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Laurie, Jessie M.

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Presented by Mrs. W. Allen

A WAR COOKERY BOOK FOR THE SICK AND WOUNDED



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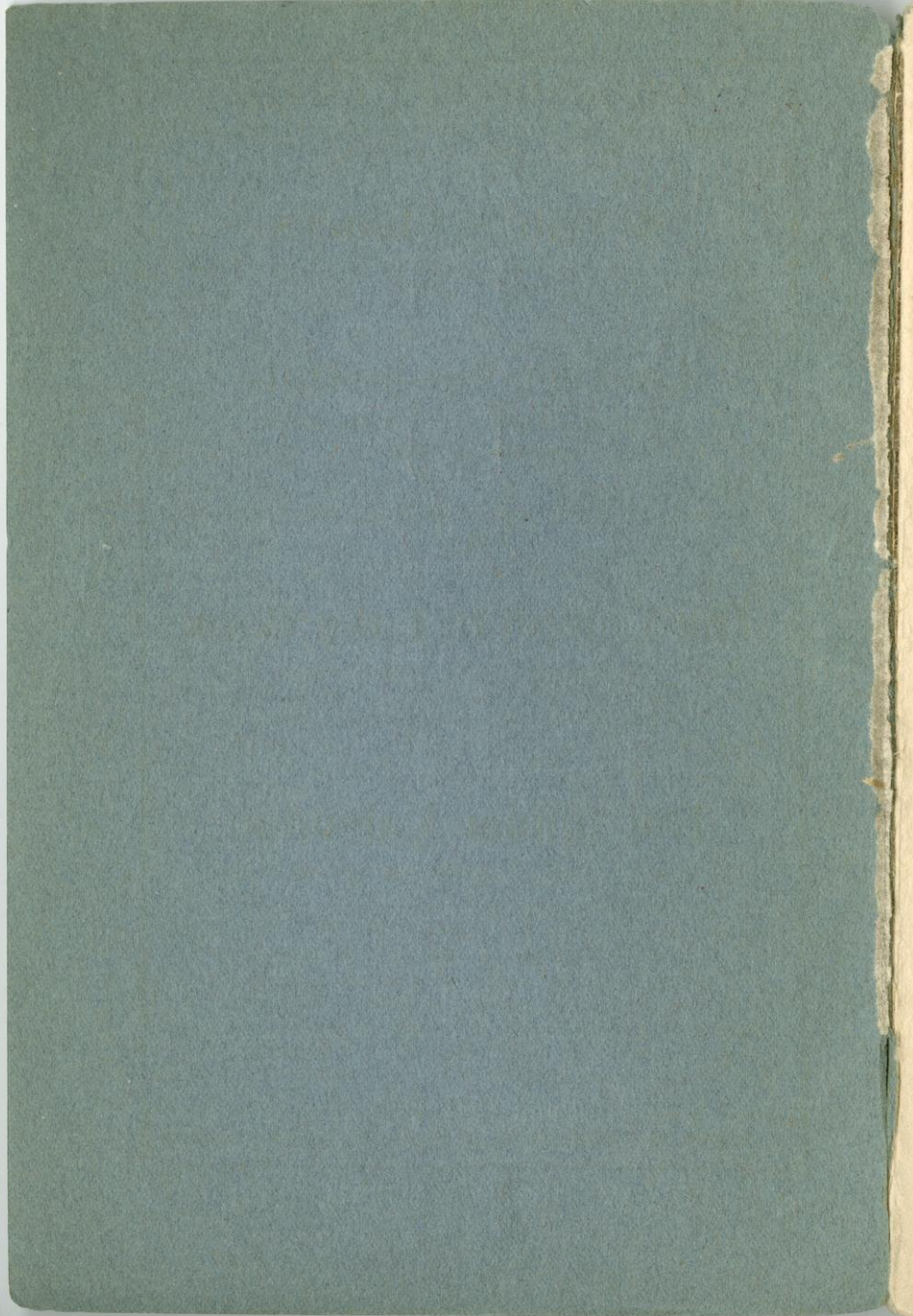
EVERY NURSE, whether Volunteer or Professional, will be called on to make or suggest dishes for our Invalid Soldiers. This book has been compiled to assist them in providing the right sort of nourishment at the right moment. Its value cannot be over-estimated—Drinks, Soups, Fish, Meat and Puddings are all dealt with in detail and with simple instructions for Cooking. The volume contains the great variety and choice of foods which are necessary for both Invalid and Convalescent Patients. Useful and necessary points are given on dishing up and serving the Meals of the Patients.

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A WAR COOKERY BOOK FOR THE SICK AND WOUNDED

COMPILED FROM THE COOKERY BOOKS BY
MRS EDWARDS, MISS MAY LITTLE,
ETC., ETC.

BY
JESSIE M. LAURIE



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INTRODUCTORY NOTE

I HAVE compiled this little book as an assistance to those women who have nobly given their help in nursing our wounded during this war of 1914. I trust that it may be useful to those who may be called upon to see to their patients' foods as well as to the dressing of their wounds.

It is well for all those concerned in nursing the sick to remember that diet is as an important a factor in the recovery of a patient as anything else: and everything depends upon the patients having the correct food and that properly cooked.

I would like to thank both Mrs Edwards and Miss May Little for allowing me to make use of many of the receipts from their well-known Cookery Books.

J. M. L.

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POINTS FOR NURSES

- § SEE that the tray, cloth and the napkin are spotlessly clean and that the food is nicely arranged on the plate.
- § Only the freshest and best material should be used and served.
- § In cases of serious illness the doctor's orders must be kept to the letter.
- § Use very little seasoning without instructions.
- § Liquid food must be varied as much as possible.
- § All food should be given in small quantities and served at once when cooked.
- § Where possible, no dish should be served a second time.
- § All food must be covered when carried from kitchen to sick-room.
- § Never consult a patient about a meal.
- § Put all medicines out of sight at meal-times and let the meals themselves be punctual.
- § The food must be absolutely hot or cold, as the case may be—nothing lukewarm.
- § Vegetables and fruit should not be given without the doctor's consent.
- § Steaming is the best method of cooking—fried foods are rich, and should be avoided in serious cases.
- § All cooking utensils must be scrupulously clean.
- § Oysters are excellent, as they contain a self-digesting ferment. Tripe is a good and cheap substitute, as it is digested in an hour.

PROPER PROPORTIONS

Milk Puddings—

- 2 oz. cereals to 1 pint milk.
- 1 oz. semolina to 1 pint milk.

Moulds—

- 3 oz. whole cereals to 1 pint milk.
- 2 oz. ground cereals to 1 pint milk.

Sauces—

- 1. Foundation Sauces—2 oz. butter, 2 oz. flour to 1 pint liquid.
- 2. Thickened Gravies—1 oz. butter, 1 oz. flour to 1 pint liquid.
- 3. Stiff Binding Mixtures (Panada)—1 oz. butter, 1 oz. flour to 1 gill liquid.

Soups—

- 1. Stock—1 lb. bones or bones and meat to 1 quart cold water and 1 quart over for evaporation.
- 2. Thick Soups—1 oz. flour to 1 quart soup. 1 oz. sago, rice, etc., to 1 quart soup.
- 3. Purées—2 oz. butter and 2 oz. flour to 1 quart purée.

Creams—

- 1. Whole Creams— $\frac{1}{2}$ oz. gelatine to 1 pint cream.
- 2. Custard and Fruit Creams— $\frac{3}{4}$ oz. gelatine to 1 pint cream.

Jellies—

- 2 oz. gelatine to 1 quart liquid.

Aspic Jelly— $2\frac{1}{2}$ oz. gelatine to 1 quart liquid.

Increase the proportion in hot weather.

Custards—

- 1. Plain—2 yolks of eggs and 1 oz. cornflour to 1 pint milk.
- 2. Rich—4 yolks of eggs to $\frac{3}{4}$ pint milk.

Bread—

- 1. Fermented— $\frac{1}{2}$ oz. yeast to 1 lb. flour. 1 oz. yeast to $3\frac{1}{2}$ lbs. flour.
- 2. Baking Powder Bread (unfermented)—2 teaspoonfuls baking powder to 1 lb. flour.

Pastry—

- 1. Suet Crust—8 oz. suet to 1 lb. flour (good). 6 oz. suet to 1 lb. flour and 1 teaspoonful baking powder (cheaper).
- 2. Short Crust—8 oz. fat to 1 lb. flour. 6 oz. fat to 1 lb. flour and 1 teaspoonful baking powder.
- 3. Flaky—10 oz. shortening to 1 lb. flour.
- 4. Puff Pastry—1 lb. shortening to 1 lb. flour.

Batter—Pancake Batter—

- 8 oz. flour, 1 pint milk, 2 eggs.

More eggs and less milk for richer batter.

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A War Cookery Book for the Sick and Wounded

LIQUID FOODS

1. ARROWROOT GRUEL.—1 dessertspoonful of arrowroot. Mix well with cold water to form a thin paste. Add sufficient boiling milk or water to make 1 cupful.

Salt, sugar and lemon juice to taste

2. ARROWROOT CUP.—To about 1 dessertspoonful of arrowroot add $\frac{1}{2}$ pint of cold water, or milk, and 1 teaspoonful of moist sugar or 2 lumps of loaf.

The arrowroot must be put into a basin, then add a tablespoonful of cold water. Mix well till it is quite smooth. Pour on the rest of the milk (or water), and stir over the fire until it boils. Boil gently from 7 to 10 minutes. Sweeten to taste.

3. BARLEY GRUEL.—To 1 quart of water add 1 oz. of pearl barley. Boil until reduced to 1 pint. Strain and add 1 glass of port wine.

The port wine is not necessary unless specially ordered by the doctor. Milk can be added instead of water if no wine is required.

4. BARLEY WATER.—Take 2 oz. of pearl barley. Thoroughly wash in cold water. Boil in a quart of water for 5 minutes. Strain off the water and throw it

away. Boil up the barley again in 2 quarts of water until it is reduced to 1 quart. Flavour to taste.

5. **BARLEY WATER.**—To 1 pint of water add 4 tablespoonfuls of pearl barley and boil for 5 minutes. Pour off the water. Add a little sugar and 3 pints of water, and let it simmer gently until it has thickened. Add lemon juice if desired.

6. **BEEF TEA.**— $1\frac{1}{2}$ teaspoonfuls of a meat extract, $1\frac{1}{2}$ tablespoonfuls of oat flour, water and salt to taste. The meat extract must be dissolved in a pint of boiling water, the oats mixed into this slowly, as it comes to the boil. Stir well and keep boiling for 7 minutes. Strain and add salt.

7. **BEEF TEA.**—Shred the meat finely, removing all skin and fat, put into a jar with salt and cover closely, let it stand for an hour, then stand the jar in a vessel containing water and cook slowly for 3 or 4 hours, stirring occasionally. Strain through a coarse strainer, keeping back only the larger parts of meat. If not required at once remove the fat when cold.

