onions, 1 gill of sour cream, 1 tablespoon of paprika, lard or goose fat, salt, water.

Method: Chop the onions and cook in the hot fat to a golden colour, without browning. Then add the hare, cut in neat and somewhat thick slices, seasoning with salt and paprika, and adding a little hot water from time to time till the meat is quite tender. Then stir in the cream and, when well mixed, serve with flour or other dumplings.

Sundries

RAKOTT BURGONYA

(A potato and egg dish)

This dish consists of sliced boiled potatoes placed in a well-buttered baking or fireproof dish with strips of ham over them, covered with a little sour cream, then a layer of sliced hard-boiled eggs, again covered with cream, a layer of boiled cauliflower, divided into clusters, and also covered with cream. The top layer should be potatoes and finally the dish is sprinkled with breadcrumbs, a little melted butter poured over the whole, and it is put in a moderate oven for 20 to 25 minutes till slightly browned.



PAPRIKÁSBURGONYA

(Potatoes with paprika)

Ingredients: 6 or 8 large potatoes, 2 or 3 onions, 1 gill of sour cream, 1 heaped teaspoon of paprika, salt, lard, or fat.

Method: Cook the finely chopped onions in the fat to a golden colour, but without browning. Mix in the paprika and add the potatoes, peeled and cut in small dice. Season with salt, and simmer gently, adding hot water from time to time till the potatoes are tender, but not too soft. Add the sour cream a few minutes before serving.



TÖKFÓZELÉK

(Vegetable marrow with cream)

Ingredients: 1 or 2 young marrows, $\frac{1}{2}$ pint of sour cream, 1 teaspoon of paprika, lard or fat, flour, salt.

HUNGARY

Method: The marrow is peeled and cut into thin, narrow slices, freely sprinkled with salt and left for an hour or more to free it from water. Put a little lard or fat in a pan, and when hot add the paprika and the marrow, and cook without browning for 5 minutes. Stir in a little flour, then the cream, and simmer for 8 to 10 minutes.



CSIPETKE

(Very small flour dumplings)

These tiny dumplings which so often accompany various kinds of Gullash are made of a stiff paste consisting of 2 eggs to every 1 lb. of flour, kneaded with a little water and a good pinch of salt. The paste is rolled to the thickness of about $\frac{1}{2}$ an inch, cut into $\frac{1}{2}$ inch strips, and tiny pieces, of about the size of a bean, are pinched off with the fingers and shaped into balls. These are either boiled in salted water or cooked in the sauce of the dish with which they are served.



LIPTAUER CHEESE

This famous cheese, which is extensively made in Germany and Austria, is of Hungarian origin. It is made from sour milk.

When the milk has soured and has become solidified, it is put in a muslin bag for 12 hours to drain. Work equal quantities of cream cheese and butter to a smooth paste. Add just under 1 oz. of finely chopped capers, 1 teaspoon of salt, 4 chopped anchovies, $\frac{1}{2}$ a teaspoon of chopped onion, 1 small teaspoon of French or German mustard, $1\frac{1}{2}$ teaspoons of paprika, a dash of pepper. Mix all the ingredients thoroughly, put in a mould to shape it, and decorate with capers and a sprinkling of paprika. About $2\frac{1}{2}$ pints of milk will make sufficient cream cheese for 4 people.

Sweets

BOSZORKÁNYHAB

(The witches' froth)

Ingredients: 2 lbs. of apples, the whites of 2 or 3 eggs, 6 tablespoons of sugar, a little lemon juice, sliced fresh fruit and whipped cream.

Method: Bake the apples till very soft, remove the peel and the core, and rub the pulp through a sieve. When quite cold, add this pulp gradually to the whites of eggs, beaten to a very stiff snow, to which the sugar and lemon juice have been added. Put on a glass dish and garnish with slices of fresh fruit and whipped cream.



MÁKOSTÉSZTA

(Poppy-seed cake)

Ingredients: 1 lb. of ground poppy seeds, $\frac{1}{2}$ pint of fresh cream, 6 tablespoons of sugar, 1 strip of grated orange or lemon peel, 3 cups of flour, the yolks of 2 eggs, $\frac{1}{4}$ lb. of butter, 1 teaspoon of baking powder, 2 cups of milk.

Method: Make a dough with the flour, baking powder, the yolks of eggs, the milk, and a little sugar. Beat well and let stand for $\frac{1}{2}$ an hour. Roll out to about $\frac{1}{2}$ an inch thick, cover with the poppy seeds, which have been well mixed with the cream, sugar and grated peel, and bake in a moderate oven.



HUSZÁRROSTÉLYOS

(Hussar toast)

This savoury dish consists of slices of stale bread fried to a golden brown in goose fat, sprinkled with salt and well rubbed over with garlic. It is the Hungarian version of a dish popular in most European countries.

The National Hungarian Wine

The one wine of international interest and importance produced in Hungary is the famous Tokay, which was already held in high repute in the time of the Crusaders. It is produced chiefly in a mountainous region in the north-eastern part of Hungary, of which the town of Tokay is the centre. The best Tokay is made from a species of vine called Formint, and the finest of the wines is the Tokay *ausbruch*. It is made from grapes which have been allowed to become over-ripe in the sun and which are gathered only when they are almost as shrivelled as raisins. These are blended with unscorched grapes. The Tokay *essence*, which is like a syrup and very highly prized, is produced by putting the finest grapes in casks and drawing off the sweet and sugary juice which exudes from them.

Tokay has a soft, almost oily taste, somewhat like a liqueur, and is highly aromatic and luscious.

Mr. F. Hedges Butler in his interesting book, *Wine and the Wine Lands of the World*, tells us that "The Imperial Tokay *ausbruch* (or 'flowing forth' of the syrup) was mostly kept for the use of the Austrian Emperor and a few of the nobles. From the reign of the Tsarina Catherine of Russia up till the year 1840 a Cossack detachment was stationed at Tokay to guard the wines purchased by the Russian Imperial Household."

GERMANY



SOUPS

	PAGE
Hamburger Aalsuppe (<i>Hamburg eel soup</i>)	307
Morgenrot Suppe (<i>The "Dawn" soup</i>)	308
Nierensuppe (<i>Kidney soup</i>)	308
Hafergrützensuppe mit Äpfeln (<i>Oat groats soup with apples</i>)	308
Weinsuppe mit Makronen oder Biscuits (<i>Wine soup with macaroons or other sweet biscuits</i>)	309
Weinsuppe mit Schneeklösschen (<i>Wine soup with snow eggs</i>)	309
Weinschaumsuppe (<i>Sparkling wine soup</i>)	309
Weissbiersuppe (<i>Ale soup</i>)	310
Biersuppe mit Milch (<i>Beer soup with milk</i>)	310
Weinbeersuppe (<i>Grape soup</i>)	310



FISH

Grüner Aal mit Gurkensalat (<i>Green eel with cucumber salad</i>)	311
Gefüllter Hecht (<i>Stuffed pike</i>)	311
Fischbouletten von Kabeljau mit Spinat (<i>Cod fish balls with spinach</i>)	312
Hackebraten von Merlan (<i>Hashed whiting</i>)	312
Bierkarpfen (<i>Carp cooked in beer</i>)	313
Rollmopse (<i>Collared herrings</i>)	314
Gebratene Salzheringe mit Sauerkraut (<i>Fried salt herrings with sauerkraut</i>)	314
Fisch mit Sauerkraut (<i>Fish with sauerkraut</i>)	315
Gebrackener Rochen mit Sauerkraut (<i>Fried skate with sauerkraut</i>)	315

GERMANY

ENTREES

	PAGE
Leipziger Allerlei (<i>Macédoine of young vegetables</i>).	316
Königsberger Klops (<i>Konigsberg loaves or rissoles</i>)	316
Schinkennudeln (<i>Ham noodles</i>)	317
Kartoffeln mit Äpfeln und Geräucherter Blutwurst (<i>Potatoes with apples and pickled blood sausage</i>)	317
Strassburger Kartoffeln (<i>Strasbourg potatoes</i>)	318
Bratwurst in Bier Nach Berliner Art (<i>Pork sausages in beer, Berlin style</i>)	318
Gänseleber mit Äpfeln und Zwiebeln Gedämpft (<i>Goose liver stewed with apples and onions</i>)	319
Gufüllter Gänsehals (<i>Stuffed goose's neck</i>)	319
Gänseklein mit Klösschen (<i>Goose giblets with dumplings</i>)	320
Frische Ochsenzunge mit Rosinensauce (<i>Fresh ox tongue with raisin sauce</i>)	320



MEAT

Kalbsbraten mit Bier (<i>Roast veal with beer</i>)	321
Schweinefleisch in Bier Geschmort (<i>Pork stewed in beer</i>)	321
Pökelfleisch Gekocht mit Sauerkraut (<i>Pickled pork with sauerkraut</i>)	322
Schweinsbrust mit Äpfeln (<i>Breast or brisket of pork with apples</i>)	322
Schweinsbraten mit einer Kruste (<i>Roast pork with crust</i>)	322
Schweinsfilets mit Saurer Sahne (<i>Fillets of pork with sour cream</i>)	323
Rindfleisch in Bier Geschmort (<i>Beef stewed in beer</i>)	323
Rindfleisch mit Sardellensauce (<i>Beef with anchovy sauce</i>)	324
Beefsteak mit Hindernissen (<i>Garnished beefsteak</i>)	324
Kasseler Rippespeer (<i>Pork chops, Kassel style</i>)	324

RECIPES OF ALL NATIONS

POULTRY AND GAME

	PAGE
Hamburger Kuchen Gefüllt (<i>Stuffed poussins, Hamburg style</i>)	325
Gebratene fette Gans (Two different stuffings) (<i>Roast fat goose</i>)	325
Gedämpfte Ente mit Rotkohl (<i>Braised duck with red cabbage</i>)	326
Backhähndel nach Süddeutscher Art (<i>Young chickens in the South German style</i>)	326
Geschmorte, Gefüllte Hirschbrust (<i>Baked and stuffed breast or brisket of venison</i>)	327
Gehackte Hirschbeefsteaks (<i>Steaks of minced venison</i>)	327
Rehblatt in Apfelwein Gedämpft (<i>Roebuck stewed in cider</i>)	327
Hasenkuchen (<i>Pâté of hare</i>)	328
Auerhahn Gebraten (<i>Roast capercaillie</i>)	328



VEGETABLES

Sauerkraut mit Wein (<i>Sauerkraut with wine</i>)	329
Sauerkraut Schweinebauch (<i>Sauerkraut and pig's paunch</i>)	330
Sauerkraut mit Äpfeln (<i>Sauerkraut with apples</i>).	330
Bayrisch Kraut (<i>Bavarian cabbage</i>)	330
Weisskohl mit Sahne (<i>White cabbage with cream</i>)	331
Bürgermeisterkartoffeln (<i>Burgemeister potatoes</i>)	331
Gefüllte Kartoffeln (<i>Stuffed potatoes</i>)	331
Spargel in Reiserand (<i>Asparagus in a rice border</i>)	332
Artischockenböden mit Zwiebel-Puree (<i>Globe artichokes stuffed with onion purée</i>)	332
Saubohnen (<i>Broad beans</i>)	333
Hopfensprossen (<i>Hop shoots</i>)	333
Gefüllte Gurken (<i>Stuffed cucumber</i>)	333
Kürbis mit Reis (<i>Vegetable marrow with rice</i>)	334
Kohlrabi (<i>Kohlrabi</i>)	334

GERMANY

SALADS

	PAGE
Kopfsalat mit Speck (<i>Lettuce and leek salad with bacon</i>)	335
Warmer Kartoffelsalat (<i>Warm potato salad</i>)	335
Kalter Kartoffelsalat (<i>Cold potato salad</i>)	335
Hersingsalat (<i>Herring salad</i>)	335
Ochsenmaulsalat (<i>Ox cheek salad</i>)	336
Sardellen Salat (<i>Anchovy salad</i>)	336
Fleischsalat (<i>Meat salad</i>)	336
Salat von Rote Rüben (<i>Beetroot salad</i>)	337
Blumenkohlsalat (<i>Cauliflower salad</i>)	337
Rot-und-Weisskrautsalat (<i>Red and white cabbage salad</i>)	337



SWEETS

Dampfnudeln mit Pflaumen (<i>Dumplings with plums</i>)	338
Nationalpudding (<i>National pudding</i>)	338
Milchreis mit Quitten (<i>Milk and rice with quince</i>)	339
Reis mit Rosinen (<i>Rice with raisins</i>)	339
Apfelsinenbiscuittorte Ungefüllt (<i>Orange cake</i>)	339
Berliner Napfkuchen (<i>Berlin raised cake</i>)	340
Kolatschen (<i>Tart</i>)	340
“Maultasche” (“ <i>Mouth pockets</i> ”)	340
Berliner Kranzkuchen (<i>Berlin “garland” cake</i>)	341
Kartoffelkuchen (<i>Potato cake</i>)	341



SUNDRIES

Apfelmus (<i>Apple marmalade</i>)	342
Apfelscheiben als Kompott (<i>Compote of sliced apples</i>)	342
Semmelklösse (<i>Bread dumplings</i>)	342
Süsse Semmelklösse (<i>Sweet bread dumplings</i>)	343
Bayrische Griesklösse (<i>Bavarian semolina dumplings</i>)	343

RECIPES OF ALL NATIONS

	PAGE
Punschglasur (<i>Punch icing</i>)	343
Sardellensauce (<i>Anchovy sauce</i>)	343
Weinschaumsauce (<i>Wine froth sauce</i>)	344
Milchbrötchen (<i>Milk rolls</i>)	344
Salz und Kümmelstangen (<i>Salt caraway seed sticks</i>)	344
Zwieback (<i>Rusks</i>)	345
Streichkäse mit Käseresten (<i>A cheese savoury</i>)	345
Maiwein (<i>Wine with woodruff</i>)	345
Weissbier (<i>White beer</i>)	345
Bierkaltschale (<i>Cold beer soup</i>)	346
Zitronensuppe (<i>Lemon soup</i>)	346
A Few German Cheeses	346
A Few German Beers	347
A Few German Wines	347
Hock	348
Liebfraumilch	348
Moselle	348

Introduction

GERMANY has a highly distinctive cookery of her own, and, with the exception of the cooking in the big hotels and restaurants in Germany, the French have had little or no influence on national and traditional German cookery, as they have had in other European countries. The all-conquering French chef has never been allowed to cross the threshold of the German *hausfrau's* kitchen—the *hausfrau* who is so often an admirable and painstaking cook, and who follows her own method in the preparation and cooking of the traditional and beloved dishes of the Fatherland. Some of her homely dishes are excellent, but the French chef, were he allowed to cross this sacred frontier, might criticise her somewhat “broad” method of cooking, and the mixture of certain ingredients which, according to the French palate, are discordant. But the palates of the different nations of Europe are much influenced by both racial and climatic factors, and the hereditary antagonism between Germany and France is certainly reflected in the widely differing tastes in food. The German has a predilection for heavy food; he is a big eater, but shares with the Frenchman the admirable gift of enjoying his food. Just as German “kultur” is of a more ponderous type, so is the German art of gastronomy, and a nation who gives us a Beethoven and a Wagner does not give us a Grétry or a Lully.

One of the most striking features in German cookery is the fondness for sour-sweet flavouring of food and the liking for sugar in salads. In many cases it is quite pleasing, although it is an acquired taste. One of Germany's most admirable contributions to gastronomy—and perhaps to humanity—is in the treatment of a common vegetable which, as so often prepared, cooked and served in England, is one of the most noxious of all dishes inflicted upon us practically

every day. To Germany we owe a way of treating cabbage which makes it palatable and tasty—she has given us sauerkraut, a delicious thing, barely reminiscent of the original cabbage. And from Germany, too, come all manner of delicious sausages, which combined with sauerkraut are among the notably good things to eat in this world, particularly when accompanied by a tankard of cold German beer.

I wish to tender my sincere thanks to Mr. Fr. Schmidt, of Schmidt's Restaurant, London, for his valued assistance, and also to Mr. Zahner, the well-known chef-de-cuisine, who is an authority on German cooking and who has had the kindness to read my manuscript.

Soups

German soups are perhaps among the most typical of all German dishes, their beer soups particularly being essentially Germanic. They are all very sufficing and somewhat rich, and the generous helpings we get in Germany make it difficult to partake of the courses which follow.



HAMBURGER AALSUPPE

(Hamburg eel soup)

Ingredients: 1½ lbs. of eel, 2½ lbs. of lean beef, 1 lb. of pears, 1 onion, 2 carrots, 2 turnips, ½ lb. of sorrel, a little sage, tarragon, thyme, 1 cup of green peas, ½ a cauliflower, 2 yolks of egg, white wine, salt and pepper.

Method: Skin and bone the eel, cut it in 2 to 3 inch lengths, sprinkle with salt and let it stand for 2 hours. Cut the beef in small pieces, put it in a saucepan and cover with 2½ quarts of water, bring to the boil and skim. Now add the sliced carrots, turnips, sorrel, the herbs, salt and pepper and simmer for 1½ to 2 hours. Add 1 cupful of peas, and the cauliflower divided in clusters. Boil till the peas and cauliflower are tender. Put the eel in a saucepan, cover with cold water, a little vinegar, add 1 sliced onion, herbs, salt and pepper, and bring to the boil. Simmer for 15 minutes till the eel is tender. Remove the pieces of eel, strain the fish stock into the meat stock, and simmer for another 15 minutes. Just before serving, add the yolks of 2 eggs, diluted with a little warm stock, and also the pears which should have been peeled, cored and quartered, and cooked in white wine, with a strip of lemon peel, till soft.

Method: Put the eggs in a saucepan and beat to a cream with the sugar. Add the lemon juice, the finely chooped peel, 1 teaspoon of flour, the water and wine. Simmer on a slow fire, beating continuously, but do not let the soup boil. When hot, remove the lemon peel, and serve. It should be light and frothy.



WEISSBIERSUPPE

(Ale soup)

Ingredients: 1 quart of ale, the juice of $\frac{1}{2}$ a lemon, a little lemon peel, 1 stick of cinnamon, 1 tablespoon of potato flour, salt and sugar to taste.

Method: Put the ale in a saucepan, with the lemon juice and the cinnamon, and season to taste. Stir continuously, and when hot add the potato flour diluted with a little of the hot soup, stir, and serve.



BIERSUPPE MIT MILCH

(Beer soup with milk)

This soup is made in the same manner as the preceding one, but with 1 bottle of sweet German beer, and without salt and sugar. When hot, 1 pint of hot milk, in which the yolks of 2 eggs have been stirred, with salt and sugar to taste, is added to it, and it is ready to serve, with croûtons of fried bread.

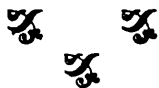


WEINBEERSUPPE

(Grape soup)

This peculiar soup is made with grapes, water, tapioca, yolk of egg. To each quart of water allow 1 yolk, and 2 tablespoons of tapioca. The grapes are halved and stoned, put in a saucepan with a few tablespoons of water, and enough sugar to make a syrup. They are simmered for $\frac{1}{2}$

an hour, then rubbed through a sieve, and the water, with the cooked tapioca, the yolk of egg, seasoned with a little salt, is poured over the grape purée and well mixed. A few grapes, cooked in syrup, but not stoned, can be added to the soup.



Fish

GRÜNER AAL MIT GURKENSALAT

(Green eel with cucumber salad)

Ingredients: 1 or 2 eels, according to size, 2 onions, 1 turnip, 1 tablespoon of chopped dill, sage, tarragon, 1 bayleaf, 1 tablespoon of flour, 1 of butter, 1 cucumber, salt and pepper, salad dressing of oil and vinegar.

Method: Skin and bone the eel, cut in 2 to 3 inch lengths, and put in a saucepan with enough cold water to cover, add the sliced onions, turnip, and the chopped herbs. Season with salt and peppercorns. Bring to the boil and simmer for 15 to 20 minutes till the eel is tender. Place the cooked pieces of eel on a hot dish and pour over them a sauce made with the butter, with which the flour has been mixed, and a few tablespoons of eel stock added gradually. Add finally 1 tablespoon of chopped dill. Serve with cucumber salad. The cucumber should have been peeled and sliced, freely sprinkled with salt, and left to stand for 2 hours, so as to extract the water.



GEFÜLLTER HECHT

(Stuffed Pike)

As pike is now but rarely eaten in England, another fish can be substituted. The fish is slit open, and stuffed with 1 lb. of uncooked pike, or whatever fish is being used, 1 finely

chopped onion, both cooked in a little butter. This is rubbed through a sieve, and a handful of bread, previously soaked in milk and well squeezed, is added to the mixture, the yolks of 1 or 2 eggs, and a seasoning of salt, pepper and a little grated nutmeg. The fish is then sewn up and put in a baking dish or a fire-proof dish, well buttered, with sliced onions, 1 glass of white wine, a little stock, and baked for $\frac{3}{4}$ of an hour, and basted frequently. It is served with a Béchamel sauce or white sauce to which finely chopped dill, tarragon, parsley, fennel and chervil have been added.



FISCHBOULETTEN VON KABELJAU MIT
SPINAT

(Cod fish balls with spinach)

Ingredients: 1 $\frac{1}{4}$ lbs. of cod, 1 roll soaked in milk, 1 chopped onion, yolk of egg, flour, breadcrumbs, butter, spinach, 2 chopped anchovies, salt and pepper.

Method: Bone and skin the fish, and chop it finely. Mix it with the bread, soaked in milk and squeezed, with the finely-chopped onion, previously cooked in butter to a golden colour without browning, and season with salt, pepper and nutmeg. Shape the mixture in rissoles, dip in flour, brush over with yolk of egg and coat with breadcrumbs. Fry the rissoles in butter and, when done, put them on a hot dish, pour the butter in which they were cooked over them, and garnish with chopped spinach cooked in butter, to which two chopped anchovies have been added.



HACKEBRATEN VON MERLAN

(Hashed whiting)

Ingredients: 1 $\frac{1}{2}$ lbs. of whiting, 2 rolls soaked in milk, 2 whole eggs, 2 chopped anchovies, 1 tablespoon of finely-

chopped bacon fat, 8 tablespoons of sour cream, butter, salt and pepper.

Method: Skin and bone the fish and chop it finely. Mix with the bread, soaked in milk, with the chopped anchovies, the bacon fat, 2 tablespoons of sour cream, and season with salt and pepper. Shape into a loaf, and bake till brown in the oven, basting frequently with butter. Ten minutes before serving, pour over it a sauce consisting of 6 tablespoons of sour cream, to which 1 tablespoon of potato flour has been added.



STINTE MIT SAURER SAUCE

(Smelts with sour sauce)

Ingredients: 12 or more smelts, 4 ozs. of pickled pork, 2 onions, vinegar, caraway seed, 2 tablespoons of flour, butter, 1 bayleaf, salt and pepper.

Method: Put sufficient cold water in a saucepan to cover the fish, add 1 sliced onion, 1 teaspoon of caraway seed, peppercorns and salt. Bring this marinade to the boil and simmer for 15 minutes. Cook the smelts in this and, when tender, remove from the water, drain and pour the following sauce over them: Cut the pickled pork into thin strips or small dice, and cook in a little butter till lightly browned. Chop 1 onion and also cook in butter, sprinkling it with the flour, and cooking till lightly browned. Put both pork and onions in a saucepan, add just under a $\frac{1}{2}$ pint of water, vinegar to taste, 1 chopped bayleaf, 1 lump of sugar, salt and pepper, and simmer till reduced to half the quantity.



BIERKARPFEN

(Carp cooked in beer)

This is one of Germany's best known dishes and one of the most popular.

Put the carp in a saucepan or earthenware casserole, with

a sliced onion, 2 or 3 sliced carrots, 2 bayleaves, the skin of 1 whole lemon, shredded, lemon juice, a little paprika, 1 teaspoon of cinnamon, 1½ ozs. of gingerbread, cut in small cubes, 2 tablespoons of vinegar, 1 of treacle or caramel, 4 ozs. of butter which has been cooked till brown. Cover with beer, bring to the boil and boil for 10 minutes, then cover the saucepan and simmer for 15 minutes. When done, put the fish on a hot dish on a large slice of fried bread, garnish with previously poached roe, cut in neat slices, with pickling onions browned in butter, cooked mushrooms and shelled prawns, and pour the following sauce over it: Melt 3 tablespoons of butter, mix in 2 tablespoons of flour and cook to a golden colour, dilute with a few tablespoons of the fish stock, and a little of the blood from the carp, strain a little over the fish, and serve the rest in a sauceboat.



ROLLMOPSE (Collared herrings)

Extensive use is made of herrings in Germany, both fresh and salt.

Remove the head and bones from the fresh herrings and divide into fillets. On each fillet put a layer of sliced gherkins, capers, sliced shallots, and a little German mustard. Roll up the fillets and hold them together with small skewers. Put the rolled fillets in a jar with the herring roe, cover with wine vinegar, and add a little mustard seed, thin slices of lemon, peppercorns, and sliced onions. Cover and let stand for a few days in a cool place. When serving add a little olive oil.



GEBRATENE SALZHERINGE MIT SAUERKRAUT (Fried salt herrings with sauerkraut)

This typical German dish is made with salt herrings, skinned, boned and filleted, and soaked in milk and water

for several hours. They are then dried, brushed over with yolk of egg, coated with breadcrumbs, fried in butter, and served with sauerkraut.



FISCH MIT SAUERKRAUT

(Fish with sauerkraut)

Ingredients: 2 lbs. of any kind of fish, 2 onions, 2 carrots, 2¼ lbs. of sauerkraut, 2 tablespoons of chopped ham, 3 tablespoons of butter, 2 tablespoons of flour, ½ pint of fish stock, 1 gill of sour cream, grated cheese, salt and pepper.

Method: Skin and bone the fish and cut it in 2 inch lengths. Make fish stock with the bones, sliced carrots, 1 onion, salt and pepper. Boil the sauerkraut till tender, and drain thoroughly. Make a sauce with the butter and flour, mixed and stirred till a golden colour, 1 cooked finely-chopped onion, the ham, ½ pint of fish stock, the gill of sour cream. Mix all well, and simmer till slightly reduced. Put a layer of sauerkraut in the bottom of a fireproof dish, put pieces of fish over it, a little sauce, another layer of sauerkraut, then more fish and sauce. Sprinkle with grated cheese, and put in the oven for 30 minutes or longer, according to what fish is used.



GEBACKENER ROCHEN MIT SAUERKRAUT

(Fried skate with sauerkraut)

This consists of skate, well seasoned with salt, sprinkled with flour, and fried in butter. It is garnished with parsley and served with sauerkraut.

Entrées

LEIPZIGER ALLERLEI

(Macédoine of young vegetables)

This excellent German dish makes an attractive luncheon course. It consists of cooked asparagus tips, well drained of all water, boiled peas, drained and cooked in a little butter with salt, pepper and a little sugar, a few young carrots, boiled and also cooked in butter with a little sugar, clusters of cooked cauliflower, cooked kohlrabi, mushrooms, halved and cooked in butter, prawns; and a sauce made with butter, flour, a little of the water in which the asparagus was boiled, and salt and pepper. The vegetables are neatly arranged on a hot dish with the cauliflower on the top, and the sauce is poured over them.



KÖNIGSBERGER KLOPS

(Königsberg loaves or rissoles)

Ingredients: For 5 or 6 people. $\frac{1}{2}$ lb. of beef, $\frac{1}{2}$ lb. of pork, 2 rolls soaked in milk, 1 chopped onion, 3 or 4 anchovies, salt and pepper. For the sauce: 2 tablespoons of butter, 1 of flour, $\frac{1}{2}$ pint of stock, 1 glass of white wine, 2 or 3 chopped anchovies, 1 teaspoon of capers, 1 teaspoon of German or French mustard, 2 lumps of sugar, 2 or 3 slices of lemon, 2 yolks of egg, salt and pepper.

Method: Chop the beef and pork, mix, and add the bread of the 2 rolls, previously soaked in milk, 1 finely-chopped onion, 3 or 4 chopped anchovies, season with salt and pepper and bind with 2 eggs. Shape into rissoles, and fry lightly in butter. When done, put the Klops in a saucepan and cover with the sauce, made as follows: Melt the butter, mix with the flour and cook to a light yellow. Dilute with the stock and the white wine. Add the onion, the chopped anchovies,

capers, mustard, sugar, peppercorns, salt and slices of lemon. Cook for 10 minutes, and pour over the Klops, cover the saucepan, and simmer for 2 minutes. Just before serving, add the yolks of 2 eggs mixed with a little melted butter.



SCHINKENNUDELN

(Ham noodles)

Ingredients: For 4 people. $\frac{1}{2}$ lb. of flour, 3 eggs and a pinch of salt, for the noodles; 5 ozs. of chopped cooked ham, 1 gill of sour cream, 2 whole eggs, grated Gruyère cheese and breadcrumbs, for the sauce.

Method: Work the eggs and the flour to a stiff dough, and let stand for 30 minutes. Divide the dough in two or three pieces, then roll out very thinly on a floured board, and let the paste dry for about 1 hour. Next roll into a long thin roll, and cut into long strips about a quarter of an inch thick. Boil in salted water for 3 or 4 minutes, put on a sieve and pour cold water over them. Drain thoroughly, and put a layer of noodles in a fireproof dish and pour the following sauce over them: Put the sour cream in a saucepan over a very slow fire, mix in the yolks of egg, the chopped ham and a little Gruyère cheese, finely grated, and season with salt and pepper. Pour some of this sauce over the layer of noodles, cover with another layer of noodles, and sauce, sprinkle with grated cheese, breadcrumbs, dot with pats of butter and put in a moderate oven to brown for 35 minutes.



KARTOFFELN MIT ÄPFELN UND GERÄUCHERTER BLUTWURST

(Potatoes with apples and pickled blood sausage)

Ingredients: 2 lbs. of potatoes, 1 lb. of apples, peeled, cored and sliced, a few blood sausages, sliced, and cooked

in butter, breadcrumbs, butter, salt and pepper. White wine, sugar.

Method: Boil the potatoes, but leaving them quite firm, and peel. Put them in a saucepan with the sliced apples and a little water, and simmer till all the water has evaporated and the apples are tender. Then add a little butter, and season with salt and pepper. Put the potatoes in the middle of a hot dish, cover with breadcrumbs fried in butter till brown, around them put the cooked sausages, sliced, and then the apples, sprinkled with a little white wine and sugar.



STRASSBURGER KARTOFFELN

(Strasburg potatoes)

Ingredients: 1 lb. of potatoes, 2 salt herrings, herring roe, 1 onion, 1 cup of milk, 2 or 3 tablespoons of stock, 2 tablespoons of butter, 1 tablespoon of flour, Parmesan cheese, breadcrumbs, salt and pepper.

Method: Boil or steam the potatoes, peel and cut into slices, not too thin. Skin, bone and fillet the herrings, which should have been soaked in milk for 2 hours, and chop them. Put the potatoes and the chopped herrings on a buttered fire-proof dish and pour the following sauce over them: Chop the onion and cook in the butter till slightly yellow, but without browning. Add a cup of warm milk, the stock, and the roe, previously blanched and rubbed through a sieve. Season with salt and pepper and pour over the potatoes. Sprinkle with grated Parmesan cheese and breadcrumbs, dot with pats of butter and put in a moderate oven for 20 minutes.



BRATWURST IN BIER NACH BERLINER ART

(Pork sausages in beer, Berlin style)

Put the sausages in a basin and pour boiling water over them. Drain and dry the sausages, and brown them in

butter with 1 sliced onion, adding 1 or 2 bayleaves, peppercorns and salt. Add 1 cup of ale, bring quickly to the boil and let reduce for a few minutes. Then add another cup of ale, or sufficient to cover the sausages, bring to the boil and simmer gently for 15 minutes. Before serving, add 1 tablespoon of potato flour to thicken the sauce. A potato purée is served with this.



GÄNSELEBER MIT ÄPFELN UND ZWIEBELN GEDÄMPFT

(Goose liver stewed with apples and onions)

Ingredients: 1 or 2 goose livers, 2 large apples, 1 or 2 sliced onions, milk, butter, 1 wine glass of Madeira, salt and pepper.

Method: Soak the goose liver in milk for 1 hour, dry it well, sprinkle with salt and flour, and cook in butter till slightly brown. Then add the apples, peeled, cored and sliced, the sliced onion, cover the saucepan and simmer till the apples and onion are quite tender. Put the liver on a hot dish, pour the Madeira over it, arrange the apples and onions around the dish and pour over them the butter in which they were cooked.



GEFÜLLTER GÄNSEHALS (Stuffed goose's neck)

This is a very popular and a very tasty dish. The fat from the inside of the goose's neck is carefully removed, but without piercing the skin, and the neck is stuffed with the following stuffing: One finely chopped goose liver, $\frac{1}{2}$ lb. of uncooked pork, breadcrumbs, 1 whole egg, salt and pepper, all well mixed. Each end of the neck is sewn up, and it is fried in goose fat to a light brown colour. It is served cold, cut in slices.

GÄNSEKLEIN MIT KLÖSSCHEN

(Goose giblets with dumplings)

Ingredients: The goose giblets, including the head, 3 or 4 turnips, 1 onion, 1 tablespoon of flour, butter, herbs, salt and white pepper.

Method: Clean the giblets and chop them. Put them in a saucepan, add the sliced turnips, cover with a little water, season with salt, and bake till tender. Chop the onion and fry in butter to a light brown, sprinkle with flour, mix well, and add chopped herbs, salt and white pepper. Remove the giblets from the saucepan, mix with the sauce, add 1 tablespoon of butter, and serve with a garnish of dumplings (see p. 342).



FRISCHE OCHSENZUNGE MIT ROSINENSAUCE

(Fresh ox tongue with raisin sauce)

Ingredients: For boiling the tongue—2 or 3 onions, 2 or 3 carrots, turnips, thyme, 1 bayleaf, salt and peppercorns.

For the sauce—2 tablespoons of butter, 2 tablespoons of flour, 1 cup of stock, 1 cup of white wine, 2½ ozs. of raisins, the same of currants, a little chopped lemon peel, 1 teaspoon of vinegar, the same of sugar, 5 or 6 finely chopped almonds, a little lemon juice, salt.

Method: The ox tongue should be soaked in cold water for 1 hour. Put the tongue in a saucepan, cover with cold water, bring to the boil and skim. Then add the sliced vegetables, herbs, salt and peppercorns, and simmer for 3½ to 4 hours, till tender. When done, remove the skin, put on a hot dish, cut in thin slices, and cover with the raisin sauce. Melt the butter in a saucepan, stir in the flour, and cook till brown. Then add the stock, the wine, the raisins, currants, the vinegar, lemon peel, and season with sugar and salt. Simmer till the raisins and currants are quite soft. Before serving, add the almonds and lemon juice.

Meat

Pork and veal seem to be the two favourite meats eaten in Germany, pork, whether fresh or pickled, with sauerkraut, being one of the most famous of all German dishes.



KALBSBRATEN MIT BIER

(Roast veal with beer)

Ingredients: Loin of veal, larding fat, 2 or 3 carrots, 2 or 3 onions, 1 glass of German brown beer, 1 bayleaf, 2 cloves, 1 tablespoon flour, butter, salt and pepper.

Method: Put the meat, which should be closely larded with larding fat, in a deep meat tin, season with salt and a little pepper, add the sliced carrots and the sliced onions, pour melted butter over it, and cook for half an hour till evenly browned on all sides. Pour the beer over the meat, add the bayleaf and cloves, and cook till the meat is tender, basting frequently. When done, put the meat on a hot dish, strain the sauce, stir in 1 tablespoon of flour, and pour over the meat.



SCHWEINEFLEISCH IN BIER GESCHMORT

(Pork stewed in beer)

Put 3 or 4 lbs. of lean pork in a saucepan with 3 pints of cold water. Bring to the boil, reduce by half, and skim carefully. Then add 1 bottle of Swiss brown beer, 1 sliced onion, 1 or 2 sliced carrots, turnips, 2 or 3 cloves, 1 tablespoon of sugar, 1 slice of bread crust, 1 bayleaf, salt and peppercorns, and simmer till tender. Place the meat on a hot dish and strain a little of the sauce over it.

PÖKELFLEISCH GEKOCHT MIT SAUERKRAUT

(Pickled pork with sauerkraut)

Soak the pickled pork for a few hours in cold water. Then put it in a saucepan with cold water, bring to the boil and simmer till tender. When done, drain, put the meat in the centre of the dish, pour over it 3 or 4 tablespoons of butter, which should be cooked to a nutty brown, and to which 1 chopped onion has been added, and around the meat put the cooked sauerkraut (see p. 329).



SCHWEINSBRUST MIT ÄPFELN

(Breast or brisket of pork with apples)

Blanch the pork in boiling water for 10 minutes. Remove from the water, scour closely, and rub over with salt. Place in a deep meat tin, with the skin downwards, and pour $\frac{3}{4}$ of a pint of boiling water over it. Baste frequently, and allow 30 minutes to the lb. After 1 hour, the meat should be turned. Peel, core and quarter 3 or 4 large apples, and put them in a saucepan with 2 tablespoons of butter, 2 tablespoons of sugar, 2 tablespoons of currants, and cook till soft. To serve, put the pork on a hot dish, and garnish with the apples.



SCHWEINSBRATEN MIT EINER KRUSTE

(Roast pork with crust)

Ingredients: 3 or 4 lbs. fillet of pork, 1 onion, 1 bayleaf, a little sage, sweet basil, 1 or 2 yolks of egg, breadcrumbs, 1 glass of white wine, salt and pepper.

Method: Put the meat in a meat tin, with 1 whole onion, the herbs, and season with salt and pepper. Pour $\frac{1}{2}$ a pint of hot water over the meat, and cook till tender, allowing 30 minutes to the lb. and basting frequently. When done, put on a dish and let stand till cold. Then brush the top of the

meat with yolk of egg, cover with breadcrumbs, moisten with a little of the bastings, and continue coating the meat with breadcrumbs and bastings till a crust of about a $\frac{1}{2}$ inch is formed. Put in a quick oven for 15 minutes, basting frequently. Serve on a hot dish and pour over the strained bastings, to which 1 glass of white wine has been added.



SCHWEINSFILETS MIT SAURER SAHNE

(Filets of pork with sour cream)

Cut thin slices from the fillet, removing all fat and skin. Lard with larding fat, put them in a saucepan in hot butter, brown evenly on both sides, cover the saucepan and simmer very gently for about 10 minutes. Then add 1 gill of sour cream, and simmer for another 15 minutes. Remove the filets from the sauce, and put on a hot dish. Stir 1 tablespoon of flour in the cream, add 1 tablespoon of chopped capers, 2 tablespoons of tomato purée, 1 or 2 tablespoons of stock, mix well, and pour the sauce over the filets.



RINDFLEISCH IN BIER GESCHMORT

(Beef stewed in beer)

This typically German dish consists of 3 or 4 lbs. of rump of beef, flattened out, rolled and tied with string. Put a few slices of fat bacon in the bottom of a saucepan, with a few sliced onions, then the meat, which should be covered with equal quantities of brown beer and water, $\frac{1}{2}$ cup of vinegar, 1 tablespoon of brown syrup, and seasoned with salt, peppercorns, 2 or 3 cloves, and 1 bayleaf. Cover the saucepan, and simmer for 3 hours in the oven.

RINDFLEISCH MIT SARDELLENSAUCE

(Beef with anchovy sauce)

The rump of beef is flattened, rolled and tied, and put in a saucepan, with 3 or 4 beef bones and enough water to cover. Bring to the boil, skim carefully, and add a few sliced carrots, onions, turnips, 1 stick of celery, 1 whole leek, salt and peppercorns, and simmer for 2 to 3 hours, according to the weight of the meat. Half an hour before serving, add a cauliflower, cut in four. When done, put the meat on a dish, garnish with the vegetables, and serve the anchovy sauce separately (see p. 343).



BEEFSTEAK MIT HINDERNISSEN

(Garnished Beefsteak)

Grill or fry the steak and garnish alternately with yolk of egg, rubbed through a sieve, hot cooked potatoes, cold sliced Dutch cucumbers, hot cooked carrots, crisp uncooked lettuce, and hot fried onions.



KASSELER RIPPESPEER

(Pork chops kassel)

There are different ways of preparing this dish, but this recipe has been chosen as being more typically German than the others.

The chops are flattened, and one chop is laid on another chop, and sandwiched in between are finely chopped apples and prunes, previously cooked till soft in a little butter and sugar, and finely chopped lemon peel. The cutlets are then brushed over with yolk of egg, coated with breadcrumbs, and fried in butter. Sauerkraut is served with this dish.

Poultry and Game

The Germans have few distinctive ways of cooking poultry and, although goose is largely consumed in Germany, it is generally roasted and served with some sweet compote; when eaten cold, it is accompanied by some salad. The other methods of cooking poultry are similar to those of most European countries, but their methods of cooking venison, however, are very characteristic.



HAMBURGER KUCHEN GEFÜLLT

(Stuffed poussins, Hamburg style)

The chickens used for this dish should be poussins not more than 5 to 6 weeks old. Remove the liver, chop, and mix with a little bread soaked in milk, finely chopped turnips, 1 whole egg and 1 yolk, and season with salt and pepper. Cook the mixture to a light brown in a little butter and stuff the poussins with it. Place a piece of bacon over each bird, tie with string, and roast for about 25 minutes, basting frequently with butter.



GEBRATENE FETTE GANS

(Roast fat goose)

The stuffing is typically German, but the method of roasting is the same as in other countries. The stuffing consists of chopped apples, chopped chestnuts, 3 or 4 tablespoons of raisins, the liver and the giblets of the goose, 1 cooked potato, all this being cooked till slightly brown, in butter. Sliced cooked apples and potato croquettes are served with the goose.

Another popular stuffing for goose consists of 2 lbs. of

apples, peeled, cored and quartered, and 1 lb. of prunes, soaked in water for 12 hours. The apples and prunes are put in a saucepan with 2 tablespoons of butter, 5 or 6 tablespoons of sugar, 1 tablespoon of water, and the mixture is simmered for 2 or 3 hours till of the consistency of jam, and quite brown.



GEDÄMPFTE ENTE MIT ROTKOHLE

(Braised duck with red cabbage)

There is no difference in the German method of braising, except that one or two herbs, not generally used in other countries, are added, such as dill and sweet basil. The braised duck is served with red cabbage, boiled, finely shredded, well drained of all water, and cooked in butter for 20 minutes, with a seasoning of salt and pepper.



BACKHÄHNDEL NACH SÜDDEUTSCHER ART

(Young chickens in the South German style)

This consists of young chickens, not more than 8 weeks old, split in half, then divided in quarters. Season well with salt, sprinkle them with flour, brush over with yolk of egg, coat with breadcrumbs mixed with equal quantities of grated Parmesan cheese, and fry in butter to a light golden brown. The sauce served with this is Champignon sauce—a mushroom sauce, made with $\frac{1}{4}$ lb. of chopped mushrooms, cooked in a little butter, vinegar and lemon juice, well seasoned with salt and pepper, mixed with 6 tablespoons of Béchamel (see p. 80) or white sauce, to which 1 glass of white wine is added and 2 yolks of egg stirred in, a few minutes before serving. Potato salad is served with this fried chicken.

GESCHMORTE, GEFÜLLTE HIRSCHBRUST

(Baked breast or brisket of venison)

The breast or brisket of venison is stuffed with the following: $\frac{1}{2}$ lb. of venison meat, $\frac{1}{4}$ lb. of gammon or fresh pork, 1 finely chopped onion, chopped lemon peel, 3 or 4 cloves pounded in a mortar, 1 egg, 2 or 3 tablespoons of sour cream, salt and pepper. Put the stuffed venison in a saucepan, and cover with equal parts of water and vinegar, season with salt, bring to the boil and simmer till half cooked. Remove from the water, dry with a clean cloth, lard closely with larding fat, coat with breadcrumbs mixed with salt and pepper, put it in a meat tin with a little of the marinade in which it was cooked, cover with a buttered paper, and cook in a moderate oven till tender.



GEHACKTE HIRSCHBEEFSTEAKS

(Steaks of minced venison)

Take any cut of lean venison, remove all skin and fat, and mince. Shape the minced venison meat into neat small steaks, season highly with salt and pepper, coat with flour, brush with beaten yolk of egg, coat with breadcrumbs, and fry in butter. When nearly done, add a few tablespoons of sour cream, and mix thoroughly with the butter.



REHBLATT IN ÄPFELWEIN GEDÄMPFT

(Roebuck stewed in cider)

Remove the skin from a fillet of roebuck, lard with thin strips of larding fat, and put the meat in an earthenware receptacle, with sliced onions, turnips and carrots, 2 bay-leaves, thyme, 2 or 3 juniper berries, a few cloves, cover with cider and stand in a cool place for 3 days, turning the meat frequently. Remove from the marinade, dry, put it in

an earthenware casserole, and brown in hot butter. Add the vegetables from the marinade, season with salt, cover closely and cook till the meat is tender and the vegetables lightly browned.



HASENKUCHEN

(Pâté of hare)

The hare should be roasted, and frequently basted with butter. When nearly cooked, remove from the oven. Cut into joints and remove all the meat from the haunch, the legs, and remove the skin. Chop the meat finely, and mix with equal parts of finely chopped gammon, 2 or 3 chopped shallots, previously cooked in butter, a few chopped cooked mushrooms, 5 or 6 anchovies, also chopped, 2 tablespoons of grated Parmesan cheese, 3 tablespoons of breadcrumbs, 2 whole eggs, 1 glass of red or white wine, pepper. Mix all thoroughly and rub through a sieve. Butter an earthenware terrine, sprinkle with breadcrumbs, put a few slices of bacon in the bottom, over it a layer of the hare and the other ingredients, cover with more bacon, and continue putting in alternate layers till the terrine is filled. Bake in a moderate oven for 1½ hours. Remove from the terrine, put on a hot dish and serve with Champignon sauce.



AUERHAHN GEBRATEN

(Roast capercailzie)

Rub the bird with salt and pepper, and lard it closely with thin strips of larding fat. Put in an earthenware receptacle, cover with white wine and vinegar, and season with salt. Stand in a cool place for 8 days. Roast the bird, basting with butter, adding a little chopped bacon, 1 sliced onion, chopped lemon peel and a few juniper berries. Then add a little of the marinade. When tender, put on a dish and strain the sauce over the bird.

Vegetables

Among all vegetables used in Germany, the world-famous sauerkraut reigns supreme, and is put to innumerable uses. It is perhaps more closely associated with pork than with anything else, but it accompanies all manner of meat, poultry, game and fish. It is made by putting a layer of shredded white cabbage in a special kind of wooden tub, sprinkling it freely with salt, and a few caraway seeds, and continuing the process till the tub is filled, the whole being stamped down so that the cabbage is closely pressed together. It should form a compact mass. Over the shredded cabbage the coarse outer leaves are put, with another liberal sprinkling of salt, a little water is added, and the cabbage is covered with a cloth. Then a round wooden lid, which should be a little smaller than the tub, is put on this, with a heavy weight on top. The sauerkraut will be ready for use in about 3 weeks' time. About once a week the cover is removed, and the liquid which has risen to the top is skimmed, and a little water, in which a certain amount of salt has been dissolved, is added. Good sauerkraut should be very white. It should always be thoroughly washed before it is used.



SAUERKRAUT MIT WEIN

(Sauerkraut with wine)

Put $2\frac{1}{4}$ lbs. of sauerkraut (see previous recipe) in an earthenware casserole with 3 ozs. of butter and a little water—3 or 4 tablespoons. Cook slowly for 30 to 40 minutes, or till the sauerkraut is tender. Then add $\frac{1}{2}$ bottle of white wine and cook till reduced by half.

SAUERKRAUT SCHWEINEBAUCH

(Sauerkraut and pig's paunch)

Boil the pork in salted water and, when half done, remove from the water. Put the sauerkraut (see p. 329) in a saucepan, add some of the water in which the pork was boiled, add the pork, and cook over a brisk fire till the cabbage is tender. Ten minutes before serving add 2 grated potatoes.



SAUERKRAUT MIT ÄPFELN

(Sauerkraut with apples)

Put 2 lbs. of sauerkraut (see p. 329) in an earthenware casserole with 2 ozs. of pork fat, a few tablespoons of water, 3 or 4 apples, peeled, cored and quartered, 1 sliced onion, and cover the casserole. Cook on a brisk fire till the sauerkraut and apples are tender, then add a little salt, sugar, a sprinkling of caraway seed, and two finely grated potatoes. Cook for a few minutes longer.



BAYRISCH KRAUT

(Bavarian cabbage)

Remove the outer leaves of the cabbage and the coarse ribs, and shred finely. Cook for 10 minutes in boiling salted water, remove from the water and drain thoroughly. Put the cabbage in an earthenware casserole, with $\frac{1}{4}$ lb. gammon, cut in cubes, 2 or 3 tablespoons of water, the same of vinegar, salt, and 1 teaspoon of caraway seed. Cover and simmer for 1 hour. Then add 1 glass of white wine, 2 tablespoons of sugar, cover and simmer for another hour. Before serving, stir in a $\frac{1}{2}$ tablespoon of flour, and sprinkle with a little pepper. This is often served with goose or hare.

WEISSKOHL MIT SAHNE

(White cabbage with cream)

For this, a good white cabbage should be chosen. The outer leaves are removed, and the cabbage is coarsely chopped. Pour boiling water over it, and drain thoroughly. Then put it in an earthenware casserole, with 1 gill of stock, 1 sliced onion, previously cooked to a light yellow, cover the saucepan and cook on a brisk fire till the cabbage is tender. Pour over it the following sauce: Put 1 gill of sour cream in a saucepan, stir in a $\frac{1}{2}$ tablespoon of flour, over a slow fire, season with a little pepper, grated nutmeg, sugar and stir for a few minutes. This is served with pork sausages.



BÜRGERMEISTERKARTOFFELN

(Burgermeister potatoes)

Take 1 lb. of potatoes, peel and wash them, cut in thick slices and put in boiling salted water. When sufficiently soft, remove from the water and rub them through a sieve. Put the potatoes in a saucepan with 2 tablespoons of butter, season with salt, pepper, and nutmeg, and stir with a wooden spoon till the purée thickens. Remove from the fire, and mix in 2 yolks of egg. Divide the potato mixture in small squares, and fry in butter to a light golden colour. Garnish with parsley.



GEFÜLLTE KARTOFFELN

(Stuffed potatoes)

Bake in a slow oven the number of potatoes required. They should all be of about the same size. When baked, take a sharp knife and cut a neat circular opening at the top of each. Then empty the potatoes with a small spoon, leaving only the skin. Rub the potatoes through a sieve into a basin and add as much butter as there is pulp. For 6 large

potatoes, add 2 yolks of egg, 3 large tablespoons of cream, season with salt, pepper, a little sugar, nutmeg, and mix all thoroughly. Then mix in gradually 2 tablespoons of Parmesan cheese. Stuff the potatoes with the mixture, sprinkle with grated Parmesan, put a small pat of butter on each potato, and bake in a moderate oven for about 25 minutes.



SPARGEL IM REISRAND

(Asparagus in a rice border)

The asparagus should not be of the thick kind. Cut in $1\frac{1}{2}$ inch lengths, and boil in salted water, but not too soft. When done, put them on a sieve to drain. Place them on a round dish in the centre of a rice border (this should be made in a mould) and pour over them the following sauce: Put 4 ozs. of butter in a saucepan and, when hot, stir in 1 oz. of flour, and add 1 gill of the water in which the asparagus was boiled. Add the yolks of 3 eggs, mixed with a little of the warm asparagus water, 1 tablespoon of lemon juice and a little sugar. Sprinkle finely chopped ham over the rice border.



ARTISCHOCKENBÖDEN MIT ZWIEBELPUREE

(Globe artichokes stuffed with onion purée)

Remove the stalk from the artichokes, and trim the tips of the leaves. Boil in salted water till tender, but not too soft. Remove from the water, drain thoroughly by standing them on a dish upside down for a few minutes. Then carefully remove the centre leaves and, with a small sharp knife, remove the choke. Fill with the following purée: Boil 3 or 4 large sliced onions till tender. Put 2 tablespoons of butter in a saucepan and, when melted, stir in 2 tablespoons of flour, and simmer till the mixture is slightly yellow. Rub the onions through a sieve and add them to the butter and flour. Stir well, add the yolks of 2 eggs, and 1 tablespoon

of butter. Stir for a few minutes longer, and fill each artichoke with the purée. Sprinkle with grated cheese, and put in the oven for 15 to 20 minutes. Serve with croûtons of fried bread.



SAUBOHNEN

(Broad beans)

For 4 lbs. of shelled beans, allow $\frac{1}{4}$ lb. of smoked bacon. Put the beans in boiling salted water, and cook for 5 to 8 minutes. Drain, and put them in a saucepan, with the bacon, cut in small pieces, and a sauce made with 2 ozs. of butter, in which 1 oz. of flour has been stirred, and cooked to a light brown, and diluted with $\frac{1}{2}$ pint of boiling water. Simmer till the beans are tender. Then add salt, pepper, a little sugar, chopped parsley and vinegar to taste.



HOPFENSPROSSEN

(Hop shoots)

This vegetable, which is rarely seen on the modern English table, although quite common some hundred or so years ago, is very popular in Germany. The hop shoots are treated in much the same manner as asparagus—they are boiled in salted water, drained, and served with melted butter, salt and pepper.



GEFÜLLTE GURKEN

(Stuffed cucumber)

Peel the cucumber and remove both ends. Scoop out the pulp, being careful not to pierce the sides of the cucumber. Chop finely a little cold roast veal or chicken, a little gammon, raw ham, a few boned anchovies, and mix with a little bread, soaked in milk and squeezed, 1 egg, a little butter, salt,

pepper and a little grated nutmeg. Stuff the cucumber with the mixture and put in a saucepan with a little butter, 3 or 4 tablespoons of stock, 1 or 2 tablespoons of vinegar, 1 glass of white wine, salt and pepper, and simmer till tender. Mix 2 tablespoons of butter with 1 of flour and, when it turns yellow, dilute with a little of the strained stock in which the cucumber has been cooked. Pour over the cucumber and sprinkle with chopped parsley.



KÜRBIS MIT REIS

(Vegetable marrow with rice)

Boil the rice in milk till tender, adding a little butter, and season with salt. When quite soft, mix with the marrow seeds, which should have been boiled till tender and rubbed through a sieve. Flavour with grated nutmeg, cinnamon and a little sugar.



KOHLRABI

(Kohl rabi)

This delicious vegetable, so difficult to obtain in this country, is very popular in Germany. The tops should be cooked like spinach—boiled in salted water, thoroughly drained, rubbed through a sieve, and mixed with a little butter, cream and seasoned with salt and pepper. This is placed in the centre of a dish, and the turnip-like part of the vegetable is boiled till tender in salted water, drained, cut into thin slices, and put around the dish, a little melted butter being poured over it.

Salads

KOPFSALAT MIT SPECK

(Lettuce and leek salad with bacon)

The lettuce and uncooked leek are finely chopped and the following dressing poured over them: Cut a small piece of gammon into dice, brown these in a little fat, add 2 or 3 tablespoons of vinegar, and a little salt.



WARMER KARTOFFELSALAT

(Warm potato salad)

Cut the cooked potatoes in thick slices while still hot, and pour the following dressing over them: Put 1 tablespoon of oil and 4 of vinegar in a saucepan with 1 finely chopped onion, salt, pepper and sugar, and cubes of bacon browned in butter. When hot, mix with the potatoes.



KALTER KARTOFFELSALAT

(Cold potato salad)

For this the potatoes should be boiled in their skin, sliced finely, and the following dressing poured over them: Equal parts of oil and vinegar, a little finely chopped onion, parsley and dill, and the salad is garnished with salt herrings and sliced Dutch cucumbers.



HERINGSALAT

(Herring salad)

This typical German salad is made with cooked potatoes, 2 filleted salt herrings, 1 or 2 slices of cold cooked veal, 1

Dutch cucumber, 1 pickled cucumber, 4 peeled and cored apples, beetroot, all cut in small dice. The dressing consists of 6 tablespoons of oil, 2 of vinegar, 1 glass of white wine, 1 finely chopped onion, 1 teaspoon of German mustard, a little sugar, salt and white pepper.



OCHSENMAULSALAT

(Ox cheek salad)

Wash the ox cheek in warm water, put it in a saucepan, cover with cold water, bring to the boil and add salt and 2 or 3 sliced onions. Simmer for about 3 hours, till the meat is tender. Remove from the water, drain, and carve into thin slices. Mix with shredded celery, previously blanched, shredded sour apples, finely chopped raw onion, and a dressing of oil, vinegar, salt, white pepper, a little French or German mustard, or a mayonnaise dressing.



SARDELLENSALAT

(Anchovy salad)

This excellent salad is made with $\frac{1}{4}$ lb. of anchovies, well washed, cut in strips, $\frac{1}{4}$ lb. of smoked salmon, a few shelled prawns, sliced Cervelat sausages, and pickled cucumber, cut in strips, with a dressing of oil and vinegar. The anchovies are put in the centre of the dish with the prawns, sausage and pickled cucumber, and around the dish are the slices of smoked salmon, and a garnish of capers, pickled cherries, olives, thin slices of lemon, and aspic cut in fancy shapes.



FLEISCHSALAT

(Meat salad)

Thin slices of cooked meat are mixed with shredded celery, pickled cucumbers, cooked potatoes, raw onion and

apples, with a dressing of oil, vinegar, salt, pepper and chopped mixed herbs, including dill.



SALAT VON ROTE RÜBEN

(Beetroot salad)

Thin slices of cooked beetroot are mixed with sliced radishes and chopped shallots, with a dressing of vinegar, salt, a little sugar, peppercorns, caraway seed, a chopped bayleaf, and a little beetroot juice.



BLUMENKOHLSALAT

(Cauliflower salad)

The cauliflower should be boiled in salted water, but should be quite firm. Drain thoroughly, and divide in clusters. Put in the salad bowl with a few prawns, chopped parsley, oil, vinegar, salt and white pepper, and over the whole put a mayonnaise dressing.



ROT-UND-WEISSKRAUTSALAT

(Red and white cabbage salad)

Shred the white cabbage, and cook in boiling salted water for 5 minutes. Drain thoroughly and, when cold, mix with apples, cut in cubes, and previously soaked for 1 hour in vinegar, a little sugar, and a dressing of oil, vinegar, salt, pepper and sugar.

Shred and cook the red cabbage in the same manner as the white cabbage. When cold, dress with cubes of bacon, cooked in a little vinegar, with sugar, and finally mix the two salads together.

Sweets

DAMPFNUDELN MIT PFLAUMEN

(Dumplings with plums)

Ingredients: 1 lb. of flour, 1½ ozs. of yeast, a little chopped lemon peel, 1 oz. of sugar, 2 whole eggs, 4 yolks of egg, milk, ¼ lb. of warm butter, 2 lbs. of plums, ¼ lb. of sugar, 1 glass of white wine, ¼ lb. of butter.

Method: Mix the yeast with a little warm milk, and let stand for 15 to 20 minutes. Put the flour in a basin, add the yeast, and all the other ingredients, working and mixing thoroughly with a wooden spoon till quite light. Sprinkle with flour, cover with a cloth, and let rise. Cook the plums in a syrup made with the sugar and wine and, when done, remove them carefully with a skimmer from the saucepan. Flour a board and, with the hands, roll out the pastry to the shape of a thick sausage. Take lumps from this and shape into small balls. Cook these in the plum syrup, to which ¼ lb. of butter has been added. Cover the saucepan and simmer, without uncovering, for 10 minutes. Then put the dumplings in a fireproof dish, well buttered, with a little milk, and put in the oven for 20 minutes till the milk has been absorbed. Arrange the dumplings in the middle of a dish and put the plums all around the dish with a little syrup.



NATIONALPUDDING

Mix 3 ozs. of melted butter to 1 quart of cream, with a pinch of salt, the peel of ½ a lemon, finely chopped, 4 chopped bitter almonds, bring to the boil and stir in ¼ lb. of hominy or semolina. Bring to the boil, and stir with a wooden spoon till the mixture thickens and is easily detached from the sides of the pan. Remove from the saucepan and, when cool, add 10 yolks of egg, and ¼ lb. of sugar, and

beat well. Divide in three pieces or layers—cover one with a coating of thick chocolate, another with thick cherry syrup, and do not cover the third, but leave as it is. Beat the whites of 8 eggs very stiffly and mix with the chocolate and the cherry syrup, and coat the third piece with it. Put the part covered with chocolate at the bottom of a mould or cake tin, over it put the part covered with the cherry syrup, and on top, put the white part. Simmer in a double saucepan for 2 hours. Serve with Weinschaum sauce (see p. 344).



MILCHREIS MIT QUITTEN

(Milk and rice with quince)

Boil $\frac{1}{4}$ lb. of well-washed rice in just under 1 quart of milk. Boil on a quick fire and simmer for 1 hour, till the rice is very soft. When done, mix with a little butter, sugar, and quince syrup, and sprinkle with either grated chocolate or cinnamon. Put in the centre of a dish and around put compote of quince.



REIS MIT ROSINEN

(Rice with raisins)

Put $\frac{1}{4}$ lb. of rice in a saucepan with just enough water to cover, a good pinch of salt, and 2 or 3 sticks of cinnamon. Add 1 heaped tablespoon of large raisins or sultanas, sugar to taste, and simmer till soft.



APFELSINENBISCUITTORTE UNGEFÜLLT

(Orange cake)

Put 3 ozs. of sugar in a basin with 3 yolks of egg, and beat for 30 minutes. Add 1 whole egg, the juice of 1 orange, a little sugar, well rubbed with orange peel, 2 tablespoons

of orange liqueur or rum, and again beat thoroughly. Then add 3 ozs. of flour, 2 ozs. of warm butter, and the whites of 3 eggs beaten very stiffly. Pour the mixture in a buttered cake tin, and put in a slow oven for 30 to 40 minutes. When cold, coat the top with a punch icing (see p. 343).



BERLINER NAPFKUCHEN

(Berlin raised cake)

Dissolve $1\frac{1}{2}$ ozs. of yeast in a little warm milk and stand for 20 to 30 minutes in a warm place. Put 1 lb. of flour in a basin, add the yeast, 2 whole eggs, the yolks of 4 eggs, $2\frac{1}{2}$ ozs. of sugar, a pinch of salt, a little chopped lemon peel, 6 finely chopped almonds, $\frac{1}{2}$ lb. of butter, 3 ozs. of raisins, 2 ozs. of currants, 2 ozs. of chopped sweet almonds, and work all well. Butter a china mould or a basin, sprinkle with breadcrumbs and bake in a slow oven for $\frac{3}{4}$ of an hour.



KOLATSCHEN

(Tart)

Make the pastry with $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of butter, 2 whole eggs, 2 yolks, $\frac{1}{2}$ lb. of sugar, and work all thoroughly. Roll out to about a $\frac{1}{2}$ inch in thickness, put on a thick tart pan, spread a thin layer of apple compote (see p. 342) with chopped almonds over it, decorate with strips of pastry brushed with yolk of egg, and bake in a moderate oven. When cold, remove from the tart pan.



“MAULTASCHE”

(“Mouth pockets”)

Roll out puff pastry very thinly and cut in 5 inch rounds. On one side of each round, put a little of the following:

Make a syrup with 1 lb. of lump sugar, and 4 tablespoons of water. Add a few peeled and stoned plums, a few peeled, cored and quartered apples, and 1 or 2 tablespoons of currants. Simmer till the consistency of jam. Fold each round of pastry, pressing the edges together, put on a baking tin, sprinkled with a little water, and bake in a fairly brisk oven, lowering the heat after 8 to 10 minutes. When cold, coat with vanilla icing.



BERLINER KRANZKUCHEN

(Berlin "garland" cake)

Work 1 lb. of flour with 6 ozs. of butter, the yolks of 8 eggs, 1½ ozs. of yeast dissolved in warm milk or water, 4 tablespoons of sugar, and sufficient milk to make a stiff dough. Knead thoroughly and roll out to a large, square sheet. Brush over with melted butter, sprinkle with chopped almonds, currants and sugar, and roll up the paste into a long thick sausage. Now cut the paste in half, lengthwise, and twist the two pieces together. Brush over with yolk of egg, sprinkle with finely chopped almonds, and bake in a moderate oven till a light golden colour. When cold, cover with white icing flavoured with rosewater.



KARTOFFELKUCHEN

(Potato cake)

Beat the yolks of 9 eggs for 30 minutes with $\frac{3}{4}$ lb. of sugar. Then add 1 lb. of cooked potatoes, rubbed through a sieve, a little chopped lemon peel, 30 sweet and 20 bitter almonds, finely chopped, and finally the whites of 9 eggs, beaten to a stiff snow. Work thoroughly, put the mixture in a cake tin, and place in a moderate oven till slightly brown.

Sundries

APFELMUS

(Apple marmalade)

Peel, core and quarter 2 lbs. of apples, put them in a saucepan with a little water, a little chopped lemon peel, 1 or 2 sticks of cinnamon, vanilla flavouring, and simmer till the apples are very soft. Rub them through a sieve, and add 1 handful of currants cooked in a little wine, with a little sugar and cinnamon. Decorate the dish with currants, also cooked in wine.



APFELSCHEIBEN ALS KOMPOTT

(Compote of sliced apples)

Peel, core and quarter 1 lb. apples, and cut the quarters in half. Put 2 tablespoons of butter in a saucepan, with 6 ozs. of sugar, a little chopped lemon peel, 2 or 3 tablespoons of currants and a little grated cinnamon, and cook the slices of apple in this till quite tender, being careful not to cook them too soft or they will break. This is often used for open apple tart.



SEMMELKLÖSSE

(Bread dumplings)

Put a $\frac{1}{2}$ lb. of stale bread, previously soaked in water, and well squeezed, in a basin with a $\frac{1}{2}$ lb. of butter, 4 whole eggs, a little salt, and as much flour as is required to give sufficient consistency. Work all thoroughly, shape into small balls, and poach in boiling water for about 10 minutes, till they rise to the surface. Only a few at a time should be put in the water.

SÜSSE SEMMELKLÖSSE

(Sweet bread dumplings)

These are made as in the foregoing recipe, but with a little milk, sugar, finely chopped lemon peel and almonds. They are served with fruit compote.



BAYRISCHE GRIESKLÖSSE

(Bavarian semolina dumplings)

This is made with the bread from 8 rolls, 2 of which are chopped and browned in a little butter. Put the rolls in a basin, and cover with 1 large cup of milk. Cover and let stand for 2 hours.

Melt in a saucepan a piece of butter the size of an egg, add 2 tablespoons of chopped parsley, 1 small shallot or onion. Mix well and add to the soaked rolls. Work in 3 or 4 eggs, season with salt, add 3 tablespoons of semolina. Shape into small balls and poach for 15 minutes.



PUNSCHGLASUR

(Punch icing)

Mix a $\frac{1}{2}$ lb. of icing sugar to a little sugar rubbed with lemon peel, 1 tablespoon of rum, 1 teaspoon of water, a little lemon peel, and stir over a very slow fire till the mixture begins to thicken. Remove the lemon peel before using the icing.



SARDELLENSAUCE

(Anchovy sauce)

Melt 1 tablespoon of butter in a saucepan, and add 1 of flour. Stir till the flour turns slightly yellow, add a $\frac{1}{2}$ pint of stock, 1 chopped shallot, a little lemon juice, 2 ozs. of

anchovy butter—made by pounding the anchovies and butter in a mortar—and simmer for 10 minutes. A few minutes before serving, add the yolks of 2 eggs moistened with a little of the warm sauce.



WEINSCHAUMSAUCE

(Wine froth sauce)

Put 2 whole eggs and the yolks of 3 eggs in a basin with 1 teaspoon of sugar, the juice of 1 lemon, thin strips of lemon peel, and $\frac{1}{4}$ of a bottle of Moselle. Stand the basin in a saucepan of boiling water, and beat till very light and frothy.



MILCHBRÖTCHEN

(Milk rolls)

Make a dough with a $\frac{1}{2}$ lb. of flour and 2 ozs. of yeast dissolved in 1 cup of warm milk, work well, put it in a basin, cover and let it stand. Work $1\frac{1}{2}$ lbs. of flour with 1 pint of warm milk, a good pinch of salt, $2\frac{1}{2}$ ozs. of butter, and the dough containing the yeast. Shape into rolls, brush over with yolk of egg and put in a hot oven, lowering the temperature after 8 to 10 minutes.



SALZ UND KÜMMELSTANGEN

(Salt caraway sticks)

Put 5 ozs. of butter in a basin, with sufficient flour to make a dough, a little water, and a good pinch of salt. Work to a stiff dough. Roll out on a floured board somewhat thinly, and cut into lengths, as when making cheese straws. Brush over with yolk of egg, sprinkle with salt and caraway seed, and bake in a moderate oven till lightly browned.

ZWIEBACK

(Rusks)

Work $\frac{1}{2}$ a pint of flour with 1 whole egg, a $\frac{1}{2}$ oz. of yeast dissolved in $\frac{1}{2}$ a cup of warm milk, and a good pinch of salt. Let stand in a warm place to rise. Roll out to a thickness of about 1 inch, put on a buttered baking tin, and bake to a light golden brown. When cold, cut in strips, put these on a hot baking tin, and put in the oven to brown the other side. When cold, coat with vanilla icing.



STREICHKÄSE MIT KÄSERESTEN

(A cheese savoury)

Put in a saucepan equal quantities of either grated Swiss cheese or Parmesan cheese and butter. Stir till the consistency of thick cream. Pour the mixture into small coffee cups into which 1 teaspoon of oil has been put, and, when cold, spread on slices of bread.



MAIWEIN

(Wine with woodruff)

Put 2 bottles of Moselle in a glass bowl, with a bunch of woodruff, tied with string. Let stand in a cold place for 15 minutes, remove the woodruff, add 4 tablespoons of sugar, a few slices of oranges, and in each glass put a slice of orange. This should be served very cold, with stiffly beaten white of egg in each glass.



WEISSBIER

(White beer)

Mix 7 quarts of water with 2 bottles of lager beer, 1 bottle of brown beer, $\frac{1}{2}$ lb. of sugar, a little tartaric acid,

cover with a cloth, and let it stand overnight. Bottle and cork tightly and let stand for 5 days in a moderate temperature.



BIERKALTSCHALE

(Cold beer soup)

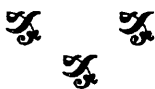
Put a handful of cleaned currants in a soup tureen cover with a little water, and stand for 2 hours, till the currants are soft. Now add a little chopped lemon peel, 2 or 3 sliced lemons, 6 tablespoons of brown bread, cut in very small cubes, 3 ozs. of sugar, 1 quart of white beer, cover and stand in a cold place for $\frac{1}{2}$ an hour.



ZITRONENSUPPE

(Lemon soup)

Boil 1 quart of water with the juice of 2 lemons, strips of lemon peel, a little sugar, 1 tablespoon of potato flour mixed with 1 tablespoon of wine. Before serving, add 2 yolks of egg, dissolved with a few tablespoons of the soup. The whites are beaten to a stiff snow, and 1 tablespoon at a time is dropped into the soup.



A Few German Cheeses

Limburger is the leading German cheese, being very strong smelling. It is made in the Allgäu. Tilsiter is another typical cheese. Mainger Hand Käse is a good German cheese. Backstein and Munster are both strong cheeses.

A Few German Beers

So far as we know, beer was a popular beverage in Germany at an early period, and the malting of barley was known to them. Tacitus (1st century after Christ) mentions the fact that the Germans drank beer. The system of production of beers of the lager type (so called from the German "lager"—a storehouse or warehouse, as the beer has to be kept or stored for several months before being drunk) is different from that used in England, where the brewing consists of the *infusion* and *top fermentation*. In Germany, the method is the *decoction* and *bottom fermentation*. German beers are not so heavily hopped as English beers, and they are more peptonised and charged with carbonic acid, which is retained for a comparatively long time, owing to the low fermentation and storing temperatures. Lager beer will not keep unless placed on ice, and German publicans are bound to keep a good supply of ice for this purpose.

Among the better known German beers are the Munich Draught Dark, the Munich Draught Light, Munich Bock Beer, Pilsener, Berlin Dark, Berlin Light, Berlin Weissbier.



A Few German Wines

As in other wine-growing countries of Europe, the cultivation of the vine in Germany is of great antiquity. The vineyards of the Rhine produce some of the finest wines of the world, the best coming from the Rheingau district.

A little up the Main, we get the famous vineyard of Hochheim, from which the abbreviated name of "Hock", applied to Rhine wines in general, is derived. From the centre of the Rheingau comes the famous Schloss Johannisberger, a wine of the utmost delicacy and finest bouquet—one of the best of all German wines.

From the same vicinity come other excellent wines—the Johannisberger Klaus, and in the same neighbourhood are Rudesheim, Oestrich, Geisenheim, and Raenthal, with its famous "Rothenberg." Between Hattenheim and Erbach is the Marcobrunn vineyard, which produces a wine of excellent flavour. The Steinberger wines rival those of the Schloss Joannisberg, and the best vintages are unsurpassable.

From the hills behind Bingen, we get Scharlachberger, and from Assmannhausen, on the opposite bank, come some excellent red wines, closely resembling good French burgundies.

From Rhennish Hesse, we get such pleasant wines as Niersteiner, Oppenheimer, Laubenheimer and Bodenheimer.

A sound and good German wine is the Liebfraumilch, but much of the wine which goes by that name comes from the neighbouring vineyards, as the actual vineyards producing Liebfraumilch cannot yield more than a very limited quantity.

Among the best known wines of the Haardt or Palatinate are those of Ruppertsberg, Forst, and Deidesheim, the last producing wines rivalling the famous Schloss Johannisberger and other wines of the Rheingau.

The best Moselle wines are delicate and aromatic and have a delicious bouquet. Among the most famous are Berncastler Doctor, Brauneberger and Dhroner Hofberg. After these come the wines from the Zeltingen, Graach, Piesport and Winnigen districts.

Sparkling Hocks and Moselles were first manufactured at Esslingen in 1826 and are highly aromatic.

Among the finest dry Moselles of the Saar and Ruwer

may be mentioned such wines as Scharzhofberger, Scharzberger, Ockfener Bockstein, Falkehsteiner, Canzemer, Oberemmeler, Wiltinger Holle and Wiltinger Kupp, from the Saar; and from a small tributary of the Moselle, the Ruwer, we get Maximin Grünhäuser, Caseler, Eitelsbacher and Waldracher, all very good wines. The derivation of the names of German wines comes from the names of towns and villages—for instance, Brauneberger comes from Brauneberg, Zeltinger from Zeltingen, etc.

The various technical terms on the labels of German wine bottles are as follows:

Auslese—signifies the best and healthiest bunches of grapes, specially picked and kept separate from the other grapes.

Spätlese—the grapes which are allowed to remain as long as possible on the vine, and are extremely ripe. The wines made from such grapes are more expensive.

Beeren Auslese—the single berries cut with scissors from selected bunches of grapes, and placed in a special enamel basin.

Feinste Edelbeeren Auslese—the finest of the single berries from the best bunches of the Spätlese.

“**Edelbeeren**”, which is applied principally to Hocks, signifies the “over-ripe” grape, from which the juice is beginning to ooze.

Since the year 1890, the choicest vintages with heavy body and finest aroma were the 1893, 1911, and 1921. After these come 1904, 1905, 1915, 1917, 1923, 1925, 1927, 1929, 1933, 1934, and 1937.

Both Hocks and Moselles should be served cold or slightly iced. The fine bouquet of the wine is at its best when the bottle is uncorked twenty minutes before serving.

RUSSIA



ZAKOUSKI AND SMALL DISHES

(*Hors-d'œuvre, etc.*)

	PAGE
Ikra (<i>Caviare</i>)	358
Kilki Croutyia Yaitza (<i>Kilki on eggs</i>)	358
Salenyia Gribi (<i>Pickled mushrooms</i>)	358
Marinovanie Korushki (<i>Pickled smelts</i>)	359
Saloienie Gribi (<i>Salted mushrooms</i>)	359
Bleeny (<i>Russian pancakes</i>)	359
Tvorojniki (<i>Cream cheese cakes</i>)	360
Piroshki (<i>Special pancakes served with soup</i>)	361
Vatroushki (<i>Cream cheese tartlets</i>)	361
Sibierskie Pelmeni (<i>Siberian pelmeni</i>)	361
Kavkaskie Piroshki (<i>Caucasian piroshki</i>)	362
Piroshki eze Deetchi (<i>Piroshki with game</i>)	362
Moskowskie Piroshki (<i>Moscow piroshki</i>)	363
Ribniy Piroshki (<i>Fish piroshki</i>)	363
Kapoustnie Piroshki (<i>Cabbage piroshki</i>)	364
Litovskie Vareniki (<i>Lithuanian vareniki</i>)	364
Cotletki eze Seliodka (<i>Herring rissoles</i>)	364
Saussiski v Tomate (<i>Smoked sausages with tomato sauce</i>)	365
Rastegai (<i>Salmon piroshki</i>)	365
Kascha s Gribani (<i>Kascha with mushrooms</i>)	365



SOUPS

Bortch (<i>Beetroot soup</i>)	366
Rassolnick (<i>Salt cucumber soup</i>)	367
Kisslyia Shchi (<i>Sauerkraut soup</i>)	367

R U S S I A

	PAGE
Bortch (<i>Beetroot soup without meat</i>)	367
Shchi (<i>Fresh cabbage soup</i>)	368
Krapivnie Shchi (<i>Nettle soup</i>)	368
Ouha (<i>Fish soup</i>)	368
Botwinia (<i>Spinach, sorrel and beetroot soup</i>)	369
Litovski Soup s Klotzkami (<i>Livonian soup with klotzki</i>)	370
Yablouchni Soup (<i>Cold apple soup</i>).	370



F I S H

Koulibiaka s Siemgoi (<i>Koulibiak of salmon</i>)	371
Koulibiatscki (<i>Small koulibiaki</i>)	371
Cotletki (<i>Salmon rissoles</i>)	372
Jarenie Koroushki (<i>Fried smelts</i>)	372
Lestsh s Khrenom e Yablokami (<i>Bream with horseradish and apples</i>)	373
Forelle s Vinom (<i>Trout with wine</i>)	373
Sterlet s Vinom e Vishni (<i>Sturgeon with cherries and wine</i>)	374
Zrazy eze Ribi (<i>Fish zrazy</i>)	375
Paschet eze Rakov (<i>Crayfish pie</i>)	375
Lestsh s Kaschey (<i>Bream with kascha</i>)	376



E N T R É E S

Zalovnoye s Solonine (<i>Zalovnoye of salt beef</i>)	376
Zalovnoye s Riabchik (<i>Zalovnoye of hazel hens</i>)	377
Karavai Eze Blinov, Risa e Mosga (<i>Karavai with bleeny, rice and beef marrow</i>)	378
Varenniki s Twarogom (<i>Varenniki with cream cheese</i>).	378
Krechnevai Kascha (<i>Buckwheat kascha</i>)	379
Nachinkoy Kascha (<i>Garnished kascha</i>)	379
Paschet Eze Indeiki (<i>Turkey pie</i>)	379

RECIPES OF ALL NATIONS

	PAGE
Paschet Eze Zaitza (<i>Hare pie</i>)	380
Potchki s Kartofelen e Solionimi Ogourzami (<i>Kidney with potatoes and salt cucumbers</i>)	380
Potchki v Smetanie (<i>Kidneys with sour cream</i>)	381



M E A T

Bœuf Strogonoff (<i>Beef à la Strogonoff</i>)	381
Zrazi s Kaschei (<i>Zrazi with kascha</i>)	382
Cotletki (<i>Rissoles</i>)	382
Kavkaski Shasslik (<i>Caucasian shasslik</i>)	382
Vareschaga (<i>Pork and beetroot</i>)	383
Novorossiskai Baranina (<i>Novorossisk mutton</i>)	383
Kavkaski Pilav (<i>Caucasian pilaf</i>)	384
Porossenok (<i>Sucking pig</i>)	384
Svinai Groudinka s Sladkim Sousom (<i>Loin of pork with sweet sauce</i>)	385
Teliatina s Sousom Eze Ikri (<i>Veal with caviare sauce</i>).	385



P O U L T R Y A N D G A M E

Indieka s Vishniovim Sousom (<i>Turkey with cherry sauce</i>)	386
Cotletki (<i>Rissoles</i>)	386
Pojarski Cotletki (<i>Pojarski rissoles</i>).	386
Cotletki Eze Kouritze (<i>Chicken rissoles</i>)	387
Holodniy Teterka (<i>Cold potted grey hen</i>)	387
Bitki Eze Riabchika (<i>Bitki of hazel hens</i>)	387
Gloukhar s Smetana Sousom (<i>Capercaillie with sour cream sauce</i>)	388
Gousse Farshirovani Kacheu (<i>Goose stuffed with kascha</i>)	388
Outka Farshirovani Grouzdiami (<i>Duck stuffed with salt mushrooms</i>)	388
Tetiarki v Smetanie (<i>Grey hen or hazel hens with sour cream</i>)	389

VEGETABLES AND SALADS

Moskovskaya Selianka (<i>Moscow selianka</i>)	389
Jarenie Ogourzi v Smetane (<i>Fried cucumbers with sour cream</i>)	389
Pechenaia Kartoffel v Smetane (<i>Baked potatoes with sour cream</i>)	390
Ikra Eze Baklajanov (<i>Aubergine caviare</i>)	390
Marinovanie Baklajane (<i>Pickled aubergines</i>)	391
Kisslyia Kapousta s Gribami e Smetanoi (<i>Sauerkraut with dry mushrooms and sour cream</i>)	391
Rousski Salat (<i>Russian salad</i>)	391
Vinaigrette	392
Salat Latouk s Smetane (<i>Lettuce salad with sour cream</i>).	392
Salat Eze Kartoffel, Fasole e Svekli (<i>Potato, haricot beans and beetroot salad</i>)	392
Svejie Ogourki so Smetanoi (<i>Cucumber salad with sour cream</i>)	393



S W E E T S

Gouriewskaia Kascha	393
Pudding Eze Chernavo Hleba s Vischeniami (<i>Rye bread and cherry pudding</i>)	394
Smetanick (<i>Jam and sour cream pie</i>)	394
Vareniki Eze Vischen (<i>Vareniki with cherries</i>)	395
Oladyi (<i>Small kind of pancake</i>)	395
Drachona	395
Pasha Op Paska	396
Sirniki	396

RECIPES OF ALL NATIONS

SUNDRIES

Omelet s Smetanoi (<i>Omelet with sour cream</i>)	397
Soouse Eze Solonie Ogourzov (<i>Salt cucumber sauce</i>)	397
Soouse Eze Seliodka (<i>Salt herring sauce</i>)	397
Soouse Eze Hrena s Korinkoi (<i>Horseradish sauce with currants</i>)	398
Orehovoi Soouse (<i>Walnut sauce</i>)	398
Kvorost	398
Koulitch (<i>Easter currant bread</i>)	398
Pastilla Eze Yablok (<i>Apple pastilles</i>)	399
Kliukva v Sahare (<i>Iced cranberry sweets</i>)	399
Marinovanie Slivi v Vishni (<i>Pickled plums</i>)	400



A FEW RUSSIAN BEVERAGES

Vodka	400
Kvass	401
Russian tea	401

Introduction

THE origins of Russian cookery are obscure, and we get none of the fine century-old traditions such as exist in France, Italy and Spain. It was probably during the reign of Catherine II, when rapid progress in civilization took place in Russia, and when many of the refinements of the more advanced European countries were introduced by an Empress who patronised Diderot and read the works of Montesquieu, that foreign cookery first made its appearance in Russia. Many dishes which are easily recognizable as being originally either French, Italian or Polish have, in the course of time, become characteristically Russian and are interpreted in an entirely different way. The same ingenuity which transformed the Italian ballet into that unique and incomparable thing, the Russian ballet, turned the cookery of other countries into typical Russian cookery. We get the same bizarre note, in their cooking as in their national dances and their ballets—something unusual and exotic. Their cookery is full of violent contrasts and discords, and yet it is pleasing and attractive when we get to know it. From the gastronomic point of view, the excessive use of *smetana* or sour cream is perhaps exaggerated and is apt to impart the same flavour to all dishes. But it is a pleasant flavour and certainly improves their soups. Just as we have milk and butter in our larders, so the Russians have their small or large pails of *smetana*, which is ready when required. Extensive use is also made of pickled beet-root, pickled cucumbers and dry mushrooms and their favourite flavouring herb is dill, once very popular in England and grown in every herb garden but rarely cultivated now.

In a vast country like Russia the cookery is affected by climatic conditions, and varies considerably in different parts of the country, although the fundamentals remain the

same. The staple food of the peasantry has always been rye bread, and up to comparatively recent times they lived on very little else. The dishes which are described in this book were only for the table of the rich and privileged classes in the days when Russia still had an aristocracy and leisure to cultivate not only the arts of music and dancing, but also that of cookery.

I wish to thank Madame N. Wolkoff, proprietor of the Russian Tea Room, London, for her kindness in reading through my manuscript and vouching for the authenticity of the recipes.

Hors-d'œuvre

The hors-d'œuvre or "zakouski" hold such a prominent position in the typical Russian menu and are so characteristic that I have thought fit to devote more space to them than to other and less distinctive dishes of Russian cookery. "Zakouski" are a somewhat elaborate "overture" to a meal. They are attractively laid out on a side table and are not considered a "sitting down" part of the serious business of eating. They consist of small portions of hot or cold dainties, presented in the most tempting and appetising way, and are supposed to whet the appetite. But to those who are not accustomed to them "zakouski" have the opposite effect and leave little space for the meal which follows.



RUSSIAN CAVIARE

The famous Russian caviare, even now the crowning edible produce of a crownless nation, is the salted roe of various species of sturgeon. The best is loosely granulated—almost liquid—and is known in Russia as "ikra." The roe is treated in such a way as to rid it of all membranes, fatty matters and fibres, and is salted with from 4 to 6 per cent of salt. It was known as a delicacy even in Shakespeare's time, and the difficulty of preparing it, and its consequent high price, have made it throughout the centuries a luxury article. There is a coarser quality known as "padjusnaya," which is more solid and more salted and is largely prepared in Astrakhan for export, packed in small barrels or tins.

But unless some simpler and less expensive method of preparing caviare is devised, it will always remain, in Shakespeare's words, "caviare to the general"—something they do not understand and cannot understand.

IKRA
(Caviare)

Caviare should be served iced, with bleeny (see page 359) and thin slices of rye bread.



KILKI CROUTYIA YAITZA
(Kilki on eggs)

“Kilki” are a kind of Norwegian anchovy, extensively used in Russia as a “zakouska’.” One of the most popular ways of serving them is to lay a kilki on a thin slice of hard-boiled egg.



SALENYIA GRIBI
(Pickled mushrooms)

Ingredients: 1 lb. of small mushrooms, just over 1 pint of wine vinegar, 2 tablespoons of salad oil, 4 or 5 cloves, 12 peppercorns, 1 tablespoon of coarse salt.

Method: Wash the mushrooms carefully, dry thoroughly and peel them, removing the stalks. Boil in salted water till tender, and drain on a sieve. When quite cold, pack them in a jar and cover with the vinegar, which should have been previously simmered for 10 minutes with the peppercorns and salt, and allowed to stand till cold. Lastly, add the oil. Cover the jar with paper or a tight-fitting lid, and stand in a cold place for a few days.

Vinegar should never be put in an aluminium saucepan, as it is apt to dissolve the aluminium.

MARINOVANIE KORUSHKI

(Pickled smelts)

Ingredients: 4 dozen small smelts, $\frac{3}{4}$ pint of vinegar, 1 tablespoon of chopped carrot, 1 sliced onion, a small stick of celery, 4 bayleaves, 1 teaspoon of chopped parsley, 2 teaspoons of salt, 1 of peppercorns, a few cloves, and a little grated nutmeg.

Method: Clean, wash and dry the fish. Sprinkle them with salt, roll them in flour, and fry for a few minutes in oil or butter. Drain and put them in a deep earthenware casserole. Simmer the vinegar, as in above recipe, with the vegetables, etc., and when still warm pour over the smelts. Stand in a cold place for 12 hours or longer.



SALOIENIE GRIBI

(Salted mushrooms)

The mushrooms should be washed and well dried. If large they should be cut in 2 or 3 pieces. Pack them carefully in a jar, sprinkling each layer freely with salt, a little chopped onion and a few peppercorns. Cover with paper, tie with string and keep in a cool place.



BLEENY

(Russian pancakes)

These popular pancakes are practically always made with buckwheat flour in Russia, but can also be made with ordinary sifted flour. As with the ordinary pancake, there are various recipes for the making of bleeny, and I have chosen two which are likely to appeal to English tastes—the first being the most usual, the second a somewhat *de luxe* version. Bleeny were eaten in Russia, especially during carnival time, before Lent. They are served with melted butter, sour cream and often with caviare.

Ingredients: $\frac{3}{4}$ lb. of buckwheat flour, $1\frac{1}{2}$ pints of milk, $\frac{1}{4}$ lb. butter, just under 1 oz. of yeast, 3 eggs, a pinch of salt.

Method: Dissolve the yeast in $\frac{1}{2}$ pint of warm milk and make a dough with a little flour. Let this stand in a warm place for 2 hours. Then add the rest of the flour, the yolks of eggs, the salt, and the remaining warm milk. Mix thoroughly but do not let the mixture get too thick. Lastly, add the whites of eggs beaten to a stiff froth and let stand for another $\frac{1}{2}$ an hour. Proceed in the same manner as in the making of pancakes, using a very small pan.

The other recipe for bleeny is the same as the above, except that 6 tablespoons of cream are added to the mixture and ordinary flour can be used or half the amount of buckwheat and half of white flour.



TVOROJNIKI (Cream cheese cakes)

The cream cheese used for this consists of sour cream or milk which, when sufficiently solidified, is put in a muslin bag and hung over a basin for 12 hours or longer, when it will be somewhat dry and solid.

Ingredients: $\frac{1}{2}$ lb. of cream cheese, 14 ozs. of flour, 2 ozs. of melted butter, 3 eggs, salt and nutmeg.

Method: Put the cheese in a basin and work with the butter, and $\frac{1}{2}$ lb. of flour and the eggs, adding the salt and nutmeg. When thoroughly mixed rub through a sieve and work in the remaining 6 ozs. of flour. Shape into little cakes, 3 inches in diameter and about $\frac{1}{2}$ an inch thick. Poach for 15 to 18 minutes. Drain and serve with melted butter or as a sweet luncheon dish with sugar and cream.

PIROSHKI

(Stuffed pancakes)

Ingredients: $\frac{1}{2}$ lb. of cream cheese, $\frac{1}{2}$ lb. of creamed butter, 1 whole egg, small pancakes, light frying batter, salt and pepper.

Method: Work the cream cheese and the creamed butter to a smooth paste, add the egg and a seasoning of salt and pepper. Divide into lumps of about 2 ozs., place these in a small pancake, fold and give it a rectangular shape. Dip these pancakes in a light frying batter and fry in boiling fat.



VATROUSHKI

(Cream cheese tartlets)

These tartlets are eaten both as a zakouska and as an accompaniment to Bortch. They consist of very small open tartlets, made of puff pastry, filled with cream cheese (see Tvorojniki, page 360), seasoned with salt and a little sugar.



SIBIERSKIE PELMENI

(Siberian pelmeni)

Ingredients: For the paste: $\frac{1}{2}$ lb. of flour, 2 whole eggs, the yolks of 2 eggs, a little water, salt.

For the stuffing: Cooked ham or pork, cooked game—usually hazel hen in Russia—a little meat glaze or Espagnole sauce (see page 80), butter, lemon juice or vinegar, parsley.

Method: Work the flour and eggs into a firm paste and let it stand for 1 or 2 hours. Then roll out very thinly and cut into rounds with a small cake cutter. Chop the meat very finely, cook with a little meat glaze or Espagnole sauce, place a little of the mixture on each round of paste, fold over and press firmly, moistening the edges. Poach

for about 15 to 20 minutes, drain thoroughly and serve with melted butter, to which a little lemon juice or vinegar has been added, and a little chopped parsley.



KAVKASKIE PIROSHKI (Caucasian piroshki)

Ingredients: For the paste: the same paste as for "choux" and "éclairs" (see French section, page 78), to which a little grated cheese is added. For the filling and coating: a thick Béchamel sauce (see page 80), to which a small quantity of cheese has been added, and finely shredded cooked mushrooms. Breadcrumbs, flour, the yolks of 1 or 2 eggs.

Method: Pour a thin layer of the paste in 2 baking tins and bake in a moderate oven till the paste has risen about $\frac{1}{2}$ an inch and is slightly browned. Remove the paste from the tins, and cover one sheet of pastry with the Béchamel, to which grated cheese and shredded mushrooms have been added. Cover with the other sheet of pastry, and divide into rectangular pieces, about 3 inches long and just under 1 inch wide. Coat these with Béchamel, next dip in fine breadcrumbs, then in flour. Coat with beaten yolk of egg, again dip in fine breadcrumbs, and fry in boiling fat.



PIROSHKI EZE DEETCHI (Piroshki with game)

Ingredients: Different kinds of paste may be used for these, the most usual being puff pastry.

For the stuffing: Minced cooked game, chopped hard-boiled eggs, kascha or cooked rice, butter.

Method: Cook the game, the hard-boiled eggs and the kascha or rice in butter for a few minutes, then place a little of the mixture on rounds of puff pastry of about $3\frac{1}{2}$

inches in diameter. Cover with another round of the pastry, press down the edges, and bake in a fairly quick oven for 15 minutes.



MOSKOWSKIE PIROSHKI

(Moscow piroshki)

For the paste: 1 lb. of flour, $\frac{1}{2}$ lb. of butter, 6 eggs, $\frac{1}{2}$ oz. of yeast, 6 tablespoons of warm water.

For the filling: $\frac{1}{2}$ lb. of cooked white fish, 3 or 4 hard-boiled eggs, and $\frac{1}{4}$ lb. of vesiga. Vesiga is difficult to obtain in this country. It is the marrow from the backbone of the sturgeon, and is sold in strips, closely resembling leaf gelatine. It has to be soaked for several hours, and then simmered slowly in a covered saucepan for 3 to 4 hours.

Method: Make a dough with $\frac{1}{4}$ lb. of flour, the yeast, and a little warm water. Roll into a ball, cover and let it rise to double the size. Work the remainder of the flour with 4 eggs, and 2 tablespoons of water. This must be done vigorously, the paste being pulled apart, worked together again and beaten against the pastry board. When the paste is firm and smooth, the butter and a good pinch of salt are added to it, and well worked in with the dough containing the yeast. Let stand for at least 6 hours. Cut the paste in oval shapes of about $3\frac{1}{2}$ inches long, and 2 inches wide. Place the chopped fish, hard-boiled eggs and cooked vesiga (when obtainable) on the paste and cover with another piece of paste, pressing down the edges. Let them stand for $\frac{1}{2}$ an hour, and bake in a brisk oven for 20 to 25 minutes.



RIBNIY PIROSHKI

(Fish piroshki)

These are made in the same manner as game piroshki, but with a filling of cooked fish, hard-boiled eggs and rice.

KAPOUSTNIE PIROSHKI

(Cabbage piroshki)

Ingredients: Puff pastry, white cabbage, butter, salt and pepper, 2 or 3 hard-boiled eggs (these may be omitted).

Method: Remove the outside leaves of the cabbage and use only the white part. Shred finely and cook in butter till tender, seasoning with salt and pepper. Roll out the puff pastry very thinly, place half of it on a baking tin or on a round baking plate, put the cabbage over it, with the chopped hard-boiled eggs, cover with a layer of pastry and bake for $\frac{1}{2}$ an hour in a moderate oven.



LITOVSKIE VARENIKI

(Lithuanian vareniki)

Ingredients: The same paste as for Siberian pelmeni (see page 361), $\frac{1}{2}$ lb. of lean beef, $\frac{1}{2}$ lb. of kidney fat, 2 onions, a little thick Béchamel sauce (see page 80), salt, pepper and a pinch of nutmeg.

Method: Chop the beef and kidney fat, and cook till well done. Add finely chopped onions, cooked in butter, and season. Cut small squares of paste, put a little of the mixture on each, fold the paste over them, and poach for 20 minutes. Drain and serve with melted butter.



COTLETKI EZE SELIODKI

(Herring cutlets or rissoles)

Ingredients: 4 or 5 salt herrings, 1 small onion, bread soaked in milk, 2 eggs, 3 or 4 boiled potatoes, 2 tablespoons of sour cream, butter, breadcrumbs.

Method: Soak the herrings in cold water for 12 hours. Chop them finely, mix with the chopped onion, previously fried in butter, the potatoes, peeled and mashed, the bread,

the cream, the butter, and 2 whole eggs. When thoroughly mixed, shape into small rissoles, roll in flour, brush over with the yolk of an egg, well beaten, and finally coat with breadcrumbs. Fry in hot butter.



SAUSSISKI V TOMATE

(Smoked sausages with tomato sauce)

This is a very simple but a very popular zakouska. The smoked sausages are skinned, cut into inch lengths, cooked in hot tomato sauce for 10 to 15 minutes, and served on a hot dish.



RASTEGAI

(Salmon piroshki)

These are made in the same manner and with the same paste as Moscow piroshki (see page 363), but with a filling of chopped, uncooked salmon.



KASCHA S GRIBANI

(Kascha with mushrooms)

Make the buckwheat kascha as in the recipe given on page 379, and mix with dried mushrooms, previously soaked and then cooked and halved. Pour a few tablespoons of sour cream over the whole.

Soups

BORTCH

(Beetroot soup)

There are many different kinds of bortch, some made with meat or poultry stock, some with fish stock, and some with vegetable stock. But the characteristic of this particular soup is beetroot, which is usually used when soured, in the same manner as sauerkraut. Whatever the ingredients used, however, bortch is always somewhat sour and sharp. There are various ways of serving it: the meat or poultry can be cut in small pieces and left in the soup, with the vegetables, or the stock can be strained, the meat or poultry being served separately, and the beetroot added, as in the following recipe. Sausages and gammon are often adjuncts to this soup.

These sour soups are popular in all countries where the Slav element is predominant. All manner of garnishes, in the way of vatrushki, forcemeat dumplings, etc., are served with bortch.

Ingredients: Good stock (beef, veal or chicken stock), 5 large uncooked beetroot, butter, salt, pepper, sour cream.

Method: Wash and clean the beetroot and shred finely. Melt the butter in a saucepan and, when hot, add the beetroot and cook for about 20 minutes. Then stir in a little hot stock and, when this is absorbed, stir in more stock and repeat the process till the beetroot is quite tender. Pour the contents of the pan in another saucepan containing hot stock, chop the beetroot, and simmer gently for another $\frac{1}{2}$ hour, and strain. Three or four tablespoons of sour cream are stirred in just before serving, or the cream can be served in a sauceboat.

RASSOLNICK

(Salt cucumber soup)

Ingredients: Chicken stock, 1 ox kidney, 1 or 2 carrots, 1 leek, 1 stick of celery, 2 turnips, 4 Dutch cucumbers, 6 tablespoons of Dutch cucumber juice, 1 gill of pearl barley.

Method: Add the juice from the Dutch cucumbers to the chicken stock. Cut the vegetables in small pieces, and also the 4 Dutch cucumbers, and boil till tender. When done, strain and put them in the stock with the previously cooked pearl barley. Stir, bring to the boil and simmer very gently for 30 minutes, adding the ox kidney, previously boiled and cut in small pieces.



KISSLYIA SHCHI

(Sauerkraut soup)

Ingredients: Beef stock, $\frac{1}{2}$ lb. of braised sauerkraut, 1 lb. of lean gammon, 3 or 4 tomatoes, 1 teaspoon of chopped parsley, sour cream.

Method: Braise the sauerkraut with the gammon, a little butter and 1 or 2 tablespoons of stock. When done, cut the gammon in small pieces and add it to the hot stock with the sauerkraut and quartered tomatoes. Stir well and simmer for 20 minutes. Just before serving add the parsley and a few tablespoons of sour cream.



BORTCH

(Without meat)

Bortch is made in the following manner during Lent:

Proceed as in the other recipe for bortch (page 366), but use dried mushroom stock instead of meat stock, and add $\frac{1}{2}$ a tumbler of white wine.

SHCHI

(Fresh cabbage soup)

Ingredients: 2 quarts of light stock, 1½ lbs. of fresh cabbage (the white part only), 1 lb. rib of beef, 2 large onions, flour, 1 or 2 sprigs of fennel, salt, pepper, sour cream.

Method: Chop the onions, cook to a golden colour in a little butter, and sprinkle with flour. Add these to the stock and bring to the boil. Blanch the beef, cut in small pieces, and blanch the cabbage, coarsely chopped.

Drain and add to the soup and season with salt, pepper and fennel. Simmer very gently for 1½ hours. Sour cream can be stirred into the soup a few minutes before serving, or can be served separately.



KRAPIVNIE SHCHI

(Young nettle soup)

Ingredients: 1½ lbs. of young nettles, 1 lb. of sorrel, veal, chicken or vegetable stock, a few sausages, sour cream.

Method: Proceed as in above recipe, adding the blanched nettles and sorrel to the stock. The sausages, previously fried or boiled, are cut in inch lengths and added to the soup ½ an hour before serving.



OUHA

(Fish soup)

In Russia this soup is usually made from fish which are either not found in England—such as sturgeon—or which are not generally used, such as perch or tench. But it can be made with any kind of fish, such as turbot, whiting, brill, eel, etc.

Ingredients: 3 or 4 lbs. of fish, 2 quarts of water, ½ a glass of white wine, 2 or 3 onions, 1 stick of celery, a few spring onions, parsley, fennel, peppercorns, salt.

Method: Bone the fish, and set aside about 1 lb., cut in 2 inch lengths. Put the bones and the remainder of the fish in a saucepan, cover with cold water, bring to the boil and skim. Then add the sliced vegetables, the herbs and the seasoning. Simmer gently for 1 hour. Meanwhile, cook the pieces of fish in a little butter, and either leave them whole or make into fish quenelles or dumplings. Add either the one or the other to the strained soup before serving, as well as a few spring onions also cooked in a little butter.



BOTWINIA

(Spinach, sorrel and beetroot soup)

This soup of Polish origin is so popular in Russia that I have thought fit to include it among typical Russian soups. It is a summer soup and is served cold and in cups, like consommé.

Ingredients: 1½ lbs. of spinach, ½ lb. of sorrel, ½ lb. of beetroot tops, 4 tablespoons of the juice of pickled beetroot, 1 tablespoon of vinegar, 1 quart of white wine, 1 teaspoon of chopped fennel, the same of tarragon, a few slices of Dutch cucumber, a few lumps of ice, cold salmon, crayfish and horse-radish.

Method: Chop the spinach, sorrel and beetroot tops and cook in a little butter till quite tender. Rub through a sieve, add the beetroot juice, the vinegar and the white wine and season with salt and pepper. Add a few lumps of ice, and serve, separately, pieces of cold salmon, chopped Dutch cucumbers, chopped horse-radish and crayfish tails, which are added to the soup at table.

LITOVSKI SOUP S KLOTZKAMI

(Livonian soup with klotzki)

Ingredients: 1 quart of white stock, $\frac{3}{4}$ pint of Béchamel sauce (see page 80), 1 lb. of spinach, 1 onion, $\frac{1}{4}$ lb. of sorrel, and a few tablespoons of sour cream.

For the klotzki: 6 ozs. of "choux" paste without sugar (see page 78), a slice of cooked ham, 2 or 3 chopped shallots, fennel, salt and pepper.

Method: Blanch the spinach and the sorrel, drain, put in a saucepan with the Béchamel sauce and simmer gently for 20 minutes. Add the stock, mix well and simmer for 30 minutes.

Mix the chopped shallots and the chopped ham and fennel with the "choux" paste, season with salt and pepper, divide into little lumps the size of a small marble, and poach in boiling salted water for 20 minutes. Drain and add to the soup before serving.



YABLOUCHNI SOUP

(Cold apple soup)

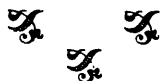
This soup, although of Polish origin, is popular in Russia.

Ingredients: 6 large apples, 1 bottle of claret, the juice of 1 lemon, 2 tablespoons of sugar, 1 tablespoon of blackcurrant jelly, a few strips of lemon rind, a little cinnamon, and breadcrumbs.

Method: Pare and core the apples, slice them and put in a saucepan of boiling water, with a little cinnamon, the lemon rind, and 2 tablespoons of white breadcrumbs. When the apples are quite tender, rub them through a sieve into a basin. When cold, pour the claret over them, add the lemon juice, the sugar, the blackcurrant jelly, previously melted, and a good pinch of cinnamon.

The following klotzki can be served with this soup: Pare

1 or 2 apples and grate finely. Moisten with 1 tablespoon of claret and mix with a little sugar, breadcrumbs, grated lemon rind, and 2 or 3 eggs to bind. Shape into klotzki, as in recipe on page 370, boil in water and, when cold, add to the apple soup or serve separately.



Fish

KOULIBIAKA S SIEMGOI

(Koulibiak of salmon)

Ingredients: 2 lbs. of "choux" paste (see page 78), 2 lbs. of salmon, cut in small steaks, $\frac{1}{2}$ lb. of kascha or rice, a few dried mushrooms, 1 onion, a sprig of fennel, salt and pepper.

Method: Roll the paste out on a floured board and divide in two rectangular sheets of equal size. On one sheet of pastry put a layer of the cooked kascha or rice, mixed with the chopped onion and chopped mushrooms, also previously cooked. Then lay the slices of cooked salmon on this, and cover with another layer of kascha. Over this put the other sheet of paste, damping the edges slightly and pressing firmly. Make a slight opening in the centre of the koulibiak, so that the steam can escape, brush over with melted butter, and put in a moderate oven for about 45 minutes, till the paste is of a golden colour.



KOULIBIATSKI

(Small koulibiaki)

These are made with puff pastry, cut in rounds of about 4 inches in diameter, and garnished with the same ingredients

as in previous recipe. The paste is gathered together towards the middle, forming a kind of purse. The koulibiaki are brushed over with yolk of egg and baked for 15 to 18 minutes.



COTLETKI

(Rissoles)

Ingredients: 1 lb. of salmon (tail end), $\frac{1}{4}$ lb. bread soaked in milk, $\frac{1}{4}$ lb. butter, salt, pepper and nutmeg.

For the garnish: A few cooked mushrooms, crayfish or prawns, slices of pickled cucumber, fresh peas, and a little sour cream or smetana.

Method: Chop the salmon coarsely and work with the butter and bread, mixing thoroughly and seasoning with salt, pepper and a little nutmeg. Shape into flat rissoles in the shape of a cutlet and cook in butter till lightly browned on both sides. Place on a hot dish and garnish with the above-mentioned ingredients. Serve with smetana.



JARENIE KOROUSHKI

(Fried smelts)

Ingredients: 1 $\frac{1}{2}$ lbs. of large smelts, 1 pint of veal or chicken stock, 1 teaspoon of essence of mushrooms, 12 Dublin Bay prawns, 1 tablespoon of lemon juice, butter, flour, salt and pepper, white breadcrumbs.

Method: Melt 1 tablespoon of butter in a saucepan, add just under the same quantity of flour, and stir till quite smooth. Add the hot stock gradually and stir till it begins to thicken. Then add 2 tablespoons of melted butter, stirring continually. Flavour with the essence of mushrooms and the lemon juice, add the cooked and shelled prawns, finely chopped, season with salt and pepper and simmer for 10 minutes. The sauce must be somewhat thick. Remove from the fire and let stand till quite cold.

Bone and fillet the smelts, coat with the sauce, pressing the 2 fillets from each fish together again, so that they look like a whole fish. Roll in flour, coat with the beaten yolks of 1 or 2 eggs, and fry in boiling fat to a golden colour. Drain and put on a hot dish. Green peas, boiled, drained and moistened with a little melted butter, are usually served with this dish.



LESTSH S KHRENOM E YABLOKAMI

(Bream with horse-radish and apples)

Ingredients: 2 lbs. of bream, 2 or 3 cooking apples, 4 tablespoons of grated horse-radish, 2 sticks of celery, 1 leek, 2 onions, slices of lemon, 1 bayleaf, mixed herbs, vinegar, sugar, salt and pepper.

Method: Cut the fish into 2 inch lengths and put these in a saucepan with enough vinegar to cover. Bring to the boil, and remove the fish from the vinegar. Have ready a saucepan with a little hot, salted water, to which the sliced vegetables have been added, and poach the pieces of bream in this till tender. Drain, put the fish on a hot dish, sprinkle with the grated horse-radish, well mixed with grated or finely chopped apples, moistened with a little vinegar and mixed with a little sugar. Garnish with slices of lemon.



FORELLE S VINOM

(Trout with wine)

Ingredients: 6 or 8 small trout, 1 tumbler of white wine, $\frac{1}{2}$ a tumbler of Madeira, 1 wineglass of rum, 1 stick of celery, 1 small leek, 2 onions, 1 bayleaf, mixed herbs, fish stock, salt and peppercorns.

Method: Put the trout in an earthenware casserole, cover with the different wines and a little fish stock, adding the vegetables and seasoning. Let them stand in this marinade

for several hours. Then bring slowly to the boil and simmer for a few minutes till the fish is tender. Small trout, cooked in this way, will be found to be tender as soon as the marinade comes to the boil. These can be served either hot or cold, with a little of the marinade strained over them. When served hot, they are usually garnished with cooked crayfish (Dublin Bay prawns), boiled potatoes and parsley.



STERLET S VINOM E VISHNI

(Sturgeon with wine and cherries)

This dish can be made with turbot or brill.

Ingredients: 2 or 3 lbs. of fish. For the stock in which it is cooked: $\frac{1}{2}$ pint of sauterne, $\frac{1}{2}$ pint of the juice from pickled salt cucumber, or 1 gill of vinegar, 1 leek, 2 or 3 onions, 1 stick of celery, parsley, 1 or 2 bayleaves, salt and peppercorns. For the sauce: 1 pint of fish stock, 1 wineglass of port or Madeira, 1 gill of cherry syrup, 2 lumps of burnt sugar, 2 tablespoons of either chopped capers, olives or gherkins, a sprinkling of cinnamon and cloves, flour and butter.

Method: Put the wines and other ingredients for the stock in a saucepan and, when hot, add the fish and poach till tender, being careful that it does not break. When done, drain, remove the skin and pour the following sauce over it: Brown 1 tablespoon of flour in the same quantity of butter, and add gradually 1 pint of the stock in which the fish was cooked. Add 2 lumps of burnt sugar, dissolved in a little hot stock. Stir, and mix in the port or Madeira, the cherry syrup, cinnamon, cloves, a little lemon juice or vinegar, and simmer till the sauce thickens. Before serving add the chopped capers, olives or pickles and pour over the fish.

ZRAZY EZE RIBI

(Fish zrazy)

Although of Polish origin, this dish has been so long established in Russia and is so common that it has become a national dish.

Ingredients: 2 lbs. of filleted haddock, 4 or 5 large onions, bread soaked in milk, 2 or 3 eggs, white breadcrumbs, flour, butter, salt and pepper.

Method: Chop the onions finely and fry in oil or butter to a golden colour. Drain thoroughly and mix with the soaked bread, season with salt and pepper and bind with 1 or 2 eggs. When cold, place a layer of the mixture on each fillet of haddock, roll, coat each of the rolled and stuffed fillets with flour, then beaten yolk of egg and fine white breadcrumbs. Fry in plenty of hot butter, and serve, pouring the butter over the fish.



PASCHET EZE RAKOV

(Crayfish pie)

Ingredients: 3 dozen crayfish (Dublin Bay prawns), 1½ lbs. of white uncooked fish, breadcrumbs, 1 chopped onion, a few tablespoons of cooked peas, sour cream, slices of lemon, puff pastry, salt and pepper.

Method: Mince the white fish and mix with the chopped onion a handful or two of breadcrumbs, and season with salt and pepper. Moisten with a little sour cream. Butter a pie dish and fill with alternate layers of minced fish, the shelled crayfish with the meat from the claws as well, and the cooked peas. The last layer should be of minced fish. Cover with a layer of puff pastry, leaving a small opening in the centre of the pie, and brush over with yolk of egg. Bake in a moderate oven for about 35 to 40 minutes till the pie is brown. A few minutes before serving pour into the pie a little sauce made with 1 tablespoon of flour blended

with $1\frac{1}{2}$ tablespoons of crayfish butter (made by pounding the crayfish shells in a mortar with the butter and then rubbing through a sieve), 1 pint of fish stock and lastly a little sour cream. The remainder of the sauce is served separately and slices of lemon are added to it.

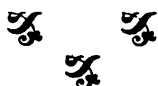


LESTSH S KASCHEY

(Bream with Kascha)

Ingredients: 1 medium-sized bream, a plateful of kascha, 1 or 2 onions, 1 or 2 hard-boiled eggs, mixed herbs, butter, salt and pepper, 2 or 3 tablespoons of sour cream.

Method: Chop the onions and fry in a little butter to a golden brown. Mix thoroughly with the kascha, chopped hard-boiled eggs, herbs, and season with salt and pepper. Cook for a few minutes longer, and stuff the fish with the mixture. Put in a fireproof dish or in a baking tin, pour melted butter over the fish, add a little water in the dish or tin, sprinkle the fish with breadcrumbs and bake till tender. Before serving stir the sour cream into the butter in which the fish has cooked and pour this sauce over the fish when it is dished up.



Entrees

ZALOVNOYE S SOLONINE

(Zalovnoye of salt beef)

Ingredients: 2 or 3 lbs. of salt beef, 1 cooked beetroot, 2 hard-boiled eggs, 2 or 3 carrots, 2 onions, mixed herbs, dill, 2 bayleaves, parsley, peppercorns, aspic jelly.

Method: Slice the carrots and onions, and put them in a saucepan with the salt beef, the herbs, bayleaves and

enough warm water to cover. Bring to the boil, add the peppercorns and simmer gently till the meat is tender, allowing from 25 to 30 minutes to the pound. When done, remove the meat from the pan and let it stand till quite cold. Then cut it into very thin slices, removing all fat. Pour a little aspic into a mould and, when nearly set, lay a few slices of the beef on it, decorate with thin slices of beetroot, cut in fancy shapes, thin slices of hard-boiled eggs and a few sprigs of parsley. Cover with a little jelly and continue with alternate layers till the mould is filled. Put in a cold place or on ice and, when set, turn out carefully and serve with a mustard sauce.



ZALOVNOYE S RIABCHIK

(Zalovnoye of hazel hens)

Ingredients: 2 or 3 hazel hens, $\frac{1}{2}$ lb. calves' liver, 1 carrot, 1 stick of celery, 2 or 3 eggs, a few potatoes, 1 small beetroot, 12 stoned olives or 1 heaped tablespoon of capers, oil, vinegar, dill, bayleaf, mustard, salt, pepper, breadcrumbs, aspic jelly.

Method: The birds can either be left whole or they can be boned. Stuff them with the following mixture: Chop the calves' liver and cook in a little butter with the chopped carrot, previously boiled, the celery blanched and chopped, the bayleaf, and season with salt and pepper. Add 3 or 4 tablespoons of breadcrumbs and finally bind with the eggs. Stuff the birds with this mixture and roast them, basting frequently. When done put them on a dish and let them stand till quite cold. To serve, garnish with cooked beetroot and potatoes, cut in dice, with olives or capers, all of which should be sprinkled with a little salad dressing of oil, vinegar, 1 teaspoon of mustard, salt and pepper, and aspic jelly, cut in fancy shapes. Mayonnaise or mustard sauce is served with this dish.

KARAVAI EZE BLINOV, RISA E MOSGA

(Karavai with bleeny, rice and beef marrow)

Ingredients: For the bleeny: 2 eggs, 1½ pints of milk, 1 pint of flour, ½ a tablespoon of butter, ½ a teaspoon of salt, the same of sugar. For the stuffing: ½ pint of rice, ½ lb. of beef marrow, 2 tablespoons of currants, salt.

Method: Blend the ingredients for the bleeny or pancakes, add the whites of eggs beaten to a stiff froth. Make them in the usual way (see page 359) in a small pan with a little butter. When done, place one pancake (not folded) in a deep saucepan or cake tin, the same size as the pancake, well coated with butter and breadcrumbs. Over the pancake place a layer of rice, previously cooked and quite dry, sprinkle with small pieces of beef marrow and currants, cover with another pancake and continue till the saucepan or tin is filled. Cover with a lid or plate and bake for ½ an hour in a moderate oven. Turn out and serve with a brown sauce.



VARENNIKI S TWAROGOM

(Varenniki with cream cheese)

Ingredients: For the paste: ½ a lb. of flour, 2 whole eggs and 2 yolks, ½ a teaspoon of salt, a little water. For the stuffing: 1 lb. of cream cheese, a little sour cream, 1 or 2 eggs, a pinch of salt.

Method: Make a stiff paste and let it stand before rolling out. Roll out very thinly. Cut into rounds of about 3 inches in diameter, and on each round put a little of the cheese, previously well mixed with a little sour cream and an egg, and seasoned with salt. Put a round of pastry over each, press the edges together, moistening with a little water or white of egg, and poach in boiling salted water for 15 minutes. Serve with melted butter and sour cream.

The Varenniki are sometimes put in a buttered pie dish in the oven with sour cream and cooked till slightly browned.

KRECHNEVAI KASCHA

(Buckwheat kascha)

Ingredients: 1½ lbs. of sifted buckwheat flour, butter, sour or fresh cream or melted butter.

Method: Sift the buckwheat flour, spread it out in a large frying pan, and fry it slightly to colour it. Then put it in an earthenware pot with 1 teaspoon of salt, 1 tablespoon of butter and just enough water to cover. Put the lid on the pot and cook in a slow oven for 2 to 3 hours. It is advisable to stand the pot in a tin containing a little water, so that it will not catch. Serve with either cream or melted butter.



NACHINKOY KASCHA

(Garnished kascha)

The kascha is made as in the above recipe, but ¼ lb. of cooked veal, cut in inch lengths, ¼ lb. of cooked partridges, ¼ lb. of cooked beef marrow, and thick slices of hard-boiled egg are added to it 10 minutes before serving.



PASCHET EZE INDEIKI

(Turkey pie)

Ingredients: One small turkey or ½ a large one, 1 lb of veal, ½ lb. of fat bacon, onions, a few strips of lemon rind, 1 bay-leaf, parsley, dill and peppercorns, breadcrumbs, 1 or 2 eggs, 1 tablespoon of capers, puff pastry or short crust, butter, 1 gill of white wine, 2 tablespoons of vinegar, salt, pepper and nutmeg.

Method: Divide the turkey into joints, and brown in a little butter. Then cover with the wine, vinegar and a little water, adding chopped onion, lemon rind, parsley, dill, the bayleaf, salt and peppercorns. Stew till tender.

Make a forcemeat with the veal and bacon and a handful of breadcrumbs, adding chopped onion and capers and

seasoning with salt, pepper and nutmeg. Cook the mixture in a little butter, till slightly browned, and bind with 1 or 2 eggs. Make a large raised pie of pie pastry, put a layer of the stuffing at the bottom and place the pieces of turkey over it. Cover with pastry and bake till the pastry begins to brown. Before serving, pour a little of the strained sauce into the pie and serve the remainder separately.



PASCHET EZE ZAITZA

(Hare pie)

Ingredients: 1 young hare, 4 or 5 hard-boiled eggs, $\frac{1}{4}$ lb. of cream cheese (see Tvorojniki, page 360), larding bacon, butter, 1 glass of Madeira, a little lemon juice, puff pastry or pie crust, salt and pepper.

Method: Clean and skin the hare, lard it with thin strips of larding fat, and roast it till $\frac{3}{4}$ cooked. Remove the meat from the bones, and cut the fillets into small rounds 1 inch in diameter. With the remaining meat, make a forcemeat with the chopped eggs, the cream cheese and butter, season with salt and pepper and bind with 1 or 2 eggs. Line a mould with pastry or make a large raised pie, arrange alternate layers of forcemeat and the pieces of fillet till it is filled, and cover with pastry. Proceed as in the last recipe. Make a sauce with the bones, the contents of the roasting pan, a little game stock, lemon juice and Madeira, pour a few tablespoons into the pie and serve the rest separately.



POTCHKI S KARTOFELN E SOLIONIMI

OGOURZAMI

(Kidney with potatoes and salt cucumbers)

Ingredients: Ox kidney, 1 onion, flour, butter, salt and pepper. Small boiled potatoes and sliced salt cucumbers (Dutch cucumbers).

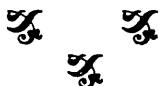
Method: Slice the kidney into thin slices and cook in butter, with a little chopped onion, a sprinkling of flour, salt and pepper. When done, put on a hot dish, pour the sauce from the pan over it and garnish with the potatoes and sliced cucumbers.



POTCHKI V SMETANIE

(Kidneys and sour cream)

Proceed as in the last recipe, using lamb kidney, and add 1 or 2 tablespoons of stock to the butter and, just before serving, mix in 3 or 4 tablespoons of sour cream. Serve with fried potatoes.



Meat

BŒUF STROGONOFF

(Beef à la Strogonoff)

Ingredients: 1 lb. of lean beef, preferably the fillet, 1 pint of stock, 2 tablespoons of sour cream, 1 of tomato juice, 1 of flour, 1 of butter, onion, salt and pepper.

Method: Cut the meat into inch squares, sprinkle freely with salt and a little pepper, and let it stand for 2 hours.

Brown the flour in the butter, work to a smooth paste, add the hot stock gradually, bring to the boil and strain. Then stir in the tomato juice and sour cream. Fry the meat in butter on a very quick fire with a little chopped onion. When brown put the pieces of meat in the sauce and simmer for 15 minutes. Bring to the boil, stirring well, and serve at once.

ZRAZI S KASCHEI

(Zrazi with kascha)

Ingredients: Thin slices of lean beef, a few tablespoons of cooked kascha (see page 393), 1 or 2 onions, stock, butter, sour cream salt and pepper.

Method: Cut the meat into thin even slices, sprinkle with salt and pepper, and on each slice put a layer of kascha, mixed with fried onions and seasoned with salt and pepper. Roll up the slices of beef and tie. Sprinkle with flour and brown in butter. Add enough stock to cover, and simmer very gently for 1 hour. These are served with a sauce made from the stock, thickened with a little flour, butter and sour cream.



COTLETKI

(Rissoles)

Fresh uncooked meat is always used for these forcemeat rissoles. Make a forcemeat with beef, a little kidney fat, chopped onion, breadcrumbs, salt and pepper, and bind with an egg. Shape into rissoles, coat with breadcrumbs, and fry in butter. Remove from the pan, mix in a little sour cream with the butter and pour the sauce over the rissoles.

These cotletki are extremely popular in Russia.



KAVKASKI SHASSLIK

(Caucasian shasslik)

Ingredients: 2 or 3 lbs. of loin or leg of mutton, onions, vinegar, salt and pepper.

Method: Carve the meat into slices, the fat as well, put in an earthenware vessel, sprinkle freely with salt, chopped onion, a little pepper, and cover with vinegar and water

in equal proportions. Let this stand for 4 hours. The pieces of meat should be well drained, dried and roasted on a spit, but as this is not usually possible, the best method is to grill them. The dish is accompanied by plain boiled rice. Another shasslik is made by roasting on the spit alternate slices of mutton, mutton fat, ham, aubergines and cucumber. These can also be grilled or fried on skewers.



VARESCHAGA

(Pork and beetroot)

Ingredients: 2 or 3 lbs. of loin of pork, $\frac{1}{2}$ pint of the juice of pickled beetroot (failing this, a few tablespoons of vinegar with shredded beetroot makes a good substitute), 1 or 2 baked chopped onions, 3 tablespoons of breadcrumbs made from rye bread, lard, salt and pepper.

Method: Cut the meat in 2 or 3 inch lengths, sprinkle with salt, and brown in a little lard. Remove from the pan, and put in a saucepan with the beetroot juice (or the vinegar and beetroot) and sufficient water to cover. Season with the chopped onion, salt and peppercorns. Bring to the boil, add the breadcrumbs, mix well, bring to the boil once more, and serve on a hot dish. The sauce should not be too thick. If vinegar and shredded beetroot are used, the sauce should be strained.



NOVOROSSISKAI BARANINA

(Novorossisk mutton)

Ingredients: A few mutton cutlets, a small cabbage, 1 or 2 carrots, 1 turnip, 1 or 2 potatoes, a small cauliflower, $\frac{1}{2}$ pint of stock, butter, flour, salt and pepper, rye bread.

Method: Cut the vegetables in small pieces, and lightly colour in butter. Put them in an earthenware pot, add a thickening of a little butter and flour, add the cutlets, season

well with salt and pepper and cover the pot with a paste made of rye bread and water. Put in a moderate oven for 1 to 1½ hours.



KAVKASKI PILAV

(Caucasian pilaf)

Ingredients: 2 lbs. of fat loin or leg of mutton, ½ pint of rice, ½ pint of stock, 1 chopped onion, 1 bayleaf, salt, pepper and peppercorns.

Method: Cut the loin into cutlets or the leg into slices. Melt some mutton fat in a saucepan, add the chopped onion and, when it begins to brown, put in the pieces of meat. Pour in some stock, season with salt and pepper, cover the saucepan and cook till the meat is half done. Next add the rice, previously scalded, and then pour cold water over it. Add more stock, peppercorns, a bayleaf, cover and cook till the rice is quite tender. It should be soft, but each grain should be separate.



POROSSENOK

(Sucking pig)

Ingredients: A sucking pig, a few tablespoons of horse-radish, ½ pint of sour cream, salt and pepper.

Method: Divide the sucking pig into joints, put in a saucepan and cover with cold water. Do not add either salt or vegetables. Bring to the boil on a quick fire and simmer for 2 hours. When the meat is tender, add 1 or 2 tablespoons of salt and let the pieces of pig remain in the water till quite cold. Then drain, put on a dish and cover with a sauce made with the sour cream, mixed with the grated horse-radish and a little salt and pepper.

SVINAI GROUDIMKA S SLADKIM SOUSOM

(Loin of pork with sweet sauce)

Ingredients: Loin of pork, breadcrumbs, butter or fat.

For the sauce: 2 tablespoons each of apple, cherry and plum jam, 1 or 2 tablespoons of honey, 1 pint of stock, 3 tablespoons of port or Madeira, $\frac{1}{2}$ a teaspoon of lemon rind, grated cinnamon, 5 pounded cloves.

Method: Cut the meat into pieces about 3 inches long, and boil in salted water. Remove when tender, drain, roll in flour, coat with egg and breadcrumbs and brown in the oven. When done, put on a dish and pour over them the sauce, made as follows: Put the stock in a saucepan and, when warm, stir in the jam, the honey, add the lemon rind, finely chopped, the cinnamon and cloves. Stir and simmer for a few minutes.



TELIATINA S SOUSOM EZE IKRI

(Veal with caviare sauce)

Ingredients: 2 lbs. of larded fillet of veal, stock, $\frac{1}{2}$ pint of white wine, 3 or 4 tablespoons of caviare, lemon juice, lemon rind, 1 bayleaf, cloves, salt and pepper.