Note.—The beef tea can be cooked in a jar standing in a saucepan of water or in a slow oven.

1 lb. lean beef, pinch of salt, 1 pint water

8. **BEEF TEA.**—Shred the beef, removing all skin and fat, stand in a basin and allow it to soak, adding the salt, put into a saucepan and bring very slowly to the boil, stirring all the time, and pressing the meat to the sides of the saucepan. When it is a rich brown, strain through a coarse strainer into a cup, remove any fat with a piece of kitchen paper and it is ready to serve.

1 lb. lean beef, pinch of salt, 1 pint water

9. BEEF TEA.—1 lb. of leg of beef, cut very fine. Put into a jar and cover with a pint of water, a little salt, a clove or two, one or two peppercorns. Stew on the hot plate for 3 hours.

10. BENDER'S FOOD.—Mix the Bender's to a smooth paste in a basin and add $\frac{1}{2}$ pint of milk that has been brought almost to the boil. Stir well until thick enough.

1 tablespoonful Bender's ($\frac{3}{4}$ oz.), cold water, 2 oz.

11. BREAD AND MILK.—Take a thick slice of fairly stale bread. Cut it into tiny squares, and after having cut away the crusts put it into an enamel saucepan with about $\frac{1}{2}$ pint of milk; boil up very slowly. Sugar or salt to taste.

12. BEEF JUICE.—A small piece of juicy beef, preferably from the rump, about 6 oz. Remove all pieces of fat. Broil both sides for 1 or 2 minutes very quickly. Cut it into strips and squeeze out the juice with a lemon squeezer into a warm cup. Serve quickly.

13. CORNFLOUR CUP.—Mix the cornflour smoothly with a little of the milk, put the rest into a saucepan. When boiling pour it on to the cornflour. Boil for a minute or two, stirring all the time, add the sugar and pour into a breakfast cup. A teaspoonful of good brandy may be added if liked.

2 teaspoonfuls cornflour, $\frac{1}{2}$ pint milk, sugar to taste

14. COFFEE MILK.—1 teaspoonful of coffee to nearly a pint of milk. Boil for $\frac{1}{4}$ of an hour. Put in a few shavings of isinglass. After clearing, let it boil again for a few minutes and then place it by the side of the fire to clarify.

BREAD

15. MILK ROLLS.—Mix flour and salt in a basin, rub in the butter lightly, add the sugar and baking powder, mix with enough milk to form a dough. Turn the dough on to a floured board, make into fancy shapes, place them on a greased tin, brush over with milk, bake in a quick oven for 15 minutes.

$\frac{1}{2}$ lb. flour, 1 oz. butter, 1 teaspoonful castor sugar, 1 teaspoonful baking powder, $\frac{1}{2}$ teaspoonful salt, milk to mix

16. QUICKLY MADE BREAD.—Sift the flour into a basin, add the salt, mix to a soft dough with water or milk, knead lightly on a floured board, form quickly into loaves and bake in a hot oven for about half-an-hour.

1 lb. flour, 2 teaspoonfuls baking powder, 1 teaspoonful salt, water or milk to mix

17. BROWN BREAD.—Make as for white household bread.

$1\frac{3}{4}$ lb household flour, $1\frac{1}{4}$ lb. whole meal, 1 oz. German yeast, 1 teaspoonful sugar, 1 oz. salt, tepid water (about $1\frac{1}{2}$ pints)

18. VIENNA BREAD.—Cream the sugar and yeast together, warm the milk, add with the beaten egg to the yeast. Sift the flour into a basin, add the salt and rub in the butter, mix to a light dough with the milk and yeast, leave to prove in a warm place from $1\frac{1}{2}$ to 2 hours. Form the dough into fancy shapes, brush over with egg, leave on a greased tin in a warm place for 10 minutes. Bake in a quick oven for 20 minutes.

1 lb. Vienna flour, $\frac{1}{2}$ oz. yeast, 1 oz. butter, 1 egg, 1 teaspoonful sugar, 1 teaspoonful salt, $\frac{1}{2}$ pint milk

19. WHOLEMEAL BREAD.—1 lb. of wholemeal, a teacupful of sponge. (It takes $\frac{1}{2}$ oz. of German yeast.) Put the sponge into the wholemeal (in a basin large enough to make it), a saltspoonful of salt, sufficient water or milk to make it into dough. Knead it a little, put it back into the basin, cut it across the top, cover over with a cloth; put it into a warm place to rise. When risen, knead it a little; flour a baking sheet, make it into 2 loaves. Bake for 1 hour.

20. FAVOURITE BREAKFAST SCONES.— $\frac{1}{2}$ lb. of Coleman's self-raising flour, 2 oz. of butter, sufficient milk to mix them, a little salt. Warm the butter, and pour a gill of milk into it. Mix into dough; roll it out about $\frac{1}{2}$ inch thick. Cut out with a round cutter, and bake 20 minutes in a quick oven. Rolls and twists can be made from this.

CAKES

21. LUNCHEON CAKE.—Rub into 1 lb. of self-raising flour $\frac{1}{2}$ lb. of butter or lard, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of currants, ditto of sultanas, $\frac{1}{4}$ lb. of mixed peel, a little mixed spice, and a little salt. Break into $\frac{1}{2}$ pint of milk 2 eggs. Mix the cake nicely with it. Bake in a moderate oven about 2 hours.

22. ANOTHER LUNCHEON CAKE.—1 lb. of flour, 6 oz. of lard or butter or dripping, 6 oz. of sugar, 1 tablespoonful of golden syrup, 1 teaspoonful of mixed spice, ditto of bicarbonate of soda, the rind of a lemon. Rub the butter into the flour, then add to $\frac{1}{2}$ pint of milk the bicarbonate of soda, also 1 egg; beat these well together, mix with the other ingredients, then clean $\frac{1}{2}$ lb. of currants, and cut fine a $\frac{1}{4}$ lb. of mixed peel; add these to the other ingredients. Grease and paper a cake tin and bake for $1\frac{1}{2}$ hours in a moderate oven.

23. SPONGE CAKE.—Whisk the eggs and sugar together in a warm place for 10 minutes, remove to a cooler place and beat for another 10 minutes. Sift the flour in very lightly, add the lemon rind, well butter a cake tin, sift out twice first with a coating of sugar, then a coating of flour, pour in the mixture, tie a border of paper round the outside of the tin, bake in a slow oven for $1\frac{1}{4}$ hours.

4 eggs, 5 oz. castor sugar, 5 oz. flour, grated rind of 1 lemon

24. CORNISH SNOW CAKE.— $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of butter, 1 lb. of cornflour, whites of 7 eggs. Beat

together the sugar and butter, then add gradually the cornflour and a little almond flavouring; whip the whites of the eggs to a stiff froth. Butter a sautépan and paper it; put the cake into it. Smooth it over with a knife; sprinkle over the top a few carraway comfits and some sifted sugar. Bake in a very slow oven about 1 hour. Do not turn the cake out until it is cold, as it is so easily broken. Half this quantity makes a nice little cake. It is something like meringues.

25. CORNFLOUR CAKE.—Cream the butter and sugar well together, add the flour and cornflour and eggs alternately, beating well, and lastly the lemon peel and baking powder. Pour into a tin lined with buttered paper and bake in a moderate oven from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.

4 oz. cornflour, 2 oz. flour, 2 oz. butter, 4 oz. sugar, 2 eggs, grated rind of $\frac{1}{2}$ lemon, $\frac{1}{2}$ teaspoonful baking powder

EGGS

26. EGG AND MILK.—Boil the milk ; pour it on to the well-beaten egg, add the sugar, brandy and nutmeg. Serve with a biscuit.

1 new-laid egg, 1½ gills milk, 1 teaspoonful sugar, 1 dessertspoonful brandy, nutmeg to taste

27. SCRAMBLED EGGS.—Take a small teacup of milk, 2 whole eggs, and a teaspoonful of flour. Beat well together. Add a little chopped parsley and thyme. Put about 2 oz. of butter in a frying-pan, and stir the mixture until it thickens, adding a little pepper and salt. When done, turn it into a hot dish and serve with slices of bacon around.

28. EGG DRINK.—When the egg is broken and the speck removed, add a little sugar and beat well with a fork, but do not make it too frothy. Heat a teacupful of milk and when nearly boiling pour it on to the egg. A little sherry may be added.

29. WHIPPED EGG.—Whip the white of an egg, add a teaspoonful of whipped cream, ditto castor sugar, and if preferred a tablespoonful of whisky. Mix together lightly in a tumbler.

30. EGG CROQUETTES.—Chop the hard-boiled eggs, make a panada with the butter, flour and milk, add the eggs, season with salt and pepper, mix well, place on a wet plate, divide into equal portions, set aside to cool, form into cork shapes, coat with egg and bread crumbs,

fry a golden brown in hot fat. Serve on a hot dish on a fancy paper, garnish with fried parsley.

3 hard-boiled eggs, 1 oz. butter, 1 oz. flour, 1 gill milk, salt and pepper, egg and bread crumbs

(Enough to make eight croquettes)

31. POACHED EGGS.—Break the eggs one at a time in a cup, pour gently into a shallow saucepan or frying-pan of boiling water with a little salt, cook very gently. When just set take out the eggs, place them on a round of buttered toast, trimming them so that they are the same size as the toast. Serve immediately.

2 or 3 eggs, salt, buttered toast

32. SCRAMBLED EGGS.—Put the butter into a saucepan, well beat the eggs, season with salt and pepper, add the chopped parsley and cream or milk. When the butter has melted pour in the eggs, stir over the fire until the mixture begins to thicken. Put it on to the hot buttered toast and serve at once.

3 eggs, 1 oz. butter, little chopped parsley, little milk or cream, salt and pepper, buttered toast

(Enough for two people)

33. SCOTCH EGGS.—Hard boil the eggs, put them in cold water for a few minutes, remove the shells, dry them well with flour, coat with sausage meat, then with egg and bread crumbs, rolling them into a nice shape; fry well in hot fat, allowing time for the sausage meat to be well cooked, cut off a little of each end of the egg.

2 eggs, $\frac{1}{2}$ lb. sausage meat, 1 or 2 tomatoes, salt and pepper, egg and bread crumbs, croûtons of bread

(Enough for four people)

34. EGGS BAKED IN TOMATOES.—Choose rather large tomatoes of equal size, cut a piece off the top of the tomatoes, scoop out the pulp carefully, sprinkle on a

little salt and pepper, break an egg into a cup and pour it into the hollow of the tomato, place on a greased baking tin and cook slowly until the egg is set, basting with a little butter. Serve on rounds of buttered toast with a little parsley sprinkled over the top of each.

3 or 4 eggs, 3 or 4 tomatoes, butter, chopped parsley, salt and pepper, buttered toast.

(Enough for three or four people)

35. TOMATO EGGS.—Put 2 oz. of butter into a saucepan; fry in it a little chopped onion and parsley, and the grated rind of a lemon. Break 2 eggs in, add a dessertspoonful of tomato sauce, and a dessertspoonful of bread crumbs; stir over the fire until it thickens. Spread it on toast, cut up in any shape. Dish up on a hot dish.

36. EGGS IN CUPS.—Butter 2 large soufflé cases, break an egg in each, sprinkle a little pepper and salt over the top and a little parsley chopped, then put a teaspoonful of cream on the top. Bake in a very quick oven for 5 or 7 minutes, and serve quickly.

FISH

37. BOILED COD.—Well wash the fish in salt and water, place it in hot water with a little vinegar or lemon juice and salt, simmer very slowly until cooked, skimming occasionally, and allowing 10 minutes to the pound and 10 minutes over. Drain well ; serve on a hot dish and folded serviette, garnish with cut lemon and parsley and serve with oyster, anchovy or any suitable sauce.

4 lb. cod, salt, vinegar or little lemon juice, lemon and parsley
(Enough for eight people)

38. FISH IN MILK.—Butter a pie-dish, place in a whiting (skinned) or any white fish, cover with milk and bake in a slow oven till the flesh will leave the bones. Place the fish on a hot dish, thicken the milk with a little flour, cook it thoroughly, add salt and pepper, pour over the fish and serve.

Fish (whiting, sole or any white fish), butter, little flour, salt and pepper, milk

39. FISH FRIED IN BATTER.—Wash and dry the fillets in flour, place the flour in a basin, add salt, add the oil, then mix smoothly with the tepid water ; beat it well, and if possible stand aside for some time ; just before using add the beaten white of egg. Dip in each fillet, fry them in deep fat without using a basket. Drain well, garnish with fried parsley.

Fillets of whiting or plaice, 2 oz. flour, 1 tablespoonful oil or dissolved butter, 2 tablespoonfuls tepid water, white of 1 egg, salt and pepper
(Enough for five or six people)

40. FRIED FILLETS OF PLAICE.—Wash and thoroughly dry the fillets, dip them in flour seasoned with salt and pepper, beat up the egg, dip in the fillets, drain and roll them in the crumbs, shaking off any loose ones, fry a golden brown in hot fat, drain well, and serve garnished with lemon and parsley.

Fillets of plaice, a little flour, salt and pepper, egg and bread crumbs

(Enough for three or four people)

41. FRIED SPRATS.—Wipe the sprats in a cloth and roll them well in flour in which a little pepper and salt has been mixed and a few bread crumbs. When well rolled in this, fry them in hot lard, and dish them up with fried parsley. Send brown bread and butter and a lemon to table with them.

42. OYSTER CROQUETTES.—Blanch and beard the oysters. Save the liquor in which they were blanched. Cut them in halves ; take 2 oz. of butter, 2 oz. of flour, a bay leaf, and a little salt and pepper. Stir over the fire for 5 minutes, then add the liquor and sufficient milk to make it to a stiff paste ; boil it over a slow fire, stirring all the time for 3 minutes. Add the oysters lightly, not breaking them, then spread out on a plate to cool. When cold, this mixture should be quite stiff. Have ready some puff paste, which should be rolled out in long strips about 3 inches wide. Put a spoonful of the mixture for each croquette, all down the paste, leaving a little space between each, then egg the paste and turn it over ; cut it in a half-round. Any kind of fish croquette can be made this way. Egg and bread crumb them (or vermicelli can be used) ; fry in hot lard a nice golden brown ; dish up in a napkin, decorated with fried parsley. Serve hot.

43. COLD FISH SOUFFLÉS.—For 6 small soufflé cases take $\frac{1}{2}$ lb. of any kind of white fish which has been left. Free it from skin and bones, add a tablespoonful of bread crumbs, a small teacupful of milk, the yolks of 2 eggs, and pepper and salt. Stir well together with a wooden spoon ; whip the whites to a stiff froth, and add to the mixture lightly. Bake in a moderate oven for 20 minutes. Dish up on a dish paper and serve hot.

44. SCALLOPED OYSTERS.—Take 2 oz. of butter, 2 oz. of flour, a little salt and pepper, and sufficient milk to make it into a thick sauce. Take a dozen sauce oysters, beard them, cut them into halves, and add to the sauce 2 or 3 drops of lemon juice ; butter the scallop shells, sprinkle them over with bread crumbs, fill the shells with the mixture, and then sprinkle brown bread crumbs over the top. Bake in a moderate oven for 5 or 10 minutes. Serve hot.

45. CREAM OF COD (HOT).—Take 2 lb. of the tail of cod ; take the fish from the bone and pound it into a mortar with $\frac{1}{2}$ pint of béchamel sauce and 2 oz. of bread crumbs and 1 egg. Pass it through a wire sieve, then add the whites of 2 eggs whipped to a stiff froth ; add a teacupful of whipped cream. Mix all these ingredients well together before putting in the whites of eggs. Have ready a well-buttered mould, and mix the whites slowly ; place the mixture in the mould and steam for $\frac{1}{2}$ hour. When done, turn out on a dish and serve with cardinal sauce, or Hollandaise sauce.

46. SCALLOPED OYSTERS.—Open the oysters, wash them in their own liquor, put them in a white-lined saucepan, strain the liquor over them, slowly heat but do not let them boil, take them out and remove their

beards, make the white sauce hot, put in the oysters, strain in the liquor, stand at the side of the fire for a few minutes. Butter some scallop shells, put some of the mixture in each, dividing the oysters equally, sprinkle over the bread crumbs, put on some small pieces of butter ; bake in a moderate oven and serve hot.

2 doz. oysters, $\frac{1}{2}$ pint white sauce, 1 oz. butter, bread crumbs
(Enough for six or seven people)

47. BOILED MACKEREL.—Clean the mackerel. Let them lie in salt and water for an hour. Put them in a fish kettle with sufficient cold water to nearly cover them, also a handful of salt and a teacupful of vinegar. Bring to the boil, then let them simmer a few minutes until done ; drain well. Dish them on a napkin, serve hot with fennel or brown caper sauce.

48. FRIED FILLETS OF HADDOCK.—Fillet a haddock, cut it into small fillets, and sprinkle pepper and salt over it, and dip it in egg and bread crumbs ; fry in hot lard, drain the fish, and dish up on a napkin with fried parsley, anchovy, or cardinal sauce.

49. FRIED FILLETS OF SOLE OR PLAICE.—Fillet 2 nice soles, not too large, and double the fillets, flour them over, dip them in egg in which has been put a little salt and pepper, then into bread crumbs ; fry a nice golden colour. When drained from fat, dish them on a napkin. Serve with fried parsley around and maître d'hôtel butter. Lift the sole and place a pat of the butter in.

50. FISH CAKES.—Remove all bones and skin, flake the fish finely, mash the potatoes, mix them together, add the butter and flavourings, form in small cakes,

using a little flour ; coat with egg and bread crumbs, fry in hot fat, garnish with fried parsley.

$\frac{1}{2}$ lb. each of cold fish and potatoes, $\frac{1}{2}$ teaspoonful anchovy, $\frac{1}{2}$ teaspoonful chopped parsley, little butter, salt and pepper, egg and bread crumbs

(Enough for ten or twelve cakes)

51. AN ECONOMICAL FISH CAKE.—Any cold fish and cold potatoes, margarine, salt, pepper and white sauce if any be to hand. Take all bones away from the fish, mash the potatoes, then mix the fish and potatoes together in a basin, adding a small piece of margarine, the sauce, pepper and salt. Coat the cakes with egg and bread crumbs, and fry in boiling fat. If there be no sauce add a little flour and milk.

52. BAKED FILLETS OF PLAICE.—Fillet the plaice, skin the fillets, if large cut in half lengthways, roll up, place on a greased tin, squeeze over each a little lemon juice and bake slowly for 15 to 20 minutes, dish on a hot dish, make a sauce with the butter, flour and milk, coat the fillets with it, garnish with coraline, pepper and chopped parsley.

1 plaice, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ oz. flour, 1 gill milk, little lemon juice, salt and pepper, chopped parsley

(Enough for three or four people)

53. BROILED MACKEREL.—Split the mackerel down the centre, brush it over with salad oil, or hot dripping, season with pepper and salt, boil over a clear fire for 10 minutes. When done, dish it up on a hot dish and put on a pat or two of maître d'hôtel butter down the centre. Serve hot.

54. FILLETS OF MACKEREL.—Fillet the mackerel and cut each fillet into 2 pieces nicely shaped. Put them in the oven with a tiny piece of butter on each and a little

pepper and salt. Bake for 10 minutes. Dish up on mashed potato, and pour over caper sauce.

55. FRICASSÉE OF FISH.—Remove skin and bones from fish and roughly flake it, make a white sauce with butter, flour, milk and cream, season well and add lemon juice, make a border of mashed potato, using a rose tube and forcing bag, place the mixture in the centre, garnish with lemon and parsley. Another suitable garnish is the flaked yolk of hard-boiled egg.

1 lb. cold cooked fish, 1 oz. butter, 1 oz. flour, 1 gill milk, 1 gill cream, lemon juice, salt and pepper, mashed potatoes
(Enough for four or five people)

56. SCALLOPED FISH.—Remove skin and bones from fish and flake it, make a white sauce and flavour it nicely, add it to the fish, butter some scallop shells, put in some of the mixture, sprinkle over some bread crumbs, put small pieces of butter on the top, bake till a nice brown in a quick oven; a little grated cheese can be sprinkled over before baking if liked.

Any cold fish, little butter, few bread crumbs.

For Sauce

1 oz. butter, $\frac{1}{2}$ pint milk, 1 oz. flour, salt and pepper.

57. SOLE KNOTS.—Skin and fillet a sole, cut each fillet in half lengthways, tie each piece in a knot, dip in seasoned flour, coat with egg and bread crumbs, fry a golden brown in hot fat, drain on paper, dish on fancy paper and garnish with fried parsley. Serve with tomato or any suitable sauce.

1 sole, flour, pepper and salt, egg and bread crumbs, parsley
(Enough for four people)

JELLIES AND JUNKETS

58. JUNKET.—Warm the milk, add the sugar, brandy and pinch of cinnamon, mix in the rennet and pour into a glass dish or into custard cups. Leave until cold, pour a little cream on top and grate with nutmeg.

$\frac{1}{2}$ pint milk, 1 teaspoonful rennet, 2 teaspoonfuls brandy, 2 teaspoonfuls sugar, little cream, nutmeg and cinnamon

59. MILK JELLY.—Place the milk, sugar and gelatine in a white-lined saucepan, stir over the fire until the sugar and gelatine are dissolved, taking care the milk does not boil. When cool add the brandy, pour into a wetted mould and turn out when set. Stewed fruit or jam may be served with it.

1 pint new milk, 1 oz. sugar, $\frac{1}{2}$ oz. gelatine, 1 tablespoonful brandy

60. APPLE JELLY.—Peel, core and slice the apples, put them in a stewpan with water, sugar, lemon rind and juice, simmer gently until the apples are tender. Remove the lemon peel and rub the apples through a hair sieve, dissolve the gelatine in a little water, strain it into the apple purée, colour a nice pink with a few drops of carmine, pour into a wet border mould, turn out when set on to a glass dish. Whip, sweeten and flavour the cream, and fill the centre, sprinkle with chopped pistachio nuts.