Method: Stew the larded fillet of veal in stock and wine with the bayleaf, a little lemon rind, and a few cloves. When done, slice, and cover with the following sauce: Take $\frac{1}{2}$ pint of the stock, skim and strain. Add the caviare, a little lemon juice, stir well, simmer for a few minutes, and add a small lump of butter just before serving.

Poultry and Game

INDIEKA S VISHNIOVIM SOUSOM

(Turkey with cherry sauce)

Ingredients: Thin slices of breast of turkey, butter, 1 wine-glass of Madeira.

For the sauce: 2 lbs. of cherries, mixed spices, 2 table-spoons of sugar, 1 or 2 of water.

Method: Stone the cherries and put them in a saucepan with the sugar, water and spices. Cook very slowly till they are reduced to a pulp. Then rub through a sieve.

Cut thin slices from the breast of a turkey, season with salt and cook in a sauté pan in a little butter and Madeira.

To serve, put the cherry sauce in the centre of a hot dish and place the slices of turkey around the dish.



COTLETKI

(Rissoles)

These rissoles are made with uncooked duck or goose, finely chopped, a few dry mushrooms, also cooked, bread soaked in milk, a little sour cream and the yolks of 1 or 2 eggs. They are shaped into rissoles, dipped in flour, coated with yolk of egg and breadcrumbs, and fried in butter.



POJARSKI COTLETKI

(Pojarski rissoles)

These are done in the same manner as the preceding cotletki, but with the meat of 3 or 4 uncooked hazel hens, $\frac{1}{2}$ lb. of pork, a little bread soaked in milk, sour cream, butter, 1 or 2 whole eggs, salt and pepper. They are served with sour cream.

COTLETKI EZE KOURITZE

(Chicken rissoles)

These are very light, made as above, but with minced raw chicken. They should be well seasoned with salt and pepper and also served with sour cream.



HOLODNIY TETERKA

(Cold potted grey hens or hazel hens)

Ingredients: 3 or 4 grey hens or hazel hens, $\frac{1}{2}$ lb. of fat bacon, 2 or 3 bayleaves, 6 cloves, 1 small onion, 1 teaspoon of cinnamon, $1\frac{1}{2}$ pints of light claret, salt and peppercorns.

Method: Cut the birds into neat joints and slice the breasts. Put a few slices of the fat bacon in a deep earthenware pot, over this put slices and pieces of the bird, with the spices, salt and peppercorns, cover with more bacon and continue putting in alternate layers till the pot is filled. Pour in the claret, cover with a cloth or with a lid of pastry, and cook in a very slow oven for 5 or 6 hours. This should be served cold.



BITKI EZE RIABCHIKA

(Bitki of hazel hens)

Ingredients: 2 or 3 hazel hens, butter, sour cream, 1 tablespoon of grated Gruyère cheese, salt and peppercorns.

Method: Remove all the meat from the birds, carve in neat pieces and slices, season with salt and pepper, sprinkle with flour and brown in hot butter. When done, place on a hot dish and pour the following sauce over them: Put the bones in a saucepan with 1 pint of water, season with salt and peppercorns, bring to the boil and simmer till reduced by half. Strain and put in another saucepan, adding a few tablespoons of sour cream and the grated Gruyère cheese. Stir and simmer for a few minutes.

GLOUKHAR S SMETANA SOUSOM

(Capercaillie with sour cream sauce)

The bird is either boiled or roasted, and served with sour cream, or is treated as in the preceding recipe. Capercaillie is very popular in Russia.



GOUSSE FARSHIROVANI KACHEU

(Goose stuffed with kascha)

Ingredients: A goose, 1 breakfast cupful of cooked kascha (see page 393), $\frac{1}{2}$ lb. of dry mushrooms, 1 or 2 carrots, 1 onion, 1 leek, 1 stick of celery, salt and pepper, parsley and dill.

Method: The goose should be boned. Put the bones in a saucepan, cover with cold water, bring to the boil and skim. Then add the sliced vegetables and the mushrooms. Season with salt and peppercorns, parsley and dill. Simmer gently for about 1 hour and strain the stock. Chop the mushrooms, mix with the kascha, and stuff the goose with the mixture. Roast the bird, basting with a little of the strained stock and serving this as the sauce.



OUTKA FARSHIROVANI GROUZDIAMI

(Duck stuffed with salt mushrooms)

Ingredients: Duck, 5 or 6 small salt mushrooms (see page 359), a slice of lean cooked veal, bread, soaked in milk, 2 tablespoons of sour cream, 2 or 3 eggs, butter, salt, pepper and nutmeg.

Method: Wash and dry the mushrooms and chop very finely. Chop the veal, mix with the mushrooms, the bread and the cream. Cook in butter, seasoning with salt, pepper and nutmeg. Stuff the duck with the mixture, wrap it in a piece of buttered paper and roast.

TETIARKI V SMETANIE

(Grey hens or hazel hens with sour cream)

Put the birds in a saucepan with a pint of sour cream, season with salt and pepper and simmer gently till tender.



Vegetables and Salads

MOSKOVSKAYA SELIANKA

(Moscow selianka)

Ingredients: 2 or 3 lbs. of sauerkraut, a few slices of cooked meat or game, smoked pork, a few small fried sausages, 1 onion, a few Dutch cucumbers, pickled mushrooms, olives, butter. This dish is also made with fish.

Method: Chop the onion and brown in butter. Add the sauerkraut and simmer gently till the cabbage is quite tender. Put a layer of cabbage either on a well buttered baking dish or in a fireproof dish, over it place a few slices of cooked meat or game or smoked pork, cover with more cabbage, dot with pats of butter and brown in the oven. Garnish with the Dutch cucumbers, the pickled mushrooms, olives, and the fried sausages.



JARENIE OGOURZI V SMETANE

(Fried cucumbers with sour cream)

Ingredients: 2 large straight and firm cucumbers, cooked meat, boiled rice, butter, salt and pepper, $\frac{1}{2}$ pint of sour cream.

Method: Peel the cucumbers carefully and cut into 3 inch

lengths. Scoop out the seeds and a little of the inside and fill with the finely chopped meat, mixed with the rice, both previously cooked in a little butter and well seasoned with salt and pepper. Fry in butter and, when slightly browned, put the stuffed chunks of cucumber in a baking tin or fireproof dish, pour the cream over them and bake in a moderate oven for about 20 minutes.



PECHENAIA KARTOFEL V SMETANE

(Baked potatoes with sour cream)

Ingredients: 1½ lbs. of cooked potatoes, 1 onion, 4 table-spoons of grated cheese, 2 eggs, breadcrumbs, butter, ½ pint of sour milk, salt and pepper.

Method: Chop the onion and fry to a golden colour in butter. Peel and slice the potatoes and put them in a fireproof dish with the onion, sprinkle with the breadcrumbs and grated cheese and add the sour cream, to which the eggs have been added. Season with salt and pepper and brown in a moderate oven.



IKRA EZE BAKLAJANOV

(Caviare of aubergines)

This dish, when properly prepared and seasoned, is certainly reminiscent of real caviare, both in appearance and flavour. It is often served as a zakouska. The aubergines are cut in half lengthwise and highly salted. They are then baked in a fairly brisk oven till the skins are almost black. The seeds, with a little of the pulp, are scooped out, the pulp is chopped and, when cold, it is dressed with a little salad oil and vinegar and seasoned with more salt if necessary.

MARINOVANIE BAKLAJANE

(Pickled aubergines)

The aubergines are cut in half lengthwise and scalded with boiling water, and well drained on a colander or a sieve. They are then stuffed with finely chopped carrot and a little chopped garlic, also scalded with boiling water. The 2 halves are put together and tied with thin strips from the coarse outer sticks of celery and are then put in a jar. Cold vinegar, previously boiled with spices, is put over them and the jar is closely covered.



KISSLYIA KAPOUSTA S GRIBAMI E SMETANOI

(Sauerkraut with dry mushrooms and sour cream)

This dish is often served as a zakouska.

Ingredients: 2 lbs. of sauerkraut, 6 dry mushrooms, $\frac{1}{2}$ pint of sour cream.

Method: Boil the mushrooms and drain them. Put the sauerkraut in a saucepan with 4 or 5 tablespoons of the mushroom stock, the sour cream, and the chopped mushrooms, and cook till tender on a slow fire or in the oven.



ROUSSKI SALAT

(Russian salad)

Russian salad is often confused with a macédoine of vegetable; and cooked mixed vegetables, with a mayonnaise dressing, are quite erroneously called "Russian salad." The real Russian salad contains not only cooked vegetables, but also cooked meat, poultry or game, or fish, and it is usually dressed with a plain dressing of oil, vinegar, salt and pepper—hence the name "Vinaigrette," by which it is known in Russia.

Here is a typically Russian "Russian salad": Meat, game or poultry is cut in dice, as well as beetroot, potatoes, gherkins, salt or fresh cucumbers and hard-boiled eggs. These are mixed with olives, sauerkraut and haricot beans. All the ingredients are well mixed with a salad dressing of oil, vinegar, mustard, salt and pepper.

It can also be made with uncooked herrings or cooked fish, with the same vegetables.



VINAIGRETTE

This is a popular summer vinaigrette, which can be made with salt herrings, mixed with cold cooked mushrooms, new potatoes, salt cucumbers, beetroot, parsley and the same dressing as in the previous salad. It should be served very cold.



SALAT LATOUK S SMETANE

(Lettuce salad with sour cream)

The lettuce is washed in cold water and well dried. Sprinkle freely with salt and let it stand in a cold place for $\frac{1}{2}$ an hour. Put in a salad bowl and pour the following dressing over it: Pound the yolks of 2 hard-boiled eggs, season with 1 teaspoon of sugar, a good pinch of salt, and a little pepper. Mix with 1 tablespoon of vinegar and add 1 gill of sour cream gradually, stirring continuously. Lastly, mix in 1 teaspoon of chopped fennel and add a few slices of cucumber.



SALAT EZE KARTOFEL, FASOLE E SVEKLI

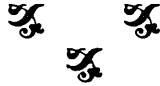
(Salad of potatoes, haricot beans and beetroot)

Cut the cooked potatoes and the beetroot into dice and mix with the cooked haricot beans. Dress with oil, vinegar, salt and pepper.

SVEJIE OGOURKI SO SMETANOI

(Cucumber salad with sour cream)

Peel the cucumber, cut into dice and sprinkle freely with salt. Let it stand for 1 hour. Drain off the water and mix with 1 gill of sour cream, flavoured with a little lemon juice, salt and pepper.



Sweets

GOURIEWSKAIA KASCHA

Ingredients: 1 lb. of walnuts or cob-nuts, 12 bitter almonds, 3 pints of rich milk, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ pint of semolina, apricot jam, a few crystallized fruits, breadcrumbs.

Method: Shell the nuts, and blanch the almonds and skin them. Pound both together. Put the milk in a flat dish and place in a moderate oven till a brown skin is formed on top of the milk. Skim this off carefully and set it aside. Repeat this operation till 5 or 6 skins have formed. Now put the semolina in the remaining milk and simmer till quite thick. Then add the nuts and the sugar. Make a rim of paste on a dish, about 2 inches high, put first of all a layer of kascha, then a skin from the milk, a layer of jam and crystallized fruit, another skin, the nuts, and so on till it reaches the top of the rim of pastry. Sprinkle with breadcrumbs and brown in the oven. When cold, coat with icing sugar and brown the sugar by holding a hot flat-iron close to it.

PUDDING EZE CHERNAVO HLEBA S
VISCHENIAMI

(Rye bread and cherry pudding)

Ingredients: 1 lb. of stoned cherries, 5 eggs, 2 ozs. of butter, 6 tablespoons of flour, 2 ozs. of chopped almonds, 2 ozs. of rye breadcrumbs, $\frac{1}{2}$ a tablespoon of cinnamon, 4 tablespoons of sugar, 1 wineglass of claret.

Method: Beat the butter, flour, sugar, yolks of eggs, chopped almonds and cinnamon together till smooth and light. Butter a mould, and put a little of the mixture in it. Bake in a quick oven. When set, remove from the oven and cover with a layer of cherries and another layer of the mixture, and again cook till slightly brown. Repeat this till the mould is filled, and bake till the top is browned. Turn out carefully and pour over it a sauce made with cherry purée mixed with claret and a few tablespoons of sugar.



SMETTANICK

(Jam and sour cream pie)

Ingredients: 6 ozs. of pounded almonds, 2 ozs. of cherry jam, 2 ozs. of raspberry jam, 3 tablespoons of sour cream, 1 teaspoon of cinnamon, the yolk of 1 egg, short pastry or puff pastry.

Method: Mix the jam, the almonds, moistened with a little milk, the yolk of egg and the sour cream, and flavour with the cinnamon. Line a pie dish with the pastry, fill with the mixture, cover with pastry and bake in a moderate oven till slightly brown.

VARENIKI EZE VISCHEN

(Vareniki with cherries)

For the paste see Siberian Pelmeni (page 361).

Fill the vareniki with stoned cherries and sugar. The cherries should be put beforehand in a dish with plenty of sugar and allowed to stand for several hours, the juice being strained off. They are poached in the same way as in the previous recipes. The sauce is made with $\frac{3}{4}$ of a pint of sour cream to which 6 tablespoons of cherry syrup have been added. The syrup is made with the juice of the cherries, sugar, and a $\frac{1}{2}$ lb. of cherries. When these have been reduced to a pulp the syrup is strained through a sieve.



OLADYI

(A small kind of pancake)

Ingredients: 1 pint of milk, 1 $\frac{1}{4}$ lbs. of flour, 1 oz. of yeast, 1 tablespoon of melted butter, 2 or 3 eggs, $\frac{1}{2}$ a teaspoon of salt, the same of sugar.

Method: Make a dough with the flour, warm milk and yeast, and set it in a warm place to rise. When it has risen, work well, adding the eggs, the salt and sugar. Let it stand again. When ready, proceed as in the making of pancakes, but using a smaller pan. Brown on both sides, and serve with sugar, jam or syrup.



DRACHONA

Ingredients: 1 $\frac{1}{4}$ lbs. of flour, 1 pint of milk, 2 ozs. of butter, 3 yolks of eggs, $\frac{1}{4}$ lb. of icing sugar, a pinch of salt.

Method: Cream the butter and add it to the yolks of eggs, previously beaten with the sugar. Thoroughly blend the flour and milk, add the yolks of eggs, etc., and a pinch

of salt, mixing and beating well. Melt a tablespoon of butter in a pan, pour the mixture into it and bake in the oven for $\frac{1}{2}$ an hour.



PASHA OP PASKA

This is a great Easter dish in Russia.

Ingredients: $\frac{3}{4}$ lb. of cream cheese (see Tvorojniki, page 360), 1 gill of sour cream, $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ lb. of sugar, $\frac{1}{4}$ lb. of chopped almonds, $\frac{1}{4}$ lb. of candied peel, $\frac{1}{4}$ lb. of stoned raisins.

Method: The cream cheese should be quite free from moisture. Rub it through a sieve and mix in a basin with all the other ingredients, blending thoroughly. Line a Turk's head mould with butter muslin, fill the mould with the mixture, cover with butter muslin, put a weight over it and stand in a cold place for 12 hours. Serve with cream.



SIRNIKI

Ingredients: 3 lbs. of milk cheese (see Tvorojniki, page 360), 3 tablespoons of sour cream, 4 eggs, 1 tablespoon of sugar, 1 heaped tablespoon of flour.

Method: Put all the ingredients in a basin, and mix and beat thoroughly. Shape into flat small cakes, roll in flour, and fry in butter.

Sundries

OMELET S SMETANOI

(Omelet with sour cream)

Make 2 omelets, seasoning with a little chopped parsley and fennel. Do not fold them but, when done, put one on the top of the other on a hot dish. Pour the following sauce over them: Put 1 tablespoon of butter in a saucepan and, when melted, stir in 1 tablespoon of flour. Add 1 gill of hot milk and stir till smooth. Then add a $\frac{1}{2}$ pint of sour cream, add the yolks of 2 eggs and season with salt and pepper. Stir till the mixture begins to thicken but do not let it boil.



SOOUSE EZE SOLONIE OGOURZOV

(Salt cucumber sauce)

Peel the cucumbers and chop them. Put the cucumber peel in 1 pint of good stock, bring to the boil and simmer for $\frac{3}{4}$ of an hour. Strain, and return to the saucepan and thicken with a little flour browned in butter. Bring to the boil, add 3 or 4 tablespoons of mushroom stock, and stir. Just before serving add the chopped salt cucumbers.



SOOUSE EZE SELIODKI

(Salt herring sauce)

The herrings should be boned, skinned and filleted, then finely chopped with 1 onion. Fry both onion and herrings in a little butter, sprinkling with flour. Boil 1 pint of stock, add the herrings and onion. Simmer for $\frac{1}{2}$ an hour, and strain. Add a little lemon juice and 2 tablespoons of sour cream.

SOOUSE EZE HRENA S KORINKOI

(Horse-radish sauce with currants)

Wash and scald a $\frac{1}{4}$ lb of currants. Add them to 1 pint of stock, with 3 ozs. of grated horse-radish and season with a little salt. Stir well and simmer for 15 minutes. This is served with boiled beef.



OREHOVOI SOOUSE

(Walnut sauce)

Shell and pound in a mortar about 20 walnuts. Add 1 teaspoon of French mustard, the yolks of 2 hard-boiled eggs, 1 tablespoon of fine brown breadcrumbs, 1 tablespoon of oil and a gill of vinegar. Mix well and serve with boiled or fried fish.



KVOROST

Ingredients: 1 lb. of flour, 2 tablespoons of sugar, a little less than $\frac{1}{2}$ pint of water, 1 wineglass of rum or vodka.

Method: Work the ingredients to a firm paste, roll out very thinly and cut into strips 3 inches long and $\frac{1}{2}$ an inch wide. Make a slit in the middle and put one end of the strip of pastry through it. Fry in boiling oil and sprinkle while still hot with icing sugar.



KOULITCH

(Easter currant bread)

Make a dough with 2 lbs. of flour and 2 ozs. of yeast dissolved in warm milk. Work well and set to rise. Then add 2 more lbs. of flour. 1 lb. of melted butter, $1\frac{1}{2}$ pints of milk, or a little more if necessary. 8 eggs, $1\frac{1}{2}$ lbs. of sugar,

1½ teaspoons of saffron and 1 teaspoon of vanilla essence, ½ lb. of currants, and ½ lb. of pounded almonds. Knead thoroughly till the dough is firm and let it stand overnight. In the morning, add another 1 lb. of flour, shape into a loaf, put a thin piece of wood in the middle, let it rise again and then bake it. It can also be baked in a deep bread tin.



PASTILLA EZE YABLOK

(Apple pastilles)

Ingredients: 3 lbs. of cooking apples, 2½ lbs. of sugar, 2 ozs. of bitter almonds, 1 tablespoon of rosewater (or other flavouring), the whites of 3 eggs.

Method: Peel and core the apples and put them in a saucepan with enough boiling water to cover. Simmer till very soft. Drain thoroughly and rub the apples through a sieve. Mix in the sugar, whites of eggs, rosewater and pounded almonds, and beat vigorously till the mixture is very stiff and thick. Put the mixture in buttered paper cases and dry in a very cool oven for several hours till the pastilles are quite set and firm.



KLIUKVA V SAHARE

(Iced cranberry sweets)

Make an icing with white of egg and icing sugar, beat till very stiff and coat each cranberry with it. Put them on a baking dish in a very slow oven for about 10 minutes, till the icing has set.

MARINOVANIE SLIVI V VISHNI
(Pickled plums)

Ingredients: 6 or 8 prune plums to each pint of juice, $\frac{1}{2}$ a tumbler of vinegar, and to each quart of combined juice and vinegar, 1 lb. of sugar, a little cinnamon, a few cloves and peppercorns.

Method: Put some of the ripest plums in an earthenware pot with a little water, and cook in a moderate oven till very soft. Strain off all the juice, mix with the vinegar and sugar, put in a saucepan and bring to the boil. Simmer till the sugar has dissolved. Put the remaining plums in jars and, when the vinegar, etc., is cool, pour it over the plums and cover closely with an air-tight lid or with paper. These are often served with game.



A Few Russian Beverages

VODKA

Vodka is the national spirituous beverage of Russia. It was formerly made from rye, but the staple raw materials now used are potatoes and maize, and green rye malt instead of barley malt is used to effect saccharification. It is highly alcoholic.

Good vodka is almost tasteless. It is drunk in very small glasses and should never be sipped, but drunk down in one gulp. The Russians drink it while eating their zakouski or hors-d'œuvre, and in pre-war days it was considered a feat to drink numberless glasses of vodka, just as at one time we had our "3 or 4-bottle men" in this country who would sit over their port till they slid under the table. In Russia, there was a custom of forming letters with rows of these

small glasses, writing the name of a man's lady-love on the table. Each little glass was filled with vodka and if he loved her truly he was supposed to finish all the glasses which formed the letters of her name—often with dire results.



KVASS OR KWASS

This is a popular national drink in Russia and has been a universal drink there since the sixteenth century. It is made by a simultaneous acid and alcoholic fermentation of wheat, rye, barley and buckwheat meal or of rye bread, with the addition of sugar or fruit. Kwass is only slightly alcoholic. It is sometimes added to soups.



RUSSIAN TEA

The Russians are great tea drinkers, but their method of making tea does not differ from that of other countries. The favourite tea is China tea, and the *samovar* is the urn in which the hot water is kept boiling and from which it is poured as required. The difference between the tea-drinking in Russia and that of other nations is that the Russians add other things to their tea besides milk and sugar, one of the favourite ingredients being 1 or 2 spoonsful of jam instead of sugar.

POLAND



	PAGE
Chłodnik (<i>Salt cucumber soup</i>)	404
Zupa Grzybowa (<i>Mushroom soup</i>)	404
Zupa Szckawiowa (<i>Sorrel soup</i>)	405
Zupa Grochówka (<i>Soup of dried peas</i>)	405
Krupnik (<i>Pearl barley soup</i>)	406
Zupa Rakowa (<i>Dublin prawn soup</i>)	406
Karp z Wodi (<i>Boiled carp</i>)	407
Sos Koperkowy (<i>Sauce</i>)	407
Zrazy Zawijani z Lina (<i>Eel zrazy</i>)	408
Potrawa z Raków Zapiekaśa (<i>Baked prawns</i>)	408
Śledź Marynowany ze Śmietana (<i>Marinated herrings with sour cream</i>)	409
Flaki (<i>Tripe</i>)	409
Kuropaty Tlumione w Liściach Windgronowych (<i>Part-ridges in vine leaves</i>)	410
Bigos (<i>A Polish dish of sauerkraut and meat</i>)	410
Udziec Sarni Duszony (<i>Braised or stewed venison</i>)	411
Prosiak Faszerowany (<i>Stuffed sucking pig</i>)	411
Kolduny (<i>Forcemeat dumplings for soups</i>)	412
Grzyby w Śmietanie (<i>Mushrooms with sour cream</i>)	412
Pieczarki Zrusztu (<i>Mushrooms</i>)	413
Pieczarki Faszerowane (<i>Stuffed mushrooms</i>)	413
Ogorki Zapiekañe (<i>Baked cucumbers</i>)	414
Ogorki Faszerowane (<i>Stuffed cucumbers</i>)	414
Racuszki z Kartofli (<i>Potato pancakes</i>)	414
Naleśniki (<i>Polish pancakes</i>)	414
Kisiel Owocowy (<i>A fruit juice sweet</i>)	415

Introduction

IN spite of the many vicissitudes of their stormy and chequered career throughout the centuries, the Poles have achieved much in art, literature and music. They are among the most highly intelligent and gifted peoples of Europe and they have always belonged to the culture of Western Europe rather than to that of the East. Their heroic past inspires them with an extremely strong sense of nationality and although Poland was abolished in 1815 and divided between Austria, Prussia and Russia, the Poles still remained Poles, and all attempts at breaking them proved futile.

Poland has a distinctive cookery of its own, which undoubtedly dates back many hundreds of years. Polish aristocracy is one of the oldest in Europe, and the recipes which have been passed from one generation to the next were certainly for dishes which adorned the tables of Polish noblemen several centuries ago. Although their cookery shows traces of the Slav element, it is tempered by a sense of balance and proportion which belongs to Western culture. They have always been great "gourmets" and have always taken an intelligent interest in food. One of the most remarkable cookery books of modern times was written by a distinguished Polish engineer, M. Henri Babinski, whose enthusiasm for the art of gastronomy led to the writing of *La Gastronomie Pratique*, under the name of "Ali Bab." And because in Poland cultured people who are not professional cooks have an understanding of the art of cookery, I must thank my friend, Mlle. Cecilia Podoska, for her invaluable assistance in helping me to do justice to Polish cookery, and also Mr. Wieslas Zbijewski, of the Polish Embassy, who is not only a distinguished diplomat, but also an authority on Polish cookery, for selecting what, in his opinion, were the most representative Polish recipes.

CHLODNIK

(Salt cucumber soup)

Ingredients: 3 pints of sour cream, $\frac{1}{2}$ pint of pickled cucumber juice or pickled beetroot juice, 6 ozs. of cooked veal, 6 ozs. of fresh beetroot, 6 ozs. of beetroot tops, a little less than 1 oz. of dill, 1 teaspoon of chives, 30 Dublin prawns, 6 hard-boiled eggs, 2 fresh and 1 salt cucumber, salt and pepper.

Method: Cook the beetroot and, when quite tender, remove from the water and rub through a sieve. Add the chopped beet tops, and cover with either the cucumber or the beet juice. Stand for 1 hour in a warm place. Then stir in the sour cream gradually, add the veal, cut in dice, the chopped dill and chives, the shelled prawns, the sliced cucumber, the hard-boiled eggs, quartered, and season with salt and pepper. This soup should be iced.

The veal, prawns, eggs, etc., are sometimes served separately.



ZUPA GRZYBOWA

(Mushroom soup)

Ingredients: 2 quarts of either meat or vegetable stock, 4 ozs. of dried mushrooms, 2 ozs. of potato flour, 2 oz. of butter, 6 tablespoons of sour cream, salt and pepper.

Method: Pour boiling water over the mushrooms and let them stand for a few minutes. Then boil them in the stock till tender, remove when done, chop and return to the stock. Melt the butter in a small saucepan, stir in the flour, without browning, moisten with a few tablespoons of the hot stock and stir into the soup. Just before serving, add the sour cream. Nouilles are sometimes served with this typically Polish soup.

ZUPA SZCZAWIOWA

(Sorrel soup)

Ingredients: 1 quart of meat or vegetable stock, 1 quart of milk, 1¼ lbs. of young fresh sorrel, 10 ozs. of potatoes, just over 1 gill of sour cream, 2 ozs. of butter, 4 yolks of eggs, salt and pepper.

Method: Pick and clean the sorrel and scald it. Chop it finely, cook in butter till quite tender and rub it through a sieve. Boil the potatoes, rub them through a sieve, and mix with the sorrel purée. Boil the milk, add to the hot stock, stir well and add the sorrel and potato purée. Season with salt and pepper, simmer for 10 minutes and add the eggs, mixed with a little of the hot soup, and finally stir in the sour cream.



ZUPA GROCHÓWKA

(Soup of dried peas)

Ingredients: 2 quarts of meat or vegetable stock, 1 lb. of dried peas, 4 ozs. of gammon, 4 ozs. of Frankfurt sausages, 2 ozs. of potato flour, ½ an onion, 1 or 2 sprigs of marjoram, salt and pepper.

Method: Soak the peas for 12 hours in cold water. Remove from the water and drain. Put the peas in a saucepan with the cold stock, bring to the boil, add the onion and simmer till the peas are very tender. Rub them through a sieve and return this purée to the stock, with the potato flour. Season with salt, pepper and the marjoram. Add slices of Frankfurt sausages, and the cooked gammon, simmer for a few minutes longer and, just before serving, stir in the sour cream.

KRUPNIK

(Pearl barley soup)

Ingredients: 2 quarts of meat or vegetable stock, 1 or 2 onions, 2 carrots, 1 turnip, 1 leek, 1 stick of celery, 6 ozs. of pearl barley, 2 ozs. of dried mushrooms, $\frac{1}{4}$ lb. of butter, parsley, salt and pepper, sour cream.

Method: Put the pearl barley in a saucepan with a little stock and bring to the boil. Simmer till tender and add the butter gradually. In the remaining stock, boil all the vegetables and the mushrooms, previously scalded. When the mushrooms are tender, chop them, put them back in the stock and add the cooked pearl barley, season with salt and pepper, and finally add a few tablespoons of sour cream.



ZUPA RAKOWA

(Dublin prawn soup)

The shell fish used for this are not exactly the Dublin prawns, but closely resemble them, both in appearance and flavour, so Dublin prawns can be used as a substitute.

Ingredients: 3 pints of water, 1 pint of vinegar, 1 oz. of salt, a few shredded carrots and onions, thyme, bayleaf, parsley, peppercorns—this being the *courtbouillon* in which the prawns are cooked. Sixty prawns (in Poland these prawns are always sold in quantities of 30 or 60), just over 1 gill of sour cream, 1 quart of meat stock, 6 ozs. of butter, 2 ozs. of potato flour, the yolks of 2 eggs, salt, pepper and cayenne.

Method: Clean the prawns and soak them in milk for 2 hours. Bring the *courtbouillon* to the boil, throw in the prawns, simmer till they have turned pink, drain, and remove the claws and set aside. Pick the meat from the shells and also set aside. Pound the shells in a mortar with the butter and rub through a sieve. Mix the *courtbouillon* with the meat stock, stir in the potato flour, season with salt and

pepper, add the prawn butter, made from the shells, the claws and the tails, the yolks of egg, and simmer without boiling. Finally add the sour cream.



KARP Z WODI (Boiled carp)

Ingredients: 2½ lbs. of carp, 1 or 2 carrots, 1 onion, 1 turnip, 1 leek, 1 stick of celery, 4 cloves, 10 peppercorns, mixed herbs and salt.

Method: Put the sliced vegetables and other ingredients in a large saucepan, with sufficient water to cover and, when just warm, put in the fish, previously cleaned and scalded. Bring to the boil rapidly, and simmer till the fish is tender, being careful not to overboil it. When done, drain, put on a hot dish and serve with the sauce given in the following recipe.



SOS KOPERKOWY (Sauce)

Ingredients: 6 ozs. of meat glaze, 1 tablespoon of fresh cream, 1½ ozs. of butter, the same of flour, ½ a chopped onion, 2 yolks of eggs, a handful of dill, salt and pepper.

Method: Brown the flour in the hot butter, add the meat glaze gradually, the chopped onion, the cream, the chopped dill and season with salt and pepper. Simmer for 10 minutes, stirring constantly. Add the yolks of egg, previously mixed in a basin with a few tablespoons of the sauce, and simmer for a few minutes longer without boiling.

ZRAZY ZAWIJANI Z LINA

(Eel zrazy)

Ingredients: 4 lbs. of eel, 2 carrots, 2 onions, 1 turnip, 1 leek, 1 stick of celery, 6 ozs. of mushrooms, 6 ozs. of butter, 2 ozs. of flour, 4 tablespoons of Madeira, 2 whole eggs, 1 roll, mixed herbs, salt and peppercorns.

Method: Remove the head and tail of the fish and also the bones. Put these in a saucepan with the sliced vegetables, and simmer for $\frac{1}{2}$ an hour. Flatten out the eel and cover with a fish forcemeat consisting of finely chopped eel, onion, mushrooms, a little bread, soaked in milk, all cooked in butter, with 1 tablespoon of brandy, seasoned with salt and pepper, and with 2 eggs to bind. Tie the fish up, cut into 2 or 3 inch lengths, dip in flour, brush over with yolk of egg, coat with breadcrumbs, and brown in butter. Then put the pieces of fish in an earthenware casserole, cover with the fish stock and Madeira, and simmer for 30 minutes till the fish is tender.



POTRAWA Z RAKÓW ZAPIEKASA

(Baked prawns)

Ingredients: 90 Dublin prawns, the same marinade as for prawn soup (see page 406), just under $\frac{1}{2}$ pint of sour cream, 4 ozs. of butter, 4 ozs. of Gruyère cheese, 2 ozs. of ham, 1 heaped tablespoon of flour, bread, salt, pepper and nutmeg.

Method: Boil the prawns in the same manner as described on page 482. When done, remove the meat from the claws and tails, pound the shells in a mortar with 2 ozs. of butter, and rub through a sieve. Melt the remaining 2 ozs. of butter in a saucepan, add the prawn butter, the flour, a little bread, previously soaked in milk, the chopped ham and prawn meat, dilute with a little of the prawn stock, stir in the cream, half the cheese, and season with salt, pepper and nutmeg. When the mixture thickens, put it in a fireproof dish, sprinkle with the remaining cheese, and bake in a moderate oven till lightly browned.

SLEDŹ MARYNOWANY ZE ŚMEITANA

(Marinated herrings with sour cream)

This dish is usually served as an hors-d'œuvre.

Ingredients: 4 herrings with roes, 1 gill of white wine, 2 tablespoons of sour cream, 2 or 3 tablespoons of vinegar, 1 onion, 1 clove of garlic, 1 teaspoon of French mustard, the yolks of 2 hard-boiled eggs, mixed herbs, a little paprika, peppercorns and salt.

Method: Soak the herrings in milk for about 1 hour. Put the wine and vinegar in a saucepan with the fish and, if necessary, add a little water. Add the sliced onion, the chopped garlic, herbs and a few peppercorns. Bring to the boil and simmer till the herrings are tender—this will not take more than a few minutes. Remove from the stock and, when cold, cover with a sauce made with a little of the stock, the sour cream, the yolks of egg, mustard, paprika and salt, all thoroughly mixed.



FLAKI

(Tripe)

Clean the tripe and wash in several waters. Blanch it in boiling salted water, drain and wash again in cold water. Put the tripe in a saucepan of boiling water and simmer for 5 to 6 hours. Remove from the water and cut in 2 inch lengths. Melt 3 ozs. of butter in a saucepan, stir in 2 ozs. of flour and, when brown, dilute with a few tablespoons of stock. Add this *roux* to 2 quarts of stock, with 2 carrots, 1 onion, 2 sticks of celery, all sliced, mixed herbs, a little ginger, nutmeg, cloves, salt, pepper and cayenne. Bring to the boil and simmer for 15 minutes. Then add the tripe, cover and simmer for several hours till tender. Serve with chopped marjoram and grated Gruyère cheese.

KUROPATWY TLUMIONE W LIŚCIACH
WINDGRONOWYCH

(Partridges in vine leaves)

This is a delightful way of cooking young partridges, and the flavour imparted by the vine leaves is most pleasing. Wrap the partridges, previously seasoned with salt and pepper, in 2 large vine leaves, and tie them with string. Put them in an earthenware casserole or in a saucepan, closely packed, with $\frac{1}{2}$ lb. of butter, 1 tablespoon of flour, and a little more salt and pepper. Cover closely, and seal the lid with a band of paste. Put in a moderate oven for 30 to 40 minutes, according to the size of the birds, and do not uncover till ready to serve. A potato purée is eaten with this dish.



BIGOS

(Sauerkraut with meat, game, etc.)

This is a typically Polish dish and is extremely popular throughout the country. It will keep for weeks, and is a favourite dish for shooting expeditions, being warmed up on a wooden fire in the forests.

Ingredients: 2 $\frac{1}{2}$ lbs. of sauerkraut, 6 ozs. of any kinds of mixed cooked meat, including poultry and game, 4 ozs. of pork sausages, 1 or 2 apples, cut in dice, 1 oz. of gammon, 2 ozs. of lard, 2 tablespoons of flour, a few tablespoons of meat glaze, 2 tablespoons of tomato purée, 1 onion, 1 tumbler of vodka, 1 glass of either white or red wine.

Method: Wash the sauerkraut and blanch it in boiling water, and drain. Melt the lard in a saucepan and, when hot, fry the chopped onion till brown, adding the flour. Then add some of the meat glaze, tomato purée, vodka and wine. Mix well. Put a layer of sauerkraut in an earthenware casserole, cover with a layer of the different meats and the sausage, cut in small slices, and the diced apples. Moisten

with a little more meat glaze and wine, and continue the process till the casserole is filled. Cover closely and simmer for 2 hours, shaking the casserole occasionally. Set aside and use as required. Unlike most dishes, this is said to improve the more often it is re-heated.



UDZIEC SARNI DUSZONY

(Braised or stewed venison)

Ingredients: Haunch of venison, a little less than $\frac{1}{2}$ pint of sour cream, the same of meat glaze, the same of red wine, $\frac{3}{4}$ lb. of butter, 2 ozs. of flour, 2 or 3 lumps of sugar, 1 onion, 12 shallots, salt, pepper and a few cloves.

Method: Soak the venison for 2 or 3 days in the following marinade, turning it occasionally: $1\frac{1}{2}$ quarts of white wine, 1 pint of vinegar, $\frac{1}{2}$ pint of olive oil, 4 ozs. of sliced carrots, 4 ozs. of sliced onions, 2 sticks of celery, 2 cloves of garlic, 3 sprigs of parsley, 1 small bayleaf, peppercorns, a few cloves.

Remove the venison from the marinade and wipe over with a cloth. Melt the butter and brown the meat evenly on all sides. Fry the onion in the same butter, then stir in the meat glaze, $\frac{1}{2}$ pint of the marinade, the red wine and the sugar. Cover closely and simmer very gently for several hours till the meat is tender. Before serving, strain the sauce, thicken with a little flour, and add the sour cream. Cut the meat in slices and pour the sauce over it. Garnish with the shallots, lightly browned in butter. Boiled potatoes are often served with this dish.



PROSIAK FASZEROWANY

(Stuffed sucking pig)

This is the great Easter dish in Poland, and Easter is not Easter without stuffed sucking pig. The sucking pig should

not be over 6 weeks old. It is stuffed with the following uncooked ingredients: 2 goose livers, 6 ozs. of truffles or mushrooms, 2 onions, a few tablespoons of meat glaze, 2 raw eggs, parsley, dill, marjoram, tarragon, 6 ozs. of butter, salt and pepper. The ingredients should be chopped, and the butter and meat glaze melted. Mix all in a basin, stuff the pig and sew it up. Roast for 1 to 1½ hours, or till well done, basting frequently. When ready, serve with a purée of potatoes mixed with cream, and serve the strained bastings as sauce.



KOLDUNY

(Forcemeat dumplings for soups)

Make a paste with 10 ozs. of flour, 1 oz. of butter, and a little water. Work well and roll out very thinly. Cut into 2½ to 3 inch rounds, and on each round put a little of the following mixture: Chopped fillet of beef, mutton, kidney fat, meat glaze, a little onion, chopped and cooked in butter, with a seasoning of chopped marjoram, salt and pepper, and 1 or 2 eggs to bind. Fold the paste over this stuffing and press down the edges.

Poach the kolduny in boiling salted water for 10 minutes, or till they rise to the surface. Serve in boiling bortsch or stock.

This is a Lithuanian dish, but is very popular in Poland and Russia.



GRZYBY W ŚMIETANIE

(Mushrooms with sour cream)

This, like most mushroom dishes, is very popular in Poland, and is served with meat, or as an hors-d'œuvre.

Ingredients: 1¼ lbs. of mushrooms, ¾ pint of sour cream,

3 ozs. of butter, 2 tablespoons of milk, 1 onion, salt, pepper and a little paprika.

Method: Brown the chopped onion in the butter, sprinkle with flour, brown and add the milk gradually. Bring to the boil and add the sliced mushrooms. Season with salt, pepper and paprika, simmer, and add half the sour cream and cook very gently till the mushrooms are tender. Before serving, stir in the remaining sour cream.



PIECZARKI ZRUSZTU (Mushrooms)

This is a novel way of cooking mushrooms, but the greatest care should be exercised as they are apt to burn. The mushrooms are washed, well dried, their stalks removed, but they are not peeled. Put them in a hot pan without any liquid and cook in a slow oven till tender. The pan should be frequently shaken. They are then placed on a hot dish, and melted butter, seasoned with salt and pepper, is poured over them.



PIECZARKI FASZEROWANE (Stuffed mushrooms)

Ingredients: 2½ lbs. of mushrooms, 1 chicken or duck liver, 6 ozs. of butter, 3 ozs. of pickled ox tongue, 3 ozs. of meat glaze, 1 egg, ½ an onion, 1 lemon, salt, pepper and a little paprika.

Method: Trim the mushrooms, peel and boil them in salted water with the juice of a lemon. As soon as the water comes to the boil, remove the mushrooms. Pick out all the small mushrooms. Chop these, adding the stalks, the chicken liver, etc., and the chopped onion, browned in butter. Mix all well, season, place a layer of this stuffing on each large mushroom, and bake in the oven, basting with butter, for 25 to 30 minutes, till the mushrooms are tender.

OGORKÍ ZAPIEKANE
(Baked cucumbers)

Take 12 pickling cucumbers, peel and steam them. Put them in a fireproof dish, cover with Béchamel (see page 80) or White sauce, sprinkle with grated Parmesan cheese and breadcrumbs, salt and pepper. Dot with pats of butter and put in the oven to brown. This is served as a hot hors-d'œuvre.



OGORKI FASZEROWANE
(Cold stuffed cucumber)

This consists of cucumbers, peeled and cut in 2½ to 3 inch lengths and stuffed with pâté of hare or any game, with chopped truffles, moistened with mayonnaise.



RACUSZKI Z KARTOFLI
(Potato pancakes)

Ingredients: 1 lb. and 6 oz. of potatoes, ½ pint, or a little more, of milk, 3 eggs, 2 tablespoons of butter, cinnamon and sugar.

Method: Boil the potatoes, rub them through a sieve into a basin and mix with the milk, the yolks of eggs, grated cinnamon, sugar to taste, and the whites beaten to a stiff snow. Beat into a light batter, and cook in the same manner as very thin pancakes. They are sometimes made without sugar, and sprinkled with grated cheese.



NALEŚNIKI
(Polish pancakes)

Ingredients: ¾ of a pint of milk, just under a ½ pint of water, 12 ozs. of flour, 2 ozs. of sugar (optional), 2 ozs. of clarified

butter, 1 tablespoon of brandy or curaçao, 4 eggs, a pinch of yeast, a good pinch of salt.

Method: Mix the flour and the yolks of egg, add a little less than 1 oz. of clarified butter, the yeast, milk and other ingredients. Mix thoroughly and let stand for 1 night. Before using, add the whites of egg, beaten to a stiff froth. Proceed as in making pancakes, using the remainder of the clarified butter for cooking them.

These pancakes are filled with all manner of fillings—cooked meat, cheese, sour cream, jam, etc. They are then folded and fried in a little butter.



KISIEL OWOCOWY

This is a typically Slav dish and is found in all Slav countries. It consists of fruit juice, thickened with a little potato flour. This is added to a light syrup made with sugar and water. The mixture is stirred continuously over a slow fire till it is easily detached from the sides of the pan. It is then put on a glass dish and, when cool, put on ice. It is served with cream and sugar.

NORWAY



	PAGE
Smørgas (<i>Hors-d'œuvre</i>)	418
Sildesalat (<i>Herring salad</i>)	419
Sur Sild (<i>Sour herring</i>)	419
Røkelax (<i>Smoked salmon</i>)	420
Fiskesuppe (<i>Fish soup</i>)	420
Øllebrød (<i>Beer bread</i>)	421
Røkelax I Vand Sas (<i>Smoked salmon in water sauce</i>)	421
Fiskefarce (<i>Fish forcemeat</i>)	421
Rakørret-Raket trout (<i>Trout</i>)	422
Plukfisk (<i>Minced fish</i>)	423
Kylling (<i>Chicken</i>)	423
Ryper (<i>Ptarmigan</i>)	424
Aarfugl (<i>Black game</i>)	424
Dyreryg (<i>Venison</i>)	424
Kjødpudding or Kjødfarce (<i>Meat pudding or forcemeat</i>)	424
Rammesalat (<i>Salad with sour cream</i>)	425
Spekelaar (<i>Smoked mutton</i>)	425
Letspraengt Lammbryst (<i>Slightly salted lamb's breast</i>)	425
Syltekjød (<i>Chops in aspic</i>)	426
Vafler (<i>Waffles</i>)	426
Bertines Mandelbund (<i>Almond cake</i>)	426

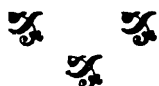
Introduction

THE extensive use made of salted meats and fish in Norway is characteristic of all the Northern peoples, and is probably due to climatic conditions. Although there are many excellent dishes from Norway, the cooking is, on the whole, plain, and closely akin to that of England. They eat an enormous amount of fish, many people having meat only occasionally or as a special luxury. In the fish markets in Bergen, many different kinds of fish can be bought alive, being kept in tanks, and the housewife or cook makes it a point to go and select her particular fish, which is gaily swimming in a tank, little knowing the fate which awaits it, or that it will shortly be made into Fiskefarce or Fiskpudding. The Norwegians like their fish extremely fresh—fresher indeed than it is possible to get in any European capitals, but they also have a liking for “high” fish, a taste which they share with some of the peoples of the East. Trout kept in jars for two months, in salt, till they begin to decay remind me of what the witty Madame de Metternich said about a woman’s age: “The age of fifty is young for a cathedral, but old for a woman”—and so we might say that two months is young for a mummy but old for a trout. It is probably only a matter of prejudice on our part, and just as many of us enjoy Bombay duck, so we might learn to like Norwegian Rakørret-Raketroun.

Reindeer are eaten in Norway, and smoked reindeer tongues are considered a great delicacy. The Norwegians have a great liking for smoked meats of every description, and smoked mutton is a popular dish.

The hours of meals vary in different parts of Norway, the most usual being a light breakfast in the morning, dinner between 2 and 3 in the afternoon, and supper at 8 o’clock. But in Oslo they have breakfast in the morning and no meal till 6 o’clock. Tea is not a customary meal in Norway.

Among the best things which Norway gives us in the way of typical dishes are all manner of dainty and unusual hors-d'œuvre, which are served at a side table, as in Russia. There is an abundance of smoked salmon, salted herrings, served in various ways, Norwegian anchovies and shell fish of every description. These are often served with the delicious Norwegian rye bread, and these tasty morsels are dished up in a most attractive manner.



SMØRGAAS (Hors-d'œuvre)

There are all manner of dainty and tasty Norwegian hors-d'œuvre which are not only pleasant to eat but very nice to look at. One consists of hard-boiled eggs, cut in half cross-wise. The yolk is carefully removed and a small slice cut from the bottom of each white, so that it will stand. Prawns are hung by their tails all around the whites of egg, the egg itself being filled with the pounded yolk, mixed with pounded Norwegian anchovies and a little butter.

Another egg hors-d'œuvre is made with hard-boiled eggs, left whole, with only a small slice cut from the bottom of each egg, so that they will stand upright. Over each egg half a tomato, with a little of the pulp removed, is placed top upwards, so that it has the appearance of some fantastic mushroom. This is served with Russian salad or with a hot purée of spinach.

A simple but very typical hors-d'œuvre is made with rounds of buttered rye bread, with a slice of hard-boiled egg in the centre, and all around it Norwegian anchovies, previously skinned and boned. A popular open sandwich consists of buttered white bread, cut in various shapes and garnished with prawns in aspic.

SILDESALAT

(Herring salad)

There is very little difference between the various herring salads which are so popular in Norway, Sweden, Russia and Germany, either served as hors-d'œuvre, or as a salad course. The difference would seem to be more in the way these salads are dressed than in the actual ingredients.

In Norway, herring salad is made as follows: Soak 10 salt herrings in cold water for 5 to 6 hours. Remove from the water and dry the fish. Take the same weight of cooked veal, the same of potatoes, beetroot and apples and 2 small pickled cucumbers. Cut all the ingredients in small cubes and put in the salad bowl. Mix 2 tablespoons of vinegar with 2 of oil, a little sugar, 1 wineglass of claret, and the juice from the beetroot. Pour this dressing over the salad and let stand for 12 hours. Before serving, cover with a sauce made with 2 tablespoons of oil and 2 of vinegar, seasoned with salt and pepper. The oil and vinegar are put in a small saucepan, which is stood in a larger one, in boiling water. The oil and vinegar are stirred till the mixture becomes quite thick. Garnish the salad with hard-boiled egg and beetroot.



SUR SILD

(Sour herring)

This is another favourite Norwegian hors-d'œuvre. Put 3 large salt herrings in cold water and soak for 12 hours. Dry the fish, skin and bone them, and cut into inch lengths. Put a layer of the fish in a glass dish, cover with a layer of sliced onions, and put alternate layers of fish and onions till the dish is full. Cover with $\frac{2}{3}$ of vinegar to $\frac{1}{3}$ of water, and stand in a cool place for 12 hours or even longer. For serving, remove the fish from the vinegar, and garnish with a little sliced onion. Fish thus prepared will keep for several weeks.

RØKELAX

(Smoked salmon)

This, of course, is a very typical Norwegian hors-d'œuvre. Salmon fishing is one of the great sports of Norway and it is customary to prepare your salmon in a certain way before having it smoked. There are various ways of doing this, and some families have their own method. The salmon is carefully filleted, starting from the head, and cutting $\frac{3}{4}$ downwards towards the tail. The fillets, skin side downwards, are then laid on a large wooden tray or platter, freely sprinkled with salt. The fillets are also freely sprinkled with more salt and then covered with sugar, which should be well moistened with brandy. Let the fish stand like this for 2 or 3 hours. Then cover with more salt and stand for 2 to 2½ days, according to the size of the fish. It is lastly sent to be lightly smoked.



FISKESUPPE

(Fish soup)

This very plain fish soup is most popular in Norway. It is generally made with coal-fish, which is very abundant in the waters around Norway. This fish, which is sometimes called green cod or black pollock, has a wide range, nearly coinciding with that of cod, although it is occasionally found in the Mediterranean.

For 6 people, take 5 lbs. of small coal-fish, about 10 to 15 inches in length, clean thoroughly, and cut into large pieces. Put them in a saucepan with 2½ quarts of salted water, bring to the boil and simmer for 2½ to 3 hours. Strain the stock, thicken with a white *roux*, made with 1 tablespoon of butter and 1 of flour, and flavour with Marsala wine. This same soup is sometimes served as a brown soup, by browning the flour and butter which are added to it. It is then seasoned with cayenne pepper, and less wine is added.

ØLLEBRØD

(Beer bread)

This is especially popular in the eastern part of Norway. Put 1 bottle of light beer in a saucepan with $\frac{1}{2}$ pint of water, just under $\frac{1}{2}$ pint of cream, the yolks of 2 eggs and sugar to taste. Set on a slow fire, whip till very light, and remove from the fire when about to boil. Serve with croûtons or dice of fried bread.



RØKELAX I VAND SAS

(Smoked salmon in water sauce)

Take 3 lbs. of fresh salmon, cut from the thick middle part, and fillet it. Wash the fish with a damp cloth, lay it on a dish, cover it with salt and sugar and stand in a cold place for 24 hours. Carefully remove all the salt from the fish and send it to be lightly smoked.

Cut the smoked salmon in rather thick slices, dip lightly in flour, put it in an earthenware casserole, cover with cold water, add a few pieces of butter, and sprinkle very freely with parsley. Bring to the boil and simmer slowly till the fish is tender. Remove the fish from the casserole, and let the sauce reduce till it begins to thicken. Season with salt and a little sugar, put the fish back in the casserole and serve.



FISKEFARCE

(Fish forcemeat)

This popular fish forcemeat can be put to many uses. It can be used for making fish balls, which are poached in water, or for making fish pudding. It is sometimes served in small individual china or earthenware dishes, for dinner parties, when it is cooked in the oven for 20 minutes and decorated with a slice of truffle to give this homely dish a

“partylike” appearance. Its plainness is also disguised by a rich white wine sauce, highly flavoured with chopped truffles and mushrooms. For 6 people the forcemeat is made with $3\frac{1}{2}$ lbs. of very fresh haddock. The fish is skinned and boned, and pounded in a mortar with 1 tablespoon of potato flour, 1 of wheat flour, 1 level tablespoon of salt, $\frac{1}{2}$ a teaspoon of pepper and $\frac{1}{4}$ lb. of butter. It should be pounded for 20 minutes to a perfectly smooth and well blended paste. Three pints of milk are now added to the paste very gradually and carefully—2 tablespoons at a time at the start. On this gradual adding of the milk depends the successful making of Fiskefarce. The mixture can then be used in the various ways already described.



RAKØRRET-RAKETROUT

(Trout)

The friend who kindly sent me from Norway this recipe of a popular Norwegian dish wrote in brackets at the end: “A man’s dish.” She dislikes it intensely, while to her husband, who is a keen sportsman and fisherman, it is a great relish. The one subject of dissension between an otherwise united couple!

Although in England many of us have a taste for high game, high fish is, to say the least, not exactly popular. It finds favour, however, with many other peoples besides the Norwegians, to whom our delicious “jumping” Blue Dorset Cheese or our ripe Stilton might be as repulsive as the “stinking fish” of Erasmus is to us. Perhaps it is not as bad as it sounds.

Trout are used for this particular dish. They are cleaned, but should not be washed, and freed of all blood. Salt is put inside the fish, which are packed in a wide-mouthed jar with a little sugar and a handful of salt. A few pieces of wood are put over the jar with a heavy weight over them. More fish can be added to the same jar after one week. It is generally used after 2 months. “The fish must not be too

salt, on the other hand it must not smell"—says the sender of the recipe. In other words, it must be *à point*, and only connoisseurs can judge by their sense of smell whether it has attained the right degree of maturity. It is served cold with Norwegian Flatbrød (flat bread) and butter, or sometimes with hot boiled potatoes.



PLUKFISK

(Minced fish)

This consists of a plateful of cooked potatoes and a plateful of boiled fish, both finely chopped and mixed, and cooked for a few minutes in a sauce made by melting 2½ ozs. of butter in a saucepan, adding 2 ozs. of flour and, when worked to a smooth paste, without browning, adding gradually ¾ pint of hot milk and seasoning with salt, pepper and nutmeg.



KYLLING

(Chicken)

They have a characteristic way of cooking chickens in Norway. They are stuffed with a plentiful amount of butter and parsley and put in an iron pan and cooked to a nice brown in plenty of butter. The chickens are simmered very gently for 2 to 3 hours, according to their size, and a few minutes before serving a little hot water is added to the pan to "divide" the sauce, scraping the pan with a spoon, so that the thick part of the basting will be detached. This thick and clear sauce (without any addition of flour) is served with the chicken.

RYPER
(Ptarmigan)

Ptarmigan are extensively eaten in Norway and the following is one of the most popular ways of cooking them. The birds are well browned in butter, and $\frac{3}{4}$ of a pint of sour cream (which is cheap, plentiful and popular in Norway, just as it is in Russia) is added gradually. Simmer for $2\frac{1}{2}$ to 3 hours. Remove the birds from the sauce, let this reduce a little, and pour it over the birds.



AARFUGL
(Black game)

This is cooked in the same manner as the ptarmigan. These small birds are drawn, and the liver, etc., finely chopped and added to the sauce.

Snipe are also cooked in this manner, but using equal parts of fresh and sour cream.



DYRERYG
(Venison)

The fillets are removed from the animal's back and soaked in vinegar and water for several hours. Dry thoroughly and lard with thin strips of larding fat. Cook in the same manner as ptarmigan, with butter and sour cream.



KJØDPUDDING or KJØDFARCE
(Meat pudding or Forcemeat)

This is made in exactly the same manner as the fish forcemeat (see page 421) with any kind of meat. One of the popular ways of using it is to make it into a pudding, which is served with plain macaroni and tomato sauce.

RØMMESALAT

(Salad with sour cream)

This salad dressing, which is used for lettuce salad, consists of $\frac{3}{4}$ of a pint of sour cream mixed with 2 teaspoons of vinegar and 1 of sugar. The lettuce salad is garnished with hard-boiled eggs.



SPEKELAAR

(Smoked mutton)

This is another very characteristic Norwegian dish. The legs of mutton used are generally about 8 or 9 lbs. They are well rubbed over with 5 handfuls of salt, mixed with 1 tablespoon of sugar, and 1 of saltpetre. They are then put on a wooden tray and left standing for 3 days, being frequently turned. They are dried, but not too much and sent to be smoked. When smoked, the legs of mutton should be hung in a dry cool place with plenty of fresh air. When done in October, they should hang till June. If they appear to get mouldy they should be carefully wiped with a cloth. This smoked mutton is cut into thin slices and can be eaten uncooked with scrambled eggs. After hanging for only a month or two the leg of mutton can be boiled and served with different kinds of vegetables.



LETSPRAENGT LAMMBRYST

(Slightly salted lamb's breast)

Rub the lamb's breast over with 3 tablespoons of salt, 1 teaspoon of saltpetre, and 1 tablespoon of sugar—for $3\frac{1}{2}$ lbs. of meat. Stand for 4 to 5 days, turning every day. Boil and serve with mixed vegetables.

SYLTEKJØD
(Chops in aspic)

Take 6 or 7 lbs. of mutton chops, remove the fat and trim them neatly. Boil till quite tender. Pack the chops in jars, putting 4 or 5 in each jar. Strain the water in which the chops were boiled and, to each quart, add nine sheets of gelatine and 6 tablespoons of vinegar. Bring to the boil, strain and, when cold, clarify with white of egg and egg shells. Pour over the cutlets and do not cover the jars till the mixture has set in a firm jelly, which should be quite transparent. This will keep for some weeks.



VAFLER
(Waffles)

The sour cream gives these Norwegian waffles a delicious flavour. The batter consists of 4 well-beaten eggs, 2 to 3 tab'espoons of sugar, $\frac{1}{2}$ lb. of flour, and 1 pint of sour cream, all beaten together till quite light. They are cooked in the usual manner in waffle irons. They are often eaten with coffee for breakfast.



BERTINES MANDELBUND
(Almond cake)

Beat the white of 10 eggs to a very stiff froth, add gradually 1 lb. of sugar and 1 lb. of almonds, previously blanched and pounded in a mortar. Put in a well-buttered tin and dry in a cool oven for 2 hours. When done, cut in half to make 2 cakes. Sprinkle with a little Madeira, cover with skinned and cored boiled apples, left whole, and over the cakes pour the following sauce: Beat the yolks of the 10 eggs with just under $\frac{1}{2}$ lb. of sugar, flavour with vanilla, put on a slow fire and stir in $1\frac{1}{2}$ pints of cream. This very rich cake is garnished with whipped cream.

S W E D E N



	PAGE
Sillsalad (<i>Herring salad</i>)	429
Inlagt Sill (<i>Herrings in vinegar</i>)	429
Anjovislåda (<i>Anchovy omelet</i>)	429
Skinklåda (<i>Ham omelet à la suédoise</i>)	430
Kålsoppa med Frikadeller (<i>Cabbage soup with meat croquettes</i>)	430
Frikadeller (<i>Meat croquettes</i>)	431
Sillbullar (<i>Herring croquettes</i>)	431
Korint Sås (<i>Currant sauce</i>)	431
Laxpudding (<i>Salmon pudding</i>)	432
Fiskfärs (<i>Mousse of fish</i>)	432
Hummer Sås (<i>Lobster sauce</i>)	433
Svamp Sås (<i>Mushroom sauce</i>)	433
Köttbullar (<i>Meat balls</i>)	433
Hackad Biff med Lök (<i>Minced steak and onions</i>)	434
Kalvkyckling (<i>Veal à la Suédoise</i>)	434
Dillkött på Lamm (<i>Boiled lamb in dill sauce</i>)	435
Dill-Sås (<i>Dill sauce</i>)	435
Fläskpannkaka (<i>Pickled pork pancake</i>)	435
Ärtter ock Fläsk (<i>Pea soup and boiled pickled pork</i>)	435
Plättar (<i>Swedish pancakes</i>)	436
Gräddvåffler (<i>Swedish waffles</i>)	436
Kronans Kaka (<i>Crown cake</i>)	436
Citron-Kräm (<i>Lemon cream</i>)	437
Limpa (<i>Rye and treacle bread</i>)	437
Kräftor (<i>Crayfish</i>)	438

Introduction

ALTHOUGH Swedish cookery is similar in many respects to Norwegian cookery, there is the same marked difference between the two cuisines as the difference of temperament between the Norwegians and Swedes, the latter being more vivacious and light-hearted. They take a keen interest in food and in cookery and are extremely proud of their national dishes. In the midlands and the south the food of the people is plentiful and good, but in remote parts of the north food is sometimes scarce in winter and meat is rarely eaten. In the rural districts one of the staple articles of diet is rye bread, made into somewhat hard, flat cakes—*knäckebröd*.

Among the well-to-do classes, the custom of partaking of *hors d'œuvre* before meals is as prevalent as in Norway and Russia. The *Smörgåsbord* is almost a national institution in Sweden. A number of small dishes containing all manner of delicacies—anchovies, smoked salmon, herrings in vinegar, herring salad, various kinds of slices of meat, are placed on a side table and these are eaten with bread and butter and a glass of spirits.

Swedish cooking is somewhat plain, and we find none of the intricacies of French and Italian cooking. Dill is the characteristic flavouring herb, and is put to many uses. They make some excellent breads, one of the best being the *Limpa*.

I am greatly indebted to Mrs. Kreuger, the proprietress of the *Ellikan Tea Rooms*, London, where the excellent fare is typically Swedish, for her kindness in supplying me with so much information concerning Swedish cookery—and I must also thank her for initiating me to *Limpa*, which is one of the most delicious “cake-breads” I have ever tasted.

SILLSALAD

(Herring salad)

This is practically the same as the Norwegian herring salad, the chief difference being in the manner in which the salad is dressed. The ingredients consist of $1\frac{1}{2}$ lbs. of salt herrings, 2 cups of cold boiled meat, 2 cups of cold roast meat, 2 cups of cooked beetroot, $2\frac{1}{2}$ cups of cold boiled potatoes, 1 pickled cucumber, 2 raw apples, 4 to 6 tablespoons of vinegar, a pinch of white pepper, a pinch of sugar, and 2 hard-boiled eggs, as a garnish. The ingredients are all cut in small pieces and mixed with the vinegar. The herrings are previously soaked for 12 hours and skinned and boned before being chopped. The salad is served with cream, mixed with a little beetroot juice.



INLAGT SILL

(Herrings in vinegar)

For 6 people: 2 salt herrings, 3 to 4 tablespoons of vinegar, $1\frac{1}{2}$ tablespoons of sugar, $\frac{1}{2}$ teaspoon of white pepper, 2 tablespoons of chopped onions.

Soak the herrings in cold water for 12 hours, dry them, and remove skin and bones. Cut into narrow strips and arrange in a dish. Mix the vinegar with the sugar and pepper and pour over the fish. Garnish with the chopped onion.



ANJOVISLÅDA

(Anchovy omelet)

The word "omelet" is not used in the same sense as it is commonly used by the French and English, and I should be more inclined to describe this dish as "baked anchovies."

RECIPES OF ALL NATIONS

The ingredients are 15 anchovies, 4 cooked potatoes, 2 tablespoons of butter, 1 tablespoon of chopped parsley, 2 tablespoons of brown breadcrumbs.

Butter a pie dish and sprinkle with breadcrumbs. Arrange in the dish alternate layers of sliced potatoes and anchovies, previously cleaned, finishing with a layer of potatoes. Sprinkle the top with breadcrumbs and parsley, dot with pats of butter and brown in a moderate oven.



SKINKLADA

(Ham omelet à la suédoise)

This simple but excellent dish can also be made with anchovies or smoked salmon as well as with bacon.

Butter a pie dish and put in 2 ozs. of bacon, cut in dice. Beat up 2 eggs with 2 small cups of milk, season with a little salt and pour the mixture over the bacon. Put in a moderate oven till quite set.



KALSOPPA MED FRIKADELLER

(Cabbage soup with meat croquettes)

Ingredients: 1 cabbage, 3 tablespoons of butter, 1 tablespoon of golden syrup, 3 quarts of good stock, 8 to 10 peppercorns.