2 lb. apples, $\frac{1}{2}$ pint water, 8 oz. loaf sugar, rind and juice of 2 lemons, 1 oz. gelatine, few pistachio nuts, carmine colouring, $\frac{1}{2}$ pint cream

(Enough for six or seven people)

61. FRUIT JELLY.—Prepare the fruit very carefully,

cut the bananas into slices, the oranges into quarters, removing the pips, cut the apples into fancy shapes and take out the seeds from the grapes. Decorate the bottom of a quart mould with cherries and chopped pistachio nuts, set it on ice with a little lemon jelly, arrange the fruit in layers, setting them with jelly, adding a little colouring getting darker each time, and allowing each layer to get firm before adding the next. Fill the mould quite full.

Note.—The lemon jelly for this must be made with more gelatine in proportion to support the fruit.

Fresh fruit such as strawberries, apricots, raspberries can be used.

1 quart lemon jelly, bananas, grapes, oranges, apples, glacé cherries, pistachio nuts, carmine colouring

(Enough for eight or ten people)

62. LEMON JELLY.—Peel the lemons very thinly, squeeze out the juice and add to the water with sugar, cloves, cinnamon and gelatine, making barely a quart of liquid altogether. When the gelatine is dissolved add the slightly beaten whites and crushed shells, whisk well until boiling-point is reached, let it boil five or six minutes, move aside till the scum cracks, strain through a scalded cloth, add the sherry. If it does not run through clear at first pour it gently through the cloth a second time. When cool pour into a wet mould.

Note.—A loosely woven teacloth is the best kind.

6 lemons, 2 oz. gelatine, $1\frac{1}{2}$ pints water, 3 or 4 cloves, stick of cinnamon, 8 oz. loaf sugar, 2 tablespoonfuls sherry, whites and shells of 2 eggs

(Enough to fill $1\frac{1}{2}$ pint mould)

63. WINE JELLY.—3 oz. of white-leaf gelatine (in winter 1 or 2 oz. of gelatine is enough), 3 lemons, 2 laurel leaves, a few cloves, $\frac{1}{4}$ lb. of loaf sugar

and the whites of 3 eggs, with 1 quart of cold water. Place the ingredients in a bright stewpan and whisk over the fire until it comes to the boil. (The lemons should be peeled and the juice squeezed therefrom and added to the ingredients before placing on the fire.) Allow it to simmer for 5 minutes, and then stand it off the fire for 5 minutes. Strain through a jelly bag and flavour with maraschino or sherry, rum, brandy or port. Name the jelly after the wine or liquor used.

64. CALF'S FOOT JELLY.—2 calf's feet and 2 quarts of cold water. Simmer for 6 hours, strain into a clean basin and stand all night. Take off all fat, add to it the juice of 4 lemons and the rinds thinly cut, 6 oz. of sugar, also an oz. of gelatine. Stir over a fire until it boils, then allow it to simmer for 5 minutes—stand it off the fire for 5 minutes and pour through a jelly bag. This may be flavoured with any kind of wine; and it can also be made from cowheel, which is less expensive.

65. BEEF JELLY.—2 lb. of shin of beef, 1 quart of water. Cut the beef into squares, place it in an earthenware pan, put in 3 cloves, 1 bay leaf, and a little salt, with a very little browning. Cover the jar and let it come to the boil near the fire, then let it simmer on the hot plate all day; strain it, and put it away for use. This is nice cold or hot. If taken hot, it should be diluted with a little water; and if it wastes in boiling, a little more water should be added. This is almost as good as Brand's Extract.

MEAT DISHES

66. FRIED SWEETBREADS.—Soak the sweetbreads in salted water, put on in cold water and bring it to the boil, throw it away, put on again with fresh water and simmer gently for an hour, drain and press between 2 plates with a weight on top. When firm dip in seasoned flour, brush over with egg, coat with a mixture of parsley, ham and lemon peel, then again with egg and crumbs, fry a golden brown in hot fat, dish on hot dish with fancy paper, garnish with fried parsley. The sweetbreads can be cut in slices if preferred.

2 calf's sweetbreads, 1 teaspoonful chopped parsley, little grated lemon peel, 1 dessertspoonful chopped ham, salt and pepper, egg and bread crumbs, little flour

(Enough for three or four people)

67. STEWED SWEETBREADS.—Soak the sweetbreads in salted water, put them in a stewpan with cold water, bring to the boil, throw it away, put the sweetbreads on again with the milk, onion and mace, and simmer very gently till tender ; drain them, press them between 2 plates and trim them when firm, make a sauce with the butter, flour and milk the sweetbreads were cooked in, add a little cream, season well, reheat the sweetbreads and serve garnished with cut lemon and parsley.

Calf's or sheep's sweetbreads, 1 shallot or onion, blade of mace, $\frac{1}{2}$ pint milk, 1 oz. butter, 1 oz. flour, little cream, salt and pepper

(Enough for three or four people)

68. CALF'S HEAD (BOILED).—Thoroughly wash the head, let it soak in cold water. Put it in a saucepan with enough cold water to cover. When it boils add a

little salt and remove the scum as it rises, add the vegetables, herbs and peppercorns, simmer gently from 2 to 3 hours till perfectly tender. The brains must be removed and soaked, then tied in muslin and boiled. Take out the head, remove all the bones, and the tongue, place the head on a hot dish, coat well with parsley sauce, garnish with the skinned and sliced tongue, chopped brains, bacon fried and cut into dice, quarters of lemon and parsley.

Another method is to coat the head (boiled and prepared in the same way) with egg sauce, garnished with ham, brains, lemon and parsley, or coat the head and tongue with brown sauce garnished.

Half a calf's head or a whole one, bacon, lemon, vegetables and herbs to flavour, peppercorns, parsley sauce, salt
(Enough for seven or eight people)

69. MINCED VEAL.—Take 1 lb. of cooked veal, mince it fine, add to it a tablespoonful of flour and sufficient stock to make it a nice thick sauce ; add the veal to it, and squeeze the juice of $\frac{1}{2}$ lemon ; add a bay leaf or two, and stir into the mince. Let it stand on a slow fire for $\frac{1}{4}$ hour, dish up with fried bread around, and serve.

70. CREAM OF VEAL.—1 lb. of veal cutlet and 1 pint of cream ; whip just a little and pass the veal through a mincing machine, then through a very fine wire sieve. Mix the cream well with the veal, season nicely, add a teaspoonful of chopped truffles in small leaf shapes, butter and decorate a plain dariole mould nicely, and put the cream into it. Put over the top a buttered paper, place in a stewpan, steam for 20 minutes over a very slow fire or the cream will be spoiled. When done, turn it out on a silver dish and serve Portuguese or Hollandaise sauce around, and green peas in the centre. Rabbit and chicken can also be done this way.

71. SHEEP'S HEAD AND BROTH.—Thoroughly cleanse the head, take out the splinters, wash in salt and water, put the head in cold water and bring to the boil, pour away the water, add fresh water and boil, removing the scum, cut up the vegetables and add with the rice, simmer gently for 3 hours or till the meat will leave the bones. Put the brains into a small piece of muslin and drop into the stewpan about 15 minutes before the head is done. Cut the meat from the head, place in the centre of a hot dish, put a border of rice and vegetables round, slice the tongue and chop the brains, make a sauce with the butter, flour and milk, adding some of the liquor; season well and add chopped parsley. Coat the head with this sauce and garnish with sliced tongue and chopped brains.

1 sheep's head, 2 carrots, 2 turnips, 1 onion, 1 oz. flour, 1 oz. butter,
1 gill milk, 3 oz. rice, chopped parsley, salt and pepper
(Enough for five or six people)

72. BOILED KNUCKLE OF VEAL.—Take a knuckle of veal and boil it for $1\frac{1}{2}$ hours with a little onion, turnip, carrot and a bay leaf or two—cook it for $1\frac{1}{2}$ hours. When done, make a good parsley and butter sauce and pour over the veal. Boiled bacon should be sent to table with it.

73. TRIPE AND ONIONS.—Wash the tripe, place it in a stewpan, cover with cold water and bring to the boil, put it on a board, scrape it if necessary, cut into neat pieces, return it to the pan with about $\frac{3}{4}$ pint of water and the onions finely chopped, simmer till the tripe is tender, mix the flour smoothly with the milk, add it, stir till it boils, season well and serve.

1 lb. tripe, 2 onions, 1 oz. flour, $\frac{1}{2}$ pint milk, salt and pepper
(Enough for four people)

74. FILLETS OF BEEF.—Cut some nice round fillets of beef, allowing a fillet for each person; fry them quickly a nice brown on each side—glaze with a nice rich glaze of brown sauce; dish them up on a border of potato and pour some clear brown sauce around. Serve very hot.

75. BEEF CUTLETS.—Take a pound of rump steak, pass it through a mincing machine twice and add 2 oz. of bread soaked in $\frac{1}{2}$ teacupful of milk—mix this with the beef, a little onion, thyme and parsley chopped fine, a little salt. Mix well together, form it into cutlets, and fry gently in a little fat. When done, dish up on a border of potato, put green peas in the centre and tomato sauce around. Serve very hot.

76. MINCED BEEF.—Take about 1 lb. of cooked beef; add a spoonful of cornflour, an onion, a little bunch of savoury herbs, pepper and salt, sufficient stock to mix it. Stir it over the fire until it boils, and 5 minutes after; add a teaspoonful of curry powder (which greatly improves it). Dish the mince up with fried bread around on toast.

77. STEWED STEAK.—Wipe and trim the steak, chop the onion, melt the butter in a saucepan, brown the steak, remove it and brown the onion, add the stock, herbs, and vegetable trimmings, simmer very gently till tender, from 2 to 2 $\frac{1}{2}$ hours. Place the steak on a hot dish. Strain and thicken the gravy with the flour, stir till it boils, season it well and pour it over the meat. Garnish with vegetables, cut in fancy shapes and cooked separately.

1 lb. beef steak, 1 onion, 1 carrot, 1 turnip, bouquet garni, 1 oz. butter, 1 oz. flour, $\frac{3}{4}$ pint stock or water, salt and pepper

(Enough for four or five people)

78. SCOTCH COLLOPS.—Mince the meat. Put the butter or dripping into a stewpan and melt it. When it is hot put in the meat with the onion finely chopped. Stir and beat well with a wooden spoon until brown. Add the stock gradually whilst stirring. About 10 minutes before serving add the bread crumbs. Serve with the toast cut into small croûtons.

1 lb. lean juicy beef, 1 onion, 3 tablespoonfuls bread crumbs, 1 tablespoonful butter or dripping, $\frac{1}{2}$ pint stock, pepper and salt, slices of toast.