Method: Remove the outer and coarse leaves of the cabbage and the ribs. Chop the cabbage and cook in butter to a light brown. Add the syrup, and stir continuously till the syrup is thoroughly brown, being careful not to let it get too dark. Add the stock and the peppercorns, cover, and simmer for about 2½ to 3 hours. Serve with Frikadeller (see following recipe).

FRIKADELLER

(Meat croquettes)

These are always served with the foregoing cabbage soup. For this the ingredients required are: $\frac{1}{4}$ lb. of minced beef, 2 tablespoons of butter, 1 tablespoon of breadcrumbs, $\frac{1}{2}$ a breakfast cup of milk, 1 teaspoon of potato flour, 2 teaspoons of salt, $\frac{1}{2}$ of pepper.

Put the beef three times through the mincer, mix with the butter, breadcrumbs, potato flour, and the milk, and season with salt and pepper. The mixture should be quite smooth. Shape into very small balls, and boil in salted water for about 10 minutes.



SILLBULLAR

(Herring croquettes)

Ingredients: 2 salt herrings, $1\frac{1}{2}$ lbs. of cold cooked potatoes, $1\frac{1}{2}$ cups of cooked meat, 1 cup of milk, 1 cup of brown breadcrumbs, 3 tablespoons of butter, $\frac{1}{2}$ a teaspoon of white pepper, lard for frying.

Method: Soak the herrings in cold water overnight. Dry, skin and bone them. Chop very finely, as well as the potatoes, add the chopped meat, the milk, and season with pepper. Shape into round croquettes, roll in brown breadcrumbs and fry to a golden brown in hot lard. Serve with currant sauce (see following recipe).



KORINT SAS

(Currant sauce)

Ingredients: 3 tablespoons of currants, 3 cupsful of water, 1 tablespoon of butter, 2 tablespoons of flour, $\frac{1}{2}$ tablespoon of golden syrup, 1 tablespoon of vinegar, a little sugar and salt.

Method: Clean and rinse the currants in warm water and boil till tender. When soft, drain, but keep the water in which they were boiled. Melt the butter, and stir in the flour but without browning. Add gradually the water in which the currants were boiled. Stir in the golden syrup, flavour with the vinegar, sugar and salt, and simmer for about 10 to 15 minutes.



LAXPUDDING (Salmon pudding)

This is made with salt salmon, prepared by rubbing the fish thoroughly with salt and letting it stand for 24 hours.

The ingredients are: 1 lb. of salt salmon, 1½ lbs. of boiled potatoes, 3 breakfast cups of milk, 2 tablespoons of bread-crumbs, 1 teaspoon of butter, 3 eggs.

Slice the salmon and the potatoes and put alternate layers in a pie dish, beginning and ending with the potatoes. Whip the eggs and milk together and pour over the pudding with 1 teaspoon of melted butter. Sprinkle with breadcrumbs and bake in a moderate oven for about 30 minutes. Serve with melted butter.



FISKFÄRS (Mousse of fish)

Ingredients: 2½ lbs. of fresh haddock, 10 ozs. of butter, 2 ozs. of flour, 1 gill of cream, 4 eggs, 1 tablespoon of salt, ½ a teaspoon of pepper, a little sugar.

Method: Wash and dry the fish and remove skin and bones. Put the fish and butter through the mincer three times, and afterwards pound in a mortar to a perfectly smooth, creamy paste. Mix the yolks of egg in a basin with half the cream, adding the flour, salt, pepper and sugar. Then mix in alternately the fish mixture and the

S W E D E N

cream, and work for about 1 hour. Add finally the stiffly beaten whites of egg and pour the mixture into a buttered pie dish with breadcrumbs. The pie dish should be stood in boiling water and the mixture steamed for about 1 hour. It is served with either lobster or mushroom sauce (see following recipes).



HUMMER SÅS

(Lobster sauce)

Ingredients: Cooked lobster meat, 1 tablespoon of butter, 2 of flour, fish stock or milk, the yolk of 1 egg, salt and pepper.

Method: Melt the butter in a small saucepan, stir in the flour, but without browning, and add the hot fish stock or milk gradually, stirring continuously. Season with salt and pepper, add the chopped lobster and the yolk of egg, previously mixed with a few tablespoons of the warm sauce. Simmer for a few minutes without boiling.



SVAMP SÅS

(Mushroom sauce)

This is made in the same manner as lobster sauce, using chopped cooked mushrooms instead of lobster, and using the water in which the mushrooms were boiled instead of fish stock.



KÖTTBULLAR

(Meat balls)

For 6 people: $\frac{1}{2}$ lb. of minced beef, $\frac{1}{4}$ lb. of minced veal, 2 ozs. of minced pork, 2 or 3 cups of milk, 1 or 2 eggs, $\frac{1}{2}$ a cup of breadcrumbs, 2 tablespoons of finely chopped onion, 4 tablespoons of butter, salt and pepper.

Put the meat three times through the mincer. Beat the eggs with the milk, add the breadcrumbs and let them soak till they swell. Fry the chopped onions to a golden brown. Mix the meat with the breadcrumbs, work well together, and add the onion, seasoning with salt and pepper. Shape into small balls and fry in butter. When brown, add 1 cupful of boiling water and simmer for 15 minutes.



HACKAD BIFF MED LÖK (Minced steak and onions)

For 6 people: 2 lbs. of raw-minced beef, 1 sliced onion, butter, stock or water, salt and pepper.

Put the meat through the mincer 2 or 3 times, season with salt and pepper and shape into flat cakes. Fry them in hot butter, allowing about 1 minute to each side. Put them on a hot dish, and cover with the onion, sliced and previously fried to a golden brown in butter. Put a little boiling water in the pan in which the meat cakes were fried, mix with the fat, and pour over the dish.



KALVKYCKLING (Veal à la suédoise)

For 6 people: 3 lbs. of fillet of veal, 1 gill of cream, 3 tablespoons of butter, parsley, salt and pepper.

Cut the fillet into slices and flatten these. Season with salt and pepper. Chop the parsley coarsely and work with 2 tablespoons of butter. Divide this into as many pats of butter as there are slices of meat. Put one on each slice, roll the meat around it and tie. Brown the meat in butter, then add stock or water, but not enough to cover, and simmer till the meat is tender. Remove the string, put the rolled slices on a hot dish, strain the sauce left in the pan, mix it with the cream, and pour over the meat.

DILLKÖTT PA LAMM

(Boiled lamb in dill sauce)

Boil 3 lbs. of the best end neck of lamb in 2 quarts of salted water, with a few dill stalks. Cover the saucepan and simmer for 2 hours. When done, divide in somewhat large pieces and serve with dill sauce.



DILL-SÄS

(Dill sauce)

Mix 1 tablespoon of hot butter with 2 of flour, without browning, and add gradually 1 pint of hot stock. Season with 2 tablespoons of dill-salt, or fresh dill when available, 1½ tablespoons of vinegar, 2 teaspoons of sugar, and a little salt. Stir all well and finally add 1 yolk of egg, previously mixed with a little of the sauce.



FLÄSKPANNKAKA

(Pickled pork pancake)

Ingredients: 3 ozs. of pickled pork or bacon, 2 eggs, 2½ cups of flour, 1 quart of milk, salt.

Method: Cut the meat in dice and fry till well browned. Beat the eggs and milk together, and add the flour, to which salt has been added, very gradually, so that the mixture will not be lumpy, and stir continuously. Rub a baking tin over with bacon fat, pour the mixture into it, adding the fried pickled pork, and bake in a warm oven for 45 minutes.



ÄRTTER OCK FLÄSK

(Pea soup and boiled pickled pork)

Put 1 cupful of yellow peas, previously soaked for 12

hours, in 4 quarts of cold water, with a pinch of soda. Bring to the boil and add 1 lb. of pickled pork. Simmer for 3 hours till quite thick. The meat is sliced and eaten with the pea soup or purée.



PLÄTTAR

(Swedish pancakes)

Make a pancake batter with $2\frac{1}{2}$ cups of flour, 2 eggs, 1 quart of milk, 4 tablespoons of butter, $\frac{1}{2}$ teaspoon of salt. Mix the flour and salt together in a terrine or salad bowl, add the eggs, previously beaten with 2 cups of milk and, when the mixture is quite smooth, add half the melted butter and the remainder of the milk. Let the mixture stand for 1 hour. Beat again just before using. Heat the pancake pan, put a little butter in it and make the pancakes in the usual manner.



GRÄDDVAFFLER

(Swedish waffles)

Whip 1 pint of sour cream till quite stiff, and add 3 cups of flour gradually, 2 ozs of melted butter and 1 gill of water—in Sweden the equivalent amount of snow is used, and this is said to improve the waffles. Pour a little of the mixture on the well-greased and hot waffle iron and cook to a golden brown. Serve with sugar or jam.



KRONANS KAKA

(Crown cake)

Ingredients: $3\frac{1}{2}$ ozs. of butter, 11 ozs. of castor sugar, 3 eggs, 5 ozs. of grated potatoes, 6 ozs. of ground almonds.

Method: Cream the butter and sugar with the yolks of

egg, add the grated potatoes, working the mixture for 30 minutes. Add the ground almonds, mix thoroughly and finally add the whites of eggs, beaten to a stiff froth. Pour the mixture into a buttered cake tin, sprinkled with bread-crumbs, and bake in a fairly cool oven for about 45 minutes. Let it stand for 15 minutes before turning out. Lemon cream is served with this (see following recipe).



CITRON-KRÄM

(Lemon cream)

Ingredients: 1 cup of sugar, 1 gill of white wine, 1 gill of water, 1 lemon, 6 yolks of eggs.

Method: Mix the sugar, wine and grated rind of lemon, the lemon juice, and the yolks of eggs in a saucepan, and simmer, stirring continuously, till the cream begins to thicken. Remove from the fire and continue stirring till the cream is cool.



LIMPA

(Rye and treacle bread)

This is a most delicious Swedish bread, and its consistency is almost that of cake.

Ingredients: 1 quart of ale, 2 lbs. of coarse rye flour, 2 quarts of milk, $3\frac{1}{2}$ ozs. of yeast, 6 lbs. of white flour, 1 quart of treacle, 2 tablespoons of fennel, 3 tablespoons of chopped orange peel, 7 ozs. of butter.

Method: Warm the ale. Put the rye flour in a basin, and add the ale. Work for 15 minutes and let stand for 12 hours. Then add the lukewarm milk with the dissolved yeast and the white flour. Set aside till the dough has risen to double the original volume. Then work in the treacle, the chopped fennel and orange peel, and more white flour to make a very stiff dough. Let it rise once more. Shape into oblong loaves, put these on a cloth in a warm place to rise again and, when

well risen, brush them over with cold water and bake in a warm oven. They should be brushed over with cold water twice during the process of baking, and again on being taken out of the oven. They take about 40 minutes to bake.



KRÄFTOR

(Crayfish)

The eating of crayfish is of such importance in the national life of Sweden that it deserves to be specially mentioned. The first of August is the date of the opening of the crayfish "season," when the catching and importation of these delectable little miniature lobsters is allowed. Just as in England the opening of the oyster season is ushered in by an oyster feast at Colchester, so in Stockholm and throughout Sweden, the Kräftor celebrations last not only for one day but for several weeks. Gardens and balconies are gaily decorated with Chinese lanterns and paper garlands, and effigies of crayfish are to be seen everywhere. There is no special way of cooking them—they are boiled and eaten cold with a little dill.

Both in private houses and restaurants there is a special Kräftor outfit in the way of crockery and drinking vessels—for according to tradition the eating of each claw should be accompanied by the drinking of a small glass of schnapps. Crockery and drinking glasses or cups have a crayfish painted or engraved on them, and so have the paper serviettes which are an indispensable part of the Kräftor equipment.

Kräftor parties are usually held in the open, as August is the last warm month in Sweden. The Swedes seem to be able to eat enormous quantities of crayfish at their Kräftor feasts, and plates with huge piles of empty shells are a familiar sight towards the end of the evening. In Stockholm alone as many as one and a half million crayfish are sometimes consumed in one day.

DENMARK

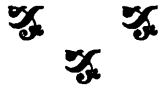


	PAGE
Grönkaal (<i>Cabbage soup with pork</i>)	440
Gule Ärtor (<i>Yellow split peas</i>)	441
Kraasesuppe (<i>Giblet soup</i>)	441
Melboller (<i>Flour dumplings</i>)	441
Hvid Sagosuppe (<i>White sago gruel</i>)	442
Öllebröd (<i>Beer bread</i>)	442
Boghvedegröd (<i>Buckwheat porridge</i>)	443
Flöjsgröd (<i>Velvet porridge</i>)	443
Risengröd (<i>Rice porridge</i>)	443
Pärevälling (<i>Pear milk porridge</i>)	444
Fiskefars (<i>Mincéd fish</i>)	444
Svinemörbråd (<i>Spare ribs of pork</i>)	444
Bankeköd (<i>Stewed beef</i>)	445
Bixemad (<i>Useful mixture</i>)	445
Äggekage (<i>Pork pancake</i>)	445
Gaasesteg (<i>Roast goose</i>)	446
Ködfars (<i>Forcemeat</i>)	446
Grönlangkaal (<i>Stewed cabbage</i>)	446
Rödkaal (<i>Red cabbage</i>)	446
“Bondepige med Slör” (“ <i>Peasant Girl with Veil</i> ”)	447
Rödgröd med Flöde (<i>Currant juice thickened with sago-flour</i>).	447
Smörrebröd (<i>Sandwiches</i>)	447

Introduction

DANISH cookery is essentially that of a people who require substantial food and who make it tasteful by the use of contrasting ingredients. The Danes are large eaters, and one of the standing jokes in Denmark goes to prove this fact—their geese, which are of immense size and so fat that they roll home in the evening after having fed all day, are said to be a “difficult” dish, as “a goose is too much for one person, and too little for two.” Extensive use is made of various kinds of porridges and other filling foods.

Although Danish cookery is reminiscent of that of Norway and Sweden, it undoubtedly has distinctive traits which make it entirely national and typical.



GRÖNKAAL

(Cabbage soup with pork)

Put 3 to 4 lbs. of well scoured pork in a saucepan, cover with cold water and bring to the boil. Skim thoroughly, add 2 or 3 sliced carrots, 2 or 3 leeks, parsley and mixed herbs. Simmer for $3\frac{1}{2}$ to $4\frac{1}{2}$ hours. Remove the outer leaves of the cabbage and the coarse ribs, and blanch in boiling salted water for 10 minutes. Remove from the water and drain thoroughly. Chop the cabbage finely, put in an earthenware casserole, sprinkle with a little flour and add gradually the hot pork stock. Dish up the cabbage and garnish with the vegetables cut in small pieces and small potatoes, browned in butter and a little sugar. The pork is eaten with the soup.

GULE ÄRTER

(Yellow split peas)

Ingredients: 1½ lbs. of split peas, 2¼ lbs. of fresh pork, 1 or 2 sticks of celery, 3 carrots, 4 leeks, 1 parsnip, thyme, 3 quarts of water, salt.

Method: Boil the pork as in the preceding recipe, adding the vegetables. Soak the peas in water for 12 hours and bring to the boil in the same water. Simmer till tender and the consistency of thick porridge. Add some of the pork stock gradually and serve with the chopped vegetables and the pork.



KRAASESUPPE

(Giblet soup)

This giblet soup is typically Danish, and is prepared as follows: Clean the giblets thoroughly and put in a saucepan with enough cold water to cover. Season with salt. Bring gradually to the boil, skim and simmer for 30 minutes, then add 2 or 3 sliced carrots, 1 or 2 sticks of celery, 1 or 2 leeks, 2 or 3 sliced apples, a few prunes previously soaked. Simmer till the vegetables and fruit are quite tender, add a little sugar and vinegar and serve with flour dumplings.



MELBOLLER

(Flour dumplings)

Ingredients: 3 ozs. of flour, 2 ozs. of butter, 2 eggs, 1 tablespoon of sugar, ½ teaspoon of salt, a little over ½ pint of water.

Method: Melt the butter and add the flour, stirring continuously. Then add the water and stir over a brisk fire till the mixture is easily detached from the sides of the pan and from the spoon. Remove the saucepan from the fire

and work the mixture for 10 minutes. Then add 1 egg and work well for another 10 minutes. Mix in the other egg, and lastly stir in the sugar and salt.

Drop one teaspoon of the mixture at a time in boiling water and poach till the dumplings rise to the surface. Put on a colander and pour cold water over them.



HVID SAGOSUPPE

(White sago gruel)

Ingredients: 2½ ozs. of sago, 1½ quarts of water, 2 ozs. of raisins, 2 eggs, the juice of 1 lemon, ½ lb. of sugar, sherry.

Method: Put the sago in a saucepan of boiling water, with the lemon juice, raisins and sugar, and boil for about 20 minutes till the sago is transparent. Beat the eggs, put them in the soup tureen and add the sago soup gradually, mixing thoroughly. Add sherry according to taste.



ÖLLEBRÖD

(Beer bread)

Ingredients: 10 ozs. of rye bread, 1 gill of water, 2 pint bottles of pale ale, sugar, lemon peel, cream.

Method: Cut the bread into dice and soak for 12 hours in the water and 1 bottle of beer. Put in a saucepan and simmer for 20 minutes. Rub through a sieve and put this purée in a saucepan on a slow fire and thin with the other bottle of beer. Add sugar to taste and a little lemon peel, and serve with thick cream.

BOGHVEDEGRÖD

(Buckwheat porridge)

Ingredients: $\frac{1}{4}$ lb. of buckwheat or groats, 1 quart of milk, butter, sweet beer, sugar and cinnamon.

Method: The buckwheat or groats are boiled slowly in the milk for at least 1 hour. They are then eaten with a large lump of cold butter in each plate and a little sweet beer. Add sugar and cinnamon to taste.



FLÖJLSGRÖD

(Velvet porridge)

Ingredients: $\frac{1}{2}$ lb. of flour, 6 ozs. of butter, 3 pints of milk, 1 gill of water, salt.

Method: Melt the butter in a saucepan, stir in the flour and add gradually the boiling milk and water, stirring continuously. Season with a little salt and simmer for 10 minutes. This is eaten with fruit-juice, sugar and cinnamon.



RISENGRÖD

(Rice porridge)

Ingredients: $\frac{1}{2}$ lb. of rice, 4 pints of milk, butter, cream, beer, cinnamon, salt.

Method: Put the rice (previously washed in cold water and scalded with boiling water) in the boiling milk. Stir well and simmer for 1 hour. Season with a little salt and add thick cream just before serving. This is eaten with a lump of cold butter in each plate, a little sweet beer, sugar and cinnamon.

DENMARK

BANKEKÖD (Stewed beef)

This simple dish is very popular in Denmark and is usually eaten with mashed potatoes. Lean beef is cut into slices about 1 inch thick, browned in butter, sprinkled with a little flour and seasoned with salt, peppercorns and bay-leaves. When browned, the meat is put in a saucepan with sufficient water to cover and simmered for 1½ hours.



BIXEMAD ("Useful mixture")

Previously roasted left-over meat is cut in small pieces, added to a panful of sliced onions and fried in fat. A few potatoes are also added, with a little gravy, and the whole is well mixed and seasoned with salt and pepper.



ÄGGEKAGE (Pork pancake)

Ingredients: For the pancake: 4 or 5 eggs, 2 tablespoons of flour, 8 to 10 tablespoons of milk, salt. Eight thin slices of pork, chopped chives.

Method: Brown the slices of pork in hot fat and, when done, pour the fat from the pan, leaving only a thin coating of it. Make a pancake batter with the eggs, etc., and pour the mixture into the hot greased pan, making one large pancake. When nearly set, place the slices of pork on it, sprinkle with chives and serve.

PÄREVÄLLING
(Pear milk pottage)

Ingredients: 1½ lbs. of pears, 2 ozs. of pearl barley, 3 pints of milk.

Method: Put the pearl barley in the boiling milk and simmer for 1 hour. Then add the pears, peeled and quartered, and simmer for another 15 minutes. Serve and sprinkle with sugar and cinnamon.



FISKEFARS
(Minced fish)

Cod is one of the favourite fish dishes in Denmark in all months which contain the letter "R." It is usually boiled and served with mustard sauce. Another popular way is to remove the skin and bones from the fish—2½ lbs. of the middle cut—then put it through a mincer 3 or 4 times, when 1 tablespoon of potato flour and 1 tablespoon of white flour are added to it and well mixed with the white of an egg, 6 tablespoons of cream, salt, pepper and a little whipped cream. The mixture is then poured in a mould and boiled for 20 minutes or baked in a buttered pan.



SVINEMÖRBRAD
(Spare ribs of pork)

This typically Danish dish consists of spare ribs of pork, well flattened, and between two of them dried plums, washed and previously soaked, and pieces of apple are placed. The two ribs thus prepared are well tied together and roasted for ½ an hour, being basted with a little milk.

GAASESTEG

(Roast goose)

Roast goose is the great national Danish dish for Christmas Eve. It is always served with stewed red cabbage.



KÖDFARS

(Forcemeat)

This is made with minced lean meat, to which $\frac{1}{4}$ of the weight of flour is added, and the mixture made creamy with the addition of a little milk and thick cream. It is flavoured with a little chopped onion, seasoned with salt and pepper, and is either boiled in a mould or baked as dumplings. Loin of pork, chicken or venison is often cooked in this way.



GRÖNLANGKAAL

(Stewed cabbage)

Remove the outer leaves of the cabbage and the coarse ribs. Blanch in salted water for 20 minutes. Drain thoroughly and mince the cabbage. Melt a little butter in a saucepan, stir in a little flour and add hot milk gradually. When the consistency of cream, put in the minced cabbage, season with salt and pepper and simmer for 20 minutes. This is served with small potatoes, browned in butter and a little sugar.



RÖDKAAL

(Red cabbage)

Shred the cabbage and put it in either an iron saucepan or an earthenware casserole, with a lump of butter, a few

tablespoons of water, and a few tablespoons of vinegar. Season with salt and sugar, cover, bring to the boil and simmer for 2 to 3 hours till quite tender. Ten minutes before serving, add red-currant juice.



“BONDEPIGE MED SLÖR”

(“Peasant girl with veil”)

Ingredients: 1 soup plate of grated rye bread, 2 tablespoons of sugar, 1½ lbs. of apples, 1 teaspoon of butter, chocolate, whipped cream.

Method: Peel and core the apples and stew till reduced to a pulp. Mix the grated rye bread, sugar and butter and cook till set and almost dry. Put a layer of this mixture on a dish, cover with the stewed apples, place another layer of the rye bread mixture over this and finally sprinkle with grated chocolate. Cover with whipped cream.



RÖDGRÖD MED FLÖDE

(Currant juice thickened with sago-flour)

This popular Danish sweet is made with 1 lb. of red currants, ½ lb. of raspberries, a few bunches of black currants, all stewed in a little water. The juice is strained, and 2 ozs. of sago-flour are diluted with a little of this juice. This is added to the remainder of the boiling fruit juice, and stirred on a quick fire for 2 minutes. The saucepan is removed from the fire, and the mixture stirred continuously till almost cold, when it is poured into a glass dish and served with cream and sugar.



SMÖRREBRÖD

(Sandwiches)

The Danish “sandwich” is a very substantial one and belongs to the “open sandwich” variety; it is not there-

fore a real "sandwich" as understood in England.

The Danish sandwich is a meal in itself—it is, in fact, a meal served on a large slice of thickly buttered rye bread, which could almost take the place of a plate, much as in former days bread did actually perform that duty in England.

The Danes put slices of cold roast veal on these slices of buttered rye bread, and over the veal comes a cucumber or a green salad of some kind. Sometimes a whole fillet of sole is served in this way or a thick layer of Russian salad; alternatively, a liberal helping of smoked salmon is covered with a thick layer of scrambled eggs. Four such slices are sufficient for a very substantial lunch.

BELGIUM



	PAGE
Le Hochepot (<i>Hotchpotch</i>)	450
Le Waterzoïe (<i>Chicken soup</i>)	451
Le Waterzoïe de Poissons (<i>Fish soup</i>)	451
Écrevisses à la Liégeoise (<i>Crayfish or Dublin prawns à la liégeoise</i>)	452
L'Anguille au Vert (<i>Eel au vert</i>)	452
Les Carbonnades Flammandes (<i>Flemish carbonades</i>)	453
Les Balekes ou Fricadelles (<i>Force meat balls</i>)	454
Rognon de Veau à la Liégeoise (<i>Veal kidney à la Liégeoise</i>).	454
Les Chœsels (<i>Beef and veal sweetbread</i>)	455
Poularde à la Wallone (<i>Chicken à la Wallone</i>)	456
L'Oie de Vise (<i>Goose, as prepared at Vise</i>)	457
Konijn met Pruinen (<i>Lapin aux pruneaux</i>) (<i>Rabbit with prunes</i>)	458
Le Pâté de Bruxelles (<i>The Brussels pâté</i>)	458
Asperges (<i>Asparagus</i>)	459
Chicorée de Bruxelles (<i>Brussels chicory</i>)	459
Chicorée à la "Croque-au-sel" (<i>Chicory with a little salt</i>)	460
Les Jets de Houblon (<i>Hop shoots</i>)	460
Salade Liégeoise (<i>Salad à la Liégeoise</i>)	460
Œufs Meulemeester (<i>Eggs meulemeester</i>)	461
Gaufres à la Flamande (<i>Flemish waffles</i>)	461

Introduction

BELGIUM is justly famed for the excellence of her national dishes and for the high standard of cookery prevalent throughout the whole country. Although much influenced by French cookery, and to a certain extent by the Dutch, Belgium has a certain number of dishes which are entirely national and which she can undoubtedly claim as her own. Some of them—like Le Hochepot and Le Waterzoie—are said to be of great antiquity.



LE HOCHEPOT (Hotchpotch)

Ingredients: 1½ lbs. brisket of beef, 1½ lbs. of shoulder and breast of mutton, 1½ lbs. shoulder of veal, 1½ lbs. of pigs' feet, ¾ lb. of pigs' ears, ½ lb. of pigs' tails, 1 cabbage, 3 ozs. of carrots, 4 leeks, 1 or 2 turnips, 3 or 4 sticks of celery, 12 or more small onions, 12 chipolata sausages, a bouquet of mixed herbs, salt and pepper.

Method: Put all the meat in a large glazed earthenware casserole or marmite, cover with cold water, bring slowly to the boil and skim thoroughly. When the scum has ceased to rise, add the vegetables, sliced or coarsely chopped, and the cabbage cut in quarters, the outer leaves having been removed. Season with salt and pepper, add the herbs cover and simmer for about 3 hours. Add the sausages and simmer for another ¾ of an hour to 1 hour. When ready, put the meat on a hot dish, drain the vegetables, chop, and garnish the dish with them and pour a little stock over the whole. Serve the stock in the soup tureen and serve the meat afterwards as a separate course.

LE WATERZOÏE

(Chicken soup)

There are two kinds of Waterzoïe—the one made with chicken and the other with fish. Both are popular in Belgium.

For the first, take one or two chickens and rub them well with lemon. Put them in a saucepan with sufficient water to half cover them. Bring to the boil, skim and add 2 onions, stuck with 1 or 2 cloves, shredded celery and leeks (3 or 4 sticks of celery and 3 leeks), 1 sliced carrot, previously cooked in butter, parsley, thyme, 1 bayleaf, salt and pepper. A bottle of dry white wine is now added, the saucepan is covered with a lid and the chickens are cooked till quite tender. The time varies according to the size and age of the chickens used. To serve, carve the chickens, put them in a soup tureen, pour the stock over them, garnish with the vegetables, add 1 tablespoon of breadcrumbs, and sprinkle with chopped parsley.



LE WATERZOÏE DE POISSONS

(Fish soup)

This soup is made with a mixture of fish such as tench, carp, bream and many others, including eel, which are not generally used in this country. As with the Bouillabaisse of Provence, the whole making of the soup depends on the kind of fish used and of the mixture of these different fish. The fish, after having been cleaned, are cut in 2 or 3 inch lengths, and cooked fairly briskly in $\frac{3}{4}$ of white wine to $\frac{1}{4}$ of water, and a little butter, a few sticks of celery, a few sprigs of parsley, thyme, 1 bayleaf, salt and pepper. They are boiled till tender, drained, put on a hot dish and a little of the fish stock is poured over them. The rest of the fish stock is strained into the tureen on slices of bread, lightly fried in butter.

ÉCREVISSES A LA LIÉGEOISE

(Crayfish or Dublin prawns à la Liégeoise)

For this simple but savoury dish the crayfish or Dublin prawns must be alive. They are boiled for about 5 to 7 minutes in a courtbouillon consisting of $\frac{1}{2}$ pint of dry white wine and $\frac{1}{2}$ pint of water, in which a dozen or so small onions, 2 shallots, finely chopped, and 1 shredded carrot have boiled for 30 minutes, with a few sprigs of parsley, thyme and a bayleaf, and a seasoning of salt, pepper and a little cayenne. They are then removed from the stock, and kept hot while the stock is rapidly boiled and reduced. A little butter and parsley are added and the sauce is poured over the crayfish.



L'ANGUILLE AU VERT

(Eel au vert)

For this excellent Belgian national dish, small eels are chosen. Remove the heads, skin the eels and cut in 3 inch lengths. Put them in a saucepan with a little butter, season with salt and pepper and add a plentiful amount of finely chopped herbs—mint, sage, savory, chervil, parsley and sorrel. Simmer for about 15 minutes, and add $\frac{3}{4}$ of white wine to $\frac{1}{4}$ of water, sufficient to cover the fish. Boil for about 10 to 12 minutes. Remove the saucepan from the fire and stir in the yolks of 3 or 4 eggs, previously mixed with the juice of 2 large lemons, a little less than a gill of cold water, and a little butter. When well mixed, put the eels in an earthenware vessel, pour the stock over them and let stand till cold.

LES CARBONNADES FLAMANDES (Flemish carbonades)

This is one of the most well known of all Belgian dishes, so well known in fact, that we find the recipe in many French cookery books.

The recipe I give is the Belgian one and is the classical way of doing Flemish Carbonades. The word "carbonades" originally meant meat grilled over hot coals or embers, but in the course of time it has been misapplied, and is now used for a method of slow stewing.

Ingredients: 2½ lbs. of either boned neck of beef, top shoulder or thin flank, 3 ozs. of lean gammon, 1 lb. of shredded onions, 1 clove of garlic, a bouquet of herbs, 2 lumps of sugar, salt, pepper, flour, butter or lard, vinegar, 1 bottle of beer—the Belgian beers used in Brussels are the Lambic or the Faro.

Method: Cut the meat into 2 inch lengths and about 1 inch thick. Season with salt and pepper and brown in 3 to 4 ozs. of butter or lard. Add the gammon, cut in small cubes, and brown. Remove the meat and the gammon from the saucepan, pour out most of the melted butter or lard, leaving about 2 tablespoons of it in the saucepan. Stir in 2 tablespoons of flour to make a light brown *roux*. Add gradually the bottle of beer, stirring continuously. Shred or chop the onions, and brown in lard. Pour the sauce made with the beer in a casserole, and fill with alternate layers of browned onions, meat and gammon, add the chopped garlic, the sugar, season with salt and pepper, cover the casserole, bring to the boil, and simmer very gently in the oven for 2½ to 3 hours. It may be necessary to add more beer, as the meat, etc., should be well covered with the liquid. Just before serving, a little vinegar is added, and the whole is served in a somewhat deep dish. Plain boiled potatoes invariably accompany the Flemish *carbonnade*, as they help to "mop" up the delicious sauce.

LES BALEKES OU FRICADELLES

(Forcemeat balls)

This is another very popular Belgian dish, and the liking for it is shared by both the Walloons and the Flemish. Left-over meat is sometimes used by the economical Belgian housewife, but the Fricadelles are far better when done with uncooked meat.

Mince 2 lbs. of fresh pork very finely and add 2 chopped shallots, previously browned in butter. Put the meat in a basin and mix with $\frac{1}{2}$ lb. of bread soaked in milk. Season with salt, pepper and a little nutmeg. Add 6 tablespoons of white wine, the yolks of 3 eggs, mix well, and finally add the whites of eggs beaten to a stiff froth. Shape into small balls, roll in flour, and cook to a light golden colour in a little lard or butter, adding a few pickling onions, and browning these at the same time. Cover the meat balls with either stock, white wine or with a light beer, put in a bouquet of mixed herbs, a little chopped garlic, season with more salt and pepper, and add a few peeled potatoes. Cover, and simmer till the potatoes are cooked. Put the contents of the saucepan on a hot dish and sprinkle chopped parsley over the whole.



ROGNON DE VEAU À LA LIÉGEOISE

(Veal kidney à la Liégeoise)

This simple but excellent dish is one of the gastronomic achievements of the Walloons, and like most simple dishes it requires some skill to do properly. The veal kidney, with the fat, is put in very hot butter and well seasoned with salt and pepper. When it begins to brown, the pan is covered and put on a slow fire. After 4 or 5 minutes, 1 tablespoon of white wine or water is added. A few minutes before removing the kidney from the pan, sprinkle with 1 heaped teaspoon of juniper berries, previously pounded to a

powder in a mortar, add another tablespoon of white wine or water and 1 heaped teaspoon of butter, divided in small pieces. The kidney should take about 10 minutes to cook.



LES CHŒSELS

(Beef and veal sweetbread)

This typical Belgian dish is also famous in other countries. Visitors to Belgium may have noticed that Thursday is the special day when Les Chœsels are served in restaurants, and the Belgian housewife also chooses Thursday for the making of this somewhat elaborate dish. This comes from the fact that sweetbread is at its best when perfectly fresh, and as bullocks and calves are slaughtered on that particular day in Brussels and in the vicinity, Les Chœsels makes its appearance on the table for the evening meal.

Ingredients: 1 ox tail, 1 lb. of breast of mutton, 1 lb. of breast of veal, 6 sheep's feet, 5 sweetbreads, $\frac{1}{2}$ an ox kidney, 1 lb. of cooked mushrooms, a few Fricadelles (see page 454), made with chopped veal, 1 bottle of beer (the Belgian Lambic is generally used), 1 glass of Madeira, 1 lb. of onions, mixed herbs, 2 or 3 cloves, grated nutmeg, salt and pepper.

Method: Slice the onions and brown in a large earthenware casserole in a little butter. When lightly browned, add the ox tail, cut into joints, season with salt, pepper and nutmeg, add a bouquet of mixed herbs, the cloves, and cover with the beer. Bring to the boil and simmer for 1 hour. Then add the breast of mutton, cut in small pieces, and simmer for another $\frac{1}{2}$ an hour. Now put in the 5 sweetbreads, the breast of veal, also cut in small pieces, the sheep's feet, divided in four and blanched and boiled till nearly done, the sliced ox kidney, and simmer for another $1\frac{1}{2}$ hours. Ten minutes before serving, add the previously cooked Fricadelles, the cooked mushrooms, more salt and pepper and the glass of Madeira.

POULARDE A LA WALLONE
(Chicken à la Wallone)

Ingredients: 1 chicken (or preferably a Belgian capon, the Coucou de Malines, which is largely exported to England), 2 or 3 lbs. of knuckle of veal, 1 calf's sweetbread, 4 carrots, 1 large onion, stuck with 1 or 2 cloves, 1 or 2 sticks of celery, 1 bayleaf, a bouquet of mixed herbs, salt and pepper.

For the sauce: 4 tablespoons of butter, 3 of flour, 5 yolks of eggs, 3 tablespoons of cream, 2 of Madeira, chicken stock, mushroom stock, salt and pepper.

For the garnish: $\frac{1}{4}$ lb. of lean veal, kidney fat, $\frac{1}{4}$ lb. of bread soaked in milk, 4 tablespoons of cream, 4 yolks of eggs, salt, pepper and nutmeg, 6 large mushrooms, previously cooked in a few tablespoons of water, the juice of $\frac{1}{2}$ a lemon, and 1 tablespoon of butter.

Method: Put the knuckle of veal in a large earthenware casserole and cover with cold water. Bring to the boil, skim thoroughly and add the sliced carrots, celery, onion, herbs and seasoning. Simmer for about $\frac{3}{4}$ of an hour. Then add the chicken or capon and the calf's sweetbread, previously blanched. Bring to the boil and simmer for $\frac{3}{4}$ of an hour or longer, according to the size of the bird. The sweetbread should be removed as soon as tender, drained; cut in large cubes and kept warm till required.

For the sauce, melt the butter in a saucepan, add the flour, stir well till smooth but without browning. Add gradually some of the hot chicken stock, stirring continuously and simmer on a very slow fire for about 30 minutes. Mix the 5 yolks of eggs in a basin with the cream, the butter, Madeira, and a little of the mixture in which the mushrooms were cooked, seasoning with salt and pepper. Beat all this thoroughly and add to the sauce, and keep on beating till the sauce comes to the boil. Then strain it, put it in a clean saucepan and add the garnish of cooked mushrooms, sweetbread and veal quenelles.

The veal quenelles are made by mincing the veal with a

little kidney fat, then pounding in a mortar to a perfectly smooth paste, adding the bread, seasoning with salt, pepper and a little nutmeg, and finally mixing with the 4 yolks of eggs and the cream. Shape into small quenelles, roll these in flour, poach in boiling water for 15 to 20 minutes, and drain thoroughly before adding to the sauce.

To serve, put the chicken or capon on a hot dish, pour the sauce over it and garnish with the mushrooms, sweetbread and quenelles.



L'OIE DE VISE

(Goose, as prepared at Vise)

Ingredients: 1 goose, 2 or 3 onions, 2 or 3 carrots, 12 cloves of garlic, 1½ pints of milk, 6 yolks of eggs, 4 rusks, ½ pint of cream, mixed herbs, 2 or 3 cloves, salt and peppercorns.

Method: Put the goose in a large saucepan with the giblets, cover with slightly salted warm water, bring to the boil and skim. Then add the sliced onions and carrots, the herbs, cloves and peppercorns. Simmer till the goose is tender. Remove from the saucepan and carve it. Put a little goose fat in a frying pan and lightly brown the pieces of goose in this. Cover with the following sauce: Put the milk in a saucepan with the garlic, which should be skinned, and simmer till the garlic is quite tender. Remove the garlic from the milk. Add 4 rusks, broken up, stir and when quite dissolved, strain the sauce. Mix the yolks of eggs, well beaten with the cream, and a few tablespoons of the hot milk. Then add the egg mixture to the milk and stir for a few minutes over a slow fire. Pour this over the goose and garnish with the cloves of garlic.

KONIJN MET PRUINEN (LAPIN AUX PRUNEAUX)
(Rabbit with prunes)

This dish is reminiscent of German cookery, where we find a special liking for sweet sauces or garnishes with meat, poultry or game. The rabbit is cut into neat joints, put in an earthenware vessel, and covered with a marinade consisting of $\frac{2}{3}$ of red wine and $\frac{1}{3}$ of vinegar, salt, peppercorns, 1 or 2 bayleaves, thyme, marjoram, fennel and other aromatic herbs. It should stand in this for 24 hours. Remove the pieces of rabbit from the marinade, dry them carefully, and brown to a light colour in butter. Add 1 tablespoon of flour, and mix well with the butter. Season highly with salt and pepper. Cover with red wine, and add 1 lb. of prunes, previously soaked in cold water for 12 hours. Bring to the boil and simmer till the meat and prunes are quite tender. Just before serving, add 1 tablespoon of gooseberry jam.



LE PÂTÉ DE BRUXELLES
(The Brussels pâté)

This delicious Belgian pâté, cooked in a terrine, is a typical national dish. Bone the chicken, fillet the breast and mince all the remaining chicken meat with 2 lbs. of fat bacon and $1\frac{1}{2}$ lbs. of lean pork. Pound thoroughly in a mortar, seasoning highly with salt and pepper, a little allspice and 2 wine glasses of brandy. Line a high rectangular earthenware terrine with wide and somewhat thick rashers of fat bacon, put in 1 or 2 bayleaves, 1 or 2 sprigs of thyme, cover with half of the forcemeat, then with the pieces of chicken breast, wrap in a thin rasher, and cover with the remaining forcemeat. Cover this with more rashers, press all down so that the terrine is closely packed, cover with the lid, put in a meat tin with a little water, and cook in a slow oven for 2 hours, replacing the water in the pan as it evaporates. When

done, remove the lid, cover with a slab of wood, and put a weight over it. Let stand in a cool place for 12 hours. Cover with a layer of melted pork fat and use as required.



ASPERGES

(Asparagus)

The Belgians have a characteristic way of serving asparagus—some of the best asparagus are grown in Belgium and those of Malines are famous for their fine and delicate flavour. The asparagus are boiled, well drained and put on a hot dish. Each person is given a boiled egg—*œuf mollet*—the egg having been boiled for 5 to 6 minutes, according to size, put in cold water for 1 to 2 minutes, and then carefully shelled. The white should be just sufficiently set for the shell to be removed, but the yolk should be quite “runny.” The egg is then crushed with a fork, salt and pepper are added, and a little melted butter and chopped parsley complete the sauce, which each person makes on his own plate according to individual taste.



CHICORÉE DE BRUXELLES

(Brussels chicory)

The best chicory is grown in Belgium and much of it is exported. One of the favourite Belgian methods of cooking it is to put the chicory in a well buttered fireproof dish, closely packed side by side, with a sprinkling of salt and pepper, 1 or 2 tablespoons of water, and a few pats of butter over them. They are covered with buttered paper and cooked slowly till they begin to colour, when they are turned, and cooked till quite tender.

CHICORÉE À LA "CROQUE-AU-SEL"

(Chicory with a little salt)

Although this method of eating chicory is very plain, chicory is so often eaten thus in Belgium that it may be considered a national dish. Choose the very best and whitest chicory, wash and dry it, after having removed the outer leaves, and simply eat it with a little salt.



LES JETS DE HOUBLON

(Hop shoots)

This most delicious vegetable, very popular in Belgium, and once so popular in England, is first of all boiled in salted water, with a little lemon juice, well drained, and covered with a sauce consisting of a little cream and melted butter, seasoned with salt and pepper. They are put in the middle of a dish, and garnished with poached eggs.



SALADE LIÉGEOISE

(Salad à la Liégeoise)

This salad is reminiscent of some of the German salads. It is made with young dandelion, potatoes, cooked in their skins and peeled and sliced while still warm, thin strips of bacon, not more than 1 inch in length, lightly fried, to which a few tablespoons of vinegar have been added. The vinegar while still warm is poured over the salad, with the strips of bacon, and the salad is served warm.

ŒUFS MEULEMEESTER

(Eggs meulemeester)

This is an old recipe hailing from Bruges. Boil the number of eggs required for 6 to 7 minutes, according to their size. Put them in cold water for 1 or 2 minutes, and shell them. Then shred the eggs into a small saucepan, with butter, a little chopped chervil and parsley, French mustard, a few shelled prawns, $\frac{1}{2}$ pint of cream, salt and pepper. Mix all well, and pour the mixture into a buttered fireproof dish. Sprinkle with grated cheese, dot with a few pats of butter, put in a quick oven and cook till the top begins to brown.



GAUFRES À LA FLAMANDE

(Flemish waffles)

Ingredients: 1 lb. of flour, 8 whole eggs, $\frac{1}{2}$ pint of cream, 2 ozs. of butter, $\frac{1}{2}$ glass of brandy, about $\frac{1}{2}$ oz. of yeast, a pinch of salt and a pinch of sugar.

Method: Put $\frac{1}{4}$ lb. of flour in a terrine or a basin and mix with the yeast, dissolved in a little warm water. Work well and set to rise. Then work in the rest of the flour, with the salt and sugar, the eggs, slightly beaten, and the cream, which should have been boiled and to which the butter is added. Work well and let stand for $2\frac{1}{2}$ hours in a cool oven. The batter should be sufficiently liquid to spread of itself over the well-greased waffle irons. When evenly browned on both sides, sprinkle with sugar and serve very hot.

HOLLAND



	PAGE
Aalsoep (<i>Eel soup</i>)	465
Eenvoudige Bruine Boonensoep (<i>Plain brown bean soup</i>)	466
Erwtensoepe (<i>Pea soup</i>)	466
Grauwe Erwten of Capucijnersoepe (<i>Black bean soup</i>).	466
Vischkoekjes (<i>Fish cakes</i>)	467
Gezouten Haring (<i>Salt herrings or bloaters</i>)	467
Gebakken Bokkinge (<i>Fried bloaters</i>)	467
Stokvisch (<i>Stockfish</i>)	468
Runderlappen (<i>Stewed steak</i>)	468
Kalflappen (<i>Veal steak</i>)	468
Kalfoesters (<i>Veal oyster</i>)	469
Blinde Vinken (<i>Mock finches</i>)	469
Hutspot met Klapstuck (<i>Hotchpotch with soup meat</i>)	469
Rundergehakt (<i>Minced beef</i>)	470
Jacfitschotel (<i>The hunter's dish</i>)	470
Hazepeper (<i>Jugged hare</i>)	471
Gestoofd Konijn (<i>Stewed rabbit</i>)	471
Gevulde Kool (<i>Stuffed cabbage</i>)	471
Zuurkool met Versche Worst of Saucijsjes (<i>Sauerkraut with fresh sausages or midget sausages</i>)	472
Zuurkool met Spek (<i>Sauerkraut with bacon</i>)	472
Zuurkool (<i>Sauerkraut</i>)	473
Andijvie (<i>Endive</i>)	473
Uien met Aardappelen, Rijst en Versche Worst (<i>Onions with potatoes, rice and fresh sausages</i>)	474
Bieten met Appelen (<i>Beetroot with apples</i>)	474
Boerenkool met Rookworst (<i>Curly cabbage with smoked sausages</i>)	474
Boerenspruiten met Rookworst (<i>Sprouts with smoked sausages</i>)	475
Bruine Boonen (<i>Brown or black beans</i>)	475
Roodekool (<i>Red cabbage</i>)	475
Gestoofde Komkommers (<i>Stewed cucumbers</i>)	475
Rijst (<i>Rice</i>)	476
Haringsla (<i>Herring salad</i>)	476

HOLLAND

Gort met Pruimen (<i>Groats with prunes</i>)	477
Boterhamkoek (<i>Bread and butter cake</i>)	477
Oliebollen (<i>Fried dumplings</i>)	478
Poffertjes (<i>Fritters</i>)	478
Flensjes (<i>Thin pancakes</i>)	479
Gemberkoek (<i>Ginger cake</i>)	479
Jan in Den Zak (" <i>John in the Pocket</i> ")	479
Gort (<i>Groats</i>)	480
Gort met Karnemelk (<i>Groats with sour milk</i>)	480
Kaneelsaus (<i>Cinnamon sauce</i>)	480
Dikke Melk (" <i>Thick</i> " milk)	481
Dutch Cheese	481
Gin and Liqueurs	481

Introduction

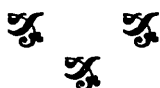
FEW cookery experts, I presume, have had the privilege of hearing a well known actor declaiming and explaining cookery recipes. But Hector Abbas, like so many great artists, has a keen understanding and appreciation of the gastronomic art and a veneration for the traditional dishes of his native land. His eyes glistened as I mentioned the names of certain Dutch dishes which evoked memories of his boyhood. I could picture him as a small boy, prowling about in a Dutch kitchen—that immaculate and spotless sanctuary, as sacred to the Dutch housewife as a Victorian “parlour” was to the Victorian housewife—watching and learning the intricacies of various culinary processes. He remembered how certain things were “beaten,” how a slice of meat was rolled and tied into a neat little parcel—tied in a particular way, so that it could be quickly untied; and his explanatory gestures were as descriptive and enlightening as his words. I must thank him for giving me a few hours of his valuable time and helping me to select these typically Dutch recipes, and I must also thank a fellow countryman of his—Mr. A. V. de Beaufort, secretary of the Dutch Club—for supplying me with much of the material for this section of my book.

Dutch cookery is very characteristic and national. It has been much influenced by the fact of Holland’s possession of colonies, which supply certain ingredients, such as rice and spices, so extensively used in Dutch dishes. Nutmeg, for instance, is used *ad lib.* as Mr. Abbas put it, with innumerable preparations, and cinnamon is also freely used. Rice may be said to be one of the staple articles of diet in the Netherlands and many characteristic Dutch dishes are made with rice.

In Holland, market gardening is of as high an order as horticulture, and among the principal market produce we

may mention cabbages, cauliflowers, onions, asparagus, beans, peas—large quantities of dried peas of various kinds are eaten in Holland—gherkins, cucumbers and potatoes. Oats, barley, wheat, rye and buckwheat are also grown and are very popular, especially at the breakfast table.

Much fish is consumed, as this is cheap and plentiful, herrings and plaice being among the favourite ones. The Dutch method of salting and smoking herrings is deservedly renowned, and some of their ways of preparing them are excellent. And the English housewife would do well to learn from them the art of dressing an uncooked smoked herring, one of the best ways of eating this delicious Dutch delicacy, which is too often spoilt in this country by careless cooking.



AALSOEP (Eel soup)

This simple eel soup is one of the great national Dutch dishes. It is made with 6 ozs. of eel, cleaned and cut in small pieces and boiled till tender in 3 pints of salted water. When done, the pieces of eel are removed from the water, and 2 ozs. of capers and a small bunch of parsley are added to the eel stock, which is brought to the boil. The soup is thickened with 1½ ozs. of butter mixed with an equal quantity of flour, the whole simmered for about 10 minutes, and strained into the soup tureen, when the pieces of cooked eel are added.

EENVOUDIGE BRUINE BOONENSOEP

(Plain brown bean soup)

Ingredients: 10 ozs. of brown beans, 2 quarts of water, 2 ozs. of onion, 1½ ozs. of butter, 1 oz. of flour, a little paprika, salt, 1 bayleaf, grated nutmeg.

Method: Soak the beans for 12 hours in cold water. Put them in a saucepan with cold water, season with salt, paprika, the bayleaf and nutmeg. Bring to the boil and simmer for 2 hours. Add the finely chopped onion, previously fried in butter and sprinkled with the flour. Stir into the soup and boil for 15 minutes longer. This soup may be either served as it is, or the beans can be rubbed through a sieve. Strips of toasted bread are served with it.



ERWTENSOEP

(Pea soup)

Ingredients: 14 ozs. of peas, 3½ quarts of water, 2 pig's trotters, 4 leeks, 1 stick of celery, ½ lb. of beef sausages, salt.

Method: Soak the peas in cold water for 12 hours. Put them in cold salted water, bring to the boil, add the pig's trotters, the chopped leeks, the celery, and simmer for 3 to 5 hours, till the pig's trotters are quite tender and the meat is detached from the bone. Half an hour before serving, add the beef sausages. Strips of toasted bread are eaten with this soup.



GRAUWE ERWTEN OF CAPUCIJNERSOEP

(Black bean soup)

The soup is made in exactly the same manner as the plain brown bean soup (see top of page), but with the small black beans which are so popular in Holland.

VISCHKOEKJES

(Fish cakes)

Although these fish cakes are made in more or less the same manner in all European countries, they are so popular in Holland and considered to be a national dish by Dutchmen that I think it advisable to include the Dutch recipe for them. They are made with 6 ozs. of cooked fish, 2 ozs. of bread, 1 egg, $\frac{1}{2}$ pint of milk, $2\frac{1}{2}$ ozs. of butter, chopped parsley, with a seasoning of salt, pepper and nutmeg. The fish is chopped and mixed with the other ingredients, shaped into rissoles and fried in butter.



GEZOUTEN HARING

(Salt herrings or bloaters)

This typically Dutch dish consists of salt herrings or bloaters, soaked for 2 hours in equal parts of water and milk. Remove the head and skin, fillet the fish and cut in thin strips. It is eaten uncooked.



GEBAKKEN BOKKING

(Fried bloaters)

Remove the heads from the bloaters, open the fish and remove the bones. Flatten, season with salt and pepper, sprinkle with flour, and fry in clarified butter. This is served with either red cabbage or a purée of apples and potatoes.

STOKVISCH
(Stockfish)

Stockfish is extensively used in Holland, as it is in many other foreign countries. It is either hake or cod, split and dried, but not salted. Soak 1 lb. of the fish in water for 12 hours, skin and bone it, cut into slices, roll and tie with string. Boil in salted water for $\frac{3}{4}$ of an hour. Drain, remove the string, and serve with rice, potatoes, baked onions and mustard sauce.



RUNDERLAPPEN
(Stewed steak)

This is one of the favourite ways of cooking meat in Holland.

For 1 lb. of beef steak, allow 2 ozs. of lard, 1 sliced onion, 1 bayleaf, salt, pepper and a generous flavouring of nutmeg. Flatten the steak, wash it and season it with salt and pepper. Melt the lard in a saucepan and brown the steak evenly on both sides. Add the sliced onion, bayleaf and the nutmeg. Cover the saucepan and simmer for 1½ hours, adding a little water occasionally.



KALFLAPPEN
(Veal steak)

This is done in the same manner as the beef steak in the preceding recipe, but the juice of 1 or more lemons is added to the sauce.

KALFOESTERS

(Veal oyster)

The veal oyster is divided into small steaks, which are well flattened and seasoned with salt and pepper. They are then fried to a light brown in butter, with a liberal amount of lemon juice.



BLINDE VINKEN

(Mock finches)

This dish consists of thin slices of lean veal weighing from 4 to 5 ozs. each. They are rolled with a small piece of veal fat inside, tied up with string, well seasoned with salt and pepper, and browned in butter for about 10 minutes. They are then put in a saucepan, with a little stock, slices of lemon put over them, and simmered for 1 hour, till quite tender. The string is removed before serving.



HUTSPOT MET KLAPSTUCK

(Hotchpotch with soup meat)

This is one of the great Dutch national dishes, although hotchpotch is also a national dish in England, France and Belgium, and is of very ancient origin. In the English version mutton is generally used, while in France beef and pork are the chief ingredients with a variety of vegetables.

In the Belgium Hotchpotch (see page 450) there is a mixture of different meats. In Holland beef is generally used.

Ingredients: 1 lb. of fat soup meat, $\frac{3}{4}$ lb. of lean soup meat, 3 lbs. of old carrots, 3 lbs. of potatoes, 10 ozs. of onions, 2 ozs. of fat, 1 $\frac{1}{2}$ pints of water, salt.

Method: Wash the meat and put in warm salted water, bring to the boil and simmer for 2 hours. Peel the carrots, mince them very finely and add to the stock after the 2 hours. In another $\frac{1}{2}$ an hour add the peeled potatoes and

chopped onions and simmer for another $\frac{1}{2}$ an hour till the vegetables are very tender. Add more water during the process of cooking if necessary. But when the dish is ready the water should have completely evaporated. Remove the meat from the saucepan, put on a hot dish, mash all the vegetables with a wooden spoon and put on the dish with the meat.

Chicken is sometimes used instead of beef.



RUNDERGEHAKT

(Minced beef)

For this dish the meat is usually bought already minced by the butcher. Put 1 lb. of minced beef in a basin and mix with 4 ozs. of stale bread, previously soaked in milk and water and well squeezed, salt, pepper, nutmeg, and finally bind with 1 egg. Work well and either shape into 1 large ball or several small ones. Fry in butter to a light brown.



JACHTSCHOTEL

(The hunter's dish)

Ingredients: 2 $\frac{1}{2}$ lbs. of cooked potatoes, $\frac{3}{4}$ lb. of cooked meat, 3 ozs. of onions, $\frac{1}{2}$ lb. of sour apples, just over $\frac{1}{2}$ pint of vegetable stock or veal stock, 1 $\frac{1}{2}$ ozs. of butter, salt, pepper and nutmeg.

Method: Slice the onions and the peeled and cored apples and fry both in butter to a light brown. Slice the cooked meat and potatoes. Put alternate layers of potatoes, meat, apples and onions in a fireproof dish, pour the stock over the whole, dot with pats of butter, and bake to a light brown in a moderate oven.

HAZEPEPER

(Jugged hare)

The hare is divided into joints, these are well rubbed with salt and pepper and lightly browned in butter. Fry 2 ozs. of onions in butter, sprinkle with 2 ozs. of flour, then add $\frac{1}{2}$ pint of stock, cook for a little, stirring well, and strain this sauce over the pieces of hare. Add 6 tablespoons of vinegar, a good pinch of salt, a little paprika (or Spanish pepper, as it is called in Holland), 3 nutmegs and 1 bayleaf. Bring to the boil and simmer for 1 hour or a little longer. Before serving, add 1 tablespoon of Worcester sauce. This sauce is very popular in Holland and is much used for flavouring purposes.



GESTOOFD KONIJN

(Stewed rabbit)

The rabbit should be divided into joints, washed and rubbed over with salt and pepper. Brown the pieces of rabbit in butter for about $\frac{1}{2}$ an hour. Sprinkle with a little flour and, when brown, add a little water, 4 tablespoons of good tomato purée, the juice of $\frac{1}{2}$ a lemon, and also a few slices of lemon. Cover and simmer for about 1 hour, till the pieces of rabbit are tender.



GEVULDE KOOL

(Stuffed cabbage)

Ingredients: 1 Savoy cabbage, 6 ozs. of minced pork, 6 ozs. of minced beef or veal, 3 ozs. of bread, $1\frac{1}{2}$ ozs. of butter, salt, pepper and nutmeg.

Method: Remove the outer leaves from the cabbage and blanch in boiling salted water for 15 minutes. Drain thoroughly and put a few on a clean cloth. Mix the minced

pork and beef or veal with the previously soaked bread and season with salt, pepper and nutmeg. Put a thin layer of the mincemeat over the cabbage leaves, cover with more cabbage leaves and continue the process till all the leaves and the mincemeat have been used up. Gather the four ends of the cloth and tie up. Boil in salted water for $1\frac{1}{2}$ hours. Remove the cabbage from the cloth, place it in a fireproof dish, well buttered, dot with pats of butter, and put in a quick oven. When a light brown remove from the oven and serve.



ZUURKOOL MET VERSCHE WORST OF SAUCIJSJES

(Sauerkraut with fresh sausages or midget sausages)

Ingredients: $2\frac{1}{2}$ lbs. of sauerkraut, $2\frac{1}{2}$ lbs. potatoes, $\frac{3}{4}$ lb. sausages, salt.

Method: Wash the sauerkraut thoroughly and boil for 30 minutes in $\frac{1}{2}$ pint of water with a little salt. Add the peeled and sliced potatoes and the sausages, and simmer for 30 to 40 minutes, till the potatoes and sausages are cooked. White beans are sometimes used instead of potatoes.



ZUURKOOL MET SPEK (Sauerkraut with bacon)

Ingredients: $2\frac{1}{2}$ lbs. of sauerkraut, $\frac{1}{2}$ pint of water, $1\frac{1}{2}$ ozs. of butter, salt, boiled bacon.

Method: Wash the sauerkraut, put in boiling salted water and simmer for 1 hour. The water should have completely evaporated by the end of that time. Put the sauerkraut in a saucepan with the melted butter and stir for a few minutes over the fire, mixing well. Serve with boiled gammon or bacon. Sometimes a potato purée is served with it, or a purée of white or green beans.

ZUURKOOL

(Dutch way of making sauerkraut)

Sauerkraut is extremely popular in Holland, but is not made in exactly the same manner as the German sauerkraut.

To fill a small vessel (made for the purpose and called a "Cologne pot") take 6 moderately large white cabbages, and 3 large Savoy cabbages. Remove the outer leaves, wash the cabbage thoroughly, drain and cut in half. Then shred the cabbages in long thin strips. Sprinkle freely with coarse salt and knead with the hands, so that a brine is exuded. Now closely pack the cabbage in the vessel made for the purpose, sprinkle freely with salt, add 1 gill of sour milk, 10 juniper berries, 10 peppercorns, cover with a cloth and place a weight over it. The sauerkraut will be ready for use in about 3 weeks. During that time the cloth is removed occasionally and the liquid which has risen to the top is skimmed and more salt added.



ANDIJVIE

(Endive)

Endive is one of the most popular vegetables in Holland, and is used for cooking as well as for salad.

Remove the outer leaves and stalks of 6 endives, wash them thoroughly and drain and shred them. Boil in salted water for $\frac{3}{4}$ of an hour, and drain thoroughly again. Melt 1 oz. of butter in a pan and mix in the same quantity of flour, but without browning. Add the endives and moisten with $\frac{1}{2}$ pint of the water in which the endives were boiled. Season well with salt, pepper and a generous amount of nutmeg, and simmer for 10 to 15 minutes.

UIEN MET AARDAPPELEN, RIJST EN VERSCHE WORST

(Onions with potatoes, rice and fresh sausages)

This is another very popular dish in Holland and is typically Dutch.

Ingredients: 2½ lbs. of onions, 1½ lbs. of potatoes, 6 ozs. of rice, 10 ozs. of sausages, salt, vinegar.

Method: Peel and wash the potatoes and put them in a saucepan with sufficient water to half cover them. Bring to the boil, chop the onion and add to the potatoes. Wash the rice thoroughly, put it in the saucepan with the potatoes and onions, and add more water. Bring to the boil, add the sausages and simmer for ½ an hour. Put the sausages on a hot dish, chop the vegetables, arrange them with the rice on the dish, and sprinkle freely with vinegar, according to taste.



BIETEN MET APPELEN

(Beetroot with apples)

Beetroot is extensively cultivated in Holland, and the sugar industry is one of the most important of the country.

Peel and slice 2 large cooked beetroot or 4 small ones, and put them in a saucepan with 2½ ozs. of butter, 1 shredded onion, 4 finely chopped sour apples, and season with salt and plentiful amount of nutmeg. Simmer till reduced to a pulp.



BOERENKOOL MET ROOKWORST

(Curly cabbage with smoked sausages)

Remove the outer leaves from three cabbages, wash thoroughly and boil in salted water for 30 minutes. Then add 2½ lbs. of peeled potatoes and the smoked sausages, bring to the boil and simmer for 30 minutes or till the potatoes and sausages are done.

BOERENSPRUITEN MET ROOKWORST

(Sprouts with smoked sausages)

This is done in the same manner as the cabbage in the preceding recipe, but with sprouts.



BRUINE BOONEN

(Brown or black beans)

Beans of every description are extremely popular in Holland and form one of the staple articles of diet.

Soak 1 lb. of beans in water overnight and boil them in the water in which they were soaked, adding salt. Bring to the boil and simmer till tender. These beans are usually served with fried bacon, with fried onions, or gravy.



ROODEKOOOL

(Red cabbage)

This dish is also very popular in Holland.

Remove the outer leaves of the cabbage, wash and drain. Shred the cabbage, put it in $\frac{3}{4}$ pint of boiling water, with salt, 4 sliced sour apples and nutmeg. Bring to the boil and simmer for $\frac{3}{4}$ of an hour, when the water should have completely evaporated. Add 2 ozs. of butter and $1\frac{1}{2}$ ozs. of sugar, mix well and simmer for another 10 minutes.



GESTOOFDE KOMKOMMERS

(Stewed cucumbers)

Peel the cucumbers, cut lengthwise in four, remove the seeds and cut in thin slices, $3\frac{1}{2}$ inches long. Boil in a little salted water for 10 minutes. Drain, but keep the water in which the cucumbers were boiled. Melt 1 oz. of butter in a

saucepan, put in the cucumbers, sprinkle with 2 teaspoons of flour, mix well, without browning, then add gradually a little more than a gill of the water in which the cucumbers were boiled, and 3 tablespoons of vinegar. Simmer for 10 minutes.



RIJST (Rice)

This is the Dutch method of cooking plain boiled rice. When properly done, the rice is dry and each grain separate from the others. The rice is washed till the water is quite clear. It is then put in a large saucepan with just over twice as much cold water as there is rice, brought to the boil quickly, the pan being covered, and it is then simmered for 20 minutes. Remove the lid and let stand for 10 minutes till all the moisture has evaporated. It is then used in various ways, one of the most popular being to eat it with butter and sugar, or with cinnamon sauce (see page 480) or stewed fruit.



HARINGSLA (Herring salad)

This salad, which so many nations claim as their own, is also considered by the Dutch to be a typically national Dutch dish. It is, in fact, slightly different from the other recipes for herring salad given in this book.

Ingredients: 2 large uncooked salt herrings, 2 sour apples, 1 small beetroot, 2 lettuce or endives, 2 eggs, 8 cooked potatoes, a few pickled onions, gherkins, 2 tablespoons of oil and 3 of vinegar.

Method: Skin and bone the fish and cut in small pieces, as well as the potatoes, apples, lettuce or endive and beetroot.

Put all in a salad bowl, garnish with slices of hard-boiled egg, pickled onions, gherkins, lettuce or endive leaves, and dress with the oil and vinegar.



GORT MET PRUIMEN (Groats with prunes)

Groats are extremely popular in Holland and are much used for the making of sweet dishes, as well as breakfast dishes eaten like porridge.

Wash the groats, soak them in cold water till they are soft and boil in the same water. Simmer for about 2 hours. The prunes, previously soaked, are cooked at the same time. This dish is served with sugar, as a sweet.



BOTERHAMKOEK (Bread and butter cake)

This is one of the great national Dutch cakes or "sweet" breads. The best are made at Deventer by the famous firm of Verkade, and can be bought in England at certain shops.

Ingredients: 1 lb. of flour or wholemeal flour, $\frac{1}{2}$ lb. of syrup, 3 ozs. of brown sugar, $\frac{1}{2}$ pint of milk, 2 teaspoons of anise-seeds (optional), 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon of nutmeg, 3 teaspoons of baking powder, 1 teaspoon of ginger.

Method: Mix all the dry ingredients in a basin. Mix the syrup and the milk, and add gradually to the dry ingredients, working into a firm dough. This should be done somewhat quickly. Put the mixture in a well greased tin, more or less like that used for a sandwich loaf, and bake for 1 to 1 $\frac{1}{2}$ hours in a moderate oven. Let stand till quite cool. Should it be a little hard, keep it in the bread pan with other breads before using.

OLIEBOLLEN
(Fried dumplings)

This is another typical Dutch sweet.

Ingredients: $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ oz. of yeast, just under $\frac{1}{2}$ pint of lukewarm milk, 2 ozs. of raisins, the same of currants, 1 oz. of candied lemon peel, 1 chopped apple, the juice of $\frac{1}{2}$ a lemon and a pinch of salt.

Method: Make a stiff dough with the ingredients, mixing in the yeast, previously dissolved in a little warm milk. Work well, shape into a ball, cover and set to rise for 1 hour. Have ready an iron pot with hot oil, drop in 2 teaspoons of the mixture at a time and cook for a few minutes to a light brown. Drain and sprinkle with sugar.



POFFERTJES
(Fritters)

These delicious little fritters are one of the features at Dutch fairs, and are eaten piping hot, with melted butter and sugar.

They are made with $\frac{1}{2}$ lb. of flour, 2 ozs. of butter, $\frac{1}{2}$ oz. or a little less of yeast, just over $\frac{1}{2}$ pint of warm milk, 1 teaspoon of sugar or 1 oz. of syrup, and a pinch of salt. Dissolve the yeast in the warm milk, and make a dough with the flour, the sugar or syrup and the salt. Warm the small cake tins—these are about the size of pâté tins—pour a little melted butter in each, and half fill each with the mixture. Bake in a quick oven and serve with butter and sugar.

FLENSJES

(Thin pancakes)

Ingredients: 5 ozs. of flour, $\frac{1}{2}$ pint of milk, 2 eggs, a pinch of salt, $1\frac{1}{2}$ ozs. of butter or 3 tablespoons of salad oil.

Method: Break the eggs in a basin, stir, add the salt, the flour and 6 tablespoons of milk. Beat well with a whisk till the batter is quite smooth and light. Add the remaining milk gradually. Warm a little butter in the pancake pan, and drop in a small quantity of the mixture, so as to make a very thin pancake. Cook to a light colour on both sides. These are either filled with jam or with brown sugar.



GEMBERKOEK

(Ginger cake)

Ingredients: 5 ozs. of flour, the same of brown sugar, 3 ozs. of moist ginger, 3 tablespoons of ginger syrup, thinned with a little water, 2 teaspoons of cinnamon, 1 teaspoon of baking powder, a little less than 1 oz. of butter.

Method: Chop the ginger, make a somewhat stiff dough with the ingredients, put in a long, greased baking tin and bake in a moderate oven for 1 hour. Remove the cake from the tin and let it cool.



JAN IN DEN ZAK

("John in the Pocket")

This is a very popular boiled pudding in Holland.

Ingredients: 10 ozs. of flour, just under 1 oz. of yeast, 1 egg, 1 gill of milk, 3 ozs. of raisins, currants and candied citron peel, a pinch of salt.

Method: Dissolve the yeast in the milk, add to the flour and work with the well-beaten egg, adding the raisins, currants, chopped candied peel and the pinch of salt.

Put the pudding in a greased pudding basin. Cover and set to rise for $1\frac{1}{2}$ hours. Dip a cloth in hot water, sprinkle with a little flour and tie the dough in it. Put in a saucepan of boiling water and simmer for $2\frac{1}{2}$ hours. Remove the pudding from the cloth and put in the oven for a few minutes to dry. Serve with butter and brown sugar or syrup.



GORT
(Groats)

This is the great Dutch breakfast dish—groats cooked in the same manner indicated on page 477 and served very hot with butter and sugar.



GORT MET KARNEMELK
(Groats with sour milk)

This again is a popular breakfast dish—the groats are boiled in sour milk instead of water, and served with brown sugar or syrup.



KANEELSAUS
(Cinnamon sauce)

This is a typical Dutch sauce, often used with groats or rice. It is made with $\frac{1}{2}$ pint of milk, just over 1 oz. of flour, 2 ozs. of sugar and 1 stick of cinnamon. Mix the flour and sugar and moisten with a little cold milk. Put the remainder of the milk in a saucepan with the stick of cinnamon, bring to the boil and simmer till the milk is well flavoured. Stir in the flour and sugar, and simmer for 5 minutes, stirring continuously. Remove the stick of cinnamon before serving. Powdered cinnamon can be used instead.

DIKKE MELK ("Thick" milk)

This is practically the same as most of the fresh cheese made from sour milk. The cream is skimmed off the milk before it sours and kept in a cool place. The milk is kept in a warm place till it becomes solidified, and is then put in a cloth or a piece of butter muslin to drain off the water, for about 12 hours. It is served with the cream, sugar and powdered cinnamon.



DUTCH CHEESE

The two staple cheeses of Holland are the Edammer Kaas or Edam cheese, which is a mild cheese, and the Limburger Kaas, a strong smelling, green powdered cheese.



GIN AND LIQUEURS

The most famous gin is De Kuyper's Jenever, and the two best known Dutch liqueurs are the Focking Cherry Brandy, and Advocaat, which is made with brandy and eggs.

UNITED STATES OF AMERICA



AMERICAN COCKTAILS OR HORS-D'ŒUVRE

	PAGE
Clam Juice Cocktail	488
Tomato Juice Cocktail	488
Oyster Cocktail	489
Crab Cocktail	489
Oysters à la Ballard	490
Lime Juice Cocktail	490
Ginger Fruit Cocktail	490
Strawberry Cocktail	491
Crab and Grapefruit Cocktail	491
Scallop Cocktail	491



SOUPS

Clam Chowder	492
Oyster Soup	492
Clam and Chicken Frappé	493
Corn Chowder	493
Baked Bean Soup	494
Terrapin Soup	494
Okra Soup	495
New England Chowder	496
Oyster and Peanut Soup	496
Pumpkin Soup	496

FISH

	PAGE
Fried Soft Shell Crabs	497
Devilled Crabs	497
Planked Live Lobster	498
Panned Oysters	498
Devilled Oysters	499
Lobster à l'Américaine	499
Planked Shad	500
Halibut à la Rarebit	500
Shrimp Pie	500
Salmon Wiggie	501



MEAT, POULTRY AND GAME

Broiled Porterhouse Steak	501
Corned Beef or "Boiled Dinner"	502
Pork Chops, Sweet Potatoes and Apples	502
Pork Tenderloins with Sweet Potatoes	502
American Pot Roast	503
Maryland Chicken	503
Roast Turkey with Cranberry Sauce	503
Broiled Canvasback Ducks	504
Mock Terrapin	504
Barbecued Ham	505



VEGETABLES

Boston Baked Beans	505
Harvard Beets	506
Cold Slaw	506
Hot Slaw	506
Boiled Corn Cobs	507

RECIPES OF ALL NATIONS

	PAGE
Succotash	507
Corn Fritters	507
Corn and Tomatoes	508
Eggplant and Okra	508
Baked Pumpkin	508



SALADS

Chicken and Celery Salad	509
Chicken and Oyster Salad	509
Chicken Salad with Toasted Walnuts	510
Crab Salad	510
Shrimp Salad	510
Cranberry Jelly Salad	511
Kentucky Salad	511
Miami Salad	511
Roosevelt Salad	511
Waldorf Salad	512
Prune Salad	512
Cream Cheese Salad	512
Green Salads with Cheese	512
Cheese and Pimiento Salad	513
Apple and Cheese Salad	513
Banana Salad	513
Corn Salad	513
Alma Salad	514
Gadski Salad	514
Mixed Fruit Salad	514



SWEETS

Pumpkin Pie	515
Cranberry Pie	515
Coconut Pie	516

UNITED STATES OF AMERICA

	PAGE
Popped Corn Pudding	516
Strawberry Short Cake	516
Soft Molasses Gingerbread	517
Gingerbread	517
Marshmallow Mould	518
Maple Syrup Ice Cream	518
A Thanksgiving Pudding	518
American Angel Cake	519
American Waffles	519
Banana Pudding	520
Spiced Molasses Cake	521
Watermelon Sherbet	521



SUNDRIES

Cranberry Sauce	522
American Corn Cake	522
Southern Corn Meal Pone	522
Corn Dodgers	523
Hominy Griddle Cakes	523
Plain Buckwheat Cakes	524
Rich Buckwheat Cakes	524
Chocolate Waffles	524
Crullers	525
Delmonico Rarebit	525
Oyster Rarebit	525
Chilaly	526
Marshmallow Drops	526
Peanut Candy	527
Pickled Peaches	527

Introduction

AMERICAN cookery is somewhat like the American version of the English language—a version essentially American, with its own characteristic accent and pronunciation, its own idioms, its own colourful and expressive slang, often apt, humorous and original. But just as their slang is sometimes offensive to our ears, so some American dishes might be offensive to our palate, since the breaking away from tradition in food is a process not easily accomplished. The inborn conservatism of the older civilisations of Europe with regard to their national cookery makes it almost impossible to accept or understand some of America's gastronomic innovations and novelties. But if the characteristically American thirst for novelty and sensationalism sometimes leads to mixtures which are not always happy—to a somewhat drastic blending of elements which, according to our standards, are considered discordant—it has also led to the invention of the famous American salads, now adopted by European chefs, and which no mind but an American mind could have conceived. There is a boldness about them which almost amounts to “cheek,” and some must be tasted to be “believed.”

Originally based on English cookery, American cookery has developed on altogether different lines, and although traditional English dishes figure on the American menu, they are “spoken with a different accent,” and are consequently distinctive and typical. Their liking for puddings and pies they hold from their English forbears. Their cooking is, generally speaking, “plain,” and one of their favourite methods of cooking meat or poultry is broiling—or grilling, as we usually call it in England. They excel in the making of all manner of breakfast “trimmings,” such as griddle cakes, buckwheat cakes, waffles, corn breads, with which the American breakfast table is laden. Their ices

and iced drinks are excellent and their fruit cocktails are novel and pleasing. But salads may be considered the fireworks of American gastronomy. A veritable cornucopia, filled with an abundance of the most varied ingredients, is emptied into the salad basin, and we find tangerines and truffles, with pimientos and asparagus meeting on the most friendly terms, with a salad dressing to which a welcome dash of brandy has been added; or again, the novel blend of avocado pears, apples, grape-fruit, celery, pimientos, chestnuts, pineapple, with a mayonnaise dressing mixed with pieces of mango.

American cookery has been much influenced by climatic conditions, the cooking of the Northern States being different from that of the Southern States, while New England boasts of its own typical dishes. America is blessed with a wealth of vegetables and fruit unknown in this country in their fresh condition. There are various kinds of pumpkins or "squash," there is the egg-plant, or aubergine, sweet corn, which is extremely wholesome and nutritious when fresh, okra, sweet peppers or pimientos, and all manner of delicious fruit, including the avocado pear, or alligator pear, which is largely imported from Cuba, and is one of the most delicious things which nature has produced. In the South they are blessed with the sweet potato, with the sugar cane, with various tropical fruit, such as the persimmon, the mango, oranges, bananas and many other good things, of which extensive use is made. Little wonder that with such a wide range of fruit and vegetables the Americans should be noted for their ingenious fruit-cocktails and their salads.

American Cocktails or Hors-d'œuvre

Americans specialise in these typical first-course "cocktails," many of which are non-alcoholic, although served in glasses, and which are unlike our hors-d'œuvre and unlike the Russian zakouskis. Many of them are good "palate ticklers," though some are somewhat unusual and bizarre.



CLAM JUICE COCKTAIL

Clams are extremely popular in America and are used for all kinds of dishes.

Ingredients: 18 clams, 1 tablespoon of catsup, a few drops of Tabasco, 1 cup of clam juice, 2 tablespoons of lemon juice, 1 tablespoon of sugar, 1 saltspoon of celery salt, crushed ice.

Method: After having washed the clams in the same way as mussels are scraped and washed, put them in a saucepan with a little water, cover the saucepan and cook till the shells open. Remove the clams from the shells, and strain the liquor from each shell through a muslin. Mix in a basin with the catsup, the lemon juice, the sugar, and the celery seed, shake all well in a cocktail-shaker with a little crushed ice and serve in glasses.



TOMATO JUICE COCKTAIL

Ingredients: A cup of strained tomato juice, 1 teaspoon of finely chopped onion, 1 tablespoon of lemon juice, 1

tablespoon of wine vinegar, 1 teaspoon of finely chopped celery or $\frac{1}{2}$ a teaspoon of celery seed, $\frac{1}{2}$ a small bayleaf, 1 level tablespoon of sugar.

Method: Mix all the ingredients thoroughly and let them stand for 2 hours in a cool place. Strain through a cloth, pour into small glasses and serve well iced.



OYSTER COCKTAIL

There are many excellent American recipes for oyster cocktail, which is a typical American apéritif.

Ingredients: Allow 2 small oysters for each person, and to every 8 oysters allow 1 tablespoon of tomato ketchup, $\frac{1}{2}$ a tablespoon of lemon juice or vinegar, a dash of Worcester sauce, a few drops of Tabasco, a teaspoon of finely chopped celery, or a salt spoon of celery seed, a good pinch of salt.

Method: Put 2 oysters in each glass and pour over them a little of the sauce made by mixing all the ingredients. This should be well iced.

Another favourite oyster cocktail is made in the same way, but the celery is omitted, and instead a little chopped shallot and grated horse-radish is used. Yet another method is to serve an oyster cocktail in a cored grapefruit, seasoning it with a little lemon juice, a few drops of Tabasco and a pinch of salt.



CRAB COCKTAIL

Ingredients: Cooked crab meat, boiled asparagus tips, equal parts of salad oil and lemon juice, paprika, salt, mayonnaise dressing.

Method: Make a dressing with the oil and lemon juice, seasoning with salt and paprika. Dip the cold asparagus tips in the dressing, put a few tips in each cocktail glass and

over them the finely chopped crab, well mixed with the dressing. Cover with mayonnaise, and sprinkle with a little paprika.



OYSTERS À LA BALLARD

The oysters are baked in a quick oven in their half shells, and removed from the oven as soon as their edges begin to brown and curl. A sauce of hot melted butter, with a good dash of lemon juice, Tabasco sauce, a little chopped parsley, with a seasoning of salt and paprika, is then poured over them.



LIME JUICE COCKTAIL

For 2 people allow 1 tablespoon of lime juice, 1 of orange juice, 1 of a light syrup made with lump sugar and water, and 1 of ginger ale. Shake all together in a cocktail shaker and pour in cocktail glasses containing a little crushed ice.



GINGER FRUIT COCKTAIL

Ingredients: 1 or 2 peaches, cut in cubes, 3 tablespoons or pineapple, also cut in cubes, chopped orange, a few strawberries, sugar, a little chopped preserved ginger, a little lemon juice, ginger ale.

Method: Mix the fruit and sprinkle with a little sugar and lemon juice. Put the mixed fruit in cocktail glasses, pour iced ginger ale over it and garnish with the chopped ginger.

STRAWBERRY COCKTAIL

This consists of strawberries, cut in half, mixed with chopped pineapple sprinkled with sugar and lemon juice and served iced in cocktail glasses.



CRAB AND GRAPEFRUIT COCKTAIL

Cut the grapefruit in half, core it and remove the pulp. Mix with chopped cooked crab, mixing with a dressing consisting of grapefruit juice, a little tomato ketchup, a dash of Worcester sauce, a dash of Tabasco, and a little salt. Replace in each half grapefruit, and serve very cold.



SCALLOP COCKTAIL

Put a cooked or raw scallop in a cocktail glass and pour the following sauce over it: For 6 glasses, put 8 tablespoons of tomato ketchup in a basin with 2 of vinegar, $\frac{1}{2}$ a tablespoon of olive oil, 1 teaspoon of grated horse-radish, 1 of chopped parsley, 1 of chives, a dash of both Worcester sauce and Tabasco, a little mustard powder, salt and pepper. Mix all the ingredients thoroughly.

Soups

CLAM CHOWDER

This famous American soup is said to have been originally a Newfoundland fisherfolk dish.

Ingredients: 2 pints of clams, 3 or 4 potatoes, cut in 1 inch lengths, 1 oz. of fat salt pork, 1 sliced onion, 4 cups of boiled milk, 4 tablespoons of butter, salt, pepper, 8 "crackers" or biscuits.

Method: Clean the clams thoroughly and put them in a large saucepan with about 1 gill of water. Cook till the shells open. Remove the clams, bring the water in which they were cooked to the boil, and strain through a cloth. Chop the pork and the hard part of the clams, and cook in a little fat, adding the sliced onion and cooking till tender, but without browning. Peel the potatoes and blanch in salted water for 5 minutes. Drain, and put the potatoes in a saucepan, over them put the chopped clams, season with salt and pepper and sprinkle with flour. Cover with the remaining potatoes, also sprinkling these with flour, salt and pepper, and add $\frac{1}{2}$ a pint of water. Simmer for about 10 minutes, then add the hot milk, the butter and the soft part of the clams, bring to the boil and add the biscuits, broken in small pieces and moistened with milk. Just before serving, add the boiling water in which the clams were cooked, thickened by the addition of a little flour and butter.



OYSTER SOUP

This is one of the favourite soups in America and there are many excellent recipes for it, but the following, which hails from the South, is particularly good. Oysters are cheap

and plentiful in America and some very much larger than the Royal natives of England.

Ingredients: 4 dozen large oysters, 1 quart of milk, the oyster liquor, 1 tablespoon of butter, 1 teaspoon of chopped parsley, 12 peppercorns, salt and pepper.

Method: Open the oysters and strain their liquor through muslin into a saucepan, add the parsley and peppercorns, and bring to the boil. Put the milk in another saucepan, and add to the boiling oyster liquor when the milk is also boiling. The milk is apt to curdle if boiled together with the oyster liquor. Add the butter, season with salt and pepper, stir well and add the oysters, stirring continuously, but without allowing the soup to boil. As soon as the edges of the oysters begin to curl, the soup should be served immediately. Dry biscuits or "crackers" are usually handed around with oyster soup.



CLAM AND CHICKEN FRAPPÉ

Ingredients: $\frac{3}{4}$ of a pint of chicken stock, $\frac{1}{2}$ a pint of clam liquor, whipped cream.

Method: The clams are cooked in the usual way and their liquor strained through a cloth. It is added to strong and highly seasoned chicken stock and frozen to a "mush" as the Americans aptly describe it—to the consistency of a half-frozen water-ice, in other words. Whipped cream is served with this typically American soup.



CORN CHOWDER

This can be made with either fresh corn on the cob—in which case the corn should be boiled as in recipe given on page 507—or it can be made from tinned corn.

RECIPES OF ALL NATIONS

Ingredients: 2 breakfast cups of corn, 3 or 4 potatoes, 1 onion, $\frac{3}{4}$ of a pint of boiled milk, 1 oz. of salt pork, 2 table-spoons of butter, a few dry biscuits, salt and pepper.

Method: Chop the pork and fry, adding the sliced onion, and cook till tender without browning. Strain the fat into a saucepan, add the potatoes, cut in dice, previously blanched in salted water, just cover with boiling water, and boil till the potatoes are soft. Then add the corn, hot milk and bring to the boil, seasoning with salt and pepper. Stir for a few minutes, add the butter, divided in small pieces, and lastly the biscuits, previously soaked in milk.



BAKED BEAN SOUP

Ingredients: $\frac{3}{4}$ of a pint of baked beans, $\frac{1}{2}$ a pint of tomato pulp, 1 small onion, 2 sticks of celery, butter, flour, chilli sauce or Tabasco, salt and pepper.

Method: Put the beans, the chopped celery and sliced onion in a saucepan and cover with 3 pints of water. Bring to the boil and simmer for about 40 minutes till the beans are tender. Then rub through a sieve, replace this purée in a saucepan, add the tomato pulp and the seasoning of salt, pepper and chilli sauce. If necessary, thicken with a little flour and butter worked together. Stir and cook for 5 minutes longer.



TERRAPIN SOUP

The word "terrapin" is generally applied to a freshwater species of tortoise of the tropics and especially those of America. The diamond-back terrapins are considered among the best, and the females are particularly dainty eating.

Ingredients: 1 terrapin, weighing 2 lbs., 2 large onions, 1 oz. of ham, 2 hard-boiled eggs, $\frac{1}{2}$ a lemon, 1 glass of sherry

or Madeira, parsley, thyme, 1 bayleaf, salt, pepper and cayenne, 6 cloves and a little allspice.

Method: Clean the terrapin, put the meat in a saucepan and boil till tender. Remove from the water, drain and cut in small pieces, keeping the water in which it was boiled. Slice the onions and chop the ham, and brown in a little butter and lard mixed. Then add the turtle meat, the cloves, allspice, and the herbs, all finely chopped. Stir well and brown for another 10 minutes. Add 3 quarts of the water in which the terrapin was boiled, season with salt, pepper and cayenne and bring to the boil. As soon as the soup comes to the boil, remove from the fire, add the finely chopped yolks and whites of the hard-boiled eggs, the glass of sherry or Madeira, and a few very thin slices of lemon. Thin slices of toast and green pickle are served with this soup.



OKRA SOUP

Okra (*hibiscus esculentus*) is a delicious vegetable, much used in American cookery and more particularly in the Southern States. It is glutinous and succulent, with a very distinctive flavour, but can only be obtained in tins in this country.

Ingredients: 2 pints of okra, 2 onions, 6 tomatoes, 2 table-spoons of butter, 2 sprigs of thyme, 3 of parsley, 1 bayleaf, 1 small chilli pepper, 3 quarts of water, salt and pepper.

Method: When using fresh okra, the vegetable is well washed, the stem removed, and it is cut in fine slices. Fry the finely chopped onions in butter, add the herbs, the chopped tomatoes, stir all well, simmer for 10 minutes and add the okra. When well browned add the hot water, season with salt, pepper and the chilli pepper and simmer for 1½ hours. When using tinned okra, the soup need only simmer for 30 minutes.

Okra should be cooked in an enamel or earthenware

vessel, as iron, etc., tend to blacken it. Croûtons of fried bread are served with Okra soup.



NEW ENGLAND CHOWDER

Ingredients: 3 or 4 lbs. of fresh cod or haddock, 5 or 6 large potatoes, 1 oz. of salt pork, 1 onion, milk, salt and pepper. Biscuits.

Method: Cut the pork into dice, and chop the onion. Cook till tender, but without browning. Slice the potatoes, which should have been previously blanched, put a layer in a saucepan with a little of the pork and onion, then slices of fish, and continue in alternate layers till the fish, etc., have been used up. Season with salt and pepper. Add about 1 pint of water, cover closely and simmer for about 45 minutes till the fish is tender. Add the biscuits, broken in small pieces, and thin the chowder with a little boiling milk.



OYSTER AND PEANUT SOUP

Ingredients: 2 dozen oysters, $\frac{1}{2}$ a lb. of peanuts, a little flour, 1 pint of oyster water, salt, pepper and cayenne.

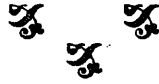
Method: Pound the shelled and roasted peanuts in a mortar, mix with a little flour, add to the boiling oyster water and simmer till the soup begins to thicken. Five minutes before serving add the oysters, and season with salt, pepper and cayenne.



"SQUASH" OR PUMPKIN SOUP

Ingredients: 1 breakfast cup of cooked pumpkin, 1 quart of milk, 1 small onion, 2 tablespoons of flour, 2 tablespoons of butter, 1 salt spoon of celery seed, salt and pepper.

Method: Slice the onion, pour boiling milk over it and let it infuse for a few minutes. Then strain the milk over the pumpkin into a saucepan, thicken with the butter worked with the flour, season with salt, pepper and celery seed, and simmer for 10 minutes.



Fish

FRIED SOFT SHELL CRABS

This is one of the most delicious of all typical American dishes and, although in many other parts of the world crabs are eaten in the soft condition when they have just shed their shells, the most highly prized soft shell crab is the American mussel crab, which is permanently soft, and often lives in the shells of living mussels.

There are two methods of frying these small crabs, when once they have been thoroughly cleaned. One is to season them with salt and pepper, dip them in flour and fry to a golden colour in deep fat. The other is to dip them in flour, coat with beater: yolk of egg, season with salt and pepper and coat with fine white breadcrumbs, and fry in the same manner. In both instances they should be well drained, and served garnished with parsley and slices of lemon; in America a Sauce Tartare is served at the same time.



DEVILLED CRAB

This is made from the meat of ordinary cooked hard shell crabs.

Ingredients: The meat from a few small crabs or 1 large crab, $\frac{1}{2}$ a pint of cream, 1 tablespoon of butter, 1 of flour, the

yolks of 2 hard-boiled eggs, 1 tablespoon of chopped parsley, a little grated nutmeg, a generous seasoning of salt, pepper and cayenne.

Method: Chop the crab meat. Put the cream in a saucepan, and add a thickening made with flour and butter. Bring to the boil and remove from the fire. Stir in the crab meat, the finely chopped yolks of the eggs, the parsley and seasoning. Put the mixture in the crab shells, which must be well cleaned, brush over with a little yolk of egg, sprinkle with breadcrumbs and put in a quick oven to brown.



PLANKED LIVE LOBSTER

This is one of the favourite American ways of cooking either fish or meat, and the use of the plank gives the ingredients a particular flavour. The plank used should be of oak, about an inch thick and slightly larger than the meat or fish.

Ingredients: 1 lobster, 3 or 4 tomatoes, slices of cucumber, cooked potatoes cut in strips, oil, butter, parsley, salt, pepper and lemon juice.

Method: Split the lobster, brush it over with oil and bake in a quick oven for about 15 to 20 minutes. Remove the lobster from the oven, place it on the oiled plank and put it for a few minutes longer in the oven. Serve on the plank, with a garnish of sliced tomatoes, cucumber, potatoes and parsley, and pour over the lobster melted butter to which salt, pepper and the juice of half a lemon have been added.



PANNED OYSTERS

Put each oyster on an oblong piece of toasted bread, season with salt and pepper, and bake in a quick oven till the oysters begin to swell. Remove from the oven, and pour over them hot melted butter, to which a little lemon juice has been added.

DEVILLED OYSTERS

Ingredients: 2 doz. oysters, 3 or 4 mushrooms, 2 or 3 shallots, 1 gill of cream, 1 gill of milk, 2 or 3 sprigs of parsley, 2 teaspoons of Worcester sauce, $\frac{1}{2}$ a teaspoon of made mustard, nutmeg, 1 yolk of egg, salt, pepper and cayenne.

Method: Put the cream and milk in a saucepan, and when hot add the chopped shallots, the chopped mushrooms, both previously cooked, and all the other ingredients, seasoning with salt and pepper. Stir all well and add the oysters and simmer, without boiling, for 10 minutes. Before removing from the saucepan, stir in the yolk of egg. Place one or two oysters in the deep half of the oyster shell, sprinkle with breadcrumbs and bake in a quick oven for 10 minutes.



LOBSTER À L'AMÉRICAINNE

For this, live lobsters should always be used.

Ingredients: For a lobster weighing between $1\frac{1}{2}$ to 2 lbs., 3 tablespoons of demi-glace sauce, $1\frac{1}{2}$ tablespoons of tomato purée, 2 shallots, $\frac{1}{2}$ a pint of white wine, 1 gill of fish stock, 1 small glass of brandy, parsley, salt, pepper and cayenne.

Method: Split the lobster and section it. Remove the claws and break them so that the meat can be easily removed when the lobster is cooked. Keep the liver and the coral. Put the pieces of lobster in a deep frying pan with 4 tablespoons of hot oil and just over 1 oz. of butter. Cook till the shell has turned red, and the meat of the lobster is quite firm. Strain off the fat, sprinkle with the finely chopped shallots, add the brandy, the white wine, the fish stock, the demi-glace sauce, the tomato purée, a little chopped parsley, and a dash of cayenne. Cover the pan and put in a moderate oven for 15 to 20 minutes. Remove the meat from the lobster shell and keep hot while the sauce is being prepared. Reduce the sauce by simmering to $\frac{1}{2}$ a pint. Add the chopped

lobster coral, a small piece of butter, cook for 2 or 3 minutes, and strain. Replace the sauce on the fire without letting it boil, and when hot remove from the fire and stir in a $\frac{1}{4}$ lb. of butter, divided in small pieces. Pour the sauce over the pieces of lobster and sprinkle the dish with a little chopped parsley.



PLANKED SHAD

The shad is a popular fish in America. It belongs to the herring family, and the species which occur on the Atlantic coasts of America surpass the European species in importance as regards economic value.

Planked shad consists in splitting the fish, putting it on a well buttered plank, with the skin side downwards, seasoning it with salt and pepper, brushing it over with melted butter, and putting it in a quick oven for 25 to 30 minutes or grilling under a gas or electric grill.

It is served on the plank, with a little melted butter poured over it, and garnished with parsley and slices of lemon.



HALIBUT À LA RAREBIT

This is an excellent and simple way of serving halibut steaks, either grilled or cooked in the oven, till tender. The cooked fish is placed on a hot dish and the hot Rarebit is poured over them.



SHRIMP PIE

Ingredients: 1 pint of shrimps (or prawns), 2 slices of stale bread, 5 tomatoes, 1 stick of celery, 2 glasses of white wine, $\frac{1}{2}$ a pint of fish stock, 1 blade of mace, $\frac{1}{4}$ of a ground nutmeg, parsley, 1 bayleaf, butter, salt and pepper.

Method: Shell the shrimps, and remove the crust from the bread and grate it finely. Moisten the bread with the white wine, season with the mace, nutmeg, thyme, parsley, salt, and cayenne and mix thoroughly with the shrimps. Put in a pie dish, sprinkle with the grated crust, dot with pats of butter, and bake till slightly brown. The sauce served with this is made as follows: Pick $\frac{1}{2}$ a pint of shrimps, put them in a saucepan with the tomatoes, finely chopped, the celery, bayleaf, thyme and parsley. Mix well, cook for a few minutes, seasoning with salt, pepper and cayenne, and add $\frac{1}{2}$ a pint of fish stock and cook for a few minutes longer.



SALMON WIGGLE

This is a useful method of using left-over cooked fish. The fish is flaked, mixed with white sauce, cooked peas, highly seasoned with salt, pepper and cayenne, and cooked for a few minutes till very hot.



Meat, Game and Poultry

BROILED PORTERHOUSE STEAK

Porterhouse steak, which has become universally famous as a typical American dish, is a sirloin cut as a steak to a thickness of $1\frac{1}{2}$ to 2 inches, the bone being left as in the larger joint. This is well seasoned with salt and pepper, brushed over with oil and grilled. It is often served with crisp fried onions and chip potatoes.

CORNED BEEF OR "BOILED DINNER"

This homely and typical dish is very popular in America. It consists of hot boiled corned beef, with a garnish of the following vegetables, which are cooked in the same water in which the meat was boiled, with the fat skimmed off: turnips, carrots, potatoes and cabbage. Beetroot is also served, but cooked separately. The potatoes, turnips and carrots are put on the dish with the meat, and the cabbage and beets are served in vegetable dishes.



PORK CHOPS, SWEET POTATOES AND APPLES

The chops are put on a baking tin and a little onion purée spread over them. The onion purée is made by boiling the onions till very tender, rubbing through a sieve, mixing with a little butter and thickening with white breadcrumbs and an egg. In the same pan, parboiled sweet potatoes are put, and cored dessert apples. Bake in a moderate oven till the chops are tender, basting frequently. When done, put the chops on a hot dish, pour a little melted butter over them and garnish with the sweet potatoes and the apples.



PORK TENDERLOINS WITH SWEET POTATOES

The tenderloins are well dredged with salt, and cooked in a frying pan in hot butter or lard on a slow fire. They should be turned frequently. They are served with sweet potatoes, parboiled, then baked in the oven in good dripping, till a golden brown. Apple sauce is served with this.

AMERICAN POT ROAST

This popular American method of cooking meat consists in rubbing the meat with salt, browning it equally on all sides in a little pork fat, putting it in a casserole, with about 1 gill of water, covering closely with the lid, and cooking it in a slow oven, allowing about 1 hour to the pound and turning the meat occasionally, adding more water if necessary. When cooked, the meat is put on a hot dish and garnished with cooked vegetables over which a little melted butter is poured.



MARYLAND CHICKEN

This dish now enjoys a world-wide reputation and is one of America's simple, yet excellent dishes. One or two young chickens are jointed in 4 or 6 pieces, seasoned with salt and pepper, brushed with flour, coated with yolk of egg and fine breadcrumbs, and sauté in clarified butter. They should be fried on a slow fire or they will otherwise brown before they are cooked through. When a golden colour, place each piece of chicken on a rasher of grilled bacon. Horse-radish sauce, made with cream, is usually served with this.



ROAST TURKEY WITH CRANBERRY SAUCE

This is the great national dish, eaten on Thanksgiving Day, which occurs on the fourth Thursday in November. It is a great day for family reunion, and religious services are held in the churches. The custom of having a Thanksgiving Day dates from the year 1621, when the Pilgrims set apart a day for thanksgiving immediately after their first harvest, but the custom gradually spread to the rest of America, and is now observed throughout the States.

RECIPES OF ALL NATIONS

The Americans have many different stuffings for their poultry, many of which closely resemble stuffings used in England, but I will give one which is little known in this country, though very popular in America, and probably of English origin, as oyster stuffings for poultry are frequently found in old English cookery books.

For a 15 lb. turkey: 3 doz. oysters, 1 loaf of stale bread, the liver and gizzard of the turkey, butter, parsley, thyme, 1 bayleaf, a little sage, salt and pepper.

Method: Put a little butter in a large frying pan and cook the chopped liver and gizzard till brown. Then add the chopped herbs and the bread (well moistened with the oyster water or with milk) and, as the mixture begins to brown, add the oysters and cook for another 5 minutes, seasoning with salt and pepper. Stuff the turkey with the mixture and roast, basting frequently with butter. Serve with Cranberry sauce (see p. 522)



BROILED CANVASBACK DUCK

This simple but typically American dish consists of a certain kind of wild duck, split for grilling, well seasoned with salt and pepper, brushed over with melted butter or oil and grilled. It is usually served somewhat underdone and garnished with watercress. A sauce of melted butter and lemon juice is handed around in a sauceboat.



MOCK TERRAPIN

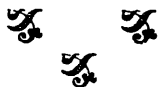
This is made with cooked chicken cut in cubes, the finely chopped yolks and whites of hard-boiled eggs, added to a white sauce made with cream, to which a wineglass of sherry is added, and a seasoning of salt and cayenne. The mixture should be well stirred, cooked for about 5 minutes and served very hot.

BARBECUED HAM

This term, rarely seen in modern cookery books, although it is found in some old English cookery books, comes from the Spanish *barbacoa*, and is derived from a native term of Haiti. As applied to cookery, it has two meanings: to barbecue is to cook an animal whole—hence the saying in Pope, “Send me, ye gods, a whole hog barbecued”—and it also means a wooden frame for smoking or roasting meat.

With time it has been misapplied, and the American barbecued ham is certainly not the same dish as Pope’s barbecued hog.

Slices of gammon are cooked in a frying pan and, when these are done, they are removed from the fat, kept hot in the oven, while 2 or 3 tablespoons of vinegar, 1 teaspoon of mustard, 1 of sugar, 1 tablespoon of currant jelly, and $\frac{1}{2}$ a teaspoon of paprika are stirred into the fat in which the meat was cooked, and this sauce is poured over the slices of gammon.



Vegetables

BOSTON BAKED BEANS

This is one of the most famous of American dishes, hailing from New England, like many other excellent American dishes.

Ingredients: $\frac{3}{4}$ lb. of salt pork, fat or lean according to taste, $\frac{1}{2}$ a lb. of beans, 2 tablespoons of sugar, 2 of molasses syrup, 1 tablespoon of salt, water.

Method: Soak the beans overnight, drain and put in a saucepan with sufficient cold water to cover, bring to the boil and simmer till the beans are just beginning to soften. Drain on a colander and put in an earthenware casserole or

pot, over a thin slice cut from the piece of pork. Over the beans put the rest of the pork, half cover it with more beans, and add the sugar, salt and syrup and sufficient boiling water to cover the whole. Cover and cook in a slow oven for about 6 hours, stirring occasionally and adding more water if necessary.



HARVARD BEETS

The cooked beetroot is cut into thin slices or into cubes and simmered for 15 minutes in the following sauce: 2 tablespoons of sugar are mixed with 2 teaspoons of corn-flour, to which are added 4 tablespoons of vinegar, 4 of water and 2 of butter, the whole being well stirred over a slow fire before the beetroot is added.



COLD SLAW

This consists of white cabbage, finely shredded, soaked in cold water, well drained of all water, and seasoned with salt and pepper, over which 4 or 5 tablespoons or 1 breakfast cup of sharp vinegar is poured. It is sometimes garnished with slices of hard-boiled eggs.



HOT SLAW

There are several recipes for hot slaw, but this is one of the best. Shred the cabbage, soak in cold water and drain. Put on a dish and pour the following hot sauce over it: Put 2 cups of strong vinegar in an enamelled saucepan, stir in 1 teaspoon of mustard and salt, 1 tablespoon of butter, and 3 of castor sugar. Stir well, and just before serving add the yolks of 2 or 3 eggs. Mix with the cabbage and serve at once.

BOILED CORN COBS

When corn cobs are young and tender, there is undoubtedly no better way of eating them than on the cob, plain boiled, with butter, salt and pepper. It certainly is not an elegant way of eating corn and is highly reminiscent of the days when cutlery was unknown and when man used hands for eating his food. In very polite society, of course, the corn is scraped off the cob with a knife, but a corn epicure delights in holding the hot corn cob in his hands and biting into it. To boil corn cobs, the husks and silk should be removed, they should be put in a large saucepan of boiling salted water and, if young, will require from 30 to 45 minutes' rapid boiling, or even longer. They are removed from the water, heaped on to a hot dish and each person is given a small plate of melted butter, seasoned with salt and pepper, into which the cob is dipped.



SUCCOTASH

The word succotash is derived from the American Indian word *msiquatash*, and the dish is probably of Indian origin. It consists of boiled corn, scraped from the cob and well mixed and cooked with an equal quantity of boiled beans, a little melted butter, and seasoned with salt and pepper. Salt pork is sometimes added to the dish.



CORN FRITTERS

Either fresh or tinned corn can be used for this. For 6 corn cobs or their equivalent of tinned corn, $\frac{1}{2}$ pint of milk, 1 tablespoon of flour, 1 egg, 1 tablespoon of melted butter, salt and pepper. Boil the cobs as described above, and scrape the corn off the cobs. Beat the white and yolk of egg together, adding the corn by degrees, then the butter,

mixing well, and finally the milk. Stir in the tablespoon of flour or sufficient to give the batter the right consistency. Season well with salt and pepper. Drop a spoonful of the mixture at a time in boiling oil or fat, and fry to a golden colour.



CORN AND TOMATOES

Ingredients: 1 pint of boiled corn from the cob, 1 pint of chopped tomatoes, butter, 1 or 2 sprigs of parsley, thyme, a small bayleaf, a little sugar, salt and pepper.

Method: Put a little butter in a frying pan, and when hot add the tomatoes and chopped herbs. Simmer gently for 10 minutes, then add the corn, and season. Mix well, and simmer for another 20 minutes, stirring occasionally and adding a little more butter.



EGGPLANT AND OKRA

What we call aubergines in this country are known as eggplant in America.

Ingredients: 2 aubergines, 6 okra pods, 1 small onion, 2 or 3 sweet peppers or pimientos, butter, salt and pepper.

Method: Parboil the pimientos and the onions. Peel the aubergines and cut them in dice. Slice the other vegetables, and cook all in hot butter till tender, seasoning with salt and pepper, and mixing well.



BAKED PUMPKIN

Baked pumpkin is a favourite vegetable dish in America, especially in the South. A medium size pumpkin is divided into quarters, the seeds are removed, and it is baked, with the rind downwards, till very tender. The pumpkin is served in the rind, and eaten with either butter or gravy.

Salads

The Americans seem to be more creative in the invention of fancy mixed salads than in almost any other branch of the culinary art, and some of the "salades composées" of America are now part and parcel of every chef's repertory. A special section is devoted to them in such a highly technical work as Gringoire and Saulnier's *Répertoire de la Cuisine*. They have a great variety of salad dressings, many of which are both unusual and attractive, and their poultry and shellfish salads are among the best in the world.



CHICKEN AND CELERY SALAD

This delicious dish consists of the breast of boiled chicken, either carved in thin slices or cut in cubes and a few sticks of the white part of celery, cut in $\frac{1}{2}$ inch lengths. The chicken and celery are put on crisp lettuce leaves in a salad basin, sprinkled with salt and a few drops of vinegar, and the whole covered with a thick and well seasoned mayonnaise dressing. It should be served very cold.



CHICKEN AND OYSTER SALAD

This luxury salad is made in the same way as the preceding one, but without the celery, a dozen or so oysters being mixed with the chicken and served on lettuce with a mayonnaise dressing.

CHICKEN SALAD WITH TOASTED WALNUTS

This is a very tasty and typical salad. It is made in the same way as Chicken and Celery Salad, but with the addition of about 12 walnuts, slightly browned in the oven with a sprinkling of salt and butter, and chopped. They are then stood in a little oil and vinegar, seasoned with salt and pepper, for about 1 hour before required.



CRAB SALAD

There are many American recipes for Crab Salad, the simplest being that in which the cooked and chopped crab meat is dressed with a plain French dressing, consisting of 3 tablespoons of olive oil to 1½ of vinegar, 1 teaspoon of salt and ½ of pepper, and served on lettuce leaves. Another and more elaborate recipe is made with the chopped crab meat, a few sticks of celery, cut in ½ inch lengths, piled in a pyramid on a glass dish, covered with a well-seasoned mayonnaise, and garnished with stoned olives, slices of hard-boiled egg and thin slices of lemon.



SHRIMP SALAD

The shelled shrimps are mixed with chopped celery, a little chopped onion, and seasoned with salt and cayenne. The salad is coated with a thick mayonnaise dressing, and the dish is garnished with celery tops, sliced beetroot or beetroot in cubes, sliced hardboiled eggs and sliced lemons.

CRANBERRY JELLY SALAD

These aspic salads are typically American, and although they are far nicer when made with real aspic jelly, calves' foot jelly, they are usually made with gelatine. This particular one is made with cranberries which are boiled for about 30 minutes, then strained, and the dissolved gelatine is added, with sugar to taste. When it is about to set, chopped apples and chopped nuts are inserted in the half-set jelly, which is then poured into a mould and kept on ice or in a cool place till quite firm. The jelly is cut in slices, put on lettuce leaves and mayonnaise dressing is poured over it.



KENTUCKY SALAD

This is another American "jelly" salad, made with pineapple juice, lemon juice, tarragon vinegar, sugar and a little salt, well mixed, to which dissolved gelatine is added. When the mixture begins to set, cucumber and pineapple, cut in cubes, are added to it. It is served in the same manner as the foregoing salad.



MIAMI SALAD

This consists of the hearts of crisp lettuce, tangerines divided in quarters, sliced tomatoes, a few slices of lemon without the rind, with a dressing consisting of oil, salt, pepper and a little sugar.



ROOSEVELT SALAD

This is made with thin slices of cooked artichoke bottoms, apples cut in strips, crisp white leaves from the heart of a lettuce, sprinkled with finely chopped nuts, a few cloves, a

few nasturtium seeds in vinegar, and garnished with the nasturtium flowers—these, as well as the leaves, are edible. A mayonnaise dressing, to which a purée of fresh corn has been added, is served with this very “composite” salad.



WALDORF SALAD

Celery, cut in dice, apples cut in the same way, sliced bananas, and shelled nuts, either halved or quartered, are the ingredients used for this salad, served with a mayonnaise dressing in a sauceboat.



PRUNE SALAD

The prunes, having been soaked overnight, are cooked till tender, well drained and stoned. Fill each prune with cream cheese and serve on lettuce leaves in a salad bowl, with a plain salad dressing of oil, vinegar, salt and pepper.



CREAM CHEESE SALAD

These cheese salads are also typically American and are very popular. This one is made with cream cheese, mixed with salad dressing and often with chopped nuts, shaped into small balls and served with lettuce salad and a plain salad dressing.



GREEN SALADS WITH CHEESE

The Americans often add cheese, cut in small cubes, to almost any of their green salads, which are dressed with a plain salad dressing.

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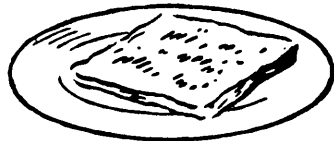
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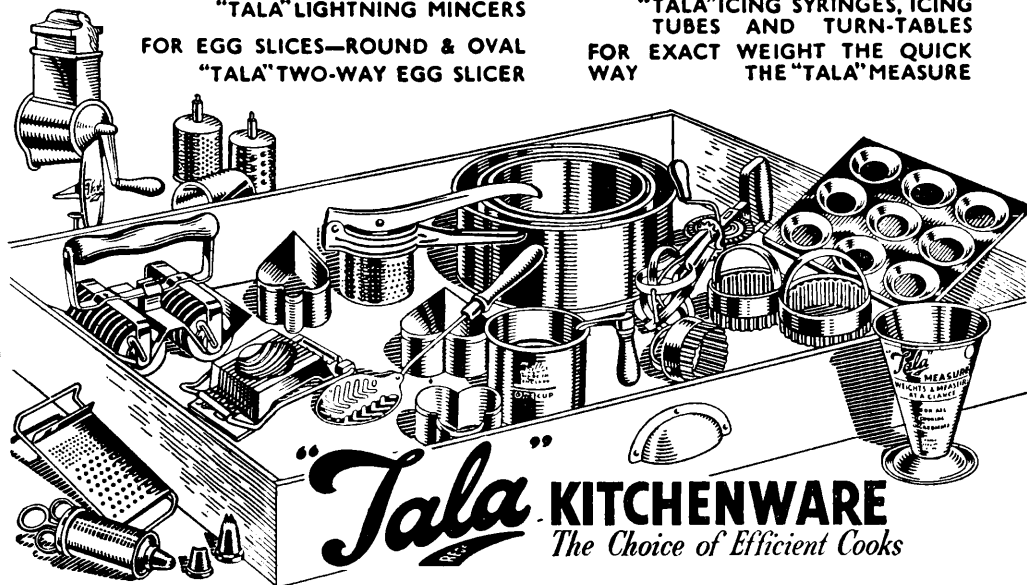
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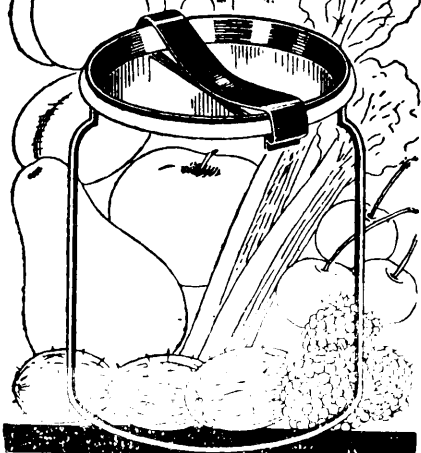
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APPLE AND CHEESE SALAD

In this salad the cream cheese is shaped into small balls, and the peeled and cored apples are either cut in cubes or shaped to tiny balls with a scooper, and served in the same way as the foregoing salads.



BANANA SALAD

With a sharp knife make an oblong incision in each banana, carefully removing that section of skin. Remove the banana pulp and cut in neat dice. Mix these with plain salad dressing and replace in the banana skins. Serve very cold on lettuce leaves.



CORN SALAD

This is made either with boiled corn from the cob, or from tinned corn, but the former is undoubtedly the better. The corn is dressed with a plain salad dressing to which a little mustard and a little very finely chopped onion have been added; it is served on lettuce leaves. It is wise to dress the corn while it is still hot, as in the making of potato salad, and to let it stand for an hour or so, for the dressing then soaks well into the corn.

ALMA SALAD

The Americans make great use of the long or Cos lettuce, split in two, slightly opened out, making a convenient case to hold the various ingredients of which the salad is composed. In this instance, grape fruit, cut in quarters, and slices of avocado pears, are neatly arranged on the halved Cos lettuce, and a plain salad dressing is served separately.



GADSKI SALAD

Here again the halved Cos lettuce is used in the same manner, and garnished with strips of avocado pears, pimientos and apples cut in dice, shredded truffles and white grapes, cut in half and the seeds removed. With this is served a plain salad dressing, to which a few pounded nuts have been added.



MIXED FRUIT SALAD

This very mixed salad is made with pineapple cut in cubes, slices of oranges, grapes, seeded and cut in half, pimientos, cut in strips, coarsely chopped walnuts, marshmallows cut in strips, all being put in orange skin baskets and covered with a dressing made with cream, lemon juice and a little salt. The oranges are placed on lettuce leaves and the dish is garnished with strips of pimientos and with parsley.

Sweets

PUMPKIN PIE

This is one of the most typical of all American sweets, and although the recipes differ in some of the States, the main ingredients are the same.

Ingredients: 1 pint of pumpkin, cooked and well mashed, 1 pint of milk, 1 breakfast cup of either white sugar, brown sugar or molasses syrup, 4 eggs, $\frac{1}{2}$ a teaspoon each of ground mace, cinnamon and nutmeg, 3 tablespoons of butter.

Method: Cut the cooked pumpkin in small dice, and either mash to a smooth purée with a fork or rub through a sieve. Add 1 tablespoon of butter to the pumpkin purée and a little salt. When quite cold, put the pumpkin in a basin, mix with the milk, the sugar or syrup, the spices, and the four eggs well beaten. A tablespoon of brandy is a great improvement to the mixture. Line a pie dish with crust and bake this under crust lightly. Then fill with the pumpkin mixture, and bake in a quick oven for $\frac{1}{2}$ an hour. When cold, sprinkle with sugar.



CRANBERRY PIE

Ingredients: 1 $\frac{1}{2}$ pints of cooked cranberries, 1 cup of sugar, plain pie crust.

Method: Wash the cranberries in cold water, put them in an earthenware casserole with 1 pint of water, bring to the boil and simmer for 20 minutes, crushing the berries to extract the juice. Remove from the fire and stir in the sugar. Replace on a slow fire and simmer 10 to 15 minutes longer. Put the berries in a basin, but do not strain. When cold, put in a pie dish lined with crust which has already been slightly baked, decorate with strips of pastry, and bake till the strips of pastry are a delicate golden colour.

COCONUT PIE

Ingredients: 1 cup of grated coconut, $\frac{1}{2}$ a cup of sugar, 2 eggs, a little grated nutmeg, 1 pint of milk.

Method: Beat the eggs till very light, add the sugar gradually, the nutmeg, and finally the grated coconut and the boiled milk, which must be allowed to cool. Mix and beat all thoroughly, and put in the pie dish lined with slightly baked pie crust. Coconut pie is always an uncovered one. Bake in a moderate oven for about $\frac{1}{2}$ an hour.



POPPED CORN PUDDING

Ingredients: Just under 1 lb. of popped corn, 3 eggs, $1\frac{1}{2}$ pints of milk, $3\frac{1}{2}$ ozs. of brown sugar, a pinch of salt.

Method: Put the popped corn in a basin, cover with the milk and let it stand for about 1 hour. Beat up the eggs and the sugar, add them to the corn and milk, add a pinch of salt, and bake in a buttered dish in a moderate oven till the pudding is firm.



STRAWBERRY SHORTCAKE

This is another famous American sweet and it is particularly nice when made with fresh strawberries.

Ingredients: $\frac{1}{2}$ lb. of flour, 2 eggs, $1\frac{1}{2}$ ozs. of sugar, 4 teaspoons of baking powder, just under 1 oz. of butter, a pinch of salt.

Method: Mix the flour, sugar and baking powder and sift. Gradually work in the eggs, mixing with a knife and then with the tips of the fingers, work in the butter, moisten gradually with the milk, and work all thoroughly. To bake, divide the dough in two, roll out, and put half in a round tin. Butter the top of this slightly and cover with the remaining half of the dough; or the cake can be divided in

half after it is baked. Bake in a quick oven for 12 minutes, testing with a skewer. When done, remove from the oven and fill, while still warm, with strawberries, well sprinkled with sugar and slightly crushed with a spoon. Finally cover the top with more strawberries.



SOFT MOLASSES GINGERBREAD

This is one of the best of American gingerbreads, the flavour of the molasses being particularly pleasant.

Ingredients: 1 pint of molasses, 3 pints of flour, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of butter, 3 eggs, 1 pint of sweet milk, 2 tablespoons of ground ginger, 1 teaspoon of ground cinnamon, 1 teaspoon of baking powder.

Method: Cream the butter, and beat in the sugar. Beat the yolks of eggs and add to the butter and sugar. Add the molasses and mix thoroughly. Add the milk and the flour, mixed with the baking powder, and beat all till quite smooth. Mix in the ginger and cinnamon and finally the whites of eggs beaten to a stiff froth. Pour into well-greased shallow tins and bake in a moderate oven for 40 minutes, testing with a skewer before removing from the oven. When done, sprinkle with white sugar. They can be eaten either hot or cold.



GINGERBREAD

This is another and simpler American gingerbread made without molasses syrup.

Ingredients: 6 ozs. of flour, 2 ozs. of butter, 7 ozs. of sugar, 1 egg, 1 gill of milk, 1 teaspoon of ginger, 3 teaspoons of baking powder.

Method: Proceed exactly as in the foregoing recipe, but omitting the molasses. Spread out very thinly in well-

greased tins, and bake in a moderate oven for 25 to 30 minutes. When done, sprinkle with sugar and cut in squares or diamonds.



MARSHMALLOW MOULD

This is made with half a pint of stiff whipped cream, flavoured with vanilla, sugar and a little fruit syrup, to which is added 6 ozs. of chopped marshmallows, 12 chopped walnuts, a few cherries in brandy or in maraschino, and the whole is put into a mould and well iced. When turned out, it can be decorated with more cherries and chopped marshmallows.



MAPLE SYRUP ICE CREAM

Ingredients: 1 quart of milk or 1 pint of milk and 1 of cream, 6 eggs, 1½ cups of maple syrup, vanilla flavouring.

Method: Put the milk or cream in a saucepan and bring to the boil. Mix the yolks of eggs with the maple syrup and, when the milk is nearly cold, stir in gradually till well blended. Beat the whites of eggs to a froth, and fold into the mixture. Flavour with vanilla, and pour the mixture into the freezer.



A THANKSGIVING PUDDING

Ingredients: 3 ozs. of chopped suet, 3 or 4 slices of stale bread soaked in milk, 6 ozs. of finely chopped figs, ½ lb. of brown sugar, 2 ozs. of stoned raisins, 2 ozs. of flour, 12 chopped walnuts, 4 eggs, nutmeg and cinnamon to taste, 1½ teaspoons of baking powder.

Method: Work the suet to a smooth paste, mix with the bread, previously soaked in milk, the finely chopped figs

and all the other ingredients, and mix thoroughly and beat for 20 minutes or longer. Steam for $2\frac{1}{2}$ to 3 hours. Any kind of hot pudding sauce can be served with this, according to taste.



AMERICAN ANGEL CAKE

This is one of the nicest—and lightest, when properly made—of all American cakes. But success in making it lies in the proper beating of the eggs—they should be beaten so stiffly that if 2 eggs are placed on the froth they will not sink.

Ingredients: The white of 11 eggs, $\frac{1}{4}$ lb. of flour, 10 ozs. of sugar, 1 teaspoon of cream of tartar, 1 teaspoon of vanilla, a pinch of salt.

Method: The flour must be sifted four times, the cream of tartar then being added to it, and both sifted once more. The sugar should also be sifted four times. Beat the whites of egg very stiffly, then add the sugar and flour gradually, and lastly the vanilla essence and a pinch of salt. Turn the mixture into an ungreased Turk's head cake tin—a tin with a tube in the middle—and bake in a moderate oven for $\frac{3}{4}$ of an hour. Test with a skewer before removing from the oven. Turn the cake upside down when done, and let it stand till cool, when the cake will fall out of the pan. When the cake is quite cold, coat with a white icing, flavoured with vanilla.



AMERICAN WAFFLES

Many countries claim waffles as their own national dish, and it is difficult to trace their origin. The word *waffle* comes from the Dutch *wafel*, or wafer. The old French word *waufre* (in modern French *gaufre*) is of Germanic origin. They were extremely popular in England some centuries back, judging by the collection of beautiful “wafer” irons to be seen

at the South Kensington Museum, and from the recipes given for them in old English cookery books. Recently there has been a boom in waffles, which are thought to be typically American and advertised as such. But they are as common in France as they are in the States, although the French prefer their delicious plain *gaufre* to the many fancy waffles, such as chocolate, peanut, pimienta, cheese and many others which hail from America.

Here is a good American recipe for plain waffles:

Ingredients: $\frac{3}{4}$ of a lb. of flour, 1 pint of milk, 2 eggs, $1\frac{1}{2}$ teaspoons of baking powder, 1 large tablespoon of butter, 1 teaspoon of salt.

Method: Mix the flour, baking powder and salt, and sift. Put the milk in a saucepan and bring to the boil, and when nearly cold add the melted butter. Add the yolks of eggs and the whites to the milk, both beaten separately, and add the flour gradually, making a light batter. Have the waffle irons thoroughly hot, brush them over carefully with a brush dipped in a little melted lard or butter. Pour the batter in a jug and pour sufficient on the waffle iron barely to cover the elevations. Close the iron and turn it over. Bake the waffle for 2 or 3 minutes till a light golden brown. Remove the waffle, put it in the oven to keep warm while the others are being made, and repeat the process till the batter is used up. Waffles are usually eaten with butter and maple syrup or with molasses.



BANANA PUDDING

For this pudding, line a baking dish with slices of stale cake, peel and slice 6 bananas, put a layer over the cake, then cover with a thin layer of custard, made with 1 pint of milk, 3 eggs and 4 ozs. of sugar. Cover with another layer of cake, then bananas, etc., till all the ingredients are used up, finishing with a covering of custard. Cover with paper, bake for $\frac{1}{2}$ an hour, brown slightly and serve cold.

SPICED MOLASSES CAKE

This is one of the favourite cakes in the Southern States.

Ingredients: $\frac{1}{2}$ pint of molasses, $\frac{3}{4}$ lb. of flour, 7 ozs. of sugar, 7 ozs. of butter, 2 eggs, 2 teaspoons of vinegar, 2 of soda, $\frac{1}{2}$ a teaspoon each of ground cinnamon, cloves and allspice, 1 grated nutmeg, a pinch of salt.

Method: Put the molasses in a saucepan and warm, diluting it with the vinegar. Cream the butter and sugar, add the well beaten eggs, and mix thoroughly. Add the flour and the molasses gradually, beating vigorously, for on this depends the lightness of a cake which is apt to be heavy. Mix in the spices and the soda, dissolved in a little hot water. Bake in a moderate oven for about 45 minutes.



WATERMELON SHERBET

This is one of the most refreshing water ices to have during warm weather, for the watermelon in itself is always cool and delicious to eat on a hot day.

Cut the watermelon in half, remove the centre and the little black seeds. Take out all the pulp, put in a basin and half crush it with a spoon or fork. Add $\frac{1}{2}$ lb. of sugar to it, mix well, and freeze to a "mush"—the mixture should be sufficiently firm to be eaten with a spoon. Serve in a wine glass and add 1 teaspoon of sherry to each glass.

Sundries

CRANBERRY SAUCE

This is one of the most popular sauces in America, particularly for poultry. Put 1 lb. of well-washed cranberries in an enamel saucepan in 1 pint of boiling water, and simmer for 20 minutes, crushing the berries with a spoon. Remove the saucepan from the fire and stir in $\frac{1}{2}$ lb. of sugar. Replace on the fire and simmer for another 15 minutes. Pour the sauce into a basin, without straining, and let it stand in a cool place for at least 12 hours before using.



AMERICAN CORN CAKE

Ingredients: 3 ozs. of corn meal, 4 ozs. of flour, 1 tablespoon of sugar, $\frac{1}{2}$ pint of water or milk, 2 tablespoons of butter, 1 egg, 4 teaspoons of baking powder, $\frac{1}{2}$ a teaspoon of salt.

Method: Mix thoroughly in a basin the flour, the corn meal, the sugar, baking powder and salt, and sift all these ingredients. Add the butter, the beaten egg and the milk gradually, working well. Put in a shallow, well-buttered baking pan and bake in a quick oven for about 20 minutes.



SOUTHERN CORNMEAL PONE

Ingredients: 1 quart of Indian meal, 1 heaped tablespoon of lard or butter, 1 pint of sour milk, 3 eggs, 1 teaspoon of salt.

Method: Pour sufficient boiling water on the meal to scald it thoroughly, without, however, making a batter. Stir well and let it cool. It should then be dry. Add the 3 well-beaten eggs to the meal, the lard or butter, and finally the

sour milk, beating all till quite smooth. Add 1 teaspoon of dissolved soda. Pour the mixture into a well-greased baking tin and bake in a quick oven for about 30 minutes, or till a golden brown. This is eaten hot with butter, and cut into slices about 2 inches wide and 3 inches long.



CORN DODGERS

Ingredients: 1 quart of Indian meal, 1 tablespoon of lard, 1 teaspoon of salt.

Method: The meal is scalded with boiling water as in the foregoing recipe, using sufficient water, however, to make a very stiff batter or a soft dough. Add the melted lard and the salt. Take a handful of the mixture, and mould into oval mounds, tossing between the hands, and deliberately leaving the impression of the fingers across them. Bake in a quick oven to a light golden brown.



HOMINY GRIDDLE CAKES

Ingredients: $\frac{1}{2}$ pint of hominy, $\frac{1}{4}$ lb. flour, 3 eggs, $\frac{3}{4}$ pint of sour milk or water, 1 teaspoon of soda, 1 teaspoon of salt.

Method: Boil the hominy till very soft, drain and put it in a basin. Crush with a spoon or fork. When cold, work in the flour, to which the salt has been added, the well-beaten eggs, and finally the soda, dissolved in hot water. Beat all till quite light, drop a spoonful at the time on the hot and well-greased griddle, and cook till they begin to puff; then turn and cook the other side.