79. BOILED MUTTON AND BROTH.—Wipe the meat, trim the joint and take off chine bone and any superfluous fat, tie it up, place in boiling water, allow it to boil for 5 minutes, carefully removing the scum, then allow it to simmer very gently for about $1\frac{1}{2}$ hours, wash and blanch the pearl barley and add, also the vegetables, which should be prepared and cut into neat pieces. Place the mutton on a hot dish with carrots and turnips round, coat with caper or parsley sauce, add seasoning and chopped parsley to the broth.

Neck of mutton (about 3 lb.), 2 carrots, 2 turnips, 1 onion, 2 oz. barley or rice, chopped parsley, salt and pepper, caper sauce

(Enough for seven or eight people)

80. MUTTON CUTLETS.—Saw off the chine bone carefully and the end of the bones, allowing 2 inches below the eye of the cutlet, divide the cutlets, trim them, keeping the bone clean, dip in salt and pepper, then egg and bread crumbs, fry in a sautépan till a nice brown, turning them occasionally, dish in a circle on a border of mashed potatoes, fill the centre with peas, sprouts or

any suitable vegetable, strain a good brown or tomato sauce round.

Best end of neck of mutton, egg and bread crumbs, salt and pepper, mashed potatoes, vegetables for garnish, brown or tomato sauce
(Enough to make six or seven cutlets)

81. ROAST SHOULDER OF MUTTON.—Take a nice shoulder of mutton, 8 lb. ; roast for $1\frac{1}{2}$ or 2 hours. Serve it nice and hot, with brown gravy and onion sauce sent to table with it.

82. ROAST HAUNCH OF MUTTON.—Take a good haunch of mutton which has been well hung. Roast it before a clear fire for $2\frac{1}{2}$ hours, well basting it all the time. When nearly done, dredge it over with flour and baste it again. Dish up with a good brown gravy which should be free from fat.

83. ROAST SADDLE OF MUTTON.—Trim the saddle of mutton neatly, then tie it up firmly. Roast it in front of a clear fire for two hours, basting it well. When done, dish up with brown gravy. Send red currant jelly to table with it in a sauceboat.

84. MUTTON CUTLETS.—Trim and cut the cutlets from the best end of the neck of mutton, then dip them into a beaten egg in which is a little grated cheese mixed. Egg and bread crumb them, fry them a nice golden colour—drain off the fat and dish them up on a border of potato. Have ready some plain boiled macaroni and some strips of carrot, about equal quantities ; dish up in the centre of them and serve with white sauce around.

85. CALF'S FEET.—Place the calf's feet into a stewpan with sufficient cold water to cover them. Let them

come to the boil, then throw away the water. After rinsing the feet well put them back into the stewpan with enough light stock to cover them, and let them simmer for 4 hours. Remove the bones and press the feet between two dishes until cold. Cut them into small pieces and let them simmer for about 5 minutes. Serve with croûtons of toast.

86. COLLARED CALF'S HEAD.—Cook the calf's head. Stuff it with veal stuffing in which some ham has been chopped. Bone the calf's head and fill it with stuffing, roll it around, tie it up with string, skewer it through to keep it firm. Put it into a baking tin, brush it over with an egg and cover it with bread crumbs. Put a few pieces of butter over the top of it. Place it in the oven and let it bake a nice brown (it will take about an hour). When done, dish up—serve brown or tomato sauce around and little rolls of bacon.

POULTRY AND GAME

87. STEWED PIGEON.—Prepare the pigeon as for roasting, and sprinkle it with flour. Melt the butter in a stewpan, and when boiling put in the pigeon until it is quite brown all over, Then take it out and separate it from all the grease. Put the stock into the pan, and when it is warm replace the pigeon. Put the lid on the pan and let the pigeon stew gently for about two hours. When tender place it on the toast. Boil up the gravy left in the pan quickly and pour it round the pigeon. Garnish with either watercress or parsley.

1 pigeon, $\frac{1}{2}$ pint of stock, a small piece of butter, a pinch of flour, a slice of toast (small), pepper and salt

88. ROAST PIGEONS.—Draw, singe and truss the pigeons, lard the breasts, roast in a hot oven, basting frequently from twenty to thirty minutes, serve on squares of toast with bread sauce and gravy. A plain French salad of lettuce dressed with oil and vinegar can also be served.

Pigeons, larding bacon, toast, butter, bread sauce, gravy

89. BOILED FOWL.—Draw and truss the fowl, taking care to loosen the skin of the legs and to push them well up inside the body. Put it into hot stock, having first wrapped it in buttered paper with 2 slices of lemon on the breast. Simmer gently till tender. When cooked lift out on to a hot plate, drain and remove string and paper, place on a hot dish, coat with béchamel sauce, decorate with yolk of egg, put through a sieve and

chopped parsley, garnish the dish with lemon and parsley and the cups of white of hard-boiled egg filled with vegetables. Serve with boiled ham or bacon.

1 fowl, stock to cover, 1 pint béchamel sauce, lemon, 1 hard-boiled egg, chopped parsley, salt and pepper, boiled bacon or ham

90. CHICKEN CROQUETTES.—Mince or chop the chicken finely, add the chopped ham and parsley, cook the flour in the butter, add the white stock and cook till it thickens, add to the chicken and ham, season well with salt and pepper and a squeeze of lemon juice, place on a wet plate, divide into equal portions, set aside to cool, form into cork shapes, using a little flour or bread crumbs, coat with egg and bread crumbs, fry in hot fat. Serve on a hot dish with a fancy paper, garnish with fried parsley.

$\frac{1}{2}$ lb. cooked chicken, 2 oz. ham, 1 oz butter, 1 oz. flour, 1 gill white stock, 1 teaspoonful chopped parsley, little lemon juice, salt and pepper, egg and bread crumbs

(Enough to make six croquettes)

91. FRICASSÉE OF CHICKEN.—Cut the chicken into neat joints, place in a stewpan with onion, mace, herbs and strip of lemon peel, add the white stock and simmer very gently till tender, cook the flour in the butter, add the stock the chicken was cooked in and the milk, stir till it boils, season well with salt and pepper and lemon juice, put back the joints of chicken, serve with a rose border of mashed potato, garnish with cut lemon and parsley. Cold boiled fowl can be served in this way, using the liquor it was boiled in.

1 chicken, 1 onion stuffed with cloves, 1 blade of mace, bunch of herbs, 1 lemon, 2 oz. butter, 2 oz. flour, $\frac{1}{2}$ pint white stock, $\frac{1}{2}$ pint milk, salt and pepper

(Enough for six or seven people)

92. ROAST PARTRIDGE.—Pluck, singe and draw the birds, truss firmly, making them look plump, roast for 30 minutes, basting frequently. A slice of fat bacon can be tied on the breast to keep them moist ; remove it and flour and froth them well a few minutes before dishing. Dish on croûtons of toast, garnish with watercress, serve with bread sauce and fried bread crumbs (see Roast Pheasant).

1 brace of partridges, a little fat bacon, gravy, bread sauce, watercress, fried crumbs, croûtons of toast

(Enough for three or four people)

93. ROAST PHEASANT.—Pluck, singe and draw the pheasants, scald and skin the legs, removing the claws, wipe with a damp cloth, put a small piece of butter with pepper inside, truss for roasting, tie some pieces of fat bacon over the breasts, cook for about 1 hour, basting frequently, remove the bacon, dredge with flour and cook again till brown and frothy. Remove the string, place on a hot dish, garnish with watercress. Serve with bread sauce, fried bread crumbs and some good gravy.

For the Fried Bread Crumbs.—Melt some butter in an enamelled frying-pan, put in some white bread crumbs, stir them carefully over the fire until they are nicely browned, drain them on paper, place in the oven for a few minutes. Serve on a lace paper.

1 brace of pheasants, fat bacon, little butter, gravy, bread sauce, fried bread crumbs, watercress

94. ROAST GROUSE.—Pluck, singe and draw the grouse, wiping thoroughly with a damp cloth (game should never be washed), put a small piece of butter with a little pepper and lemon juice inside the birds, truss for roasting. A slice of fat bacon and a vine leaf or two should be wrapped over the breast of each bird.

Roast in the oven or before the fire, baste frequently, remove the bacon and froth just before dishing. Place on a hot dish on a croûton of toast, which should be made and put under the grouse in the dripping-pan, garnish with watercress and serve with bread sauce and browned bread crumbs.

Grouse, butter, fat bacon, gravy, bread sauce, browned bread crumbs

95. BOILED RABBIT.—Skin and cleanse the rabbit, slit the thighs so as to be able to draw the legs forward, turn the head to the right side, pass a skewer through the legs, shoulders and out through the head, keeping the rabbit as flat as possible. Boil gently for about 1 hour. When tender place on a hot dish, remove the skewers and string, coat with parsley sauce, garnish with the liver boiled and finely chopped. Onion sauce can be used instead of parsley sauce if liked. Serve with boiled bacon or pork.

1 rabbit, 1 pint white sauce, chopped parsley, bacon or pork
(Enough for four or five people)

96. STEWED RABBIT.—Skin and wash the rabbit, cut into neat joints, melt the butter or dripping in a stew-pan, fry the chopped onion a nice brown, remove it, dip the rabbit into flour and fry, take out the joints and brown the flour, taking care it does not burn, add the stock, stir till it boils, put back rabbit, onion, add the herbs, simmer gently for three hours, season well, place joints in centre of a hot dish, strain the gravy over.

1 rabbit, 1 onion, 2 oz. butter or dripping, 2 oz. flour, 1 pint of stock, bunch of herbs, salt and pepper
(Enough for five or six people)

97. CRÈME OF RABBIT.—Take the meat from a rabbit and pass it through the mincing machine three or four

times, then add 1 pint of béchamel sauce to it. Mix the rabbit well with it, and pass it through a wire sieve; butter a plain mould with a hole in the middle, and put in the mixture. Season it nicely and steam for 20 minutes. When done, turn out immediately or it will fall; serve Hollandaise sauce around.

98. QUENELLES OF RABBIT.—Take the meat from a rabbit; soak $\frac{1}{4}$ lb. bread in water, and wring it through a cloth. Put into a saucepan about 2 oz. of butter, a bay leaf and a little onion, pepper and salt, and stir over the fire for 5 minutes. Pass the meat of the rabbit through the mincing machine four or five times, then when cold add the yolks of 2 eggs, bread pounded to the rabbit, and pass it through a coarse wire sieve, then mould the quenelles in a dessert-spoon, shaping them nicely in the spoon. Dip a knife in cold water, and smooth them nicely, then put them into a sautépan with boiling water (about half covering them). Butter a paper and put them in the oven for $\frac{1}{4}$ hour. When done, dish them on a border of potato and pour béchamel sauce over them, sprinkling chopped truffles over the top, and serve. Quenelles of chicken can be done in the same way.

SOUPS

99. PEARL BARLEY CREAM SOUP. — Simmer the barley in the stock with the onion and carrot for 2 hours, having previously blanched it ; remove the carrot, stew till reduced to a pulp, rub it through a sieve, add enough stock or water till it is the consistency of thick cream, boil up, allow it to cool and add the yolk of egg beaten with a little milk, season and serve with the chopped parsley sprinkled on the top.