PLAIN BUCKWHEAT CAKES

Ingredients: $\frac{1}{2}$ pint of buckwheat flour, the same of flour, $1\frac{3}{4}$ pints of milk, 3 teaspoons of baking powder, 1 teaspoon of salt.

Method: Mix the buckwheat flour with the ordinary flour, the salt and dissolved baking powder. Add the milk and mix thoroughly. Bake on a hot greased griddle or cook in a small frying pan in the same manner as pancakes.



RICH BUCKWHEAT CAKES

Ingredients: $\frac{3}{4}$ of a pint of buckwheat flour, 1 pint of boiled milk, 1 tablespoon of fine breadcrumbs, 2 tablespoons of molasses, $\frac{1}{2}$ an oz. of yeast dissolved in warm milk or water, a pinch of soda.

Method: Soak the breadcrumbs in the milk, add the dissolved yeast, the buckwheat flour and salt, and work into a batter, beating till quite smooth. Cover and set to rise overnight. In the morning beat once more for a few minutes, add the molasses and the soda, and cook as in the foregoing recipe.



CHOCOLATE WAFFLES

This recipe is slightly different from that for plain waffles.

In this, 12 ozs. of flour are mixed with 2 teaspoons of baking powder, 6 tablespoons of sugar, and the whole sifted. Then 2 well-beaten eggs are added, $1\frac{1}{2}$ tablespoons of melted butter, and $1\frac{1}{2}$ ozs. of chocolate, melted in a little water. Beat all well together and cook as in the other recipe for waffles on page 519.

CRULLERS

Ingredients: $\frac{1}{2}$ pint of milk, 7 ozs. of sugar, 2 eggs, 2 tablespoons of butter, 1 lb. of flour, 3 teaspoons of baking powder, a flavouring of nutmeg and cinnamon.

Method: Work the butter and sugar to a cream, add the well-beaten yolks of egg and finally the whites beaten very stiffly. To this add the flour, mixed with the spices, alternately with the milk. Work well, roll out to about $\frac{1}{2}$ an inch in thickness and cut into 8 inch strips, just under 1 inch wide. Twist the strips, pinch their ends together and fry in a saucepan of very hot oil or fat, cooking one side first and turning so that the other side is slightly browned.



DELMONICO RAREBIT

This is an excellent recipe in which the cheese never becomes "tacky," as it is apt to do in most Welsh rarebits.

Grate either American, Cheshire or Cheddar cheese, put it in a chafing dish or a saucepan on not too quick a fire, and stir. When it begins to melt, season highly with salt, pepper and cayenne, add $\frac{1}{2}$ a glass of beer or ale, the yolk of 1 egg well beaten, and the white of an egg beaten stiffly. Stir unceasingly till the mixture begins to thicken, add 1 heaped teaspoon of made mustard, and pour at once on hot toast. Serve on very hot plates.



OYSTER RAREBIT

This is made as in the previous recipe, but cream replaces the beer. The oysters are added 2 or 3 minutes before serving, allowing just sufficient time for them to get hot.

CHILALY

Chilaly is made by melting a little butter in a saucepan, adding 1 teaspoon of finely chopped onion, the pulp of 1 tomato, 1 tablespoon of pimiento, finely chopped, $\frac{3}{4}$ lb. of cheese, 3 or 4 tablespoons of milk and 1 egg. Season highly with salt and cayenne. Stir till the mixture thickens and serve very hot.



MARSHMALLOW DROPS

This excellent sweetmeat, which we always associate with America, is extremely popular in France also, and for many years the *pâtes de guimauve* have not only been considered a delicate sweet but have been used medicinally for coughs and hoarseness, owing to the soothing and emolient qualities of the marshmallow root from which they are made. The more modern and most usual method employed both in America and in this country by the confectionery trade is to use gum arabic instead of marshmallow—although the name “Marshmallow” remains.

Dissolve $\frac{1}{2}$ a lb. of gum arabic in a pint of water, and strain. Add $\frac{1}{2}$ a lb. of fine white sugar, and stir over a slow fire until the sugar is dissolved. Beat the whites of 4 eggs to a stiff froth and carefully stir into the mixture, which should become thin and should not adhere to the finger when touched. The mixture is then ready to drop in tablets of about 1 inch in diameter, and slightly convex, on sheets of paper dusted over with fine starch powder. They should stand for about 2 hours, being then removed from the papers and dried for a few minutes in the oven. They should be placed in tins and sprinkled with icing sugar.

PEANUT CANDY

Melt $2\frac{1}{2}$ tablespoons of butter in a saucepan, add a pint of molasses, 2 ozs. of sugar and boil till the mixture becomes brittle when a little is dropped in cold water. Rapidly stir in 1 quart of shelled and skinned peanuts, either chopped or halved, mix thoroughly, turn out on greased tins, and divide in squares when cold.



PICKLED PEACHES

To every 6 lbs. of peaches allow 3 lbs. of sugar, 1 pint of wine or cider vinegar, 1 oz. each of allspice, cloves, mace and cinnamon, and 1 nutmeg. The peaches should be peeled and put in a pan with alternate layers of sugar and spices and the vinegar. Bring to the boil and simmer for 5 minutes. Remove the fruit from the pan, pack into jars, simmer the syrup till it begins to thicken and pour it over the fruit. Cover with an air-tight lid. These are excellent eaten with hot or cold ham.

THE CREOLE COOKERY OF NEW ORLEANS



	PAGE
Gombo Filé	533
Gombo Févi (<i>Okra gumbo</i>)	534
Gombo aux Crabes (<i>Crab gumbo</i>)	534
Gombo aux Hûîtres (<i>Oyster gumbo</i>)	535
Gombo Filé aux Crevettes (<i>Prawn gumbo filé</i>)	535
Gombo aux Herbes (<i>Herb or green gumbo</i>)	535
Courtbouillon à la Créole	537
“La Médiatrice” (“ <i>The peacemaker</i> ”)	537
Rice and Creole Jambalaya	538
Jambalaya aux Chaurices (<i>Jambalaya with sausages</i>)	539
Jambalaya aux Congris (<i>Jambalaya with dried peas</i>)	539
Jambalaya aux Crabes (<i>Crab jambalaya</i>)	540
Jambalaya aux Crevettes (<i>Prawn or Dublin prawn jambalaya</i>)	540
Les Grillades	540
Daube Froide à la Créole (<i>Cold daube à la Créole</i>)	541
Chaurices (<i>Pork sausages</i>)	543
Poulet Sauté à la Créole (<i>Chicken sauté à la Créole</i>)	543
Chou Farci à la Créole (<i>Stuffed cabbage à la Créole</i>)	544
Patates Douces (<i>Sweet potatoes</i>)	545
Pain Patate (<i>Sweet potato pudding</i>)	546
Hominy	546
Le Gru (<i>Grits</i>)	547
Petits Gâteaux de Gru (<i>Fried grits or hominy</i>)	547
La Saccamité (<i>Hominy</i>)	547
Salade de Pommes de Terre à la Créole (<i>Potato salad à la Créole</i>)	548
Pralines	548
Pralines Blanches de Coco (<i>White coconut pralines</i>)	549
Pralines aux Pacanes (<i>Pecan nut pralines</i>)	549

THE CREOLE COOKERY OF NEW ORLEANS

	PAGE
Pralines aux Pistaches (<i>Peanut or monkey nut pralines</i>)	549
"La Colle".	550
Maïs "Tac-Tac" (<i>Creole popcorn</i>)	550
"Estomac Mulâtre" (<i>"Mulatto Stomach" or Creole gingerbread</i>)	550
"Calas" (<i>Breakfast rice fritters</i>)	551
Le Brulo (<i>Brandy punch</i>)	552
Another Brulo	552

Introduction

THE traditional Creole cookery of New Orleans is alone of its kind, and is an interesting chapter in the history of the art. It is a luscious blend of the best traditional cookery of France and Spain, interpreted by negro cooks who give it that subtle and exotic touch which makes it so distinctive. The history of the quaint old city of New Orleans—or of la Nouvelle Orléans, as it was fondly called by its French-speaking inhabitants—is reflected in those succulent dishes which in former years were famous among gourmets of all nationalities.

The French influence is predominant. Louisiana belonged to France in the eighteenth century, a period in which the art and science of cookery was at its zenith and when the principles and foundations of the *haute cuisine* were laid and established by famous chefs and *cordons bleus*, who received every encouragement from the gourmet kings of France, their queens and their mistresses. The aristocratic *émigrés* who settled in Louisiana at this period thus brought with them the best traditions of the highest gastronomic culture, which forms the basis of typical Creole cookery; while the more humble French settlers introduced the simpler, regional dishes of France. In 1743, when the Marquis de Vaudreuil was Governor of Louisiana, New Orleans was a brilliant and glamorous social centre, with a miniature court called “Le Petit Versailles,” and State banquets were as sumptuous and luxurious as those of the French Court.

In 1768, France ceded Louisiana to Spain and, although this was at first deeply resented by the French colonists, eventually national and political differences were forgotten. In the course of a few years intermarriage took place, and we find that a gradual infiltration of Spanish influence in cooking adds a piquancy to classical French cooking.

THE CREOLE COOKERY OF NEW ORLEANS

In 1803, to the great delight of the French element in Louisiana, Spain retroceded the province to Napoleon, but the *tricolor* did not fly long in New Orleans, for a few weeks later Louisiana was sold to the United States, and has been in their possession ever since. In spite of this, the Creoles remained loyal to their mother-countries, France and Spain, for a considerable number of years and refused to be called American citizens. Feeling ran very high, and any Creole who ventured to marry an American was ostracised in the same way as those who had any intercourse with the negroes or half-castes. The city of New Orleans was divided by a wide street, called Canal Street. On one side of it was the *vieux carré*, full of memories of the past, the names of the streets reminiscent of the French occupation, and the buildings, with their stuccoed walls, their inner courts or *patios*, their wrought-iron gratings, their huge locks and hinges, showing the impress of the Spanish.

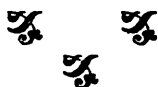
Here could be heard the gay chatter of the French-speaking population, or the soft *patois* of the coloured people, the women gaily attired in bright cotton frocks, with a picturesque bandana head-dress, often carrying on their heads trays of Creole *pralines* or wooden bowls full of *calàs*.

And here, too, the Creole kitchens were filled with the delicate aroma of Gumbos, of Jambalaya, and of all manner of savoury dishes.

On the other side of Canal Street were the much-despised "Américains," who were never admitted to the closely guarded *salons* of the French and Spanish Creole aristocrats. This part of the city was, at that time, entirely commercial, and the new buildings were occupied by "new" people who neither knew nor cared about the old-world culture and traditions of la Nouvelle Orléans. Conditions have greatly altered since those days. *Tempora mutantur*. The haughty aristocratic Creoles have long relinquished their cherished traditions and prejudices, and intermarriage has left few pure-blooded Creoles in New Orleans, though the tradi-

tional cookery still survives in a few of the restaurants and in a few families.

An element of considerable importance in the evolution of Creole cookery was the interpretation of French and Spanish dishes by coloured cooks. Somehow, these African natives had an extraordinary instinct for cooking, and their knowledge of culinary herbs is probably responsible for the extensive use of these in Creole cookery. The strong and broad seasoning may be accounted for by climatic conditions, and we find that in all tropical or semi-tropical countries, condiments are used more generously than in classical French cookery. But the innate and hereditary good taste of the Creole gourmets kept the tendency to excessive seasoning in check, and in no Creole dishes do we find the same exaggerations as in those of other tropical countries. And the Creole cookery of New Orleans is quite different from that of Martinique or the West Indies. It stands apart in the history of cookery.



THE CREOLE GUMBOS OF NEW ORLEANS

The famous Gumbos of New Orleans are peculiar to that city alone and are unique. As used by the Creoles, the word gumbo is the generic name of a special kind of soup and, although the original Gumbo contained the vegetable known by that name, as well as by the name of okra (*bibiscus esulentus*), the word became gradually misapplied; and whether or not the soup contained gumbo or okra, the name Gumbo still clung to it. Among the most famous Gumbos are the Gumbo filé and the Gumbo févi, okra being called *févi* by the Creoles.

Filé consists of the young and tender leaves of sassafras made into a fine powder. It was first prepared by the Choc-

taw Indians who lived in the woods around New Orleans. The leaves were gathered by the squaws and spread on a stone to dry and, when thoroughly dry, they were pounded and rubbed through a sieve. Twice a week the Indians would come to the famous French market in New Orleans to sell their *filé*. It has quite a distinctive flavour, but must be used with discretion as it thickens the soup and makes it "tacky," hence, probably, the name *filé*, which is purely local.



GOMBO FILÉ

Ingredients: 1 large boiling chicken, a slice of lean ham or gammon, 1 large onion, 3 doz. oysters (these may be omitted), a sprig of thyme, parsley, 1 bayleaf, $\frac{1}{2}$ a chilli pepper without the seeds, butter or lard, salt, pepper and cayenne, 2 tablespoons of Filé powder, rice.

Method: Divide the chicken into joints, and cut the gammon into cubes. Put them in a saucepan and brown in hot butter or lard, turning the pieces of chicken so that they will be equally browned on all sides. Chop the onion, add it to the chicken and cook till slightly brown. Then cover with $1\frac{1}{2}$ quarts of hot water, and the same quantity of oyster liquor, if oysters are used—otherwise the equivalent of hot water. Season with salt, pepper and a little cayenne, and add the herbs and the chilli pepper, finely chopped. Bring to the boil and simmer gently for $1\frac{1}{2}$ to 2 hours. Ten minutes before serving, remove the pieces of chicken from the soup, cut small slices from the breast, a few small pieces from the leg, and add to the stock. The remainder of the chicken can be used for Chicken Mayonnaise, when cold, or can be made into rissoles, etc. Five minutes before serving, add the oysters, but do not let the soup boil. Remove the saucepan from the fire and stir in the Filé powder. Serve with plain boiled rice.

GOMBO FÉVI

(Okra gumbo)

This is made in the same manner as the Gombo Filé, but without the oysters and oyster water, and without the Filé powder. Six quartered tomatoes are cooked at the same time as the chicken, gammon and onion, and about 1 lb. of okra pods (tinned), well drained, are added to the soup $\frac{1}{2}$ an hour before serving. Plain boiled rice is also served with this Gumbo.



GOMBO AUX CRABES

(Crab gumbo)

Crabs are cheap and plentiful in New Orleans, but the species of crab used there are smaller than those of England. The body part is not more than from 3 to 4 inches and the flavour is very delicate. Both hard-shell and soft-shell crabs can be used for this Gumbo.

Ingredients: 12 small crabs or two or three medium-size crabs such as are sold in England. They should be bought alive, when possible, or merely scalded and cleaned, but not cooked, 1 onion, 6 tomatoes, 1 lb. of okra, thyme, parsley, 1 bayleaf, butter or lard, salt and pepper.

Method: The crabs should be scalded and cleaned. Cut the claws off, crack them, remove the body of the crab from the shell and cut in quarters. Melt a little lard or butter in a saucepan and, when hot, put in the crab and cook till slightly coloured. Then add the skinned tomatoes, the chopped onion, the herbs, stirring all well and letting the onion brown slightly. Add the drained okra pods, finely sliced, cover with 2 quarts of boiling water and season with salt, pepper and a dash of cayenne. Simmer for 1 hour, till the crab meat is tender. Serve with boiled rice.

Care should be taken to break the claws sufficiently for the meat to be easily removed, as each person is given one

claw as well as a share of crab meat in his soup plate. In the case of large crabs, the meat can be removed from the claws just before serving, as it is somewhat difficult to do this in the soup plate.



GOMBO AUX HÛITRES

(Oyster gumbo)

Ingredients: 4 doz. oysters, 1 large onion, 2 tablespoons of Filé powder, butter or lard, parsley, thyme, 1 bayleaf, salt and pepper.

Method: Melt the butter or lard in a saucepan, and when hot add the chopped onion and cook till slightly brown. Sprinkle with a little flour and cook till this also browns. Then add 2 quarts of hot oyster liquor, and 1 quart of hot water, bring to the boil, add the herbs, the seasoning of salt and pepper and finally the oysters. Cook for 3 or 4 minutes more, then remove the saucepan from the fire and stir in the Filé powder.



GOMBO FILÉ AUX CREVETTES

(Prawn gumbo filé)

This is done in exactly the same manner as the above recipe, 1 pint of shelled prawns being added to the Gumbo a few minutes before serving, instead of the oysters. The liquid used for this Gumbo consists of equal parts of oyster liquor and of the water in which the prawns were boiled.



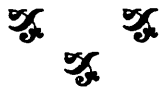
GOMBO AUX HERBES

(Herb or green gumbo)

Ingredients: 2 or 3 lbs. of brisket of veal, $\frac{3}{4}$ of a lb. of lean ham or gammon, equal parts of the leaves of young cabbage, turnip tops, radish tops, spinach, watercress, parsley, 1 large

onion, thyme, marjoram, 1 bayleaf, $\frac{1}{2}$ a red chilli pepper, 1 clove, allspice, butter or lard, salt and pepper.

Method: Remove the midrib from the cabbage leaves, and pick and clean the spinach. Parboil these, with the other greens, and drain thoroughly, keeping the water in which they were boiled. Remove any fat from the brisket of veal and the ham, and cut into 1 inch lengths. Put these in a saucepan and brown in hot butter or fat, adding the chopped onion. Chop the cabbage leaves and other greens finely, put them in the saucepan with the veal, etc., and cook till well browned. Then add the boiling water in which the vegetables were parboiled—about 3 quarts—the herbs, the chilli pepper, and season with salt and pepper. Bring to the boil and simmer for 1 hour. Serve with boiled rice.



The waters of the Gulf of Mexico abound with all manner of fish which are not obtainable in this country, and some of the best Creole fish dishes are made with these fish. One of the favourite methods of cooking fish in New Orleans—the famous Courtbouillon à la Créole—is applicable to almost any kind of fish, such as turbot, halibut, cod, etc. But the word “court-bouillon” is incorrectly used by the Creoles in this instance, as in French it is applied strictly to the liquid in which fish is boiled or poached, generally water to which a certain proportion of vinegar or wine is added, as well as vegetables and herbs. The Creole Courtbouillon is really a sauce, in which the fish is cooked. But the Creoles may be forgiven for misapplying a word, as the dish itself is so excellent.

COURTBOUILLON À LA CRÉOLE

Ingredients: 2 lbs. of fish cut in small steaks or slices, 1 large onion, 1 lb. of tomatoes, 1 clove of garlic (optional), a few sprigs of chopped parsley, 1 sprig of marjoram, 1 or 2 bayleaves, the juice of $\frac{1}{2}$ a small lemon, a little allspice, butter or lard, 1 wine glass of claret, salt and cayenne. Fried potatoes.

Method: Melt the butter or lard in a deep frying pan and, when hot, add the onion, finely chopped, and fry till brown. Sprinkle with 1 tablespoon of flour, mix well and brown. Add the chopped tomatoes, the garlic and herbs, the allspice and a seasoning of salt and pepper. Mix well, and add the lemon juice, the claret and sufficient hot water to thin down the sauce—it should be somewhat thin at this stage. Simmer gently for about 10 minutes, mixing well. Then add the slices of fish and simmer till the fish is tender. The time varies with the quality of the fish and the thickness of the slices—turbot, in $\frac{1}{2}$ inch steaks, takes about 20 to 25 minutes. The sauce should not be too thick; it should be of the consistency of thin cream. To serve, put the slices of fish on a hot dish, pour the sauce over them, and garnish with potatoes cut in cubes and fried a light golden colour in butter.



“LA MÉDIATRICE”
 (“The Peacemaker”)

This is the amusing name given to one of New Orleans gastronomic masterpieces—fried oysters served in either a loaf of hot new bread, from which the soft part has been scooped out, or in large rolls. In the old days, when a husband had played truant and was coming home in the early hours of the morning, in order to pacify the irate wife who was awaiting him he would get a loaf of bread, still hot from the baker’s oven, and have it filled with piping hot

fried oysters, and hurriedly take it home. History does not tell us whether it always had the desired effect.

Oysters are very plentiful in the waters around New Orleans, two of the most famous New Orleans oysters being the Bayou Cook and the Barataria oysters. For the "Peacemaker" the oysters are dipped in flour, then brushed over with the beaten yolk of egg, well seasoned with salt and pepper and fried in deep fat for not more than 3 or 4 minutes, till a light golden colour. Drain thoroughly and have ready a loaf of bread—a sandwich loaf is very suitable—the top being removed and the inside or soft part of the loaf removed also, thus forming a case. Pour a little melted butter in the loaf and set it in the oven to get thoroughly warm. Place the oysters in the loaf, garnish with a few slices of sliced gherkins, cover with the lid and serve very hot.



RICE AND CREOLE JAMBALAYA

Rice, which is extensively cultivated in Louisiana, is one of the staple articles of food in some of the Southern States, and is served as frequently as potatoes in this country, as an accompaniment to meat, poultry and game. Among the most typical rice dishes of New Orleans are the famous Creole Jambalayas, of Spanish origin and very reminiscent of the Spanish *Paella*, although in the Creole version meat and fish are not mixed. In a well-made Jambalaya the rice should be boiled in such a way that each grain is detached and the rice free of moisture, as in rice served with curry. There are many different recipes for Jambalayas, and there was much rivalry in the old days among the coloured cooks in New Orleans as to who could prepare the best Jambalaya. The following recipe for Jambalaya with Chaurices (see p. 539 for these sausages) is a traditional one, handed down from generation to generation in one of the well-known aristocratic families of New Orleans.

JAMBALAYA AUX CHAURICES

(Jambalaya with sausages)

Ingredients: 1 breakfast cupful of rice, $\frac{1}{2}$ a lb. or more of sausages, 1 large onion, 1 clove of garlic, $\frac{1}{2}$ a lb. of tomatoes, $\frac{1}{2}$ a chilli pepper, salt, pepper, cayenne and butter.

Method: Rice, like spaghetti or macaroni, should always be boiled in a large saucepan and in a plentiful amount of salted water. When the water is boiling fast, put in the rice, and from the moment the water starts boiling again, cook the rice for exactly 13 minutes. Remove from the fire, drain at once on a sieve, and either pour cold water over it repeatedly for a few minutes or put it under the cold water tap, stirring it with a wooden spoon. Let it stand for about 30 minutes, so that the moisture will evaporate.

Chop the onion and garlic and fry to a light golden colour in butter. Quarter the tomatoes and add to the onion, crushing them with a spoon to extract the juice. Fry the sausages separately in butter and, when done, cut in 2 inch lengths. Put the rice in a deep frying pan, add the fried onion, garlic and tomatoes, and the butter in which they were cooked. Add the sausages, mix all well with a wooden spoon, season with salt, pepper, a dash of cayenne and the chilli pepper, finely chopped. Cover the pan with a dish and simmer very gently for 35 to 40 minutes, stirring frequently. Serve very hot.



JAMBALAYA AUX CONGRIS

(Jambalaya with dried peas)

Ingredients: 1 breakfast cupful of rice, $\frac{1}{2}$ lb. of salt pork, 1 pint of dried peas, 1 large onion, pepper, $\frac{1}{2}$ a chilli pepper.

Method: Boil the rice as in the preceding recipe. Soak the dried peas in cold water overnight. Put them in a saucepan and cover with cold water, bring to the boil, add the pork, cut in 2 inch lengths, and the finely chopped onion. Simmer

gently till the peas are tender and the water has almost completely evaporated. Then add the rice, mix well, add the chopped chilli pepper, cook for 5 minutes and serve very hot. On fast days, the salt meat is omitted and a little butter is added before serving.



JAMBALAYA AUX CRABES

(Crab Jambalaya)

This is made in precisely the same manner as Jambalaya with sausages, but with pieces of cooked crab meat instead of sausages.



JAMBALAYA AUX CREVETTES

(Prawn or Dublin Prawn Jambalaya)

This is again made in the same manner as Jambalaya with sausages, but with either cooked and shelled prawns or with cooked and shelled Dublin prawns.



LES GRILLADES

This word, as used by the Creoles, has a different significance from the word as used in the current French culinary vocabulary, where *grillade* means grilled food. The Creole grillade is meat cooked slowly, or simmered in a frying pan, and has nothing to do with grilling. In the course of time the word was misapplied, in the same manner as the Creoles came to misapply the word *courtbouillon*. The Grillades, however, are one of the most famous New Orleans dishes, and are almost invariably served with either boiled hominy or plain boiled rice.

Ingredients: Small steaks about 4 inches square taken from the round of beef, $\frac{1}{2}$ lb. of tomatoes, 2 onions, butter, salt and pepper.

Method: Put 1 or 2 tablespoons of butter in a deep frying-pan, and when hot put in the chopped onions and cook till a deep golden colour. Then add the sliced or quartered tomatoes, crushing with a spoon to extract the juice. Cook for about 10 minutes, seasoning with salt, pepper and a dash of cayenne. Cut the steak into 4 inch squares, beat well and season with salt and pepper. Add them to the tomatoes and onions, dilute the sauce with a little hot stock or water, as it should not be too thick, cover the pan with a dish and simmer for about 30 minutes till the meat is tender, adding a little more stock or water if the sauce thickens, and turning the meat occasionally. To serve, put the grillades on a hot dish and pour the sauce over them.

Grillades can also be made with slices of veal and slices of gammon, cut just under $\frac{1}{2}$ an inch thick; and they can be made with left-over cold meat, in which case the sauce is simmered for 30 to 35 minutes and the cooked meat added to it 10 minutes before serving.



DAUBE FROIDE A LA CRÉOLE (Cold Daube à la Créole)

These cold meats in jelly are most popular in New Orleans and differ little from the French cold Daubes, except that they are more highly seasoned, and the Creoles always serve chilli peppers with them.

Ingredients: 3 lbs. of rump or round of beef, 2 lbs. of knuckle of veal, 2 calves' feet, $\frac{1}{4}$ lb. of larding bacon, 3 large onions, 2 turnips, 3 large carrots, 2 cloves of garlic, mixed herbs, 1 bayleaf, salt, pepper and cayenne, 1 glass of sherry or Madeira.

Method: Put the calves' feet in a saucepan with a plentiful amount of cold water, bring to the boil and cook for 5

minutes. Remove the calves' feet from the saucepan and put them in a basin of cold water for 2 or 3 minutes. Cut the larding bacon into thin strips, 1 inch in length, and lard the beef closely, having previously dredged it with salt and pepper. Put the calves' feet in the bottom of a large saucepan, over them put the knuckle of veal, and finally the larded beef. Cover with cold water, bring gradually to the boil and skim carefully till all scum ceases to rise. This is of great importance, as the jelly will never be clear if the scum has not been carefully removed in the first instance. Now add the sliced vegetables, the herbs, the salt and pepper. Cover the saucepan with the lid, leaving a wide opening so that the steam may escape. Simmer gently for 3 to 3½ hours, till the beef is tender. Remove the beef from the saucepan and place it in a large, deep basin. Simmer the knuckle of veal and the calves' feet for another hour or even a little longer. Remove them from the saucepan and bone them. Cut in inch lengths and add them to the beef. Strain the stock through a cloth into a basin and let it stand till quite cold. Put the whites of 2 or 3 eggs in a saucepan, with the crushed egg shells, and the glass of sherry or Madeira. Mix thoroughly with a whisk, without, however, beating to a froth. Put the cold stock in the saucepan and gradually bring to the boil, beating continuously with the whisk, so that the whites of eggs will be thoroughly mixed with the stock. When it comes to the boil, stop beating and simmer very gently for 15 to 20 minutes. Strain through a jelly bag or cloth. The stock should be perfectly clear. Pour it over the meat, and put in a cool place or on ice, till it has set in a firm jelly. The daube can be garnished with the carrots, cut in fancy shapes, which are added when the stock just begins to set. When ready to serve, turn out of the basin carefully, and garnish with sprigs of parsley and a few chilli peppers. Salad is served at the same time.

CHAURICES

(Pork sausages)

This is the Creole method of making the Spanish pork sausage, *Chorizo*, from which the French name is derived, and in the Creole dialect spoken by the negroes, they are called "Tchourisses."

Home-made sausages were a favourite Creole dish, and for the casings the entrails of sheep were used, well cleaned by the butcher. This sausage forcemeat can be used for stuffings, and can also be shaped to resemble small sausages, brushed over with flour, beaten yolk of egg, rolled in fine white breadcrumbs and fried.

Ingredients: 2 lbs. of fresh lean pork, 1 lb. of fresh fat pork, 2 onions, 1 clove of garlic, $\frac{1}{2}$ a teaspoon of cayenne pepper, 2 teaspoons of salt, $\frac{1}{2}$ a teaspoon of black pepper, $\frac{1}{2}$ a teaspoon of chilli pepper, 1 sprig of thyme, 1 of parsley, 1 bayleaf, a good pinch of allspice.

Method: Cut the meat in pieces, chop the herbs and put all through the mincer. Mix thoroughly in a basin with the seasoning, and fill the casings or use for stuffing, etc.



POULET SAUTÉ À LA CRÉOLE

(Chicken sauté à la Créole)

Ingredients: 2 spring chickens, 6 large tomatoes, 2 large onions, 2 cloves of garlic, 6 fresh sweet green peppers or pimientos, 2 or 3 sprigs of thyme and parsley, 1 bayleaf, 2 tablespoons of butter, 2 of flour, 1 pint of stock or water, salt and pepper.

Method: Divide the chickens into joints, and season well with salt and pepper. Melt the butter in a saucepan and, when hot, put in the pieces of chicken and cook till a golden brown on all sides. Slice the onions, add to the chicken and brown lightly. Then sprinkle with the flour, mix well and cook till the flour browns. Now put in the sliced

tomatoes, the chopped garlic and herbs, and the sliced pimientos, and simmer gently with the lid on for 20 minutes. Then add the hot stock or water, season highly with salt and pepper, and simmer gently for 45 minutes. To serve, put the pieces of chicken on a hot dish and pour the sauce over them. Boiled rice is served with this.



CHOU FARCI À LA CRÉOLE

(Stuffed cabbage à la Créole)

Ingredients: 1 large white cabbage, $\frac{3}{4}$ of a lb. of sausage meat (see recipe for Chaurices, p. 543), 1 large onion, 1 or 2 tomatoes, 1 clove of garlic, thyme, parsley, 1 bayleaf, $\frac{1}{2}$ a chilli pepper, a few rashers of streaky bacon, salt, pepper and butter.

Method: Remove the coarse outer leaves of the cabbage and set them aside. Blanch the cabbage in boiling salted water for 8 to 10 minutes, and then drain thoroughly. Brown the finely chopped onion and garlic in butter, add the chopped tomato, stir well and add the sausage meat, the chopped herbs, bayleaf and chilli pepper, and season with salt and a little pepper. Mix all well and cook for 20 minutes on a slow fire. Open the cabbage carefully and spread a thin layer of the sausage meat between the leaves, pressing them together again. Put the large outer leaves of the cabbage around, cover the top of the cabbage with a few rashers, and tie up with string. Line a large saucepan with a few more rashers, lay the cabbage on this, add a few tablespoons of water, a few sliced vegetables, such as carrots, turnips and onions, and simmer very gently for $1\frac{1}{2}$ hours. To serve, remove the string, the bacon and the outer leaves of the cabbage, and strain the sauce over it. Plain boiled rice is served with this.

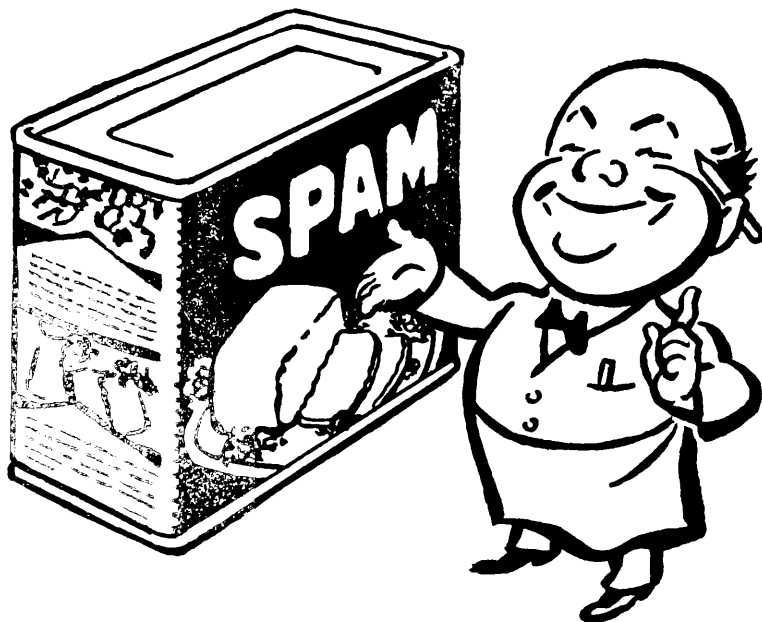


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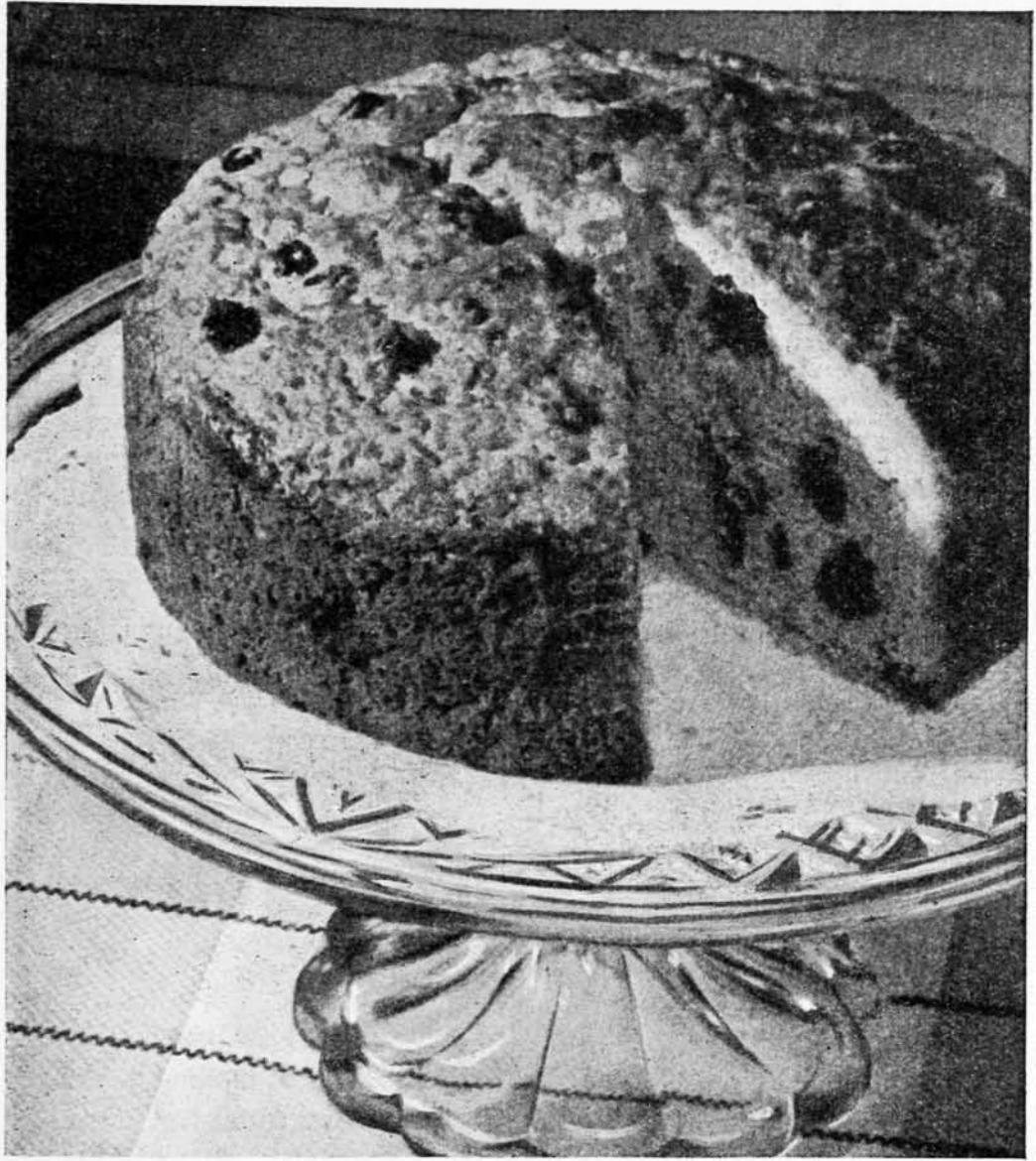
wisdom. Anyway it seems that "all men's wisdom" dies hard, for—whatever our difficulties — certainly we don't quarrel with our bread and butter today . . . who would . . . when there's Hovis and butter and honey for tea . . . ?

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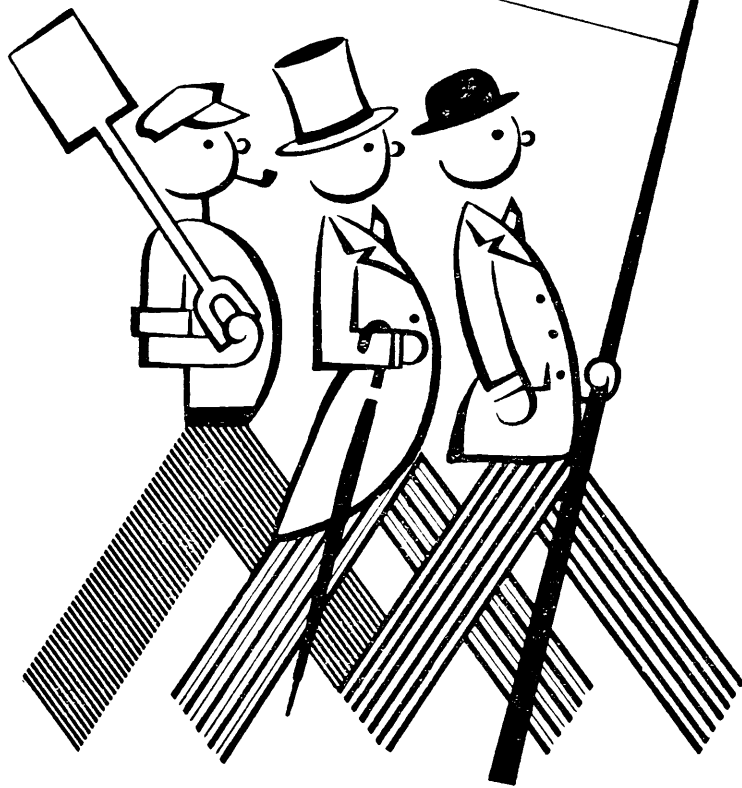
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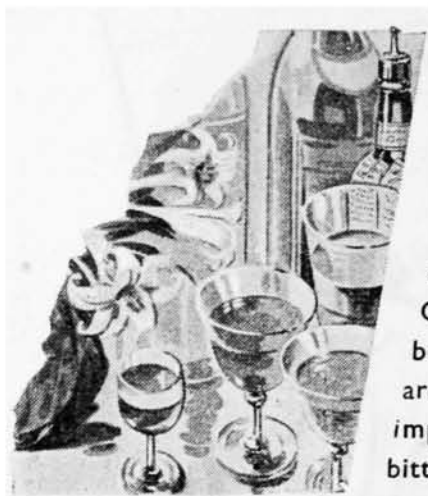
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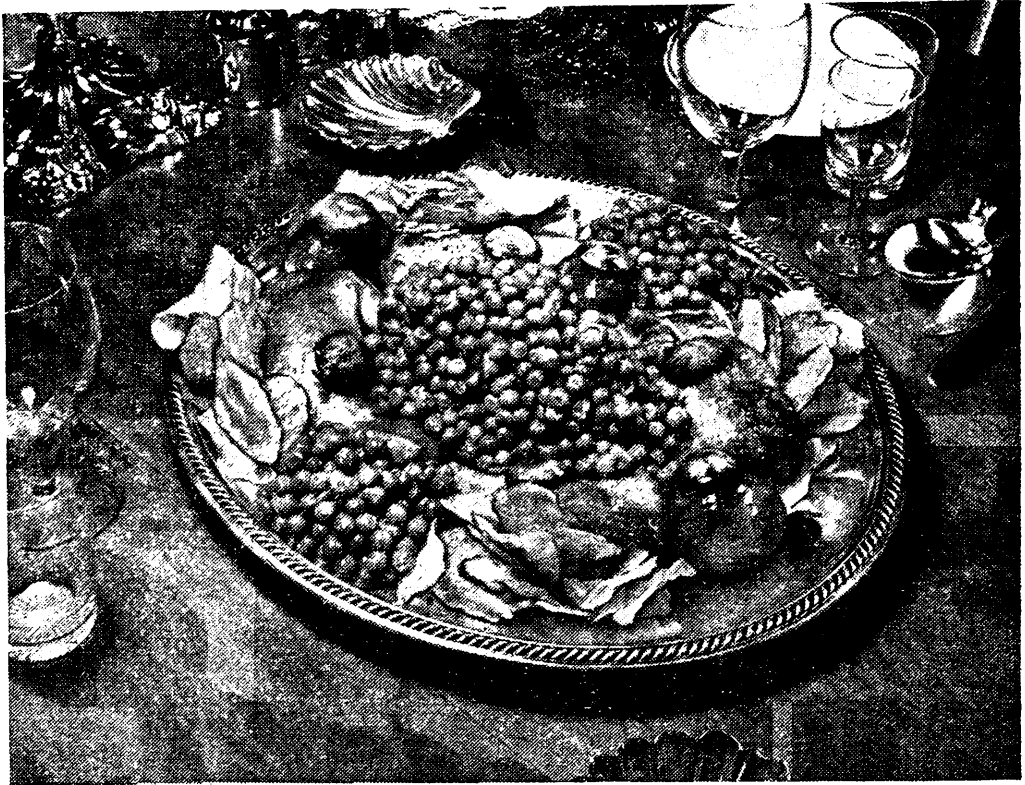
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PATATES DOUCES

(Sweet Potatoes)

Sweet potatoes are plentiful and popular in Louisiana, and are put to many uses. The sweet potato (*Ipomaea Batatas*) belongs to the convolvulus family, and is a tuberous-rooted bindweed, highly nutritious, the roots containing much starch and sugar. They are of a reddish colour, oblong or sometimes club-shaped, usually much larger than the ordinary potato, and very sweet. When cooked the pulp is yellow.

The sweet potato was introduced into England in Tudor times, and is the "potato" alluded to by Shakespeare in the *Merry Wives of Windsor*, when Falstaff greets Mistress Ford by exclaiming: "Let the sky rain potatoes." It was apparently more popular in England in those days than the ordinary potato, and John Gerard in his *Herball* (1597) refers to it as the "common" potato, and he grew it in his garden.

The Creoles eat them sometimes as a separate course, and often as an accompaniment to roast meats, grillades, fricassees, etc.

One of the favourite methods is to bake them. They are well scrubbed, and baked in their skins in a moderate oven till quite soft. As they are large they take much longer than the average potato—anything from 1 to 1½ hours. They are served in their jackets.

To roast the potatoes with meat—they are generally served with roast pork—boil them till slightly soft, peel, cut in half, or in quarters if very large, and half an hour before the meat is ready put them in the meat tin and baste frequently.

Fried sweet potatoes are also popular. The potatoes are peeled, cut in somewhat thicker rounds than the usual round chips, and fried in lard or oil till slightly brown.

PAIN PATATE

(Sweet potato pudding)

One of the most famous New Orleans sweets is Pain Patate.

Ingredients: 4 or 5 baked or boiled sweet potatoes, 3 eggs, 2 cups of sugar, 2 tablespoons of butter, $\frac{1}{2}$ a pint or a little over of milk, a pinch of salt, $\frac{1}{2}$ a teaspoon of black pepper.

Method: Peel the sweet potatoes and rub them through a sieve into a basin. Add the yolks of eggs and mix well, then add the sugar, the butter, the milk, and finally the whites beaten to a froth. Season with a pinch of salt and the pepper, stir all the ingredients together thoroughly to a smooth paste—the paste should be light and almost liquid—pour it into a pie dish and bake in a moderate oven for 1 hour, till well browned.



HOMINY

Hominy is a meal made from Indian corn or maize, and derives its name from the North American Indian word *aubuminea*. It was first introduced to New Orleans by the Indians who lived in the woods around the city. They made it by threshing the dried corn till the yellow and hardened outer germ or hull came off, leaving the grain white. Extensive use is made of the "small hominy" in Creole cooking, and no Creole breakfast was complete without a dish of "saccamité," as it is called. Creole children were brought up on it. The slightly coarser hominy, or grits, both yellow and white, was equally popular, and was put to many uses. This the Creoles called "le gru," being the old French word for what is called "gruau" in modern French.

LE GRU

(Grits)

Ingredients: For 2 cups of grits allow 2 quarts of water and 2 teaspoons of salt. The grits should be well washed in cold water. Put them in a saucepan of cold salted water, bring to the boil and simmer for 1 hour, stirring occasionally. The mixture should be of the consistency of thick starch, or even drier, according to taste. It is served hot, with meat, with gravy, or as a breakfast dish with milk and sugar in the same way as porridge, or it is eaten with butter. It is a delicious and wholesome dish.



PETITS GÂTEAUX DE GRU

(Fried Grits or Hominy)

These are made from boiled grits or boiled hominy spread on a dish to a thickness of about $\frac{1}{2}$ an inch, and when cool, cut either into small rounds with a cake cutter or into slices. These are seasoned with salt and pepper, dusted over with a little flour, the yolk of 1 or 2 eggs, well beaten, and fried to a nice golden colour in hot butter. They were sometimes eaten with butter as a separate course, or served with meat and particularly with grillades.



LA SACCAMITÉ

(Hominy)

This is treated slightly differently from grits. To 1 pint of hominy allow 2 quarts of water and 2 teaspoons of salt. The hominy should be soaked overnight in cold water. It is then put in cold salted water, brought to the boil and simmered for 3 to 4 hours. It should be of the consistency of thick starch and is eaten in the same way as grits, with meat, gravy or just with butter, salt and pepper; or as a breakfast dish, with milk or cream and sugar.

SALADE DE POMMES DE TERRE À LA CRÉOLE
(Potato Salad à la Créole)

This excellent and typical salad consists of sliced boiled or steamed potatoes, mixed with a plentiful amount of shelled prawns, and garnished with slices of hard-boiled eggs. The dressing is made with 4 tablespoons of oil to 2 of vinegar, 1 teaspoon of salt, $\frac{1}{2}$ a teaspoon of pepper, all well mixed, and poured over the potatoes while still warm. The dish is garnished with small chilli peppers.



PRALINES

The word "praline" is used in quite a different sense by the Creoles from the accepted significance in the French culinary vocabulary. The "pralin" or "praliné" in France means a mixture of almonds cooked in sugar, and is much used for cakes, various sweets, ices or soufflés. The name "pralin" is derived from the name of the famous French Marshal, the Duc de Choiseul-Praslin (1602-1675) who, in spite of his military exploits, was also a gourmet with a sweet tooth. The first pralines, consisting of almonds cooked and coated with sugar, were the invention of his butler. We find a recipe for these in many old French cookery books, but the Creole pralines are special to New Orleans and are a delightful elaboration of the original French ones. The coloured women who sold pralines in the streets of New Orleans—the "marchandes de pralines"—were one of the most attractive touches of local colour of the "vieux carré" or French part of the city. They carried to their various pitches large trays of their delicious confections, covered with spotless white cloths, and their musical street cry was one of the most familiar in New Orleans.

The following are among the most famous of New Orleans pralines:

PRALINES BLANCHES DE COCO

(White coconut pralines)

Ingredients: 1 lb. of castor sugar, 1 freshly-ground small coconut, 4 tablespoons of water (and sometimes a flavouring of vanilla).

Method: Put the sugar in an enamelled saucepan with the water and, when it begins to form a syrup, add the finely grated coconut, and stir continuously, until the sugar can be drawn to a thread between finger and thumb. Remove from the fire and put a tablespoon at a time of the mixture on a well buttered marble slab or a large dish, shaping it into a neat round cake of about $\frac{1}{4}$ of an inch thick and 4 or 5 inches in diameter. When dry, remove from the slab or dish with a knife. They should be light, crisp and flaky. The "Pralines Roses de Coco," or Pink Pralines, are made in the same manner, but a tablespoon of cochineal is added just before the saucepan is removed from the fire.



PRALINES AUX PACANES

(Pecan Nut Pralines)

Ingredients: 1 lb. of brown sugar, $\frac{1}{2}$ lb. of freshly shelled, chopped and sliced pecan nuts, 4 tablespoons of water.

Method: 1 lb. of unshelled pecan nuts will make a $\frac{1}{2}$ lb. when shelled. Chop some of the nuts, cut others in half and in quarters and add to the sugar and water as soon as it boils. Bring to the boil once more, and proceed as in the preceding recipe for Pralines.



PRALINES AUX PISTACHES

(Peanut or Monkey Nut Pralines)

The "pistache" here referred to is not the pistachio, but "pistache de terre" or ground nut, the popular names for it being peanut and monkey nut.

Ingredients: 1 lb. of brown sugar, 1 lb. of peanuts, 4 tablespoons of water, 1 tablespoon of butter.

Method: Shell the peanuts, chop them coarsely and add, with the butter, to the boiling sugar and water. Stir till it bubbles up again, remove from the fire and proceed as in the previous recipes.



“LA COLLE”

This is one of the most delicious of all praline cakes and is particularly delicious when made with real New Orleans molasses syrup. They are made with 1 pint of molasses syrup and two cupsful of shelled and chopped peanuts, in the same manner as other pralines, but no water is added to the syrup. The mixture, in this instance, is poured into little white paper cases, about 2 inches wide and 4 inches long, and the pralines are about $\frac{1}{4}$ to $\frac{1}{2}$ an inch thick. When thoroughly dry they are ready for use.



MAIS “TAC-TAC”

(Creole pop corn)

Ingredients: 1 pint of Louisiana molasses syrup, $\frac{3}{4}$ lb. of Indian parched corn.

Method: As soon as the molasses syrup comes to the boil, add the corn, stir, and when the mixture begins to bubble, pour it into paper cases about 5 or 6 inches long, 3 inches wide and $1\frac{1}{2}$ inches in depth. Use when cold.



“ESTOMAC MULÂTRE”

(“Mulatto Stomach” or Creole Gingerbread)

Ingredients: 1 cup of molasses syrup, 1 cup of sour milk, 1 tablespoon of ground ginger, 1 gill of lard, 3 cups of flour, 1 teaspoon of baking soda.

Method: Put the molasses, the sour milk, the lard and the ginger in a saucepan, and stir till melted. Beat the mixture for 10 minutes, dissolve the soda in a little boiling water and mix in. Then add the flour gradually, beating into a stiff batter, and pour into several well-greased shallow pans. Bake in a quick oven for about 10 minutes, till lightly browned.



“CALAS”

(Breakfast rice fritters)

These delicious breakfast fritters or cakes were sold, like the Pralines, by the old Creole negro women, and their familiar and harmonious street cry of “Bel calas, bel calas, tout chauds!” was heard in all the streets of the French quarter at breakfast time. They went their daily round carrying on their heads a covered wooden bowl containing the hot Calas—picturesque figures they must have been, with their brightly coloured bandana *tignons* or head-dress, their blue check dresses and their spotless white aprons. The negro cooks would dash out to secure the freshly made hot Calas, which were eaten with the morning cup of coffee. The following is the traditional recipe for Calas:

Ingredients: $\frac{1}{2}$ a cup of rice, 3 cups of water, 3 eggs, 3 tablespoons of flour, $\frac{1}{2}$ a cup of sugar, about 1 oz., or a little under, of yeast, lard or oil.

Method: Put the water in a saucepan, bring to the boil and add the rice. Boil till the rice is very soft and “mushy.” Remove from the saucepan and, when quite cold, mix with the yeast, dissolved in warm water. Set the rice to rise overnight. In the morning, beat the eggs thoroughly, add them to the rice, with the sugar and flour. Beat all well and make into a thick batter. Set aside to rise for another 15 minutes. Have ready a deep frying pan with hot oil or lard, drop into it 1 tablespoon of the mixture at a time, and

cook till a light golden colour. When done, remove them from the fat, drain well by placing them on a sieve or in a colander, sprinkle with sugar and serve very hot.



LE BRULO
(Brandy punch)

The Brulo or Brulé was a great institution of the old days in New Orleans, and no festive dinner was complete without it. After coffee had been served, the Brulo was brought in, all the lights were extinguished and it was set alight.

The two most popular Brulo are the following: Pour 2 wineglasses of good brandy in a silver bowl, $\frac{1}{2}$ a wineglass of kirsch, the same of maraschino, and add a pinch of cinnamon and allspice. Put in about 10 lumps of sugar, and when they have absorbed the liqueurs, put them in a ladle, cover with brandy and set alight. Burn for a few minutes, and serve in wineglasses.

The other Brulo is made by cutting a large, thick-skinned orange in half, removing all the pulp, and putting 2 lumps of sugar in each half orange. Fill each with brandy and set alight. After a few minutes, pour the brandy into glasses. Burning it in the orange gives it a very pleasant flavour.

INDIA



	PAGE
Chowl (<i>Rice</i>)	557
Curry Powder	558
Khichri (<i>Kedgerree</i>)	558
Bhoonee Khichri (<i>Fried kedgerree</i>)	559
Jurrud Khichri (<i>Yellow-tinted kedgerree</i>)	559
Pulao and Biriani (<i>Pilaws</i>)	559
Pulao (<i>Pilaw</i>)	560
Chicken Pulao	560
Biriani (<i>Lamb pulao</i>)	561
Beef Pulao	561
Chicken Stuffed with Pulao	561
Prawn Pulao	562
Chicken Curry	562
Mutton Curry	563
Dopiaza Curries	563
Chicken Dopiaza	564
Mutton Dopiaza	564
Kofta-Ka-Kari (<i>Forceméat ball curries</i>)	564
Chicken Kofta Curry	565
Prawn Kofta Curry	566
Kabab Curry	566
Seekh Kabab	566
Shami Kabab	567
Beef Kormah Curry	567
Madras Curry	568
Chicken Malay Curry	568
Mulligatawny	569
Prawn Curry (1)	569
Prawn Curry (2)	570
Egg Curry	570
Dal Egg Curry (<i>Curry with lentils</i>)	570

RECIPES OF ALL NATIONS

	PAGE
Fish Curry	571
Chahkees (<i>Vegetable curries</i>)	571
Potato Chahkee	571
Tomato Chahkee	572
Bhurthas (<i>Mashes</i>)	572
Potato Bhurtha	572
Brinjal Bhurtha (<i>Aubergine mash</i>)	573
Chapati (<i>Indian bread</i>)	573
Paratha (<i>Indian bread</i>)	573
Goolgoola (<i>Fritters</i>)	573
Halwa (<i>Semolina moulds</i>)	574
Khoa (Cream)	574
Dahi (<i>Curds</i>)	575
Tomato Chutney	575
Apple Chutney	575
Patna or Bombay Pickled Onions	576
Dry Fruit Pickle	576
Mint Chutney	576
Bombay Duck	577

Introduction

It is difficult for the European mind to grasp the attitude of the East towards food and cookery. The older the civilization the more do we find that food and the preparation of it are part of the ritual life of the people, and their reverence and idealism towards it make even the most refined European gourmet appear in the light of a mere sensuous enjoyer of the good things of the earth. Long before the Christian era, certain rules and principles about the art of cookery were established in India, and these formulas have altered but little and are still followed in modern times.

The Hindus believe that food was created for man by the Supreme Deity, and it naturally follows that the art of cookery is a sacred ceremony, that the rules set out in the holy cookery books should be observed, and certain hymn-prayers be repeated before food is prepared. Like all the arts, that of cookery is one of God's revelations to man, a realization of His higher self, and man's intelligence.

In the fifth century A.D. the references to food found in the Holy Books of the Hindus—the Vedas, Upanishads, etc.—were collected and put together by a famous Brahmin, Khema Sharma, who classifies food in three ways: (1) Nutrition, (2) Flavour, as judged by the palate, (3) the æsthetic appeal it makes to man's artistic faculty and mind.

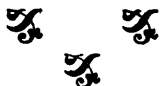
In the prayer book of the Hindus, the *Bhagavad Gita* (the Celestial Song), food, from the nutritive point of view, is divided into three classes: food which is conducive to health and longevity, which is invigorating, nourishing, savoury and is pleasing to those possessing the quality of *Satvas*, or Truth; pungent, bitter, very acid, over-salty food, which is apt to be injurious, appealing to those in whom *Rajas*, or Passion, is predominant; while those who eat stale, rotting or impure food are burdened by *Tamas* or Gloom.

The spirit of beauty is evoked in judging food from the æsthetic point of view, according to the intellectual delight caused by the various flavours.

Food has held a high place in the scheme of Indian life from time immemorial—a far higher place than has ever been attributed to it in any European civilization. And a people who take such an attitude towards cookery have naturally evolved many subtle dishes which require skill, art and patience to prepare, and an exact knowledge of the amount of condiments to be used in each particular dish. Indian curries are not the hot and fiery things we so often get in this country, where the average cook seems to cherish the notion that the hotter the curry the more genuinely Indian it becomes. Curry, as prepared by Indian cooks, has a subtle and pleasing flavour, only sufficiently hot to be tasteful and pleasant, and the perfect blending of condiments is done with care and judgment. There is an extraordinary balance of ingredients in many Indian dishes, comparable to that which we find in the *haute cuisine* of France and Italy. Indian cookery is that of a people who, for many thousands of years, have thought it fit to devote their high intellectual faculties to the development and practice of an art which is conducive not only to health and happiness but to the greater æsthetic and intellectual enjoyment of life.

I wish to express my deep gratitude to Mr. E. P. Veerasawmy, gold medallist, Indian catering advisor to the Indian Government, British Empire Exhibition, Wembley (1924-5), founder of Veerasawmy's India Restaurant, London, and head of the firm of Messrs. Veerasawmy & Co., for kindly reading my manuscript and for his invaluable help. It is difficult for Europeans to understand the cookery of the East, and I confess that it was in fear and trembling that I submitted my manuscript to such a distinguished authority on Indian cookery as Mr. Veerasawmy. It was therefore particularly pleasing to receive the following words of praise from him: "I must congratulate you not only on your very excellent and gratifying remarks on the cuisine of India,

but also on your recipes, which are perfectly clear and workable, and which should prove a boon to those who appreciate genuine Indian dishes. It is no exaggeration to say that your recipes are the clearest interpretation of Indian cookery that I have as yet come across.”



CHOWL

(Rice)

Anyone desirous of doing Indian cookery should first of all master the art of cooking rice. The word “curry” evokes memories of a snowy mound of rice, each grain separate from the others, soft and yet quite dry—when prepared by an Indian cook. In England we often get rice served with curry which is more in the nature of a pudding—sodden and mushy. In all rice-growing countries we find that the method of boiling rice is much the same: a plentiful amount of water, well salted, water on the full boil, exact timing, and pouring cold water over the rice after it has been removed from the hot water and put on a sieve.

The following method gives the best results: Wash the rice thoroughly in cold water so as to free it from all loose starch which tends to thicken in boiling and so clogs the rice. Salt should always be added to the boiling water, as otherwise the rice will be insipid and tasteless. Put 1 cupful of Patna rice in a large saucepan of boiling salted water, and from the minute the water is again on the full boil allow exactly 13 minutes. Then put the rice on a sieve, pour a jug of cold water over it, let it drain well and toss lightly with a fork before serving to break up any lumps. Every grain will be separate, dry and quite hot.

CURRY POWDER

The superiority in flavour of curries which one gets in India is due to the fact that the spices of which curry powder is made are freshly ground every day, and there is the same difference as in the aroma of freshly ground coffee. Curry powder is not difficult to make, and the ingredients are obtainable in certain shops in London which specialize in Indian products. The ingredients used are 8 ozs. each of turmeric, coriander and cumin seeds; 4 ozs. each of dry ginger and pepper; 2 ozs. each of cardamon, fennel, chillies and mace; 1 oz. each of cloves, mustard, and poppy seeds. These are all ground to a fine powder in a mortar and will make nearly $2\frac{3}{4}$ lbs.



KHICHRI (Kedgerree)

For the sake of convenience I have translated the Indian "khichri" as "kedgerree," but the kedgerree which we know in England is an entirely anglicized dish; and, to quote Mr. Veerasawmy, "not even a good imitation of the genuine Khichri." The following plain Khichri can be served as a separate course or as an accompaniment to vegetable curries. Mango chutney is usually eaten with it. The particular lentils used in India are known as the *Moong Dhal*.

Ingredients: Four pints of well washed rice, 1 pint of Moong Dhal, well washed, a few slices of green ginger, a few peppercorns and cloves, 1 bayleaf, salt.

Method: Mix the washed rice and lentils and soak in cold water for 1 hour or more. Drain off the water and add the rice and lentils to the other ingredients in a saucepan, and just cover with boiling water. Bring to the boil, cover the saucepan and simmer till the rice is tender and the water has evaporated.

An important point in adding water for the purpose of cooking rice, whether in Khichris, Pulaos, etc., is that the water must be absolutely boiling and not merely hot.

BHOONEE KHICHREE

("Crisp" kedgerree)

Ingredients: $\frac{1}{2}$ lb. of rice, $\frac{1}{2}$ lb. of lentils, 1 or 2 onions, 2 ozs. of butter, a few slices of green ginger, peppercorns and cloves (according to taste), 1 or 2 bayleaves, a small stick of cinnamon, salt.

Method: Melt the butter and fry the sliced onion to a golden colour. Remove the onion from the pan and, in the same butter in which the onion was fried, put in the rice and lentils and cook till all the butter has been absorbed. Then add the ginger and other seasoning ingredients, cover with hot water, put the lid on the saucepan and simmer very slowly till the water has been completely absorbed. Stir occasionally with a wooden spoon and shake the pan, so that the kedgerree will not burn. Serve very hot, with the fried onions strewn over the dish.



JURRUD KHICHRI

(Yellow-tinted kedgerree)

This kedgerree is made in the same manner as those in the preceding recipes, but the addition of a little turmeric or a little saffron when the rice is being fried gives it a yellow tint and a distinctive flavour.



PULAO AND BIRIANI

(Pilaws)

The pilaws and birianis are Moglai dishes, very rich, cooked with butter and the recipes are complicated. In India, to make the perfect Moglai dishes, professional cooks are always engaged as the processes are long and tedious. The recipes I give are those for dishes served in the homes of Anglo-Indian and European residents, and are simplified versions of the Moglai dishes.

PULAO
(Pilaw)

Ingredients: $\frac{1}{2}$ lb. of rice, 2 small onions, 2 tablespoons of stoned raisins, 1 tablespoon of almonds, a few small pieces of cinnamon, a few cardamoms, 1 or 2 bayleaves, $\frac{1}{2}$ lb. of butter, saffron, salt and peppercorns.

Method: Put 2 ozs. of butter in a saucepan and, when hot, fry the sliced onions to a golden brown. Then add the rice, with the rest of the butter, and cook till the rice has absorbed most of the butter, stirring frequently. Then add the other ingredients and just cover with hot water. Put the lid on the saucepan and simmer very gently till the rice is tender. Remove the rice from the saucepan, put in the oven so that the moisture will evaporate, and 10 minutes before serving sprinkle with a little saffron.



CHICKEN PULAO

Ingredients: One medium sized chicken, 1 lb. of soup beef, $\frac{1}{2}$ lb. of rice, 3 or 4 large onions, 2 or 3 cloves of garlic, 2 tablespoons of blanched almonds, 3 tablespoons of stoned raisins, 2 or 3 small sticks of cinnamon, a few cardamoms, a blade of mace, a few cloves, peppercorns, saffron, ginger, salt, $\frac{1}{2}$ lb. of butter.

Method: Melt the butter in a saucepan and, when hot, put in the sliced onions and fry to a light brown. Next add the chicken, previously boiled in water, with a piece of beef, 1 or 2 sliced onions, a little ginger and salt. Cook till well and evenly browned, adding the various other ingredients and spices, except the saffron. Then add the rice and sufficient chicken stock (the water in which the chicken was cooked) to cover. Put the lid on the pan and simmer very slowly. Add the saffron when the rice is nearly cooked. To serve, put the chicken on a hot dish—the chicken can be left whole or can be carved before dishing up—and cover with the rice. A garnish of sliced hard-boiled eggs is sometimes added.

BIRIANI

(Lamb Pilaw)

Left-over cooked lamb can be used for this dish, but it is better made from uncooked lamb.

Ingredients: Pieces of lamb, about 2 inches in length, taken from the leg, the same ingredients as in recipe for Pulao on page 560.

Method: Boil the lamb in water till tender, with 2 or 3 sliced onions, and a little ginger and salt. When done, remove the pieces of lamb and simmer the stock till reduced to a sufficient quantity to cover the rice. Brown the meat in a little butter, then add fried onions, the rice and other ingredients and cover with the stock. Boil till the rice is tender, colour with a little saffron and put in the oven till all the moisture has evaporated and each grain of rice is separate from the others.



BEEF PULAO

This is made in the same manner as the preceding recipe, pieces of lean beef being cut in 1 inch lengths, as for curry.



CHICKEN STUFFED WITH PULAO

Ingredients: One large chicken, $\frac{1}{2}$ lb. of rice, 2 or 3 onions, 1 pint of stock, cloves, cinnamon, salt, butter.

Method: Slice the onions and fry them in a little butter till well browned. Remove them from the butter and cook the rice in this same butter till it has absorbed it completely. Add the seasoning and cover with the stock. Cover the saucepan and simmer till the rice begins to soften and swell. Stuff the chicken with the rice, sew up carefully and wrap up the chicken completely in a casing of paste made with flour and water. Tie in a cloth and boil for 1 to 2 hours, according to the weight of the chicken.

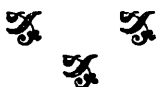
PRAWN PULAO

This dish is usually made with the large Dublin prawns, but it can also be made with the smaller variety more common in England.

Ingredients: 10 or 12 Dublin prawns or 1 pint of small prawns, 1 large coconut and the same ingredients as for Chicken Pulao (see page 560).

Method: Proceed as in the recipe for Chicken Pulao, but instead of using stock to cook the rice, use coconut water. This is made as follows: Break the coconut and scrape out all the interior—in India a special kind of scraper is used for this. The nut should be in fine particles. Place these in a deep vessel, cover with boiling water and stand for about 15 minutes. Strain into a basin through a napkin and repeat the process till sufficient water is obtained to cook the rice.

To serve, put the rice on a hot dish, stew with the fried onions and garnish with the boiled prawns and slices of hard-boiled eggs.



The recipes I have selected for curries, dopiazas and koftas are chiefly from Northern India, as these are less hot and more adapted to English tastes.



CHICKEN CURRY

Ingredients: One chicken, jointed in 8 or 10 pieces, 2 small finely chopped onions, 1 or 2 cloves of garlic, finely chopped, 1 teaspoon each of turmeric and chillies, $\frac{1}{2}$ a teaspoon of ground ginger, 3 or 4 ozs. of butter, $1\frac{1}{2}$ teaspoons of salt, 2 breakfast cups of water. Half teaspoon of ground coriander seed is sometimes added.

Method: Fry the onions and garlic in the butter till well browned, and add the condiments, stirring in with the onions and garlic. When well mixed, add the chicken, divided into joints, and cook till a light brown colour. Then put in the hot water and simmer till the chicken is quite tender and the sauce is reduced to half its original quantity. All poultry can be cooked in this manner. Rice is usually served with this dish, as with most curries.



MUTTON CURRY

Ingredients: $\frac{3}{4}$ lb. of mutton, $\frac{1}{2}$ lb. of tomatoes, 2 or 3 small onions, 2 cloves of garlic, $\frac{1}{2}$ tablespoon of curry powder, butter, salt.

Method: Cut the mutton into 1 inch lengths. Slice the onions and chop the garlic, and fry to a golden colour in butter. Stir in the curry powder and salt, add 1 quartered tomato, 1 or 2 tablespoons of warm water and mix well, crushing the tomato with a spoon to extract the juice. Put in the pieces of meat and cook till well browned. Then cover with about a $\frac{1}{2}$ pint of hot water and simmer gently for about 1 to 1 $\frac{1}{2}$ hours, adding more hot water if the sauce is too thick. Half an hour before serving add the rest of the tomatoes, peeled and finely chopped. Vegetables are sometimes added to meat curries.



DOPIAZA CURRIES

Dopiaza curries are those in which the sauce is reduced to a minimum, and are cooked with more butter and less water. The translation of dopiazza is "two onions," this referring to the fact that an equal quantity of ground onions and fried onions is used in the making of these curries. The following ingredients are used for any of the dopiazza curries: 3 ozs. of butter, 4 teaspoons of ground onions, 1

teaspoon each of ground turmeric and chillies, $\frac{1}{2}$ a teaspoon of ground ginger, $\frac{1}{4}$ teaspoon of ground garlic, 12 small onions, cut lengthwise into 6 or 7 slices each, $1\frac{1}{2}$ teaspoons of salt, 1 breakfast cupful of water and—according to taste— $\frac{1}{2}$ a teaspoon of coriander seed. An alternative method of making dopiazas is to fry 2 or 3 small onions and to add 1 tablespoon of curry powder, instead of all the above ingredients.



CHICKEN DOPIAZA

Ingredients: 1 medium sized chicken, divided into 16 joints, and ingredients mentioned in the preceding recipe.

Method: Fry the sliced onions in the hot butter to a golden brown, remove from the pan when done and set aside. Add all the condiments and mix and stir thoroughly. Then add the pieces of chicken and fry to a rich brown. Chop the fried onion, add to the chicken and add the cup of hot water. Simmer for 1 hour or more, according to the size of the chicken, till very tender and till the sauce is greatly reduced.



MUTTON DOPIAZA

This is done in the same manner as Chicken dopiaza, with inch length pieces cut from a shoulder of mutton, but the meat is simmered for 30 minutes longer, till quite tender.



KOFTA-KA-KARI

(Forcemeat ball curries)

The following ingredients should be used for 2 lbs. of meat or fish: 3 to 4 ozs. of either lard, butter or mustard oil, 5 to 6 ozs. of stock or water, 1 oz. of ground onions, $\frac{1}{4}$

tablespoon of ground chillies, the same of turmeric, $\frac{1}{2}$ a teaspoon of ground green ginger, the same of ground peppercorns, $\frac{1}{4}$ teaspoon of ground garlic, 1 dessertspoon of mixed herbs, 1 dessertspoon of salt, 3' tablespoons of fine bread-crumbs, 1 egg.

These Kofta curries can be made with chicken, beef, pork, lamb, fish, crabs or prawns (see following recipes).



CHICKEN KOFTA CURRY

Ingredients: 1 large chicken and the ingredients mentioned above.

Method: Remove all the meat from the chicken, cut it in small pieces and pound in a mortar. Add to it 1 teaspoon of salt, pepper and mixed herbs, and mix with the bread-crumbs. Bind with 1 or 2 eggs. Shape the mixture into small balls about the size of a walnut, and coat these with breadcrumbs. Melt the lard or butter in a saucepan and add all the condiments, cooking till slightly browned and adding 1 tablespoon of water. Then carefully put in the forcemeat balls and fry to a light brown. Add either the stock or water and simmer gently for about 2 hours.

A simpler and alternative method of making this curry with less chicken or meat is to mince $\frac{1}{2}$ lb. of meat, mixing it with 1 small chopped onion, 1 teaspoon of curry powder and salt, and binding it with 1 egg. The mixture is then shaped into small balls. Fry 2 small sliced onions to a light brown colour in butter, add $\frac{1}{2}$ lb. of quartered tomatoes, 1 teaspoon of curry powder and 1 of salt. Add a teacup of boiling stock or water, simmer till reduced and add a further cup of stock or water. Place the forcemeat balls in this sauce, cover, and simmer for 2 hours.

PRAWN KOFTA CURRY

This is usually made with the Dublin prawns or Norwegian lobster, but it can also be made with ordinary prawns. It is prepared in the same manner as the Chicken Kofta curry. Uncooked prawns are used in India and the juice from the heads is mixed with unroasted coriander seed and this is added to the other condiments. The prawn forcemeat balls require about 1 hour's gentle simmering.



KABAB CURRY

Ingredients: $\frac{3}{4}$ lb. of beef, mutton or veal, $\frac{1}{2}$ lb. of tomatoes, 3 or 4 onions, 1 or 2 cloves of garlic, 1 oz. of green ginger, 1 tablespoon of curry powder, 2 ozs. of butter, salt.

Method: Cut the meat into inch lengths and 1 or 2 of the onions in lengths of about the same size, and slice the ginger. Put the pieces of meat on skewers, alternating with pieces of onion and ginger. Brown the remaining onions and the chopped garlic in butter and, when brown, stir in the curry powder and salt. Add 2 or 3 tablespoons of hot water and simmer till reduced. Then add 4 tablespoons of hot water, and the tomatoes divided into quarters. Mix all well and add the meat on the skewers. Simmer for about $\frac{3}{4}$ of an hour. This is eaten with Chapati, a special kind of bread (see page 573).



SEEKH KABAB

Ingredients: 1 lb. of beef, mutton or veal, 2 tablespoons of mustard oil, 1 tablespoon of ground onions, 1 of ground chillies, $\frac{1}{2}$ a teaspoon of ground ginger, $\frac{1}{4}$ of a teaspoon of ground garlic, 1 teaspoon of ground turmeric, $1\frac{1}{2}$ teaspoons of salt, $\frac{1}{2}$ a teaspoon of ground coriander seed, the juice of 1 large lemon, butter.

Method: Remove the bones and gristle from the meat, and chop it slightly, but without mincing or cutting it through. Blend all the condiments thoroughly, put them in a deep dish or in an earthenware pot, and put in the meat. Let it stand for $\frac{1}{2}$ an hour, turning occasionally, so that the meat will absorb the mixture. Then cut the meat in squares of equal size, replace in the condiments, mixing well, and let stand for 1 to $1\frac{1}{2}$ hours. Remove the meat and put the pieces on skewers and grill over a charcoal fire, if possible, basting frequently with butter. When done, remove the meat from the skewers and serve very hot with Chapati (see page 573). Pickled onions are sometimes eaten with this excellent dish.



SHAMI KABAB

Ingredients: The same ingredients as in the preceding recipe, and 1 or 2 eggs.

Method: After having steeped the meat in the condiments, mince it finely and bind with the eggs and shape into small round flat rissoles or cakes. Fry in butter to a golden colour and serve with Chapati (see page 573).



BEEF KORMAH CURRY

Ingredients: $1\frac{1}{2}$ lbs. of beef, 4 teaspoons of ground onions, 1 teaspoon of coriander seed, 3 or 4 onions, 2 or 3 cloves of garlic, 5 or 6 ground cardamoms, 1 teaspoon of ground chillies, a few cloves, 2 or 3 sticks of ground cinnamon, saffron, 1 cup of dahi (curds, see page 575), the juice of 2 or 3 lemons, 5 ozs. of butter, $1\frac{1}{2}$ teaspoons of salt.

Method: Cut the meat into $1\frac{1}{2}$ inch squares. Melt the butter, fry the sliced onion and cook till brown. Then add the condiments, stir well, and put in the pieces of meat. Add the dahi and, if necessary, a little water, cover the saucepan and simmer for $1\frac{1}{2}$ to 2 hours, till the meat is tender.

A simplified way of preparing this dish is to cut 1 lb. of beef in the same manner and boil it with a good pinch of saffron and 1 teaspoon of salt, till all the water has evaporated.

The pieces of meat, when tender, are removed from the water and fried in butter with a few cloves and a little cinnamon.



MADRAS CURRY

Ingredients: 1 lb. of mutton, beef or veal (cold left-over meat can be used for this), 2 or 3 small onions, 1 tablespoon of curry powder, 2 cloves of garlic, the juice of $\frac{1}{2}$ a lemon, 2 breakfast cups of stock or water, butter, salt.

Method: Slice the onions and fry till a light brown in butter with the chopped garlic. Add the curry powder, and season with salt. Mix all well, add the stock or water, and simmer for about 20 minutes. Then add the meat, cut in inch lengths and simmer for 1 hour till the meat is quite tender. Before serving add the juice of $\frac{1}{2}$ a lemon.

When cooked meat is used, it need not be added to the sauce till 15 or 20 minutes before serving.



CHICKEN MALAY CURRY

Ingredients: 1 chicken, 4 teaspoons of ground onions, 1 teaspoon of ground turmeric, 1 teaspoon of fresh red and green chillies, cut lengthwise, $\frac{1}{2}$ a teaspoon of ground ginger, a little ground garlic, 3 or 4 cloves, 3 or 4 ground cardamoms, the same of cinnamon sticks, $1\frac{1}{2}$ teaspoons of salt, 2 ozs. of butter, about 2 breakfast cups of coconut milk (see recipe for Prawn Curry, page 569), 2 or 3 cucumbers.

Method: The chicken should be divided into 8 or 10 joints, and the cucumber peeled and cut in 2 inch chunks. All the condiments should be well browned in the butter,

and the pieces of chicken added and cooked to a light golden brown. Add the cucumber and the coconut milk and simmer for 30 to 40 minutes.

Neither cumin nor coriander seed should be used in Malay curries, as they destroy the delicate flavour of the coconut milk.



MULLIGATAWNY

Ingredients: 1 chicken, 2 or 3 small onions, 2 ozs. of lentils, 2 cups of stock, 1 of coconut milk, 1 tablespoon of curry powder, 2 or 3 bayleaves, 1½ teaspoons of salt, 2 ozs. of butter.

Method: Divide the chicken into 8 or 10 joints, and chop up the carcass. Slice the onions and fry in the butter till brown. Mix in the curry powder and salt and add the pieces of chicken and the carcass of the bird. Cook the chicken till well browned and quite tender. When done, remove the pieces of chicken from the sauce, leaving in the carcass. Now add the stock, the coconut milk, the lentils (previously soaked in cold water for 12 hours) and the bayleaves. Bring to the boil and simmer for 1½ to 2 hours. Ten minutes before serving, remove the carcass of the bird from the sauce and put in the pieces of cooked chicken. Boiled rice is served with this dish. Mutton or beef can also be used in the same manner.



PRAWN CURRY

The curry ingredients are the same as those given for Chicken Malay Curry, but 1 pint of cooked prawns are used instead of chicken. When the condiments have been browned in butter, 1 cup only of coconut milk is added, with the chunks of cucumber, and when this has reduced and the mixture is thick, the shelled prawns are added and simmered for 15 to 20 minutes.

PRAWN CURRY (*alternative version*)

This is a simpler and more practicable recipe for Prawn Curry.

Ingredients: 1 pint of cooked prawns, 2 or 3 onions, $\frac{1}{2}$ lb. of tomatoes, 2 cloves of garlic, $\frac{1}{2}$ a tablespoon of curry powder, 2 ozs. of butter, salt.

Method: Fry the sliced onions and garlic in butter and, when brown, mix in the curry powder and salt. Quarter the tomatoes and add them, crushing them with a spoon, so as to extract the juice. Add 2 tablespoons of hot water, the shelled prawns and simmer for 20 minutes.

Other vegetables besides tomatoes can be used. Prawns and lentils are frequently mixed, or prawns and brinjal (aubergines).



EGG CURRY

This can be done in exactly the same manner as Prawn Curry (No. 2), using hard-boiled eggs instead of prawns, or as follows: Cook 4 teaspoons of ground onions, 1 teaspoon of turmeric, 1 of ground chillies and $\frac{1}{4}$ of a teaspoon of garlic in 2 ozs. of butter, with 3 or 4 sliced onions. When the onions are well browned, add 3 tablespoons of hot water, simmer for 10 minutes or a little longer till the sauce has reduced, and add a few hard-boiled eggs cut in half. Mix all well, covering the eggs with the sauce and cook for 5 minutes more.



DAL EGG CURRY

Ingredients: A few hard-boiled eggs, $\frac{1}{2}$ lb. of lentils, 1 large onion, 1 tablespoon of curry powder, 2 ozs. of butter, salt.

Method: Soak the lentils in cold water for 12 hours. Fry the sliced onion in the butter till brown, add the curry powder, mix well and add the lentils. Cook these for 10 minutes, stirring frequently. Then put 1 gill of hot water in the saucepan, season with salt, and simmer till the lentils are quite tender and have absorbed all the water. Ten minutes before serving, add the halved hard-boiled eggs.



FISH CURRY

Ingredients: 1½ lbs. of fish, cut in steaks or slices, 2 teaspoons of ground onions, 1 of chillies, ½ a teaspoon of ground turmeric, ¼ of a teaspoon of ground garlic, 2 teaspoons of salt, oil.

Method: Mix the above condiments and rub them well into the slices of fish and allow to stand for 1 hour or longer. Fry the fish thus seasoned in hot oil to a light golden colour.

A simpler method is to rub the fish with curry powder and salt, let it stand for the same time, and also fry in oil.



CHAHKEES

(Vegetable curries)

These vegetable curries are very popular and can be made with almost any kind of vegetables.



POTATO CHAHKEE

Ingredients: 1 lb. of potatoes, 3 ozs. of mustard oil, 4 teaspoons of ground onions, 1 teaspoon of ground chillies, ½ a teaspoon of ground turmeric, ¼ of a teaspoon of ground garlic, 1½ teaspoons of salt, and 1 breakfast cup of water.

Method: Brown all the condiments in the mustard oil and add the potatoes, peeled and quartered. Stir the potatoes, mix thoroughly with the condiments and cook for 10 to 15 minutes. Then add the hot water and simmer till the potatoes are quite tender.

This can be done in a simpler way by frying 2 or 3 sliced onions in butter or oil till well browned, stirring in $\frac{1}{2}$ a table-spoon of curry powder, adding the potatoes and proceeding as in the foregoing recipe.



TOMATO CHAHKEE

This is done in the same manner as the Potato Chahkee but, when obtainable, the pulp of 2 or 3 tamarinds is added.



BHURTHAS

(Mashes)

These Bhurthas or mashes can be made with almost any kind of cooked vegetables, meat or dry fish. The chief ingredients of Bhurthas consist of onions, green chillies and lemon juice.



POTATO BHURTHA

Ingredients: 8 or 10 boiled potatoes, 1 large onion, 1 or 2 green chillies, the juice of $\frac{1}{2}$ a lemon, or more according to taste, salt.

Method: Slice the onion and chillies very finely and sprinkle with the lemon juice. Mash the cold boiled potatoes thoroughly, and mix with the onion and chillies. The mixture should be quite smooth and free from lumps. This is served cold, either with cold meat, curry or rice.

BRINJAL BHURTHA

(Aubergine mash)

The onion, chillies and lemon juice are prepared as in the preceding recipe. In India the aubergines are roasted in a quick ash fire. They can, however, be either baked or grilled till soft. Take 3 or 4 aubergines and, when cooked, peel them and remove all the pulp and work with a spoon, adding 1 teaspoon of salt and 1 of mustard oil. Mix thoroughly with the finely sliced onion, chillies and lemon juice.



CHAPATI

(Indian bread)

This hand-made bread is made with wholemeal flour and water, worked to a stiff dough, divided into lumps the size of a large egg, rolled out thinly to the size and shape of a pancake and baked on a griddle or an iron plate. It is pressed with a cloth before being removed from the griddle so that it fills with air and automatically punctures.



PARATHA

(Indian bread)

This is made in the same manner as Chapati, but the dough, after having been rolled out, is buttered and fried in butter on the griddle.



GOOLGOOLA

(Fritters)

Ingredients: $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of sugar, just under $\frac{1}{2}$ a pint of milk, $\frac{1}{4}$ lb. of butter, 3 small sticks of cinnamon, $\frac{1}{2}$ oz. of yeast, water.

Method: Dissolve the yeast in a little warm milk and add to the flour. Gradually add enough water to give the mixture sufficient consistency. Add the remaining milk and the sugar gradually and the sticks of cinnamon, and put in a saucepan on a slow fire. Stir vigorously and continuously till the mixture thickens. Remove from the fire and, when cold, shape into small balls and fry in the hot butter. Sprinkle with crushed crystallized sugar before serving.



HALWA

(Semolina moulds)

Ingredients: $\frac{1}{2}$ lb. of semolina, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. of stoned raisins, the same of blanched almonds, 2 or 3 sticks of cinnamon and a few cardamoms.

Method: Put the sugar in a saucepan with 1 pint of water, and remove when it thickens to a syrup. Brown the semolina in the butter, stirring well, then add the raisins, the almonds, the cinnamon and cardamoms, and finally the syrup. Mix all thoroughly, stirring continuously and, while still warm, pour the mixture into moulds and let it stand till set.



KHOA

(Cream)

In India, as in so many other countries throughout the world, extensive use is made of sour milk and cream, both for cooking and for the making of sweets and various kinds of cheese.

Sour milk which has become solidified is strained through muslin or put in a muslin bag and allowed to stand over a basin in a cool place till all the water has dripped out. The milk can also be soured artificially by being put in a saucepan

on a very slow fire and, when about to boil, adding a little vinegar to it. When strained, it is mixed with a little sugar and fried in butter.



DAHI (Curds)

Curds are made in the same manner as the preceding recipe. The milk is brought to the boil and, while still warm, a little vinegar or tartaric acid is added, and the milk thus treated is allowed to stand for 12 hours or so, when it will have turned to a thick cream. It is either served as a sweet with sugar or is eaten with salt and rice.



TOMATO CHUTNEY

Ingredients: 4 lbs. of tomatoes, 4 lbs. of sugar, 1 oz. of chillies, $\frac{1}{2}$ lb. of salt, 1 lb. of raisins, 3 ozs. of garlic, 1 quart of vinegar.

Method: Bake the tomatoes till soft and remove the skins. Boil them to a pulp in 1 pint of vinegar. Boil the sugar to a thick syrup in the other pint of vinegar. Pound the raisins, the chillies and garlic in a mortar to a paste, mix all the other ingredients, adding the salt. Put in a saucepan over a slow fire and simmer, stirring continuously, till the mixture thickens. Remove from the fire and bottle when cold.



APPLE CHUTNEY

Ingredients: 4 lbs. of cooking apples, 4 lbs. of sugar, 1 lb. of raisins, $\frac{1}{2}$ lb. of mustard seed, $\frac{1}{2}$ lb. of salt, $\frac{1}{2}$ lb. of blanched almonds, $\frac{1}{2}$ lb. of chillies, 3 pints of vinegar, 1 lb. of green ginger, $\frac{1}{2}$ lb. of garlic.

Method: Slice the peeled and cored apples into long and thin pieces, put them in a saucepan with 2 lbs. of sugar and a little water, and cook till very soft. When cold, put them in a basin and mix in the other ingredients. Make a thick syrup with the remaining sugar and the vinegar, and pour over the apples. When cold put in bottles.



PATNA OR BOMBAY PICKLED ONIONS

Remove the skin from the pickling onions and parboil them in vinegar. Strain through a colander and, when the onions are quite cold, put them in bottles, with alternate layers of red chillies (fresh, when possible), a few black peppercorns, finely sliced green ginger, and a little salt. Cover with vinegar and seal.



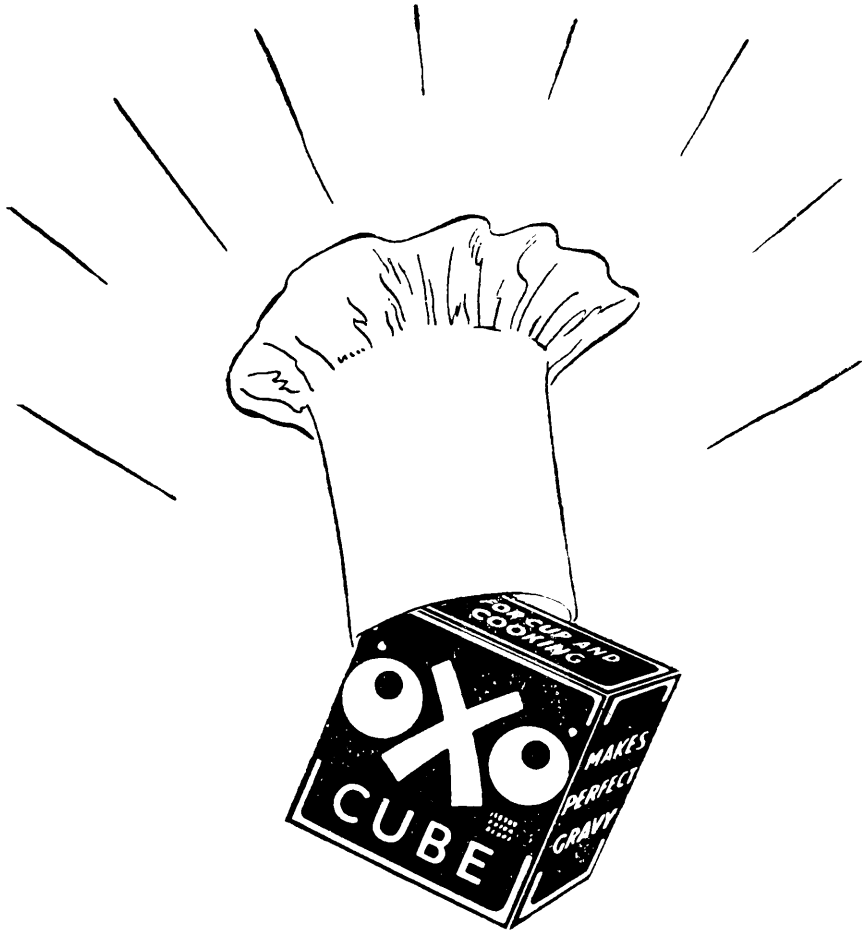
DRY FRUIT PICKLE

This excellent pickle is made with equal quantities of dried prunes, dates, apricots and apples. The dates are stewed for about 20 minutes, till tender, the stones are removed and they are cut in rings. Quarter the apples and put them with the other dried fruit in bottles in alternate layers, with finely sliced ginger, peppercorns, a few sticks of cinnamon, and a little salt. Make a syrup with sugar and vinegar in the proportion of $\frac{1}{4}$ lb. of sugar to every quart of vinegar, cover the fruit with it, cork, and if possible let the bottle stand in the sun for a few days. The pickle will be ready for use in a month's time.



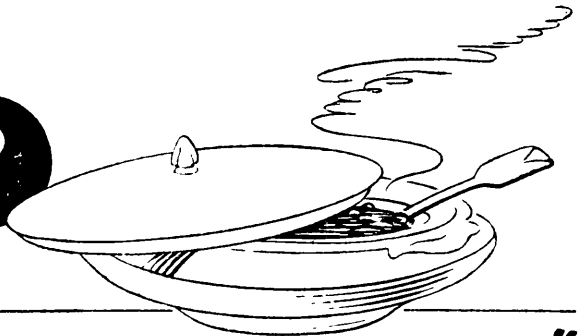
MINT CHUTNEY

Ingredients: $\frac{1}{4}$ lb. of fresh mint, 1 small onion, lemon juice, black and red pepper, salt.

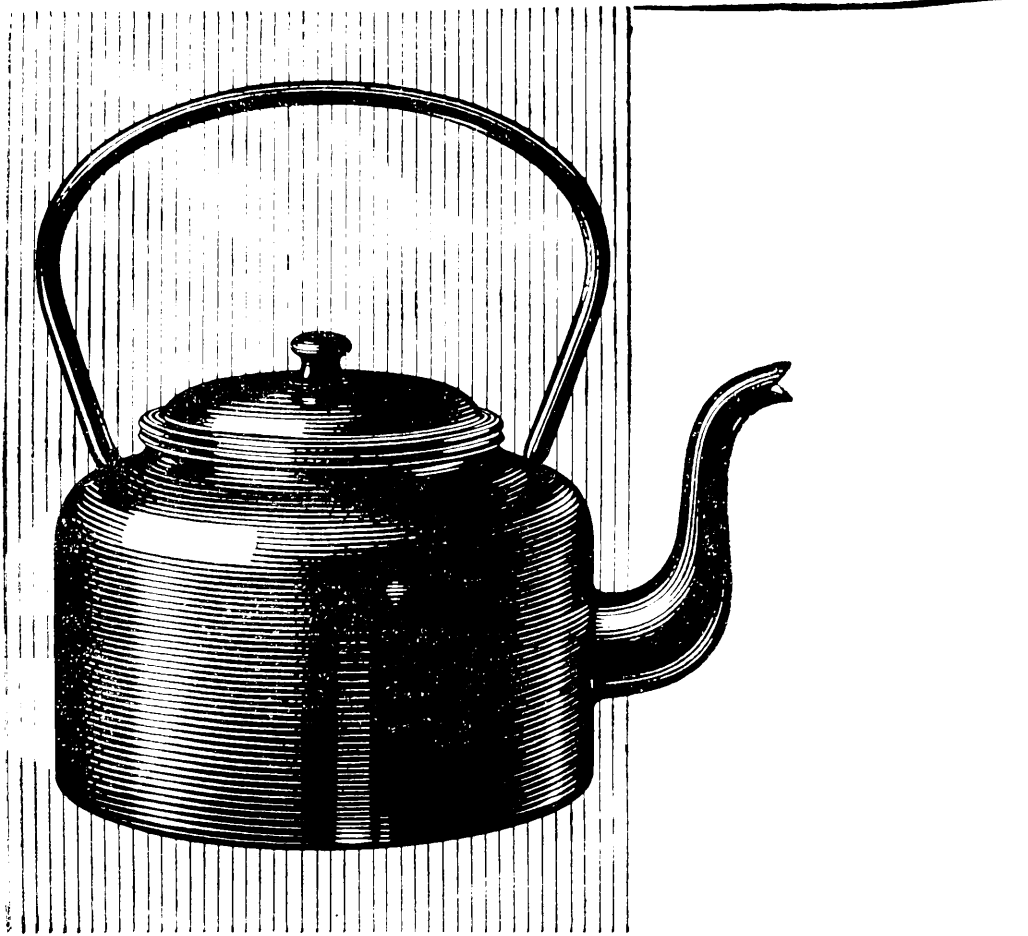


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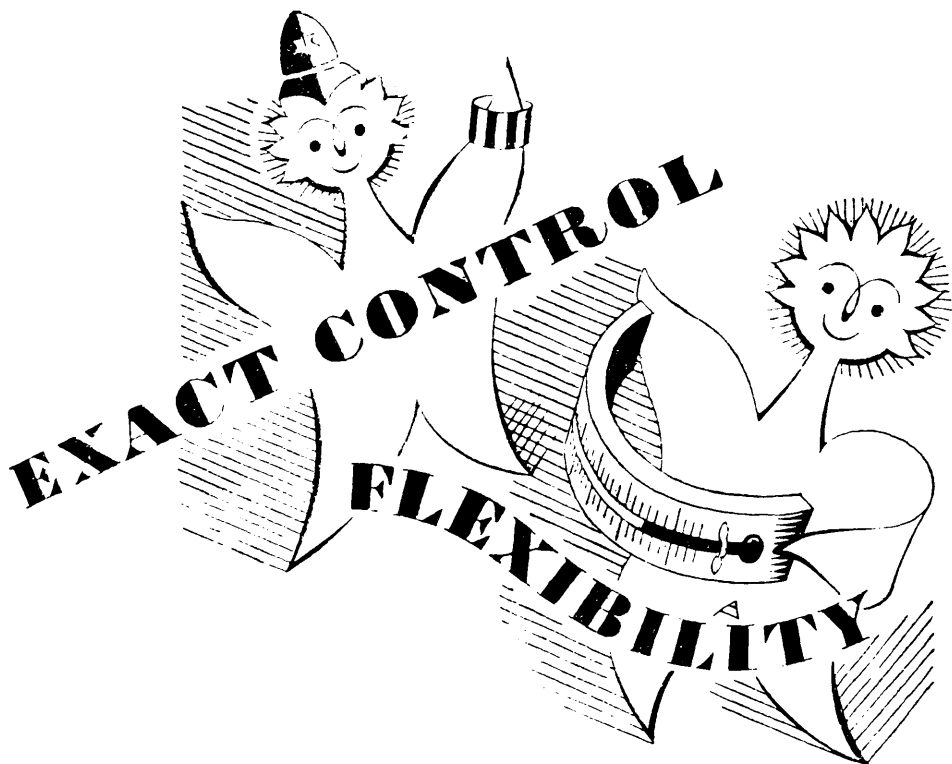
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Method: Pound the mint and chopped onion in a mortar, season with salt and pepper and moisten with the lemon juice. It should be a thick and smooth paste.



BOMBAY DUCK

Bombay Duck is a small phosphorescent, gelatinous fish called *Harpodon nehereus* or bummalu, which abounds at the surface of the salt waters of Bengal and Burma. It is dried and salted, and its strong aroma is that of asafœtida, with which it is impregnated. In spite of its offensive smell, asafœtida is much used in India and Persia as a condiment. Bombay duck is usually served toasted and crisp, and can be eaten as an hors-d'œuvre with butter or with curry, or crumbled up and sprinkled over a curry dish.

CHINA



	PAGE
Loong Har Jar Min (<i>Lobster fried with noodles and vegetables</i>)	583
Chan Far Yook Yun (<i>Fried meat balls</i>)	583
San Si Yu Chi (<i>Shark fins</i>)	584
Ying War Gai Larp Tong (<i>Bird nest soup with chicken</i>) .	584
Chan Dun Dong Goo (<i>Stewed mushrooms</i>)	585
Nan Yoy Kow Yook (<i>Broiled pork stewed with Chinese cheese</i>)	585
Don Jun Arp (<i>Steamed duck</i>)	586
Gar Lu Gai Chop Suey (<i>Special chicken chop suey</i>)	586
Ju Yook Chop Suey (<i>Pork chop suey</i>)	587
Gai See Chow Min (<i>Chicken</i>)	588
Chow San Min (<i>Special chicken dish</i>)	588
Jing Gai (<i>Steamed chicken</i>)	589
Why Gee Gob (<i>Steamed pigeons with Chinese herbs</i>)	589
Tin Suin Pai Kwe (<i>Pork with sour sweet sauce</i>)	589
Foo Yong Hy (<i>Crab omelet</i>)	590
Chow Yong Yook Si (<i>Fried slices of mutton with vegetables</i>)	590
Hong Man Ho Si (<i>Stewed oysters with mushrooms</i>)	591
Hong Shil Yu (<i>Stewed fish</i>)	591
Cho Low Yu (<i>Fish with sour sweet sauce</i>)	592
China Tea	592

Introduction

It is almost an impossibility to write on Chinese cookery in the terms of European cookery. Chinese cookery, with its intricacies, its subtleties and niceties, is a sealed book to us, and our methods seem clumsy and primitive as compared with their elaborate kitchen work. Just as years of patient toil are spent on the making of a small square of some beautiful piece of embroidery, so hours of equally patient labour are devoted to the making of a subtle dish, where flavours are as carefully and artistically blended as the silken threads of needlework. It seems, indeed, almost sacrilegious to vulgarize Chinese cookery by adapting it to European taste. Chinese cookery is, in fact, "untranslatable." It is remote from both our understanding and from our palates.

A well known Chinese *restaurateur* was asked to talk on the gastronomic art of his country and his reply was: "I will not talk of it, because no one can understand Chinese cookery and all that could be said would merely *dishonour* it."

Chinese cookery gives one the impression that it is carried out in a chemical laboratory rather than in a vulgar kitchen, a laboratory in which accuracy in exact weights and measures is compulsory and where, in the preparations of dishes, concentration and attention are essential.

Mr. S. K. Cheng, of the Shanghai Emporium and Restaurant, Greek Street, London, to whom I am indebted for much of my information on Chinese cookery, explained that where in a European restaurant only two chefs would be required to prepare food for a certain number of people, seven chefs were employed in his restaurant to cook for the corresponding number. We have only to visit a Chinese shop like the Shanghai Emporium to realize the antithesis of East and West. The neat rows of jars and bottles, the sacks

and bags, the boxes, all containing things unheard of in this country, are as strange and weird to us as the exhibits to be seen at the Museum of the Royal College of Surgeons are to the layman. Mr. Cheng kindly let me roam about in the shop and explained that *mut-jin* were preserved dry lotus seeds, *jook san* means bamboo-shoots, *ling ou* are water-lily roots, *ying wab* are birds' nests used for soups—and very expensive they are—and *yu chi* or shark fins, is another costly item on the menu. What do we know of such delicacies as dried prawn eggs, or dried ink fish, extra fine dry cuttle fish, or *ji choy*, a special kind of edible seaweed? Mr. Cheng showed me various kinds of Chinese noodles, some as fine as human hair, which put the very finest of vermicelli to shame.

In the south and central provinces of China the staple food of the majority of Chinese is rice, but millet, as well as rice, is eaten in the northern districts. Rice flour, bean meal, and all manner of shell fish are popular. Eggs are preserved for years in a solution of salt, lime and wood-ash, or in spirit made from rice. These rice-spirits are extremely potent—two of the best known ones are called *mui kwai lou* and *um gar pee*. Condiments and preserved fruits are largely used, and such things as ducks' tongues, the brain of certain chickens and fish with pickled fir cones are among the choicest of foods. Soya bean sauce, which is referred to in the recipes as "Chinese sauce" takes the place of salt in Chinese cookery and is added to almost everything. It is made from fermented soya beans pickled in brine, and has quite a pleasant flavour. Few people, I imagine, know that soya beans are one of the ingredients used in the making of Worcester sauce.

In that delightful and brilliant book *Honourable and Peculiar Ways*, the author, Mr. Peh Der Chen, tells us the origin of the dish "Chop Suey," which is considered all over the world—except in China—as being typically Chinese. The venerable Viceroy, Li Hung Chang, when in Washington, was pestered by American newspaper reporters. One of these

having spied on him during a meal, begged to be told the name of a particular dish in which the ingredients were all chopped in small pieces, and his Excellency, annoyed at this intrusion, snapped out "Chop Suey!"—the literal translation of which is "dirty mixed fragments." American journalists were quick in advertising this as a typical Chinese dish, and Chinese *restaurateurs* in America at once adopted the name. And even in London, Chinese *restaurateurs*, loth to dispel our fond illusion, have not troubled to alter the name, which figures conspicuously on their menus. The manager of the Shanghai Restaurant has given me two excellent recipes for Chop Suey.

The author of *Honourable and Peculiar Ways*, who pokes such fun at our manners and customs, tells us much about Chinese food and how nature has blessed his land with a glut of good things to eat—in the Middle Kingdom there are one hundred and fifty sorts of vegetables, the cabbage has "fifteen cousins," the vegetable marrow has twenty; and I feel certain that the Chinese, being such epicures, do not wait till their marrows have reached a venerable age before cooking them, as we do in England. According to him also "that magician's essence of cooking," garlic, has ten cousins. Their seas and rivers abound with fish, and they know of sixty different ways of steaming fish—"oh, yes, with only one kind of steam," says Mr. Chen. Although mutton and beef are considered coarse meats, there is an eating-house in Canton that "specialises in a hundred beef dishes." Birds of every description are plentiful in China: they have all our game and more, and Mr. Chen waxes enthusiastic over the rice-bird, which he describes as being the "aristocratic cousin of our ortolan" and "tastier than any known thing." Pork, chicken and duck are the epicure's joy in China, and there are innumerable ways of cooking them.

Morsels of pork, chicken, duck, fish, vegetables and other relishes are placed in separate bowls and eaten daintily with chop sticks and little porcelain spoons. There are two

substantial meals in the day—luncheon and dinner, the time of the latter varying from 4 to 7 o'clock. A rich man will offer his guests at dinner twenty-four or more dishes—always a multiple of eight. And men and women eat separately.

Although the principles or fundamentals of Chinese cookery are the same throughout China, the details and execution vary in each province. The best cooking is that of Canton, where specially fed dogs are a much esteemed article of diet. The recipes given in this book are all Cantonese. Peking comes next, and that of Fukien and Sze-chuan follow in order of merit. Generally speaking, the provinces of the south-west show a marked liking for sweet dishes with little salt; in the south-east highly spiced and hot dishes are liked; and salty things are popular in the north.

In giving the following recipes I have made no attempt at adapting them to European taste, as they are unadaptable and would no longer be authentically Chinese. Could we understand some of the beautiful and poetical names which the Chinese give to their dishes we might perhaps be tempted to partake of them. Here is the menu of "a very ordinary Chinese dinner," which I quote from Mr. Chen's *Honourable and Peculiar Ways*:

Golden Moons on a Silver Sea (pigeons' eggs in soup).

Ten Thousand Arrows piercing through the Clouds
(sharks' fins and eggs).

Jade growing out of Coral (cabbage-shoot on crab roe).

Famous Scholars' Abandon (flakes of pork sausage and chicken).

Dragon's Well Tea.

Happiness—Prosperity—Longevity Wine.

LOONG HAR JAR MIN

(Lobster fried with noodles and vegetables)

Ingredients: 6 ozs. of lobster, 3 bundles of fresh noodles, 8 ozs. of bean sprouts, 3 ozs. of bamboo shoots, 1 oz. of mushrooms, 6 ozs. of onions, cornflour, water, salt, pepper, Chinese sauce.

Method: Put the mushrooms in hot water and soak for 15 minutes. Remove the stalks and cut the mushrooms into fine slices. Also cut the bamboo shoots, the onions and lobster into thin slices. Put the noodles in a large saucepan of boiling oil and cook for a few seconds only. Remove at once, drain and put on a hot dish. They should be quite crisp.

Put the lobster in a hot oiled pan and cook for 1 minute. Cook the bamboo shoots, the bean sprouts, the mushrooms and onions in the same manner for 1 minute, and season with a little salt and pepper. Then add to the vegetables a little cornflour water and a few drops of Chinese sauce, and cook for 1 minute. Place the whole over the noodles and serve with Chinese sauce. This dish is sufficient for 6 people, as are all the other recipes which follow.



CHAN FAR YOOK YUN

(Fried meat balls)

Ingredients: 1 lb. of pork (about 70 per cent lean and 30 per cent fat), 4 ozs. of water chestnuts, 2 ozs. of crab meat, 2 ozs. of mushrooms, $\frac{1}{2}$ lb. of cornflour, 2 eggs, pepper, salt, sugar and Chinese sauce.

Method: Chop the pork, the mushrooms and water chestnuts very finely and mix with the crab, seasoning with a little pepper, salt and sugar. Roll into balls about $1\frac{1}{2}$ inches in diameter. Put the cornflour in a basin and roll the meat balls in it, so that they are well coated. Beat 2 eggs and mix

with a little water. Coat the meat balls with this and cook for 15 minutes in a large saucepan of boiling oil. Serve with Chinese sauce.



SAN SI YU CHI

(Shark fins)

Ingredients: 6 ozs. of best dried shark fins, 4 ozs. of chicken meat, 2 ozs. of ham, 2 ozs. of bamboo shoots, 2 ozs. of fat, garlic, stock, sesame oil, salt, Chinese sauce.

Method: Soak the shark fins in water for 20 hours. Put them in a large saucepan with an abundant amount of water and 1 clove of garlic, bring to the boil and simmer for 4 hours. When done, drain and remove the meat from the fins. Put the fins in a basin, cover with the fat and steam for 2 hours. Remove the fat and dry the shark fins thoroughly. Cut the chicken, ham and bamboo shoots into very thin slices. Put the fins in a saucepan, cover with stock and boil for 5 minutes. Add the chicken, ham and bamboo shoots and boil for another 5 minutes. Add a drop of sesame oil, a little salt and a few drops of Chinese sauce. Serve with Chinese sauce.



YING WAR GAI LARP TONG

(Bird nest soup with chicken)

Ingredients: 2 ozs. of bird nest, 10 ozs. of chicken, 1 oz. of Chinese ham, 2 ozs. of white mushrooms, 2 ozs. of bamboo shoots, stock, salt, pepper, sesame oil, Chinese sauce.

Method: Soak the bird nest in hot water for 3 hours. Put it in a saucepan of boiling water and boil for 5 minutes, drain and put on a deep dish. Over it put 6 ozs. of chopped chicken. Stand the dish in a saucepan of hot water and steam for 6 hours. Remove the chicken, which is of no further use. Cut 4 ozs. of uncooked chicken, the bamboo shoots, the white

mushrooms and ham into very small dice. Put the bird nest in a saucepan and cover with stock, boil for a few minutes, add the bamboo shoots, chicken, ham and mushrooms, and season with a little salt and pepper and a few drops of sesame oil. Serve with Chinese sauce.

In China, stock is made with chicken, pork and chicken and pork bones, which are simmered for 6 hours.



CHAN DUN DONG GOO

(Stewed mushrooms)

Ingredients: 6 ozs. of mushrooms, stock, 2 cloves of garlic, 1 small piece of ginger, salt, Chinese sauce.

Method: Soak the mushrooms in hot water for 15 minutes, drain and remove the stalks. Crush the garlic with the blade of a knife and put it in a hot oiled pan, cook for 2 or 3 seconds and remove from the pan. Put the mushrooms in the same pan and cook for 10 minutes. Now put the mushrooms in a saucepan with a quarter more than sufficient stock to cover, and the piece of ginger, crushed with a knife. Bring to the boil and simmer for 6 hours. Before serving, remove the ginger and season with a little salt. Serve with Chinese sauce.



NAN YOY KOW YOOK

(Broiled pork steamed with Chinese cheese)

Ingredients: 1½ lbs. of pork paunch, 3 chopped cloves of garlic, lettuce, ¼ oz. of Chinese spice, ½ oz. of Chinese red cheese, sugar, salt, Chinese sauce.

Method: Bone the pork and put in a large saucepan of boiling water. Boil until it rises to the top, remove from the water and dry with a cloth. Rub the meat thoroughly with Chinese sauce, and put in a saucepan of boiling oil. When the pork has browned, take it out of the oil and soak in cold

water for 30 minutes. Cut the pork into 2 inch lengths, $\frac{1}{2}$ inch wide. Put the finely chopped garlic and the Chinese cheese in a hot oiled pan, with a little sugar, salt and the Chinese spice, fry for 2 or 3 seconds, add the pork and fry for 15 minutes. Line a basin with lettuce leaves, place the pork over them with the garlic, cheese and spice, and steam for $3\frac{1}{2}$ hours until very tender.



DON JUN ARP

(Steamed duck)

Ingredients: 1 young duck, weighing about 4 lbs., 1 oz. of mushrooms cut in small dice, 3 ozs. of Bahk Gor (white nuts), 1 oz. of barley, a few drops of wine, 1 oz. of bamboo shoots, cut in small dice, 1 oz. Bahk Harp (Chinese herbs), 1 oz. of lotus nuts, a few drops of ginger root juice.

Method: Soak the lotus nuts and the white nuts in cold water for 2 hours, and the barley and Chinese herbs in cold water for 1 hour. Boil the lotus nuts and the white nuts for $2\frac{1}{2}$ hours, then add the barley, the Chinese herbs, the bamboo shoots and the mushrooms, and boil for another $\frac{1}{2}$ an hour. Clean the duck and bone it, being careful not to tear the skin. Stuff the duck with the mixed ingredients, moistened with the ginger root juice, 3 tablespoons of stock and the Chinese wine. Sew up the neck of the duck and steam for $2\frac{1}{2}$ hours in a double saucepan.



GAR LU GAI CHOP SUEY

(Special chicken chop suey)

Ingredients: 12 ozs. of bean sprouts, 4 ozs. of thinly sliced bamboo shoots, 2 ozs. of mushrooms, 6 ozs. of thinly sliced onions, 3 thinly sliced tomatoes, 8 ozs. of thinly sliced chicken, salt, cornflour water, 1 egg, sesame oil, Chinese sauce.

Method: Soak the mushrooms in hot water for 15 minutes, remove the stalks and cut into thin slices. Sprinkle a little salt in a hot oiled pan, put in the chicken meat and cook for 1 minute. Add the bamboo shoots, the bean sprouts, the onions and mushrooms and cook for another minute. Add the tomatoes, cook for 1 more minute, sprinkle with a little cornflour water and a few drops of sesame oil and cook for a further minute. Put on a hot dish and place over it an egg, previously well beaten and cooked in a hot oiled pan for 1 minute. Serve with Chinese sauce.



JU YOOK CHOP SUEY

(Pork chop suey)

Ingredients: 12 ozs. of bean sprouts, 2 ozs. of mushrooms, 4 ozs. of bamboo shoots, 6 ozs. of onions, $\frac{1}{2}$ oz. of lichen, 8 ozs. of pork, salt, cornflour water, sesame oil, stock, sugar, Chinese sauce.

Method: Soak the mushrooms in hot water for 15 minutes, remove the stalks and cut the mushrooms in half. Soak the lichen in hot water for 15 minutes. Cut the bamboo shoots, the meat and the onions in pieces. Sprinkle a little salt in a hot oiled pan, put in the bamboo shoots, the onions and the mushrooms and cook for 1 minute. Next add the bean sprouts, and again cook for 1 minute. Lastly add the meat, sprinkle with a little cornflour water, a few drops of Chinese sauce and cook for a further minute. Add 1 cupful of stock, a little sugar and a few drops of sesame oil. Cook for 1 more minute and serve with Chinese sauce.

GAI SEE CHOW MIN

(Chicken)

Ingredients: 3 bundles of fresh noodles, 8 ozs. of onions, thinly sliced, 1 oz. of mushrooms, 8 ozs. of thinly sliced bamboo shoots, 6 ozs. of thinly sliced chicken meat, lard, sesame oil, salt, pepper, Chinese sauce.

Method: Roll the noodles in a little lard and steam on a sieve for 25 minutes. Soak the mushrooms in hot water for 15 minutes. Remove the stalks and cut the mushrooms into thin slices. Put the chicken, the onion and mushrooms into a hot oiled pan and cook for $\frac{1}{2}$ a minute, turning the ingredients all the time. Add the bamboo shoots and cook for another minute. The cooked noodles should then be added, cooked for 2 more minutes, mixing well with the other ingredients and seasoning with a little salt, pepper and a few drops of sesame oil. Serve hot with Chinese sauce.



CHOW SAN MIN

(Special chicken dish)

Ingredients: 3 bundles of fresh noodles, 1 oz. of mushrooms, 3 ozs. of thinly sliced bamboo shoots, 6 ozs. of thinly sliced chicken, cornflour water, sesame oil, spring onions.

Method: Put the noodles into a saucepan of boiling water for exactly $\frac{1}{2}$ a minute, remove from the saucepan and place under running cold water until quite cool. Soak the mushrooms in hot water for 15 minutes, remove the stalks and cut the mushrooms into thin slices. Put the noodles in a hot oiled pan for 1 minute, turning them frequently. Place them on a dish. Cook the chicken in a hot oiled pan for $\frac{1}{2}$ a minute, add the mushrooms and bamboo shoots and cook for another minute, then add the cornflour water and the sesame oil and cook 1 minute more. Place the whole over the noodles and garnish with finely sliced spring onions.

JING GAI

(Steamed chicken)

Ingredients: 1 chicken cut in small pieces, 1 oz. of thinly sliced mushrooms, 1 thinly sliced Chinese spring onion, $\frac{1}{2}$ oz. of thinly sliced salt cabbage, Chinese wine, 4 pieces of red dates, sliced, a few slices of ginger root, peaflour, peanut oil, parsley, mustard, Chinese sauce.

Method: Mix all the ingredients, adding a little peaflour and peanut oil and the wine, put on a dish and steam for 10 minutes. Garnish with parsley and serve with mustard and Chinese sauce.



WHY GEE GOB

(Steamed pigeons with Chinese herbs)

Ingredients: 2 pigeons, a few pieces of pork, stock, wine, $\frac{1}{2}$ oz. of Gee Jee (Chinese herb), a few pieces of Yun Yook (Chinese herb), $\frac{1}{2}$ oz. of Why Sun (Chinese herb), salt, Chinese sauce.

Method: Wash the pigeons and put them in a bowl. Add the different herbs and the pork, season with a little salt, cover with stock and steam for 2 hours in a double saucepan. When ready, add a few drops of wine to the stock and serve hot with Chinese sauce.

In China this dish is often recommended to invalids by the doctor, as it is not only pleasing, but the herbs used in it are valuable as a medicine and are said to build up the strength of convalescents.



TIN SUIN PAI KWE

(Pork with sour sweet sauce)

Ingredients: 1 $\frac{1}{4}$ lbs. pork cutlets, $\frac{1}{2}$ lb. of mixed pickles, $\frac{1}{2}$ a lb. of flour, 2 eggs, 2 cloves of garlic, 2 teacups of vinegar, $\frac{1}{2}$ a cup sugar, Chinese sauce, cornflour water, salt and pepper.

Method: To prepare the sour sweet sauce: Sprinkle a little salt in an oiled frying-pan, and cook the cloves of garlic, crushed with a knife, for 1 second. Remove from the pan, and put in the vinegar, the sugar, a drop of Chinese sauce, a little cornflour water and a little pepper. Cut the cutlets into $1\frac{1}{2}$ inch lengths and $\frac{3}{4}$ of an inch wide, salt and pepper them and coat with flour, then put in the eggs, well beaten up with a little water, and cook in a large saucepan of boiling oil for 15 minutes. Drain thoroughly. Heat the sour sweet sauce and, when boiling, add the pork and mixed pickles, stir for $\frac{1}{2}$ a minute and serve.



FOO YONG HY

(Crab omelet)

Ingredients: 1 tin of crab, 2 eggs.

Method: Beat the eggs thoroughly. Put the crab in a hot oiled pan, with a little pepper and salt and fry for $\frac{1}{2}$ a minute. Then add the beaten eggs, stir continuously and fry for 1 more minute.



CHOW YONG YOOK SI

(Fried slices of mutton with vegetables)

Ingredients: 4 ozs. of thinly sliced onions, 1 oz. of mushrooms, 4 ozs. of bamboo shoots, thinly sliced, 1 oz. of cucumber, thinly sliced, $\frac{1}{2}$ lb. of sliced mutton, 1 lb. of Chinese white cabbage, cornflour water, sesame oil, stock, sugar, salt, pepper, Chinese sauce.

Method: Soak the mushrooms in warm water for 15 minutes, remove the stalks and slice the mushrooms thinly. Put a little oil and salt in a pan and heat it. When hot, add the bamboo shoots, the cucumber, onion, Chinese white cabbage and mushrooms, and fry for 1 minute. Add the meat, a little pepper, a few drops of sesame oil and a little

cornflour water. Cook for another minute. Add a little sugar, a few drops of Chinese sauce, 2 cups of stock and cook for 1 more minute and serve hot.



HONG MAN HO SI

(Stewed oysters with mushrooms)

Ingredients: 4 ozs. of dried oysters, 4 ozs. of roast pork, 4 ozs. of bamboo shoots, 2 ozs. of dried mushrooms, 1 tablespoon of peaflour water, stock, 1 clove of garlic, salt, pepper, Chinese sauce.

Method: Soak the oysters in warm water for 2 hours and clean them thoroughly. Soak the mushrooms in warm water for 15 minutes and remove the stalks. Cut the pork and bamboo shoots in pieces 1 inch long and $\frac{1}{2}$ an inch wide. Crush 1 clove of garlic with a knife and put it in a hot oiled pan for 2 or 3 seconds. Remove, and put the mushrooms in the pan and cook for 5 minutes. Then add the oysters, roast pork, bamboo shoots and fry all together for $\frac{1}{2}$ a minute. Remove from the pan and put all in a saucepan with sufficient stock to cover. Bring to the boil and simmer for 4 hours. Add peaflour water, a few drops of Chinese sauce, and salt and pepper to taste.



HONG SHIL YU

(Stewed fish)

Ingredients: 1½ lbs. of sole, 1 oz. of onions, $\frac{1}{2}$ oz. of dried salt cabbage, $\frac{1}{2}$ oz. of pork, $\frac{1}{2}$ oz. of mushrooms, $\frac{1}{2}$ oz. of lily petals, stock, cornflour water, salt, sugar, Chinese sauce.

Method: Skin the fish and cook in a large saucepan in boiling oil for 15 minutes. Remove from the oil and drain. Cut the onions, cabbage, pork, mushrooms and lily petals into slices 1½ inches long, put all in a hot oiled pan and cook for 5 minutes. Then add the fish, cover with stock

and cook for 5 minutes. Add a little cornflour water, a few drops of Chinese sauce, and sugar and salt to taste.



CHO LOW YU

(Fish with sour sweet sauce)

Ingredients: 1½ lbs. of sole, ½ oz. of finely sliced cucumber, ½ oz. of Chinese pickled onions, ½ oz. of onions, ½ oz. of fresh ginger, 2 doz. fine slices of lemon peel, 2 cloves of garlic, 2 teacups of vinegar, ½ cup of sugar, sesame oil, cornflour water, parsley, salt, pepper, Chinese sauce.

Method: To prepare the sour sweet sauce, put the crushed garlic in a hot oiled pan with a little salt, and cook for 2 or 3 seconds. Remove and put in the pan the vinegar, sugar, a few drops of Chinese sauce, a little cornflour water and pepper.

Skin the fish and cook as in the preceding recipe. Drain and put on a dish. Slice the ginger and onions in 1½ inch lengths. Warm the sour sweet sauce and, when boiling, add the cucumber, onions, ginger and lemon peel and cook for 5 minutes. Add a few drops of sesame oil and pour the sauce over the fish. Garnish with parsley and serve hot.



CHINA TEA

The derivation of the word tea comes from the Chinese *cha*, in the Amoy dialect the word being *té*. The drinking of tea in China is of great antiquity, and according to a Chinese legend it was the Emperor Chinnung (2737 B.C.), to whom all agricultural and medical knowledge is attributed, who first discovered its virtues. But it is highly probable that tea was known at a still earlier period. In the ninth century the knowledge of tea was carried from China into Japan, and the priest Miyoye brought seed from China and planted it in the south island, Kiushiu, whence the cultivation rapidly spread.

Although other Chinese products were known and used

in Europe in early times, no reference to tea in European literature can be traced before the year 1588. It was not till the Dutch established themselves at Bantam in the early part of the seventeenth century and learnt the art of tea drinking from the Chinese that it became established in Europe.

Many of the teas drunk in China are too delicate for exportation and much of it is grown simply for family consumption. In the country the cultivator has a small area planted with tea, the produce of which is roughly sun-dried and cured in a primitive manner. Any surplus not required for family use is sold to the "collector" in its sun-dried state, and he takes it to the hong, where it is treated for exportation. Both green tea and black tea are grown on the same tea-plant, the only difference between them being in the method of preparation.

In the actual manufacturing of tea, after a somewhat long process of withering, rolling, etc., the pluckings, which consist of the stalk with the leaves and bud unseparated, are broken apart and sorted by mechanical sifters into the various grades and qualities, described as Orange Pekoe, Pekoe, Pekoe Souchong and Souchong. Besides these four classes, from which all fragments broken in the process of manufacture are sifted, we get the Broken Orange Pekoe, etc. Although these are thought to be of inferior quality by many people, experts consider them better, as the more the leaf is broken up, the better it is upon infusion.

In China, tea is never drunk with milk and sugar, and among the finest of these particular teas are Soo Hang, Loong Toon, Teet Law Foong, Long Cheng (three different varieties), and Ching Mui.

Among the most popular for exportation are the different grades of Lapsang Souchong, Moning, Keemun, etc., which can be drunk with milk and sugar.

The Chinese drink tea before and after meals, and it is served in cups without handles or saucers, with a cover.

JAPAN



	PAGE
Misoshiru (<i>A vegetable soup</i>)	597
Tamago Suimono (<i>Egg soup</i>)	597
Satsuma Jiru (<i>Chicken soup</i>)	598
Komé (<i>Rice</i>)	598
Sushi (<i>Cold rice and fish dish</i>)	598
Tempura (<i>Fried fish</i>)	599
Tempura (<i>Fried crayfish or langouste</i>)	599
Hoshisakana (<i>Dry fish</i>)	599
Misozuke (<i>Fish with bean curd</i>)	600
Mamuko-Sashimi (<i>Raw fish</i>)	600
Unagi Kabayaki (<i>An eel dish</i>)	600
Saba No Suzuke (<i>Pickled mackerel</i>)	601
Tori Hohān (<i>Fried rice</i>)	601
Seki Han (<i>Rice and red beans</i>)	601
U Don (<i>Japanese noodles</i>)	602
So Ba (<i>Black noodles</i>)	602
Ma Tsu Take No Awase Yake (<i>Chicken and mushrooms</i>)	602
Take No Ko No Umani (<i>Chicken with bamboo shoots</i>)	603
Kamo No Tsukeyaki (<i>Grilled duck</i>)	603
Suki Yaki (<i>Beef and vegetables</i>)	603
Butano Suki Yaki (<i>Pork and vegetables</i>)	603
Holenso No Shitashi Mono (<i>Boiled cold spinach</i>)	604
Mizuna No Shitashi Mono (<i>Boiled watercress</i>)	604
Yokan (<i>Japanese cakes</i>)	604
Kiuri No Tsukemono (<i>Pickled lettuce, cucumber and turnips</i>)	604
Narazuke (<i>Pickled melon</i>)	605
Misso (<i>Soya beans, malt and salt</i>)	605
Tofu (<i>Dried bean curd</i>)	605
Tamago Yaki (<i>Japanese omelet</i>)	605

Introduction

LIKE all Eastern cookery, Japanese cookery is traditional and the recipes of many of the dishes eaten in modern times date back to a very remote period. Their cooking is, on the whole, plain and simple, and grilling and baking are among their favourite methods. But the manner in which food is served is attractive and distinctive, and the Japanese chef is a consummate artist in the art of decoration. All manner of dainty, brightly coloured lacquer or porcelain bowls are set out on trays or on a table, dishes of various shapes and colours, all containing food arranged and decorated with such artistry and skill that one is tempted to taste even things repulsive to the European palate, such as raw tunny fish or bream. The black lacquer bowls, with their elaborate gold ornamentation, in which soups are served, would make any soup palatable. There is a sense of proportion, a perfect harmony in colour scheme, and a refinement in the arrangement of their dishes which make the most carefully prepared European dishes appear clumsy and gross. A Japanese cookery book with coloured illustrations is a joy to look at—very different indeed from the dull, somewhat crude illustrations which are so often found in our own cookery books.

The Japanese strive to please the eye as well as the palate and, although their meals consist of many courses, only small portions are served, and one is never confronted with the over-liberal helpings which are so often inflicted upon us in this country.

There are many charming customs associated with food in Japan. On ceremonial occasions and at banquets, a number of bowls and dishes are set before each guest, so that he may have a wide choice. Those dishes which are not partaken of, however, are carefully packed in decorated boxes made for the purpose, and presented to the guest as

he leaves. One of the most usual food-gifts is a popular Japanese fish—*tai*—which closely resembles bream, and for presentation purposes is decorated with various kinds of leaves, and with banana leaves and a sprig of pine-tree for marriage banquets. Each festival has its own dish.

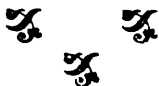
The tea ceremony—*Cha-no-Yu*—is an important one among the upper classes. Four large mats are arranged in a specified way on the floor, as well as a smaller one for the servant. The tea—green tea is used in Japan—is put into a small bowl (these being used instead of cups), the boiling water is poured over it, and it is beaten and mixed with a special bamboo brush—*chasen*—while sweet and salty biscuits are handed round. When the tea is ready, the bowl is offered to each guest in turn and, after taking a sip, the edge of the bowl is carefully wiped with a small paper napkin carried for the purpose. All this is done in silence and with great solemnity.