1 quart stock, 1 pint pearl barley, 1 onion, 1 carrot, chopped parsley, 1 yolk of egg, a little milk, salt and pepper
(Enough for four or five people)

100. MOCK TURTLE SOUP (THICK).—Take any remains of calves' heads, also the liquor they were boiled in, and any odd pieces of cooked meat you may have, 3 large onions, carrots, celery, a bunch of savoury herbs, a teaspoonful of browning, a few peppercorns, 6 cloves, and 12 bay leaves, then boil these all together for 2 hours ; thicken with a good tablespoonful of rue and a whole lemon cut in slices. Let it simmer for $\frac{1}{2}$ hour longer, and then pass it through a sieve ; add to it some pieces of calf's head cut in squares, and forcemeat balls, a glass of sherry flavoured with Harvey and Worcester sauce, about a teaspoonful of each for 2 or 3 quarts of soup. Serve very hot. If liked, these soups can be served without wine ; but they are much nicer with it.

101. CLEAR GRAVY SOUP. — (*Foundation of all Soups.*)—Take 6 lb. of shin of beef ; cut off the meat from the bone, chop the bone and put it into the stock

pot ; cut up the meat fine, and add 4 quarts of cold water, a little browning, a little salt, a few peppercorns, about half-a-dozen cloves, a bunch of savoury herbs and 6 bay leaves, a tablespoonful of vinegar and a few egg-shells. Bring it to the boil on a slow fire, and let it simmer slowly for 3 hours, then skim off some of the fat from the top ; add 3 onions, a carrot or two, a good handful of celery, and let it simmer for another 3 hours. Strain it and free it from fat, then it will be ready for use,

102. OYSTER SOUP.—3 oz. of butter, 3 oz. of flour, 1½ pints of new milk, 1 pint of white stock, and 2 doz. sauce oysters. Blanch the oysters, saving the liquor, stir the butter and flour over the fire until it is well baked, then add the liquor that the oysters were blanched in ; add the milk gradually, bring it to the boil, add 2 bay leaves, a pinch of cayenne pepper, a teaspoonful of anchovy ; cut the oysters in halves, put them in the soup tureen and strain the soup over them, and serve.

103. MUTTON BROTH.—A sheep's head, 3 lb. of scrag end of neck of mutton. Put them in a gallon of water with a teaspoonful of pearl barley, and boil for 1 hour ; cut up about 1 lb. of vegetables into small dice (viz. carrots, onions, parsnips, celery and turnips). Let them boil for 1 hour, seasoned with pepper and salt. Skim off all the fat and chop up a good heaped-up tablespoonful of parsley and put into the soup. Let it stand for 5 minutes, take out the mutton and cut it up in neat pieces, put it into the soup tureen and pour the mutton broth over, and serve.

104. MUTTON BROTH.—About 1 lb. of the scrag end of the neck of mutton, 1 dessertspoonful of pearl barley, a

little salt, 1 carrot, a small piece of parsley and a quart of water. Boil this in a clean enamel saucepan for 3 hours.

105. VEAL BROTH.—1 lb. of knuckle of veal, 1 pint of water, a saltspoonful of salt, a little parsley and thyme, 1 bay leaf, and put in a teaspoonful of fine sago. Cover down, and cook for three hours.

106. SCOTCH BROTH.—Cut meat up finely, removing fat and skin, chop the bones, add to the water with onion seasoning and bouquet garni, allow to simmer gently for 1 hour, strain and remove bones, return to the saucepan with the blanched barley, carrot and turnip cut in tiny dice, simmer till carrot is tender, put back some of the meat cut in neat pieces, season and add parsley just before serving.

2 lb. neck mutton, 1 quart of water, 1 onion, 1 carrot, 1 turnip, 2 oz. pearl barley, bouquet garni, seasoning, 1 teaspoonful chopped parsley
(Enough for four people)

107. VERMICELLI SOUP.—Take some clear soup as in No. 1. Take about 1 oz. of vermicelli, 1 quart of soup, 1 bay leaf, and 1 onion. Put the soup into a stewpan and add the vermicelli, bring it to the boil, and let it boil gently for about 10 minutes. Serve hot.

108. QUICKLY-MADE CLEAR SOUP.—Cut some shreds of carrot, celery and onions; boil them in a quart of water, with a bunch of savoury herbs (should take about 10 minutes). When done, add 1 teaspoonful of Liebig's Extract of Beef, 1 of tarragon vinegar, 1 lump of sugar, a little Harvey sauce, salt to taste, and 2 sheets of white-leaf gelatine. When stock is not at hand, this makes a very nice plain soup.

109. TOMATO SOUP.—6 tomatoes, 3 large potatoes, 4 large onions, 2 quarts of stock from the second stock of No. 1, a little salt, a slice of ham or bacon. Slice the tomatoes, and peel and slice the onions and potatoes ; put them into a saucepan with a bunch of savoury herbs, boil them for 1 hour, and pass them through a sieve. Put the purée into a saucepan and place it on the stove ; bring it to the boil, stirring all the time, then put a good teaspoonful of cornflour into a teacup, and mix it ; add to it $\frac{1}{2}$ pint of new milk and stir it into the soup. This makes it equal to cream. Serve with fried bread.

110. PURÉE OF VEGETABLE MARROW.—Peel a nice-sized vegetable marrow, cut it up and free it from seeds, then wash it in clean water, put it into a stewpan with 2 onions, 3 or 4 bay leaves, salt and pepper, and 3 oz. of butter, 1 quart of white stock or water ; let it simmer for an hour, then pass the purée through a fine sieve and add $1\frac{1}{2}$ pints of new milk. Stir it over the fire until it boils, mix a dessertspoonful of cornflour with a little milk, let it boil, and serve with fried crusts of bread. This is sufficient for six or eight people.

111. SCOTCH BROTH.—Cut meat up finely, removing fat and skin, chop the bones, add to the water with onion seasoning and bouquet garni, allow to simmer gently for 1 hour, strain and remove bones, return to the saucepan with the blanched barley, carrot and turnip cut in tiny dice, simmer till carrot is tender, put back some of the meat cut in neat pieces, season and add parsley just before serving.

2 lb. neck mutton, 1 quart of water, 1 onion, 1 carrot, 1 turnip, 2 oz. pearl barley, bouquet garni, seasoning, 1 teaspoonful chopped parsley

(Enough for four people)

112. LENTIL SOUP.—Wash the lentils and soak for 12 hours with a little carbonate of soda in the water. Cut the vegetables into small pieces, put the dripping into the pan with them and cook for 5 minutes with the lid on. Add the lentils, water and flavourings, boil gently till reduced to a pulp, pass through a sieve, season and serve with small squares of toast or croûtons of fried bread.

$\frac{1}{2}$ pint lentils, 1 quart water, 3 onions, 2 small carrots, 1 small turnip, 1 oz. dripping, 2 potatoes, bunch of herbs, salt and pepper
(Enough for four people)

113. PEA SOUP.—Soak the peas for 12 hours with a pinch of carbonate of soda added to the water, put them in a saucepan with the water and vegetables, cut up in small pieces, simmer for 2 or 3 hours till tender, pass through a sieve, season and serve with croûtons of toast or fried bread.

1 quart water, $\frac{1}{2}$ pint split peas, 1 onion, small piece of carrot, small piece turnip, stick of celery, salt and pepper

114. HARICOT SOUP.—Soak the beans for 12 hours in cold water with a pinch of carbonate of soda, melt the dripping in a saucepan, add onion and beans, cook for 5 minutes with the lid on, add the water and simmer for 3 or 4 hours until the beans are tender. Pass through a sieve, add the milk, season well, reheat, serve with croûtons of fried bread.

$1\frac{1}{2}$ pints water, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint haricot beans, 1 onion, $\frac{1}{2}$ oz. dripping, salt and pepper
(Enough for four people)

115. ONION SOUP.—Peel and cut up the onions. Put into a saucepan with the dripping and cook for 5 minutes with the lid on. Add the water and salt. Boil until the onion is quite tender, mix the flour

smoothly with the milk, add to the soup and boil well. Season to taste and serve.

3 Spanish onions, 2 small onions, 1 oz. dripping, $2\frac{1}{2}$ oz. flour, $2\frac{1}{2}$ pints water, $\frac{1}{4}$ pint milk, salt, pepper
(*Enough for four or five people*)

116. POTATO SOUP.—Peel and cut the potatoes into slices, chop the onions, melt the fat in a saucepan, add potatoes and onions and cook for 5 minutes with the lid on; add the water and boil gently till reduced to a pulp; add the washed sago and the milk. Cook till the sago is transparent. Season and serve.

1 lb. potatoes, 2 onions, 1 pint water, $\frac{1}{2}$ pint milk, 1 oz. fat, $\frac{1}{2}$ oz. sago, salt and pepper
(*Enough for three people*)

117. BROWN VEGETABLE SOUP.—Melt the dipping in a stewpan, prepare and chop the vegetables and brown them carefully in the fat, remove them, add the flour to the fat and brown it, taking care it does not burn; add the water gradually, stir till it boils, return the vegetables and the herbs to the stewpan and simmer gently for an hour, strain, season well and serve with squares of toast.

1 quart water, 1 carrot, 1 turnip, 1 onion, 1 stick of celery, bunch of herbs, 1 oz. flour, 1 oz. dripping or butter, salt and pepper
(*Enough for four people*)

SWEETS AND PUDDINGS

118. RICE MOULD.—Wash the rice, allow it to soak in the milk for some time, put into a saucepan and cook till tender and the milk is taken up, add the sugar and flavouring, pour into a wet mould, turn out when cold and serve with stewed fruit or jam.

3 oz. rice, 1 pint milk, 2 oz. sugar, flavouring
(Enough for three or four people)

119. RICE CROQUETTES.—Put the rice on in a saucepan to cook with the milk and flavouring. When tender and all the milk absorbed add the sugar, turn on to a wet plate, divide into equal portions and set aside to cool. When firm roll into balls, using a few crumbs, coat with egg and crumbs, fry a golden brown in hot fat, drain well, put a small strip of angelica into each to look like a stem, serve on a hot dish with lace paper with jam or jam sauce.

4 oz. rice, 1 pint milk, 1 oz. sugar, flavouring, egg and bread crumbs, angelica
(Enough to make eight or ten croquettes)

120. MILKY RICE PUDDING.—A heaped-up tablespoonful of rice, a dessert ditto of sugar, and a pint of milk. Place in dish with a little butter and a little mixed spice. Bake in a slow oven for $1\frac{1}{2}$ hours.

121. SEMOLINA PUDDING. — 2 tablespoonfuls of semolina, 1 of sugar, and a pint of milk. Stir over a fire until boiling, then beat in 1 egg. Place in a buttered dish and bake for $\frac{1}{2}$ hour. This can also be steamed, but would then require 2 eggs. Time, 1 hour.