Japanese tea is drunk during all meals in Japan. It is made in much the same manner as China tea is made in England but, as green tea is used, only 1 teaspoon is allowed for six teacups of boiling water, Japanese teacups being smaller than English ones. Neither sugar nor milk is added.

Rice is the staple article of diet, and the poor people live on it. It takes the place of bread. The great national beverage—*sake*—is prepared from the grain by means of an organic ferment. One sauce reigns supreme in Japan—*Shoyu*, which replaces salt in many dishes and which is used in the cooking of almost everything: soup, fish, poultry, meat and vegetables. It is the popular condiment with cold fish or meat and is added to salad dressing. It is made from the Soya bean seeds, wheat and pure salt, and has a pleasant and distinctive flavour, unlike that of any of our European bottled sauces.

The Japanese look upon the art of cookery as one which is conducive to the greater enjoyment of life, but an æsthetic enjoyment rather than a materialistic one. The careful and precise preparation of food to them is a manifestation of

culture, the partaking of food is almost a ritual, and a strict traditional etiquette is observed at meals. And if some of their dishes are not pleasing to our palate, a Japanese meal is, in any case, a feast to the eyes.



MISOSHIRU

(A vegetable soup)

This popular vegetable soup is eaten either at breakfast or as last course at dinner. The stock for practically all Japanese soups is made with dried tunny fish—*maguro*—which is grated and put in boiling water. For 6 portions of soup, $\frac{1}{2}$ lb. of fish is added to 3 pints of water. When the water boils the fish is added, and as soon as the water again starts boiling, the saucepan is removed from the fire. For Misoshiru, spring onions, leeks, small turnips and bamboo shoots are cooked in the stock, small cubes of tofu are added and the soup is seasoned with 1 tablespoon of salt. *Tofu* is dried bean curd (see page 605), extensively used in Japanese cooking. When the vegetables are tender, the soup is ready.



TAMAGO SUIMONO

(Egg soup)

This is another popular Japanese soup. The stock is made as above and in the same proportions. Half a teaspoon of salt and $\frac{1}{2}$ of Shoyu sauce are added to it before serving. Proceed as in the recipe for the preceding soup, but without the vegetables, and gradually stir into the stock 4 whole eggs, well beaten, when the saucepan has been removed from the fire.

SATSUMA JIRU

(Chicken soup)

This soup consists of the same stock as in the preceding recipes. When boiling, add chicken, cut in dice, 5 ozs. of pork, also cut in dice, 1 large carrot, 2 or 3 turnips, 1 onion, 3 or 4 potatoes, cut in quarters, and mixed herbs, such as thyme, marjoram, fennel and tarragon. Simmer for 1 hour and serve without straining.



KOMÉ

(Rice)

The cooking of rice is one of the most important operations in Japanese cookery and, when properly done, it is quite dry, snowy and each grain detached from the others. The Japanese method of cooking rice is as follows: The rice is thoroughly washed in many waters—as much as seven—and well rubbed through the hands. It is then put in a saucepan—to 1 lb. of rice allow 1 pint of cold water—the pan is covered, the water is brought to the boil and should then simmer till the rice is dry and flaky, which will take from 15 to 20 minutes.



SUSHI

(Rice and fish dish)

The Japanese are great fish eaters and generally speaking there are always two fish courses at each meal, one of cold fish and one of hot. They like fish baked whole in the oven with a little saké, salt and Shoyu, and garnished with dried mushrooms, soaked in water for $\frac{1}{2}$ an hour, well dried, and cooked in a little butter. They also like steamed or grilled fish, and fried fish is very popular also. Cold rice is eaten with cold fish.

TEMPURA

(Fried fish)

The Japanese always dip their fish in a frying batter consisting of eggs, flour and water. The oil used for frying is generally oil of sesame—*Goma*—which is much used in the East instead of olive or almond oil. The sauce which is served with this is made with $\frac{1}{2}$ pint of tunny fish stock, 4 tablespoons of Shoyu, 1 tablespoon of sugar, and a little Aginomoto—a ground, flavouring condiment made from a special kind of seaweed.



TEMPURA

(Fried crayfish or langouste)

The meat is removed from the crayfish, dipped in a batter consisting of eggs, flour and water, fried in the same manner as in the preceding recipe, and served with the same sauce. This is one of Japan's great national dishes.



HOSHISAKANA

(Dry fish)

Extensive use is made of dry fish in Japan, and all kinds of fish are dried. For this particular dish, the dry fish is skinned and boned, soaked for 12 hours in a mixture of *meering*, a sweet white Japanese wine, also made from rice, saké and Shoyu. It stands in this marinade for 20 hours, is then hung up for 1 day to dry and is baked in the oven and served plain without any sauce.

MISOZUKE

(Fish with bean curd)

Both red and white bean curd are used for this dish and any kind of fresh fish can be treated in the same manner. The fish is put on a dish and covered with a mixture of both red and white *misso* (see page 605), meering, saké and sugar, and left to soak in this marinade for 3 days. It is then removed from the misso and other ingredients and baked and served plain.



MAMUKO-SASHIMI

(Raw fish)

This is another favourite cold fish dish, but the uncooked fish should be perfectly fresh. Bream and tunny are often eaten in this manner. The fish is very thinly sliced, neatly arranged on a dish and eaten with sliced cucumber or cucumber and lettuce, with a salad dressing of vinegar and sugar, or vinegar, a little Shoyu and sugar.



UNAGI KABAYAKI

(An eel dish)

Two small eels are allowed for each person. They are split down the back and the bone is carefully removed. They are then cut in short lengths, and first of all grilled, and then steamed till quite tender for about 20 minutes. The characteristic sauce which is served with them is both sweet and very salty and somewhat thick. It consists of meering, saké, Shoyu, Aginomoto and sugar, well mixed and stirred.

SABA NO SUZUKE

(Pickled mackerel)

The mackerel is carefully boned, sprinkled with salt and left to stand for 20 minutes. It is then covered with cold vinegar and stood for another 20 minutes or so, when it is ready for use. It is eaten uncooked, and for serving is removed from the vinegar and garnished with shredded cucumber or with sliced tomatoes. This is a popular cold fish dish for dinner.



TORI HOHAN

(Fried rice)

For this dish the rice is first of all boiled (see page 598), then put in a saucepan with $\frac{1}{2}$ lb. of previously boiled chicken, cut in small pieces of about $\frac{1}{2}$ an inch, chopped bamboo shoots and chopped mushrooms, both previously cooked, $\frac{1}{2}$ a teaspoon of sugar, and $\frac{1}{2}$ pint of stock. Simmer gently for $\frac{1}{2}$ hour or till all the stock is absorbed and, before serving, add $\frac{1}{2}$ a tablespoon of Shoyu and mix well.



SEKI HAN

(Rice and red beans)

This dish is made for festive occasions, such as weddings and births, and is very popular. The beans used are small red ones—*azuki*—but other dried beans may be used when these particular beans are not available. In Japan a special kind of rice—*Mochigome*—is selected for this dish. The beans are boiled for about 1 hour, till tender, and the rice is also cooked, as in the preceding recipes. Both rice and beans should be thoroughly drained from all water, well mixed together and steamed for 1 to $1\frac{1}{2}$ hours till quite dry.

U DON

(Japanese noodles)

These are made in much the same manner as the European noodles and are eaten with chicken or duck, sometimes with lobster, or another favourite way is to mix them with previously cooked mushrooms.

The Japanese recipe is 2 lbs. of flour, the yolks of 2 eggs, a little salt, and sufficient water to make a stiff paste. The mixture is thoroughly kneaded, and left to stand for $\frac{1}{2}$ an hour. It is then rolled out very thinly till almost transparent. The paste is then carefully folded into a long roll and cut into thin strips about $\frac{1}{10}$ inch wide. When these are unrolled they should be 12 to 14 inches in length. Have ready a saucepan of boiling water and boil the noodles for 3 to 4 minutes, till tender, and drain off all water before serving.



SO BA

(Black noodles)

These are made in the same way, but Soya bean flour is used instead of ordinary flour.



MA TSU TAKE NO AWASE YAKI

(Chicken and mushrooms)

Small neat pieces are cut from the breast of a chicken and put on skewers alternately with mushrooms cut the same size as the pieces of chicken. The chicken and mushrooms are then grilled, and served with peas and a sauce made with a little meering, saké and Shoyu, well mixed.

TAKE NO KO NO UMANI

(Chicken with bamboo shoots)

Put the chicken in a saucepan with 1 pint of stock and a little Shoyu. Bring to the boil and simmer till the chicken is quite tender and all the stock has evaporated. This is served plain, with bamboo shoots cut in rounds or squares.



KAMO NO TSUKEYAKI

(Grilled duck)

The duck is split for grilling and soaked for 1 hour in saké, meering and Shoyu, after which it is grilled and served with a vegetable.



SUKI YAKI

(Beef and vegetables)

This excellent Japanese dish is cooked on the table in the dining room, over a spirit lamp and in a special saucepan. It consists of beef, cut in extremely thin slices, spring onions, leeks, bamboo shoots, watercress, tofu, all browned in a little fat, then moistened with stock, sprinkled with 1 tablespoon of sugar and 1 of Shoyu. It is simmered for 15 to 20 minutes, and each person helps himself from the saucepan, and more meat and vegetables are added for a second helping.



BUTANO SUKI YAKI

(Pork and vegetables)

This is done in the same manner as the Suki Yaki in the preceding recipe, but with very thin slices of pork instead of beef.

Chicken can be treated in the same manner.

HOLENSO NO SHITASHI MONO

(Boiled cold spinach)

This dish, served as a separate course, consists of boiled spinach, well drained of water, finely chopped and mixed with a little Shoyu. It is served cold.



MIZUNA NO SHITASHI MONO

(Boiled watercress)

The watercress is boiled, well drained, chopped, mixed with a little Shoyu and served as a separate cold dish, in the same way as spinach.



YOKAN

(Japanese cakes)

These cakes are served either at tea or after dinner. They are made with 2 lbs. of red beans, 2 lbs. of sugar and 2 ozs. of gelatine. The beans are boiled for 3 hours and, when quite tender, they are rubbed through a sieve, mixed with the sugar and the dissolved gelatine and allowed to simmer for 7 hours. The mixture is then poured into flat moulds and served cold.



KIURI NO TSUKEMONO

(Pickled lettuce, cucumber and turnips)

The lettuce is cut in half, the cucumber is peeled and sliced in thin slices lengthwise, the turnips are also sliced lengthwise and all three vegetables are well sprinkled with salt and allowed to stand for about 2 days. This is eaten as a separate course with rice.

JAPAN

NARAZUKE (Pickled melon)

The melon is peeled and sliced, and covered with saké and meering and sprinkled with salt. It is allowed to stand for 5 days and is eaten as the last course of a meal.



MISSO (Soya beans, malt and salt)

Although the making of this ingredient which is so extensively used in Japanese cookery is not practicable in this country, it may be of interest to know its composition and the manner in which it is made.

The proportions are 1 bushel of Soya beans, 1 of malt and 3 of salt. The beans are squeezed and mixed with the malt and salt and kept in a cask for 6 months to mature.



TOFU (Dried bean curd)

Cubes of tofu are frequently mentioned in Japanese recipes. Tofu is made by soaking the dry beans in water for a day, pounding them in a stone mortar, straining into square moulds and mixing with brine. They are then boiled till they become hard and firm.



TAMAGO YAKI (Japanese omelet)

For 4 people, allow 6 eggs, 3 tablespoons of stock and a seasoning of sugar and salt. The eggs are well mixed with the stock and seasoning, and the omelet is cooked in butter in the usual way.

DISHES FROM MANY LANDS

TURKEY AND THE BALKANS

	PAGE
Pilaf (<i>Rice</i>)	611
Kébabb (<i>Lamb on skewers</i>)	611
Hunkiav Beyandi (<i>Kebabbs with purée of aubergines</i>)	611
Imam Baïldi (<i>A dish of aubergines and tomatoes</i>)	612
Rahat el Halkum (<i>Turkish sweetmeat</i>)	612
Beurrek (<i>Pastry and cheese fingers</i>)	612
Dolmas (<i>Forcemeat wrapped in a vineleaf</i>)	612
Taraba (<i>Forcemeat in spinach leaves</i>)	613
Salonique Toti (<i>Liver, etc. on skewers, in batter</i>)	613
Mahallebi (<i>Rice and meat sweet</i>)	613
Turkish Coffee	613



GREECE

Pilaff (<i>Pilaff</i>)	614
Adjhém Pilaff (<i>Pilaff with mutton</i>)	615
Ghofária Plaki (<i>Baked fish</i>)	615
Soupa Avgholémono (<i>Lemon soup</i>)	615
Arni Souvla (<i>Meat on skewers</i>)	615
Saláta	616
Kotopoulo Bamies (<i>Chicken with "Ladysfingers"</i>)	616
Kourabiédes (<i>Greek shortbread</i>)	616
Frésco Tiri (<i>Cream cheese</i>)	616



ARABIA AND PERSIA

Tadjin Ahmar (<i>Mutton stew with prunes</i>)	617
Chervah (<i>Mutton soup</i>)	618
Méchoui (<i>Whole lamb roasted on the spit</i>)	618
Kebash-el-Attarine (<i>Mutton with almonds and honey</i>)	618

DISHES FROM MANY LANDS

	PAGE
Kebash-Sakkar (<i>Boiled mutton and apricot jelly</i>)	618
Djedjad-Imer (<i>Roast chicken and honey</i>)	618
Duaz-Fenjo (<i>Goose coated with sugar</i>)	619
Fouja Djedjad (<i>Apples stuffed with chicken</i>)	619
Munkaczina (<i>Salad of oranges, onions and olives</i>)	619
Gabena (<i>Arabian method of making coffee</i>)	619
Kebabb Pilaw (<i>Rice and mutton pilaw</i>)	620
Chicken with Saffron	620
Stuffed Quinces	620
Chopped Vegetables	620
Salted Green Peas	620
Bitter Cherries	620



MOROCCO

Couscous (<i>Steamed semolina</i>)	621
Couscous (<i>Steamed semolina with mutton and chicken stew</i>)	622
Couscous (<i>With grilled mutton</i>)	622
Stuffed Pimientos	622
Grilled Cutlets with Chopped Mint	622
Coconut Cakes	623
Banana Fritters	623
Foule Sudani Soup (<i>Sudan peanut soup</i>)	623



AFRICA (GENERAL)

Thetchouka (<i>Algerian dish with tomatoes, pimientos, etc.</i>)	623
Cuttlefish (<i>As prepared in Algeria</i>)	623
Algerian Couscous	624
Chakchouka (<i>Tunisian dish of onions, tomatoes, egg, etc.</i>)	624
Aouara Soup (<i>A soup from Guinea</i>)	624
Fricassée of Iguana (<i>From Guinea</i>)	625

RECIPES OF ALL NATIONS

	PAGE
Spinach (<i>Guinea</i>)	625
Docono (<i>Semolina and milk sweet, Guinea</i>)	625
Foutou (<i>Yams, Ivory Coast</i>)	625
Mokoto	626
Calalou (<i>A stew of mixed ingredients, Dahomey</i>)	626
Senegalese Rice	626
Kalaloum	627
Chicken with peanuts	627



EASTERN ASIA

Pho (<i>Annamese soup</i>)	627
Nems (<i>Annamese rissoles</i>)	628
Saoto Babate (<i>Javanese tripe soup</i>)	628
Rijstapel (<i>A Javanese curry</i>)	628



THE FRENCH WEST INDIES

Rougail de Grevettes (<i>A prawn hors-d'œuvre</i>)	629
Rougail d'Aubergines (<i>An aubergine hors-d'œuvre</i>)	629
Rougail de Tomates (<i>A tomato hors-d'œuvre</i>)	629
Rougail de Morue (<i>Dry salt cod</i>)	629
Les Achards (<i>Hors-d'œuvre of vegetables</i>)	629
Pimentade (<i>Fish boiled with chilli peppers</i>)	630
Calalou (<i>Vegetable, pork and crab stew</i>)	630
Les Acrats (<i>Fritters</i>)	630
Acrats Morue (<i>Salt cod fritters</i>)	630
Acrats de Bélangeres (<i>Aubergine fritters</i>)	631
Féroce de Morue (<i>Grilled salt cod and bird peppers</i>)	631

DISHES FROM MANY LANDS

	PAGE
Daube de Poisson (<i>Fish stew</i>)	631
La Morue Bouillie	631
Crabes Farcies (<i>Stuffed crabs</i>)	632
Pâtés de Crabes (<i>Crab pâtés</i>)	632
Daube de Porc (<i>Braised pork</i>)	632
Boeuf Créole (<i>Creole beef</i>)	632
Poule au Riz Créole (<i>Creole chicken with rice</i>)	633
Poulet à la Créole (<i>Chicken a la Créole</i>)	633
Chanfaïna (<i>Fried liver</i>)	633
Poulet Cocotte aux Bananes (<i>Chicken with bananas</i>)	633
Ignames (<i>Yams</i>)	634
Ignames en Purée (<i>Purée of yams</i>)	634
Ignames Frites (<i>Fried yams</i>)	634
Croquettes de Patates (<i>Sweet potato croquettes</i>)	634
Choux Palmiste (<i>Palm "cabbage"</i>)	634
Aubergines Sauce au Chien (<i>Aubergines with "Dog" sauce</i>)	635
Riz à la Créole (<i>Creole rice</i>)	635
Tomates Farcies au Riz (<i>Stuffed tomatoes with rice</i>)	635
Beignets de Bananes (<i>Banana fritters</i>)	636
Bananes Frites (<i>Fried bananas</i>)	636
Bananes en Daube (<i>Banana stew</i>)	636
Bananes Confites Séchées (<i>Dried preserved bananas</i>)	636
Petits Gâteaux au Coco (<i>Small coconut cakes</i>)	636
Confiture de Coco (<i>Coconut jam</i>)	636
Gâteau de Patates au Coco (<i>Sweet potato cake with coconut</i>)	637
Gâteau de Maïs (<i>Corn cake</i>)	637
Salade d'Avocat (<i>Avocado pear salad</i>)	637
Riz Cannelle (<i>Rice with cinnamon</i>)	637
Punch	637
Punch aux Fruits (<i>Fruit punch</i>)	638
"La Ponche" (<i>Punch</i>)	638
Sang Gris (<i>"Grey blood," Madeira, etc.</i>)	638
Cocktail à la Noix de Coco (<i>Cocktail with coconut milk</i>)	638

RECIPES OF ALL NATIONS

SOUTH AMERICA

	PAGE
Sopa de Quimombo (<i>Gumbo soup</i>)	639
Caldo de Quimombo (<i>Gumbo with stock</i>)	639
Feijao (<i>A dish of black beans</i>)	639
Camerões (<i>Prawns</i>)	639
Parrillada Criolla (<i>Mixed grilled</i>)	639
Assado Criollo (<i>Whole lamb roasted on the spit</i>)	639
Pisco (<i>An apéritif</i>)	639
Rio Grande do Sul (<i>Brazilian wine</i>)	639
Cachaça (<i>Brazilian rum</i>)	639

Introduction

It is an obvious fact that no animal eats such a variety of food as man, and climate is undoubtedly one of the main factors in producing a wide diversity of taste. Were edible lizards as common in England as cattle, we should probably have our Iguana fricassées, just as they have in Guinea. "Chacun à son goût." We like high game; the Annamese like a sauce made from decaying fish. We shudder at the thought of eating cuttlefish or opossum; other nations may shudder at eating our boiled beef and cabbage. Prejudice is never so rampant as where food is concerned, and we find the same contempt for other people's food among all nations, all tribes, and even religious sects.

In writing this section of my book, I have tried as much as possible to give recipes which are practical, and which might be useful to *gastronomes* who wish to try new dishes. In a few cases, however, I admit that I have given recipes which are interesting merely from the historical standpoint and because it is perhaps enlightening to know what our fellow creatures eat, be they white, black, or yellow.

TURKEY AND THE BALKANS

THE ancient Byzantine cookery still survives in many parts of the Balkans, and the influence of the cookery of Western Europe has been negligible. We find that extensive use is made of mutton, oil and vegetables, and the Turks introduced rice from Persia.

In Turkey, mutton is put to many uses—one of the favourite methods being to cut it in small pieces and roast or grill it on skewers; it is used for pilaf, for a stew, with small marrows and spinach, and all kinds of forcemeats are made with it. One of the most famous of all Turkish dishes is PILAF. Take 1 cup of rice and wash it thoroughly in cold water and drain on a sieve. Put an iron saucepan on a moderate fire, with 1 tablespoon of butter, the pulp of 1 tomato, and season with a little salt. When the butter is hot, add the rice, and stir for a few minutes till the rice is slightly coloured. Then add 2 cups of water, season with a little more salt, cover the saucepan, and simmer till the rice has absorbed all the water. This will take from 15 to 20 minutes. Stir lightly with a wooden spoon, and wipe the inside of the cover of the saucepan to remove all moisture. Let it stand on a very slow fire till quite dry and flaky. The rice should be very white and each grain separate. This plain Turkish pilaf is eaten with KEBABB—small pieces of fat breast of lamb, on skewers, highly seasoned and roasted over or in front of a charcoal fire. Sometimes small tomatoes are put on each end of the skewer. The pieces of mutton used for this dish are marinated in vinegar, with a small quantity of oil, sliced or chopped onions and carrots, cloves, parsley and black pepper.

HUNKIAV BEYANDI is the name given to kebabb when served with a purée of aubergines. This vegetable is extremely popular in Turkey, and one of the commonest ways

RECIPES OF ALL NATIONS

of preparing it is called IMAM BAILDI—the meaning of which is “the Swooning Imam”—the Imam having fainted with delight when he first partook of this wondrous dish.

Cook $\frac{1}{2}$ a lb. of chopped onions in oil till a golden colour, and add 1 lb. of quartered tomatoes and a little garlic. Season highly with salt and pepper. Cook slowly till reduced to a pulp. Remove the stalks of the aubergines, but do not skin them. Blanch them in boiling water for 5 to 8 minutes, then split them lengthwise. Remove a little of their pulp, and stuff each half aubergine with the tomato and onion purée. Now place them on a well-buttered fireproof dish, pour a little more of the purée over them and cook in a slow oven for 1 hour.

Like all Eastern peoples, the Turks are extremely fond of sweetmeats of all descriptions, and among the most popular is RAHAT EL HALKUM. Make a thick syrup with just over 2 lbs. of sugar and $\frac{3}{4}$ of a pint of water, adding 1 tablespoon of lemon juice, and stirring in 5 ozs. of fine starch. Stir continuously and, when the mixture begins to thicken, add a few blanched almonds, pistachio nuts, and shelled and halved hazel nuts. Pour the mixture into a deep dish, sprinkled with fine starch, cut into squares and let stand till cold.

BEURREK are pleasant little cheese pastry fingers. Put $\frac{1}{4}$ lb. of Gruyère cheese, cut in small pieces, in a saucepan with 3 tablespoons of thick white sauce. Stir till the mixture thickens. When cold, shape into small sausages, about 4 inches long, wrap each in a thin piece of pastry, and fry in boiling oil to a light golden brown.

One of the favourite ways of cooking mutton in the East, which is also popular in Turkey, is the DOLMAS, the forcemeat of which consists of uncooked mutton finely chopped with kidney fat, a little soaked bread, and sometimes uncooked rice, the whole highly seasoned and spiced. A teaspoon of the mixture is wrapped in either a blanched vine

leaf, fig leaf, or cabbage leaf, and these are placed in a saucepan and braised with either a little stock or with a little tomato pulp.

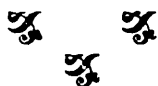
Another version of this dish is called TARABA. Wash 1 lb. of spinach, and blanch in boiling water for 1 or 2 minutes. Remove from the water and drain, but do not pick the leaves. Make a forcemeat with uncooked mutton, a little onion and shallot, and season highly with salt and red pepper. Shape the forcemeat into tiny balls, and wrap each in two spinach leaves. Put the forcemeat balls in a saucepan with melted butter, a little tomato sauce and lemon juice. See that the meat balls are closely packed, and cover with a plate, so as to keep them in position. Simmer very gently for $1\frac{1}{2}$ to 2 hours.

SALONIQUE TOTI is another of the favourite dishes of Eastern Europe, in which the ingredients are cooked on skewers. Small pieces of liver, kidneys, brain, are put on a long metal skewer, with alternate pieces of fat bacon, and slices of aubergines. They are dipped in a frying batter, and fried in oil.

MAHALLEBI is a sweet hailing from the Balkans. Three ozs. of rice are boiled in water till the rice is quite soft. The rice is then rubbed through a sieve, and boiled with 2 ozs. of sugar, and 1 quart of milk. Stir continuously and, when the mixture begins to thicken, add $2\frac{1}{2}$ ozs. of rice flour, stir well, remove the mixture from the saucepan and use when cold.

TURKISH COFFEE is popular throughout the world, and is excellent when properly made. A copper coffee-pot with a long handle and without a lid, is used. About $\frac{3}{4}$ oz. of very finely ground coffee and the same of sugar to a fraction over a gill of water are the proportions for one cup of Turkish coffee. Put all in the coffee pot, and stir till the mixture comes to the boil and is frothy. Remove from the fire and, when the froth has subsided, the pot is replaced on

a brisk fire, and the operation is repeated three times in all. Just before serving, a little cold water is added to settle the dregs, and a few drops of rosewater. Milk is never mixed with Turkish coffee.



G R E E C E

GREEK cooking has undoubtedly been greatly influenced by Turkish cooking, and the various Greek Pilaffs are very reminiscent of those of Turkey. Olive oil, being cheap and plentiful, is extensively used in Greek cookery, as well as butter. There are only two substantial meals during the day—breakfast is very light, consisting of coffee and a roll or “crescent,” like the French *petit déjeuner*—a large meal at 1 o'clock, and another important meal at about 8 o'clock in the evening. Sometimes between lunch and dinner a few pastries are eaten, with a glass of milk or water.

I wish to tender my thanks to Mr. C. Pandelis, proprietor of the Salonika Restaurant, London, former chef to one of the members of the Royal Family of Greece, for very kindly helping me with these national recipes.

PILAFF (Pilaff)

Rice dishes are very popular in Greece and they have various kinds of pilaffs, one of the favourites being the following: One cup of rice is fried for 5 to 8 minutes in a little butter. Strong beef or mutton stock is then added to it gradually, and it is simmered for 20 to 25 minutes, a few sliced tomatoes being added and a liberal seasoning of salt and pepper. When properly done, the rice should be only just moist and each grain detached from the others.

ADJHÉM PILAFF

(Pilaff with mutton)

This is made in the same manner as the pilaff in the preceding recipe, but with the addition of a few pieces of mutton, cut in 2-inch lengths and previously browned in butter, mixed in with the rice about 15 minutes before serving.

GHOVÁRIA PLAKI

(Baked fish)

This is the great national fish dish of Greece. The fish most commonly used are either bream, grey mullet or red mullet. When bream or grey mullet is used, the fish should be filleted, but the red mullet is left whole. The fish is put in a baking tin with a little oil and water, and 6 finely chopped onions, previously lightly browned in oil, are added, with a few chopped tomatoes, also cooked in oil, 2 cloves of garlic, and a seasoning of salt and pepper. The fish is baked in a moderate oven for 30 to 45 minutes, till quite tender.

SOÚPA AVGHOLÉMONO

(Lemon soup)

This typically Greek soup consists of good chicken or beef stock, thickened with a little rice and simmered for 10 minutes till the rice is cooked. Before serving, the yolks of 2 eggs, diluted with a little of the warm stock, are mixed in, and the juice of 1½ lemons. Stir for a few minutes and serve with croûtons of fried bread.

ARNI SOÚVLA

(Meat on skewers)

This is similar to the many Kebabbs which are so extensively eaten in the East, and is no doubt of Turkish origin. Small squares of lamb or mutton are threaded on skewers, well seasoned with salt and pepper, and grilled on an open fire till well browned. This is always served with a salad, the Saláta, which is typically Greek.

RECIPES OF ALL NATIONS

SALÁTA

This consists of uncooked shredded white cabbage, beetroot, beans, small black olives and capers, with a dressing of 4 tablespoons of vinegar, 3 of oil, a little mustard, salt and pepper, well mixed and poured over the salad.

KOTOPOULO BAMIES

(Chicken with "Ladysfingers")

This is the chicken dish *par excellence* in Greece. The chicken is roasted till half cooked, then jointed, and put in a casserole with butter, a little highly concentrated tomato purée or paste, well seasoned with salt and pepper, and a few *bamies*, or "ladysfingers." This vegetable, so widely cultivated in tropical countries, is a variety of okra, or *gombo*, but smaller than the okra of the Southern United States. It is only obtainable in tins in this country. The chicken is then simmered for $\frac{3}{4}$ of an hour till tender and served with the "Ladysfingers."

KOURABIÉDES

(Greek shortbread)

This shortbread is popular throughout Greece and is eaten on all festive occasions.

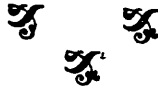
Cream $\frac{1}{2}$ lb. of butter, work in gradually 1 lb. of flour, $\frac{1}{2}$ lb. of icing sugar and 1 teaspoon of baking powder. Work thoroughly, roll out, and divide into pieces 2 inches wide and about 3 inches long. Bake in a slow oven for $\frac{3}{4}$ of an hour without browning. When done, dip in icing sugar, being careful that each piece is evenly coated.

"FRÉSCO TIRI"

(Cream cheese)

This home-made cheese is made in the same manner as the French Fromage à la Crème, and is eaten with sugar or a little salt. Put 2 $\frac{1}{2}$ pints of milk in a jug and keep in a warm place to sour. When solidified, pour into a square piece of

butter muslin, gather the ends and tie, so as to form a bag, and hang over a basin for 12 hours in a cool place to drain off the water.



ARABIA AND PERSIA

IN both Arabia and Persia, as well as in Turkey, mutton is almost the only meat which is eaten, and everything is cooked in mutton fat. Although some of their dishes are excellent, they are hardly suitable to European taste, and the greasiness and richness due to the use of mutton dripping are apt to be nauseous and upsetting. But many Arab dishes, with slight modifications, and a less generous use of fat, are quite pleasing and certainly novel.

For instance, the Arab mutton stew **TADJIN AHMAR**, with prunes, is extremely good, especially if the fat is skimmed off—which is not usually done by the Arab cook. It is made with breast and neck of mutton, cut in 2 inch lengths and browned in a little fat or butter, in an earthenware casserole. One finely chopped onion is put in and, when slightly brown, a mere sprinkling of flour is added, and stirred with the onion and fat till quite brown. Now add sufficient hot water to cover the meat, bring to the boil, season with salt, cover the casserole, and simmer. After a few minutes, add a good pinch of saffron, either pounded in a mortar or moistened with a little boiling water, and a small stick of cinnamon. Simmer for 2 hours. A good handful of prunes, previously soaked in cold water for about 12 hours, is then added, and the stew is simmered for an hour longer. The Arabs usually flavour it with a little orange flower water and add sugar, to make it distinctly sweet. This dish is always served in the casserole in which it was cooked.

CHERVAH is a well-known Arab soup, made with mutton. Put $2\frac{1}{4}$ lbs. of breast and neck of mutton in 2 quarts of warm water, to which have been added 1 lb. of tomatoes and $1\frac{1}{2}$ lbs. of onions, previously sliced and slightly browned in fat, and a handful of chopped mint. Season highly with salt and pepper. Bring to the boil and simmer for 3 to $3\frac{1}{2}$ hours. Just before serving, remove the meat and cut into dicé. Place these in the soup tureen, with about a $\frac{1}{4}$ lb. of coarse vermicelli, previously cooked, and pour the soup over the meat and vermicelli. It is a very rich and sufficing dish.

But perhaps the most famous of all Arab meat dishes is the MÉCHOUI—the roasting of a lamb, not older than a year, on a spit in the open. The viscera are carefully removed—the kidneys being left—and the inside of the animal is well washed. A generous handful of salt is then put inside, with a plentiful amount of butter, a handful of chopped onion, and a little pepper. The opening is fastened with a wooden skewer. The lamb is then put on the spit; a trench, in which a big fire is lit, is dug on one side, and red-hot embers are placed beneath the lamb. The spit is slowly revolved, so that the meat will be evenly cooked and, after the lamb begins to brown, it is constantly basted, or brushed over with hot fat.

KEBASH-EL-ATTARINE is made with mutton roasted on the spit. The thicker parts of the cooked mutton are carved off, and stuffed with a mixture of finely grated or pounded almonds and honey. The joints are brushed over with honey and freely sprinkled with pounded pistachio nuts, and served on a layer of apricot jam.

KEBASH-SAKKAR consists of boiled mutton, coated with a layer of gooseberry jelly.

DJEDJAD-IMER is another Arab dish which shows their liking for the combination of meat and sweetstuffs. Prick the whole of the breast of a chicken with a small sharp

knife or a pointed skewer, and rub over with honey, mixed with melted butter. Pour honey, flavoured with a little benzoin gum and otto of roses, inside the bird, and roast in the oven. When done, cut the bird in half, and on each half spread finely chopped pistachio nuts, sprinkle with sugar, garnish with cherries in syrup, and preserved ginger, and finally pour a little honey over the whole.

DUAZ-FENJO is goose also pricked with a skewer, rubbed over with honey, flavoured with cloves, and stuffed with apples, sugar, and flavoured with amber. After having been roasted, usually on the spit, the goose is coated with icing sugar, and garnished with glacé cherries and almonds.

FOUJA DJEDJAD—this consists of apples stuffed with chicken. Cut a slice from the top of an apple, remove the core, but without piercing the other side of the fruit, and carefully scoop out some of the interior. Fill with chopped breast of chicken and a few cloves. Sprinkle with sugar, brown breadcrumbs, moisten with a little fat and bake in the oven.

A quite pleasant salad is MUNKACZINA, which is composed of sliced oranges, sliced onions, and small black olives, with a dressing of a little oil, salt, and red pepper.

One of the oldest methods of making coffee hails from Arabia, and the making of Arabian coffee—the GABENA method—is a ritual. The coffee shrub was introduced from Abyssinia at an early date, and there is a quaint legend about the discovery of coffee and its stimulating and beneficial effects. A shepherd of the Yemen noticed that his flock of sheep, having browsed on the shrubs, became highly elated and sleepless. On testing it himself, he was so delighted with the result that he hastened to impart his discovery to others—and hence the origin of coffee drinking!

In the Arab method, the coffee beans are roasted in an open iron ladle until they are almost burnt, and then pounded in a mortar to a coarse powder. Moka is the coffee always

used by the Arabs. A large copper jug is filled with cold water, put on the fire, and when the water is boiling it is poured into a clay pot called a "gabena," over the coffee, the pot being only half filled. This pot has an opening at the top, in which the water is poured, and a long curved spout, in the middle of which is a filter made of palm bark fibre. The mixture is stirred and simmered, the time varying according to individual taste. Saffron or other aromatic flavourings are added. The mixture is then filtered through the palm bark fibre into a silver vessel contained in a rush basket which is made to fit and enclose it. And as the coffee is being poured out, Allah is invoked. The ceremonial is very elaborate.

In Persia we find the same fondness for mutton as in Arabia. Their KEBABB PILAW is similar to other Eastern pilafs. The rice—unpolished rice is used—is soaked overnight in salted water, and boiled with barely sufficient water to cover. When the rice has absorbed the water, in about 20 minutes time, it should be dry and flaky. It is piled on a dish, and pieces of grilled mutton are laid on the top. It is served with yolk of egg and butter on each plate.

CHICKEN WITH SAFFRON is served in the same way, on "a mountain of rice," as it was described to me, the chicken having been boiled and carved, and sprinkled with saffron.

STUFFED QUINCES with chopped mutton or chicken are one of the most typical of Persian dishes, whilst uncooked CHOPPED VEGETABLES are often served.

SALTED GREEN PEAS, first cooked in cinders and then salted like almonds, are among Persian delicacies, as well as BITTER CHERRIES, coated with icing sugar.

The hours of meals in Persia vary according to the seasons. Breakfast is two hours after dawn. It consists of ewe, goat or buffalo milk, flat bread, cheese, honey and fruit.

DISHES FROM MANY LANDS

Lunch is at midday and consists of pilaw, mutton broth and broad beans, dishes of uncooked vegetables and cheese.

Tea is drunk more or less throughout the afternoon, and Persian women nibble at all kinds of sweetmeats, compotes, salt nuts, salt peas, pistachio nuts, which are spread on trays on the floor.

Dinner is only served after sundown and consists of some kind of pilaw and plenty of rice.



MOROCCO

THERE are a few interesting dishes hailing from Morocco, some of which are highly reminiscent of Spanish cooking, with their mixtures of vegetables, and their use of pimientos, dried beans, and their broad seasoning. One of the great dishes in Morocco is the COUSCOUS, which we also find in Algeria, but in the latter place it is made from millet, whilst in Morocco semolina is used. The Arab word "couscous" originally meant the husked grain of corn, and has been employed as an article of diet from time immemorial. In the countries where couscous is made, special utensils for the cooking of it are sold, consisting of a glazed earthenware marmite, and a strainer, also of glazed earthenware, which fits over it. Put a $\frac{1}{2}$ lb. of dried beans, previously soaked, in the marmite, cover with cold water, and season with salt. In another terrine, put 2 lbs. of couscous, and moisten with a little boiling water to make the grains swell. Stir with a fork, let it stand for 20 minutes, and repeat this operation three times. When the grains have swelled sufficiently, add a little oil. Now place the couscous in the glazed strainer over the marmite containing the dried beans, putting a damp

cloth between the marmite and the strainer, to prevent the steam from escaping at the sides, and simmer for about 3 hours.

Another way of preparing couscous is to steam it over a stew consisting of breast of mutton, first browned in fat, a chicken, jointed, and also browned in fat, and a few onions. After about 15 minutes, the moisture which has collected in the strainer is poured into the marmite, which is again covered with the wet cloth, and the strainer containing the couscous put over it. Add carrots, onions, haricot beans, green peas, pimientos and turnips to the stew, which should be well seasoned. When the steam again escapes from the couscous, the dish is ready. Make a sauce with a little of the reduced stock and butter, seasoning highly. Put the couscous on a hot dish, with the meat and chicken in the middle and the vegetables around the dish.

Couscous is very often served with mutton grilled over a charcoal fire.

STUFFED PIMIENTOS in Morocco are done in a very similar way to that popular in Spain. The large red variety are used. They are first either blanched in boiling water for a few minutes, or else lightly baked, the tops are removed, and the seeds taken out. They are next filled with finely chopped cooked chicken, chopped cooked onion, 1 or 2 cloves of chopped garlic, and various kinds of herbs. They are then sprinkled with oil and put in the oven till slightly browned.

Another way in which STUFFED PIMIENTOS are done is to cut them in half, remove the seeds and blanch them. Each half is filled with cooked mutton, finely chopped, a little soaked bread, chopped hardboiled egg, chopped onions, previously cooked, covered over with a thick and highly seasoned tomato sauce, and put in the oven for 20 to 25 minutes.

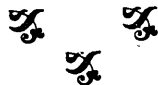
They have a way of serving GRILLED CUTLETS which will remind the English visitor to Morocco of lamb and

mint sauce. The grilled cutlets are freely sprinkled with freshly chopped mint.

COCONUT CAKES are among the many very pleasing sweetmeats. Break the coconut and keep the milk. Grate the coconut finely, mix with the milk, and put in a saucepan with a $\frac{1}{2}$ lb. of sugar. Stir and bring to the boil, and when the mixture thickens and begins to turn slightly yellow, pour it on a buttered marble or dish, divide into squares, and let stand till cold.

They have a way of doing delicious BANANA FRITTERS in Morocco. The bananas are peeled, cut in half lengthwise, and soaked in liqueur. They are then dipped in a good frying batter, flavoured with the same liqueur in which the bananas were marinated, sprinkled with breadcrumbs, and fried in hot fat to a golden colour. They are then sprinkled with crystallized sugar.

FOULE SUDANI SOUP is a very delicious soup, consisting of white stock, to which pounded peanuts have been added.



AFRICA (GENERAL)

ONE of the best known of all Algerian dishes is the THETCHOUKA, the recipe for which has found its way into several European cookery books. It consists of tomatoes, skinned and simmered till reduced to a pulp, with a little oil or butter, and a few cloves of garlic. To this is added thin strips of green pimientos, previously grilled, and, just before serving, well-beaten eggs are poured over the top and cooked till set.

There is a way of cooking CUTTLEFISH in Algeria which is very reminiscent of the French method of treating

sole. The cleaned cuttlefish are soaked in salted water, then boiled, with mixed herbs. After which, they are put in a buttered fireproof dish, with a little white wine, sliced mushrooms, parsley, and dotted with pats of butter. This is put in a moderate oven for 25 to 30 minutes, and the dish is garnished with slices of lemon.

The Algerian COUSCOUS is different from that of Morocco. It is cooked in the same way but, as mentioned earlier, is made of freshly-ground millet instead of semolina. The meat or fish with which the couscous is served is placed in a large earthenware casserole, with chilli peppers, all kinds of vegetables, sweet manioc, yams and leaves of the baobab tree. This is an African tree, one of the largest trees known, its stem reaching as much as thirty feet in diameter. Then a copious amount of palm oil or butter is added. All this is simmered for several hours, and served on a hot dish, with the couscous around it. The natives, however, eat it in a more primitive way. Meat, fish and vegetables are all put, higgledy-piggledy, in an enormous gourd, hollowed out and dried, which they use as a dish. Each one dips his hand in the casserole containing the couscous, takes out a handful, rolls it into a ball, and swallows it, and also helps himself in the same manner to the meat, vegetables, etc.

In Tunisia they have a different version of CHAK-CHOUKA. Four or five large onions are browned in oil and, when well browned, the same number of sliced tomatoes are added, and 3 or 4 sweet peppers—pimientos—and 1 small hot pepper. This is simmered till all the vegetables are reduced to a pulp and, when ready, it is put in individual pottery casseroles, an egg is broken on each, and served when the egg has just set.

From Guinea we get some interesting recipes. Their AOUARA SOUP is made from the fruit bearing that name, which closely resembles our blue plums. It is cultivated chiefly for its oil, and the kernel is edible. The soup is made from the pulp. A few tablespoons of the pulp are

mixed with 3 quarts of water, and various kinds of vegetables are added to it—cabbage, aubergines, spinach, as well as a thick slice of salt pork, fried fish, prawns, large crabs, and sometimes salt cod. All this is simmered for three hours, and served with plain boiled rice or with a dish of cooked manioc flour.

FRICASSÉE OF IGUANA is another favourite dish in Guinea. The iguana is a large, edible lizard which is prepared in various ways—roasted, grilled, or in the oven. At certain times of the year, when the females are full of eggs, it is much esteemed, as the eggs are considered a great delicacy. The back only of the animal is used for this fricassée, which is delicious. The pieces of iguana are cooked in hot butter in a casserole and, when browned, a little flour is sprinkled over them. When the whole is browned, a little water is added, as well as parsley, bayleaf and thyme, and a few small onions. This is simmered for about $\frac{3}{4}$ of an hour, the eggs being added only a few minutes before serving.

They have a way of cooking SPINACH which is quite pleasant. The spinach is washed and picked in the usual way, but the leaves are not removed from the stalks. The spinach is cooked in salted oil or butter and, when slightly browned, it is covered with hot water. Salt pork, cut in dice, fried fish, and prawns are added, and the whole is simmered till the water has evaporated.

DOCONO is a sweet from Guinea. It consists of coarse semolina, cooked in sweetened milk with sliced bananas, and flavoured with vanilla and cinnamon. It is served either hot or cold.

The great national dish of the Ivory Coast is the FOUTOU, which consists of yams, boiled in water, peeled and pounded in a mortar, and highly seasoned with salt, pepper, red peppers, and grated nutmeg. This is eaten with either a chicken or meat fricassée cooked in palm oil.

The national dish in Dahomey, although of Portuguese origin, has been considerably modified, as neither palm oil, manioc nor peppers were originally used by the Portuguese. MOKOTO consists of the tripe and feet of certain animals which, after having been thoroughly washed, scalded, etc., in the approved European manner, are first of all simmered for several hours. After which they are put in an earthenware casserole and lightly browned in palm oil. They are then sprinkled with flour, and sliced onions and tomatoes are added. The seasoning consists of garlic, mixed herbs and a copious amount of small chilli peppers. It is simmered for several hours, and always served with manioc flour, which is sprinkled on the fricassée.

Another national dish of Dahomey is the CALALOU. In a large and deep earthenware casserole or marmite the following ingredients are put: Beef, mutton, pork, chicken, duck, sometimes game, dried fish, salt prawns, wild local spinach, okra and tomatoes. These are cooked in palm oil till the meat is easily removed from the bones, with a seasoning of salt, and very hot pepper.

SENEGALESE RICE is as popular a dish in Senegal as the couscous. It can be made with meat, chicken or fish. The pork, mutton, or chicken is cut in somewhat large pieces, and the fish also. The pieces of meat or fish are first of all fried in oil with a chopped onion, seasoned with salt and pepper and, when well browned, they are covered with hot water and seasoned with chilli pepper or cayenne, cloves, and other spices. Then all kinds of vegetables are added, and always very small marrows and tomatoes. All this is simmered till tender—the meat, of course, takes longer than the fish. When done, the meat and vegetables are removed from the stock and kept hot. The rice—unpolished rice is used—is now cooked in the stock, which should not only cover it but be quite two inches above the rice. This is simmered till the rice has absorbed all the

DISHES FROM MANY LANDS

stock and is quite dry and flaky. If the rice "catches" and is slightly burnt in the bottom of the pan the natives are delighted, as this is considered a relish. The rice is now put into a large gourd with the meat or fish and the vegetables.

Another African dish, KALALOUM, consists of a chicken, cut in joints, cooked in oil, served with boiled rice, dry and flaky, and portions of coconut, pounded green pimientos, peanuts, a quartered orange, and yams. This is all mixed on the plate with the chicken.

From the Congo comes an attractive way of cooking CHICKEN WITH PEANUTS. The chicken is cooked in a covered casserole, with plenty of oil and butter. When nearly done it is covered with a kind of peanut sauce, made by first of all roasting the peanuts, removing shell and skin, pounding in a mortar, and cooking in water to the consistency of a very thick purée. The chicken is then cooked for another few minutes.



EASTERN ASIA

PHO is the name of an Annamese soup held in high esteem. It is made with beef, a veal bone, onions, a bayleaf, salt and pepper, and a small teaspoon of nuoc-man, a typically Annamese condiment which is used in practically all their dishes. It is made from a kind of brine exuding from decaying fish, and in former days six years were required before it had reached full maturity. But in modern times the preparation has been put on the market, and can be made by certain chemical processes in a very short time.

To go with this soup special kinds of noodles are made with flour, egg and water. The paste is worked till quite

stiff, rolled out, but not very thinly, and poached in boiling water. It is then rubbed through a coarse sieve into the soup tureen, the soup meat is cut in small pieces and put in with the noodles, and the stock is poured over the whole.

NEMS is the name of Annamese rissoles, which might almost be European, so little do they differ from some of our dishes. They make a somewhat stiff rissole paste, which is cut into a large round, about the size of a pancake, and somewhat thick. On this they put a spoonful of a finely-chopped forcemeat consisting of pork, mushrooms or cépes, a little uncooked vermicelli, crab meat, eggs, all well seasoned with salt and pepper. The pancake is then rolled and fried in hot fat.

In Java a favourite soup is SAOTO BABATE—consisting of tripe fried in peanut oil and then simmered in water with chopped leeks, a little preserved ginger, to which a cup of milk and a spoonful of vinegar are finally added, the soup being well seasoned with salt and cayenne pepper. This is served with fried onions and flaky boiled rice.

RIJSTAPEL is a Javanese curry, in spite of its Dutch name. It consists of a sauté chicken, cooked with numberless condiments and herbs, with a curry sauce, accompanied by innumerable small dishes containing many kinds of ingredients, all of which have been cooked separately: plain boiled rice, fried aubergines, tamarinds, the pulp of which has been made into a jam; grated coconut, some of which has been roasted, some soaked in vinegar; tomatoes, mangoes, dried fish and salt fish.

THE FRENCH WEST INDIES

THE cookery of the West Indies would deserve a whole and lengthy cookery book devoted to the many excellent recipes of the various islands. Not only has nature lavished all manner of succulent fruit and vegetables upon this part of the world, but she has entrusted them to the skilful hands of natives who are born cooks with a heaven-sent gift for the perfect blending of ingredients.

Although there are some excellent soups hailing from the West Indies, spicy *hors-d'œuvre* are usually preferred. ROUGAIL DE CREVETTES makes an excellent one. The shelled prawns are pounded in a mortar with small chilli peppers—the “bird” variety are generally used—lemon juice, a little oil, and salt, all worked together into a smooth paste.

ROUGAIL D'AUBERGINES is done in the same manner, but the aubergines are previously either boiled or grilled, and peeled.

ROUGAIL DE TOMATES, again done in the same way, with peeled tomatoes, but a little powdered ginger is added.

ROUGAIL DE MORUE. The dry salt cod, previously soaked, is skinned, boned and flaked, and fried in oil. When it is of a light brown, add a good pinch of chopped onion, sufficient sliced tomatoes to cover the fish, 1 chilli pepper pounded in a mortar, and salt. Cover and cook till the tomatoes are shrivelled. Before serving, remove the lid from the saucepan to let the steam escape, as the rougail should be served almost dry. Rougails are eaten either as *hors-d'œuvre* or used as condiments during meals.

LES ACHARDS is another popular *hors-d'œuvre*. It is composed of all kinds of vegetables, well washed and peeled, and cut in very small pieces. The vegetables generally used

are carrots, cabbage, French beans, cauliflower, the palm-tree cabbage, or that of the coconut tree. The vegetables are all soaked separately in salted water for 24 hours. They are then thoroughly drained, and put in alternate little stacks in a deep dish. Pour over them boiling oil, flavoured with sliced onions, a good pinch of saffron, well seasoned with salt, pepper and chilli pepper. They should stand in this marinade for two days.

PIMENTADE is one of the favourite ways of cooking fish in Martinique. Rub whatever fish is being used with lemon juice, and cut it in thick slices. Boil it in water with slices of lemon, sprigs of parsley, thyme, a little cinnamon, a few cloves, and a few bird peppers. Season with salt. Simmer for 20 minutes or more, according to what fish is used.

The Creole CALALOU is reminiscent of the African one, but it is a more refined version of it. Unfortunately, the vegetable which is always used in the making of it, and which gives it a characteristic flavour, the "taro" or "chou de caraïbe", is a tropical plant, the nearest substitute for it being spinach. The calalou is made with 1 quart of water, 2 lbs. of "taro" leaves, or spinach, 3 dozen okras (these are obtainable in tins), $\frac{1}{2}$ lb. of salt pork cut in 2 inch lengths, and 5 or 6 crabs, also in pieces, with spices, onions, 1 clove of garlic, salt, pepper, and chillis. It is simmered for at least 3 hours, and is served very hot, with rice.

One of the most popular of all dishes in the West Indies is that known as LES ACRATS. They are served at the table of rich and poor—they are part of the working man's meal. They are even sold by street vendors, and they can be made with a variety of ingredients—yams, sweet potatoes, aubergines, meat, and fish; but perhaps the most popular is that made with salt cod.

ACRATS MORUE. The dry salt cod should be soaked in cold water for at least 12 hours, the water being frequently changed. It is then skinned, boned, and flaked.

Pound it in a mortar with salt, pepper, chilli peppers, and a little garlic. Then mix with a somewhat thin batter, made with a few tablespoons of flour, mixed with a little water. Drop a spoonful of the mixture in boiling oil and fry to a light golden brown.

ACRATS DE BÉLANGÈRES (aubergines). Peel the aubergines, and cut in small pieces. Boil in salted water till sufficiently tender to be rubbed through a sieve. Mix a little flour to this purée of aubergines, and a well-beaten egg—allow 2 tablespoons of flour and 1 egg to every 4 medium-sized aubergines. Beat thoroughly till quite light, and add salt, pepper, and finely chopped chilli peppers. Drop the mixture, a spoonful at a time, in boiling oil and fry to a light golden brown.

FÉROCE DE MORUE is another typically Creole dish. It is made with grilled salt cod, previously well rubbed with bird peppers, and soaked in oil. It is served garnished with a paste or thick purée made with the pulp of very ripe avocado pears mixed with manioc flour.

DAUBE DE POISSON. This method of cooking is suited only to large fish. Cut the fish in $1\frac{1}{2}$ to 2 inch thick slices, and rub with lemon. Put the slices of fish in an earthenware vessel, with lemon juice, season highly with salt and pepper and pounded chilli peppers. Let stand for a few hours. Then wipe the fish dry, and brown in a little oil or butter. Mix a little flour with butter and, when it begins to brown, add sliced onions, tomatoes, chilli peppers, 1 or 2 cloves, 1 bayleaf, and also the fish, with a little hot water—the water should not cover the slices of fish. Simmer for about 30 minutes, or till the fish is tender. This is served with plain boiled rice.

LA MOURUE BOUILLIE. This very plain dish is almost reminiscent of some English methods of cooking fish, but is saved from tastelessness by its highly seasoned sauce. It is one of the most popular of all fish dishes in the French West Indies. The dry salt cod, having been

previously soaked, is put in a saucepan of cold water, slowly brought to the boil, and then poached very gently for about 20 minutes. It is then drained and served with a sauce consisting of oil and chilli vinegar—the sauce should be somewhat hot. With this, slices of avocado pears, red beans, and manioc flour are served; or sometimes the dish is garnished with sweet potatoes or yams.

CRABES FARCIS. Chop a little fat bacon very finely and mix with bread, previously soaked in milk. Brown the mixture slightly in a little butter, with 1 clove of garlic, chives and chilli pepper, all finely chopped. Mix with the chopped and cooked crab meat, fill the shells with the stuffing, sprinkle with breadcrumbs, and put in a fairly brisk oven for 20 to 25 minutes. This is a most excellent dish, especially when made with some of the delicious West Indies crabs.

PÂTÉS DE CRABES is another very popular dish, which the coloured women sell in the streets, carrying trays of these small pâtés on their heads. They consist of small pâtés of puff pastry—very light—filled with a stuffing of crab meat, previously cooked in butter, but with a high seasoning of salt, pepper and chilli pepper.

DAUBE DE PORC. The fillet of pork is put in an earthenware casserole and well browned on all sides in butter or lard, with a few pickling onions. When well browned, add 1 tablespoon of water only, cover the casserole and cook till the meat is tender, turning it occasionally so that it will not “catch.” Peeled aubergines are very often added to this 20 minutes before serving, or sweet potatoes also accompany this typically Creole dish.

BOEUF CRÉOLE. The characteristic of this dish is that no water or liquid is added to it. Put 2 or 3 lbs. of rump of beef in an earthenware casserole, on a few slices of fat bacon. Season with salt, pepper and chilli pepper, finely chopped, and cover the meat with 2 lbs. of sliced

onions and the same of tomatoes. Cover and simmer for $3\frac{1}{2}$ to 4 hours.

POULE AU RIZ CRÉOLE. Put the chicken in a saucepan with sufficient water to cover only two-thirds of it. Add sliced carrots and onions, turnips, a sprig of thyme, 1 bayleaf, and season highly with salt and pepper. Bring to the boil and simmer till the chicken is tender. Remove from the saucepan and strain the stock. Cook 1 cupful of rice in the same stock till the rice has absorbed the stock and is practically free from moisture.

POULET À LA CRÉOLE. For this, choose a young chicken and joint it. Brown the pieces of chicken in hot butter and, when well browned, add 1 or 2 sliced onions, which have also been browned in butter. Season with a little saffron, 1 tablespoon of curry powder, chilli pepper and salt. Simmer till the chicken is tender, and a few minutes before serving add a little coconut milk and stir well. Plain boiled rice is served with this.

CHANFAÏNA. This consists of slices of liver, fried in butter or oil, well seasoned with salt and pepper, with tomatoes cut in half, lightly fried in oil, with chopped chilli peppers, a little garlic and chopped parsley.

POULET COCOTTE AUX BANANES. Put the chicken in an earthenware casserole with 2 to 3 ozs. of butter, according to the size of the bird. Season with salt and pepper. When well browned, add a few shallots and a little gammon, cut in dice. Cover closely and simmer, adding occasionally a teaspoon of water so that the butter will not get too brown. Choose some unripe bananas—in the West Indies a special kind of small banana is generally used for cooking—peel them, cut them in half, lengthwise and then crosswise, and blanch them till tender in boiling water. Drain thoroughly and add to the chicken about 15 minutes before serving. Garnish the dish with chopped parsley.

IGNAMES. There are a number of different kinds of yams and sweet potatoes which grow in the West Indies, the yampoïs, which comes from Haiti, being one of the best; but the native method of cooking them is always the same—roasting the yams in hot ashes, a practice which is more or less universal wherever sweet potatoes or yams are to be found. In the West Indies the natives select special kinds of wood, and know exactly when the ashes are sufficiently hot—and yet not too hot—to put the potatoes in them, and they are never burnt or undercooked. Sweet potatoes can also be baked in the oven, or boiled. They are served whole in their skins and eaten with butter.

IGNAMES EN PURÉE. Sweet potatoes make a most excellent purée. They are peeled and quartered and boiled till tender. They are then rubbed through a sieve, beaten till quite light with milk and butter, and sometimes a little grated cheese is added to the purée.

IGNAMES FRITES. Fried yams or sweet potatoes are an excellent accompaniment to roast meats or poultry. They are peeled and sliced as for round chips, put in lukewarm water, and before being fried in hot oil they are well dried with a cloth.

CROQUETTES DE PATATES. The “patate” in question does not belong to the potato family. It is *tropæolum tuberosum*, the tubers being larger than those of the ordinary potato, bright yellow with streaks of reddish purple running from the eyes. They are slightly sweet and highly nutritious. Several varieties of it are grown in the West Indies. The croquettes are made from boiled patates rubbed through a sieve, mixed with yolks of egg and milk, the whites, beaten to a stiff froth, being added with a seasoning of chopped parsley, salt and pepper. The mixture is shaped into croquettes, and these are fried in hot oil.

CHOUX PALMISTE. The ceremony of cutting down the “Royal Palm” is familiar to all who have been to the West Indies, and those who have tasted of its “heart” or

“cabbage” will not easily forget its delicate and subtle flavour, which cannot be compared with that of any European vegetable. Unfortunately, it cannot be imported, and can only be bought in tins. There are many ways of preparing the choux palmiste. It is usually sliced, boiled for about 1 hour, and served either with a white sauce or a tomato sauce; or it can be cooked au gratin, and one of the favourite methods is to eat it cold with a salad dressing.

AUBERGINES SAUCE AU CHIEN. The aubergines are peeled, cut in chunks and boiled in salted water till tender. They are then mixed with finely chopped onions, previously browned in butter, a little garlic and chilli pepper, cooked to a “mush” and well seasoned with salt. A little butter is added just before serving, and manioc flour or rice always accompanies this excellent dish.

RIZ À LA CRÉOLE. Plain boiled rice accompanies most Creole dishes in the West Indies, cooked dry, yet soft, each grain detached from the others — as in all rice-growing countries. Their method is to wash the rice in several waters, and then to boil it in a large saucepan of salted water for 15 minutes. It is then put on a sieve or colander, so that the water drains off quickly, and either set in an almost cold oven or on the side of the stove, so that all moisture will evaporate. Sometimes an onion is put to boil with the rice. Another method used by the natives is to put the rice, previously washed, in a saucepan with just enough water to cover, and to boil it for about 12 minutes with the lid on, when the water has practically evaporated. The saucepan is then covered with a piece of paper and left on the side of the stove for about half-an-hour to let the moisture evaporate completely.

TOMATES FARCIES AU RIZ. Fry a little chopped onion to a light brown in butter. Add the washed rice, and mix thoroughly with the onion and butter. Then moisten with stock and cook for about 20 minutes till the rice is tender. Add grated Parmesan cheese, a little more butter,

season with salt, pepper and chilli peppers, and stuff the tomatoes with the mixture. Sprinkle each tomato with a little grated cheese, pour melted butter over them and put in a moderate oven for 20 to 25 minutes.

BEIGNETS DE BANANES. The bananas are peeled, cut in four pieces, soaked for $\frac{1}{2}$ hour or longer in rum, and freely sprinkled with sugar. Dip each quarter of a banana in a good frying batter and fry in hot oil or fat to a light brown, drain and sprinkle with vanilla sugar.

BANANES FRITES. The bananas are peeled, cut in very thin slices lengthwise and fried in butter. Sprinkle with sugar crystals and serve very hot.

BANANES EN DAUBE. Cook the peeled bananas to a light brown in butter. Make a syrup with 1 lb. of sugar, a $\frac{1}{2}$ pint of claret and a flavouring of nutmeg. Simmer the bananas in this for about 20 minutes and serve hot.

BANANES CONFITES SÉCHÉES. These preserved bananas are among the nicest products of the West Indies. The bananas are cut in half, lengthwise, and left to dry in the sun for about a fortnight. They are then put in a box lined with bayleaves, sprinkled with rum, covered with more bayleaves also moistened with rum, and the box is sealed. They will keep for a considerable time.

PETITS GÂTEAUX AU COCO. Sweets made from coconut are almost as popular in the West Indies as those made with bananas, and freshly gathered coconuts have quite a special flavour. Beat up $\frac{1}{4}$ lb. of finely grated coconut with the same quantity of sugar and the whites of 2 eggs. When the mixture is very stiff, drop a spoonful at a time on a well-buttered and somewhat thick baking tin, and bake in a moderate oven till the little coconut cakes are just beginning to colour.

CONFITURE DE COCO. This coconut jam is better made when required, and served either tepid or just slightly cold. With 1 lb. of sugar and a little water, make a syrup, flavouring it with vanilla. Add the grated coconut and

simmer very gently, stirring occasionally, till the coconut is almost transparent.

GÂTEAU DE PATATES AU COCO. Boil about 2 lbs. of sweet potatoes till quite soft and rub them through a sieve. Mix with the juice which is extracted from a grated coconut by putting it in a cloth and squeezing it, a little sugar and butter, and three whole eggs well beaten. Flavour with a small glass of anisette, put the mixture in a well-buttered cake tin and bake till a light brown.

GÂTEAU DE MAIS. Extensive use is made in the West Indies of corn flour, very similar to that used in Italy for the making of polenta. This delicious Creole cake is made with $\frac{1}{2}$ lb. of cornflour added to 1 quart of boiling milk, and stirred till the flour has absorbed the milk and the mixture is dry. When cold, add 2 whole eggs, 2 or 3 ozs. of butter, sugar to taste, and a flavouring of vanilla. Mix all thoroughly, put in a fireproof dish and bake in a moderate oven to a light brown.

SALADE D'AVOCAT. That most delicious of all fruits, the avocado pear, is used both as a fruit and as a vegetable, and one of the popular sweets in Martinique is a salad of avocados. Peel the avocado pears, and cut the pulp in small cubes. Sprinkle with nutmeg and sugar, moisten with kirsch and serve iced.

RIZ CANNELLE. This sweet is very reminiscent of the Spanish "Arroz con Leche," and was probably introduced in the French West Indies by Spanish colonists. Allow 4 tablespoons of rice to every quart of milk. The rice and milk are put in a deep earthenware dish, with a heaped tablespoon of butter, 12 lumps of sugar, and a vanilla pod. The dish is then freely sprinkled with grated cinnamon. Put in a very slow oven and simmer for 4 to 5 hours, without stirring or touching the rice.

PUNCH, as an *apéritif*, or at any hour of the day, is one of the favourite iced beverages in the West Indies. The word "punch" is probably derived from the Hindustani *panch*, meaning "five," the ingredients contained in the

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