122. BLANCMANGE.—1 tablespoonful of cornflour, 1 pint of milk, and 1 tablespoonful of sugar. Put the cornflour in a stewpan with 2 laurel leaves, and add the sugar and milk. Stir over a slow fire until boiling. Let it boil for 5 minutes, stirring continually. This can be coloured pink and white, and is very nice served with stewed fruit.

123. ROLY-POLY JAM PUDDING.—Make a suet crust. Roll out thinly and spread over with any jam. Roll into a pudding cloth, which should be floured. Boil 1½ hours.

124. LEMON CREAM.—1 pint of milk, the rind of 2 lemons, the juice of 1, the yolks of 3 eggs, 1 tablespoonful of sugar and 2 oz. of gelatine. Stir until it thickens, over a fire. When nearly boiling, stir in the gelatine (which should have been soaked). When nearly cold, add the juice of 1 lemon and ½ pint of whipped cream. Stir all together into a mould. Let it set.

N.B.—ORANGE CREAM is made in the same way, substituting oranges for lemons.

125. SWEET OMELET.—Separate the whites and yolks of eggs, beat the whites to a stiff froth with the teaspoonful of sugar, mix lightly with the well-beaten yolks, melt the butter in an omelet pan, pour in the eggs, stir quickly till the mixture begins to set, put the omelet pan in the oven for a minute or two to brown slightly. Shape the omelet, put the warmed jam in the centre, fold over and turn on to a hot dish and serve immediately.

3 eggs, little jam, ¾ oz. butter, 1 teaspoonful castor sugar

126. STEWED PEARS.—Peel the pears, cut them in

half, take out the core, put them in a stewing jar with the water, sugar, lemon rind and spices, add the claret and some drops of carmine, cover with the peelings and stew gently in the oven for 3 or 4 hours. When cool put into a glass dish and pour the syrup over.

2 lb. pears, 6 oz. sugar, 1 pint water, little claret, 4 cloves, 1 inch cinnamon, strip of lemon peel, carmine colouring

(Enough for six or seven people)

127. APPLE SNOW.—Peel, core and slice the apples, stew them with the sugar, dissolve the gelatine in the water and add with the grated rind and juice of lemon. Whip the whites to a stiff froth and stir in lightly. Put into a mould. Turn out when set and serve with custard sauce.

$\frac{3}{4}$ lb. apples, $\frac{1}{2}$ oz. gelatine, 4 oz. castor sugar, $\frac{1}{2}$ gill water, rind of 1 lemon, juice of $\frac{1}{2}$ lemon, whites of 2 eggs, custard sauce

(Enough for four or five people)

128. BOILED CUSTARD.—1 egg, 1 teacupful of milk, 1 dessertspoonful of sugar, and a little flavouring. Whisk all together and stir over the fire until it thickens (it must *not* boil or it will be spoilt). When done, pour it into custard cups or small jug. Let it stand till cold.

129. RICE PUDDING.—1 pint milk, 2 tablespoons rice, 1 tablespoon sugar, a good pinch of salt, a little butter. Grease the dish; wash the rice and put it into the dish with the sugar, salt and butter; pour on the milk, grate a little nutmeg on the top, and bake in a very slow oven for 2 hours. Serve cold, and it is better the day after it is baked.

130. SAGO PUDDING.—2 oz. sago, 1 oz. sugar, 1 pint milk, 1 egg. Boil the milk, sprinkle in the sago, stir until it boils, then simmer gently until the sago becomes transparent. Add the sugar, cool slightly,

then beat the egg and stir it into the mixture. Pour into a greased pie-dish, grate a little nutmeg on the top, and bake gently for 25 or 30 minutes.

131. ARROWROOT PUDDING.—Mix the arrowroot smoothly with a little of the cold milk, put the rest of the milk into a saucepan and when boiling pour it on the arrowroot. Return to the saucepan and cook for 3 minutes, stirring all the time. Turn it into a basin, let it cool, add sugar and the yolk of the egg and the white beaten to a stiff froth. Stir lightly and pour into a buttered pie-dish and bake for about 10 minutes. It must not boil.

1 dessertspoonful arrowroot, $\frac{1}{2}$ pint milk, 1 egg, sugar, flavouring

132. GINGER PUDDING.— $\frac{1}{2}$ lb. of flour, 6 oz. of suet chopped fine, 1 egg, 1 teaspoonful of ground ginger, 2 tablespoonfuls of golden syrup, 1 gill of milk. Warm the milk, then add the syrup and the egg. Beat a little, then mix in the other ingredients. Steam for 2 hours in a well-buttered basin. Turn out and serve with sweet sauce.

133. TREACLE PUDDING.—Make a suet crust, line a pudding basin thinly, then put in a tablespoonful of treacle, and a layer of paste, then another of treacle and paste, and so on until the basin is full. Cover over the top and tie down with a pudding cloth. Steam for 3 hours.

134. SNOWBALLS AND CUSTARD.—Take 3 yolks of eggs, separated from the whites. Bring a pint of milk to the boil. Whip the whites to a stiff froth—and add gradually a dessertspoonful of castor sugar and a little essence of lemon. Take the mixture and place by spoonfuls into the milk. Allow it to simmer for 10

minutes, but *not* to boil. Whip the yolks and add the milk with a dessertspoonful of sugar. Place in the pan and stir it over the fire until thick. When nearly cold, place the snowballs in the custard.

135. GLAZED APPLES.—Peel and core 6 large apples. Cook without breaking. Add before cooking 1 table-spoonful of sugar, 1 teacupful of water, the rind of a lemon, and simmer until done. Add a few drops of carmine and let the apples stand in it. Lift carefully out on a dish. Take a teaspoonful of cornflour and stir into the syrup, until it is like glaze. Arrange the apples on a dish (not on a glass one) and pour over the glaze. Serve hot or cold.

136. LADY BETTY PUDDING.—Line a plain charlotte mould with bread cut in strips, the length of the mould. Cut a round piece of bread $\frac{1}{4}$ inch thick (the size of the top). Take some fruit, as damsons, plums, blackberries, etc., and stew 1 lb. with $\frac{1}{4}$ lb. of sugar. Pour in the mould. Place the bread on the top. Put a plate on and stand till the next day. Turn it out, pour custard around it, and serve.

137. LEMON SPONGE.—Peel the lemons thinly and put into a saucepan with lemon juice, sugar and gelatine, boil gently for 15 minutes. Allow to get cool, beat up the whites very stiffly, add the gelatine and water, etc., whisk well till it begins to stiffen, pour into a wet mould and turn out when set.

1 pint water, 1 oz. gelatine, $\frac{1}{4}$ lb. loaf sugar, rind and juice of 3 lemons, 3 whites of eggs

(Enough for five or six people)

138. PRUNE MOULD.—Soak the prunes in 1 pint of water, then put them in a stewpan in the same liquid

with sugar, lemon rind, and cook till tender. Remove the stones, rub through a sieve, add the dissolved gelatine, claret, colour with carmine, pour into a wet mould, turn out when set and serve in a glass dish.

1 lb. prunes, 1 pint water, 3 oz. sugar, 1 oz. gelatine, rind and juice of 1 lemon, 1 wineglass claret, carmine to colour

(Enough for five or six people)

139. LEMON SAGO.—Boil the sago with the water till quite clear, add the syrup and lemon rind and juice, boil all together for a few minutes and pour into a wet mould. Turn out when set and serve with custard sauce.

4 oz. sago, 1 pint water, 4 tablespoonfuls golden syrup, grated rind and juice of 2 lemons, custard sauce

(Enough for five or six people)

140. CANARY PUDDING.—Cream the butter and sugar together, add the sifted flour and eggs alternately, beating well, add the grated lemon rind and lastly the baking powder. Put mixture into a well-greased mould, steam for 1½ hours. Serve with lemon sauce.

2 eggs, their weight in butter, sugar, flour, grated rind of 2 lemons, ½ teaspoonful baking powder, pinch of salt

(Enough for five or six people)

141. APPLE DUMPLINGS.—Make the pastry with flour and butter and lard, add pinch of salt, mix stiffly with water, cut into as many pieces as apples, allowing roughly 1 oz. of pastry to each apple, peel and core the apples, keeping them whole, place each on a piece of pastry, fill the hole with sugar and a clove, work the pastry round the apple, brush over with water, sprinkle with sugar, bake till the apple is cooked—about 20 minutes.

6 or 8 apples, 8 oz. flour, 4 oz. lard and butter, pinch of salt, 6 or 8 cloves, sugar, water

(Enough for six or eight people)

142. APPLE PUDDING.—Make a suet crust with $\frac{1}{2}$ lb. of flour and 4 oz. of beef suet and a little salt. Slice the suet in thin slices and roll it well into the flour. Mix with a little water, then fold and roll it thin. Butter a basin and line it with the paste. Peel and core 1 lb. of nice apples and slice them in thin slices and fill the basin. Add a tablespoonful of sugar, a little lemon rind, and a tablespoonful of water; cover the top with paste, tie down with a cloth, and boil 3 hours. When cooked, turn out, and serve with cream or custard, or plain.

N.B.—All kinds of fruit puddings are similarly made.

143. APPLE SOUFFLÉ.—Take 3 large apples (peel and core them), 2 tablespoonfuls of ground rice, $\frac{1}{2}$ pint of milk, the yolks and whites of 2 eggs, and 1 full tablespoonful of sugar, with a little lemon rind. Place the ground rice with 1 oz. of butter and $\frac{1}{2}$ pint of milk in the saucepan, stir over a fire until boiling, then add the apple, which should be well stewed; next beat in the yolks of 2 eggs. Whip the whites to a stiff froth and add to the soufflé. Butter a soufflé dish and put a band of paper round; put in the mixture and bake in a moderate oven for 20 or 30 minutes.

144. APPLE CHARLOTTE.—Peel and core 2 lb. of apples; $\frac{1}{2}$ lb. of sugar, the rind of a lemon, and a little mixed spice. Stew the apples over a fire, stirring continually. Line a mould with bread and butter $\frac{1}{4}$ inch thick, the buttered side against the mould, and a round of bread and butter at the bottom. A tablespoonful of bread crumbs must be mixed with the apple; place in the mould, bake 1 hour. Turn out and serve with marmalade sauce.

Two tablespoonfuls of marmalade and one of water. Boil together and put lightly over the charlotte.

145. BREAD AND BUTTER PUDDING.—Cut some slices of bread and butter and fill a dish neatly with it. Place with it a good handful of cleaned currants. Mix 2 eggs into 1 pint of milk with 1 tablespoonful of sugar ; pour this over the bread and butter and bake for an hour.

146. OMELET SOUFFLÉ.—An egg should be allowed for each person. A nice little one can be made with three eggs. Separate the whites from the yolks, stir into the three yolks a teaspoonful of flour, a tablespoonful of castor sugar, a little essence of lemon and a tablespoonful of milk. Stir these well together, whip the whites, add lightly to the other ingredients. This can be either baked in the oven or fried. If baked, it must be sent to table in the dish it is baked in. If fried, turn out and serve.

147. BAKED CUSTARD.—1 egg, 1 teaspoonful of flour, $\frac{1}{2}$ pint of milk, a little flavouring and 1 dessert-spoonful of sugar. Whisk well together, put it into a pie-dish, bake 20 minutes. Take $\frac{1}{2}$ lb. of green gooseberries, 1 tablespoonful of sugar and 1 of water. Cook for 10 minutes. When cold, put in glass dish and serve with the custard.

VEGETABLES

148. POTATO SOUFFLÉS.—Make a nice mashed potato, adding the yolk and white of an egg, and about 1 oz. of butter. Mix in the butter, the yolk of egg, and a little salt and pepper. Whip in the white, mix into the soufflé. Butter some little soufflé cases and fill them with this. Bake in a quick oven for 20 minutes. If liked, this can be served in a soufflé dish.

149. NEW POTATOES.—Scrape the potatoes gently, putting them at once into cold water. Put them into a saucepan of boiling water with the salt and mint, cook gently from 20 to 30 minutes. Drain off the water, add the butter, shake gently to coat them, turn into a hot vegetable dish and sprinkle over some finely-chopped parsley.

2 lb. new potatoes, sprig of mint, salt, 1 oz. butter, chopped parsley, boiling water

150. OLD POTATOES.—Peel the potatoes thinly, put them in a saucepan with cold water, add the salt, cook very gently with the lid on till tender, test with a skewer. Pour off the water, put them back on the stove with the lid half on the pan to dry, place a folded clean cloth over them. Dish in a hot vegetable dish.

2 lb. potatoes, salt, cold water

151. CAULIFLOWER.—Wash the cauliflower. Let it stand a little while in salt and water. Put it into boiling water containing a little salt and a little soda. Let it boil 20 minutes. When done, drain it on a sieve for a minute or two; then dish up and pour a little butter over. It can also be served with white sauce.

152. ASPARAGUS.—Wash and scrape the white part of the asparagus, tie in bundles with tape, cut the stalks an even length. Put them in a saucepan of boiling water (stand the bundles up if possible) with salt and a pinch of carbonate of soda, boil very gently for about 20 to 30 minutes, taking care not to break the heads. Lift out the bundles, drain, untie them and place on a slice of toast in a hot vegetable dish. Serve the butter melted in a tureen. Hollandaise sauce is sometimes served.

Asparagus, toast, butter, salt and soda

153. HARICOT BEANS.—One pint of beans; soak overnight, boil until tender. Have ready some butter, and parsley chopped, and the juice of a lemon, pepper, salt, and a tiny dust of mixed spice. Stir over the fire for a few minutes and serve. This makes a nice winter dish.

154. BRUSSELS SPROUTS.—Take off the outside leaves of the sprouts and cut across the stalk, leave to soak in salted water. Place them in boiling water with salt and a pinch of carbonate of soda and cook gently uncovered till tender, drain well in a colander, arrange neatly in a hot vegetable dish.

Sprouts, salt, carbonate of soda

155. BOILED ONIONS.—Skin the onions, put them into boiling water with salt and cook for 2 or 3 hours, according to the size. Drain them, place them in a hot dish and pour the white sauce over and serve. Another method is to put about 1 oz. of butter in the pan when the water is poured off, allow it to get quite hot, season with salt and pepper and serve in a hot vegetable dish,

Spanish onions, salt, $\frac{1}{2}$ pint white sauce

156. SEAKALE.—Put the kale in nice bundles. Trim it and wash it. Put it in boiling water with no salt, as it turns it dark. Boil 20 or 30 minutes. Dish up on toast. Pour white sauce over and serve.

157. BRAISED CELERY.—Clean the celery nicely by scrubbing it with a brush. Cut in half. Tie it up in bundles. Put it in a stewpan with 1 bay leaf, salt, and a little Worcester sauce. Cook about 2 hours. Make a nice brown gravy with some of the liquor it was cooked in. Dish up. Remove the string; pour the sauce over. Serve.

158. BOILED LEEKS.—Wash the leeks thoroughly, trim into even lengths, tie them into bundles, put them into boiling water with salt and boil till quite tender, drain them, dish on a slice of toast in a hot vegetable dish, remove the tape, pour the white sauce over and serve.

Leeks, salt, $\frac{1}{2}$ pint white sauce, toast

159. TURNIPS À LA CRÈME.—Peel, wash, and boil the turnips after they have been cut in slices about $\frac{1}{2}$ inch thick. When nicely cooked, take them out carefully, and make a nice white sauce with 1 gill of new milk and 1 teaspoonful of cornflour; add a little salt and pepper; put the milk on to boil, then mix the cornflour with a little cold milk, and stir into the hot milk. Add a piece of butter or a little cream. Dish the slices of turnip on the dish nicely, pour the sauce over, and serve.

160. MASHED TURNIPS.—Peel, wash, and cut the turnips in halves, cook them for about 1 hour, then strain them and squeeze out all the water. Add a little cream or butter, pepper and salt; mash them nicely, sent to table nice and hot.

161. PEAS.—Make the water boil ; add to it a little soda (about the size of a pea), a lump of sugar, a little salt, and a little green mint. Boil for 10 or 15 minutes. Strain the peas. Put them into a covered dish to keep them green.

162. SCARLET RUNNERS OR FRENCH BEANS.—Cut them nicely, put them in boiling water with a little salt and $\frac{1}{2}$ a saltspoonful of bicarbonate of soda. Let them boil until done, then strain them on a sieve, and put on a little butter. Serve.

163. SPINACH.—Pick the spinach over and remove the stalks and mid-ribs of the leaves, wash thoroughly in several waters to remove the grit, put in a saucepan with no water except that which adheres to the leaves, add a little salt and pinch of carbonate of soda, stir occasionally. When tender drain it and pass it through a sieve, return to the pan, add a little butter or cream, season it, dish in a pyramid shape in a hot vegetable dish, garnish with quarters of hard-boiled egg and triangles of fried bread.

Spinach, salt, soda, butter, hard-boiled egg, croûtons of fried bread, salt and pepper

164. STEWED CELERY.—Well wash and trim the celery, split each head into four lengthways, tie firmly into bundles, cut in equal lengths, place in a stewpan with enough boiling water to cover and a little salt. Boil till tender (about an hour), drain it carefully, dish in a hot vegetable dish on a slice of toast and pour the white sauce over. Celery can also be boiled in a nice brown stock and a sauce to coat it made of 1 oz. butter, 1 oz. flour (browned), and $\frac{1}{2}$ pint of the stock the celery was boiled in. Seasoned and served in the same way.

3 or 4 heads celery, salt, $\frac{1}{2}$ pint white sauce, toast

EXTRA RECIPES

165. GRUEL.—Mix a tablespoonful of Patent groats with 2 tablespoonfuls of water. When it is quite a smooth paste add 1 pint of boiling water or milk, stir well and boil for 10 minutes. Add sugar to taste.

166. GRUEL.—Mix the groats smoothly with a little of the cold milk, put the rest of the milk on to boil. When boiling pour on to the groats, return to the saucepan and cook well, stirring all the time. Add a pinch of salt and strain into a breakfast cup. Sugar can be added if liked, and it can be made with half or all water if preferred.

1 dessertspoonful Robinson's patent groats, $\frac{1}{2}$ pint milk, salt

167. GRUEL FOR COLDS.—Mix a tablespoonful of fine oatmeal with a little water, pour it into 1 pint of boiling water and boil for 5 minutes, stirring all the time. Milk may be used instead of water if preferred.

(See also under Arrowroot, Gruel and Barley Gruel.)

168. BREAD SAUCE.—Boil the milk with the onion stuck with the cloves and the mace, rub the bread crumbs through a wire sieve, pour the seasoned milk over them, return to the saucepan and cook well, add the butter, salt and pepper and the cream just before serving. Served with roast game and poultry.

1 pint milk, 4 oz. bread crumbs, 2 oz. butter, blade of mace, 1 onion, 2 cloves, 2 tablespoonfuls cream, salt and pepper

169. GRAVY FOR ROAST JOINT.—When the joint is roasted place it on a hot dish in the oven, pour off all

the fat, leaving the sediment, which is the gravy from the meat, sprinkle a little salt in the pan, add some water, or if preferred well-flavoured stock, a little bovril or colouring if necessary, boil up, stirring well all round the pan, dissolving all the brown particles, strain round the meat.

SWEET SAUCES

170. TREACLE SAUCE.—Put all together in a saucepan and boil for 5 minutes.

2 tablespoonfuls treacle or golden syrup, 1 gill water, lemon juice

171. MARMALADE SAUCE.—Boil together for 5 minutes and strain.

2 tablespoonfuls marmalade, 1 gill water, lemon juice, 1 dessert-spoonful sugar

172. SWEET PUDDING SAUCE.—Melt the butter, add the flour and cook it for a minute, stir in the milk and boil gently for 5 minutes. Any flavouring can then be added, such as vanilla, lemon or almond essence, brandy or sherry.

1 oz. butter, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. castor sugar, any flavouring

173. CUSTARD SAUCE No. 1.—Mix the cornflour with a little of the milk, put the rest on to boil. When boiling stir in the cornflour and cook for 3 minutes, add the sugar. When a little cool add the beaten egg, stir till it thickens—but it must not boil again, add flavouring if required.

$\frac{1}{2}$ pint milk, 1 egg, $\frac{1}{2}$ oz. cornflour, $\frac{1}{2}$ oz. sugar

174. CUSTARD SAUCE No. 2.—Cook in a double saucepan until the custard thickens—it must not boil, add sugar and flavouring.

3 or 4 yolks of eggs, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. sugar, flavouring

DRINKS

175. MINT TEA.—Place some young shoots of mint into an earthen bowl, and pour some boiling water on them. Put a cover over this and set it near the fire for about 1 hour. This is a wonderful cure for allaying nausea and vomiting.

176. TOAST WATER.—Toast the slice of bread very slowly until brown and dry, but without burning it. Let it get cold, put it in a jug, pour the boiling water over, cover and let it stand till cold, strain before serving.

1 large slice of bread, 1 pint boiling water

177. BLACK CURRANT TEA.—Put the jam into a jug, add the lemon juice, pour over the boiling water, cover for a few minutes, strain it and serve.

1 tablespoonful black currant jam, little lemon juice, $\frac{1}{2}$ pint boiling water

178. LINSEED TEA.—Wash the linseed, put it into a saucepan with the cold water, simmer for $\frac{1}{2}$ hour, add liquorice and sugar-candy, strain before using.

$\frac{1}{2}$ oz. linseed, 1 pint water, $\frac{1}{4}$ oz. liquorice, $\frac{1}{4}$ oz. sugar-candy

179. CURE FOR SORE THROAT.—Half a wineglassful of port wine, $\frac{1}{2}$ teaspoonful of chili vinegar, 1 teaspoonful of honey.

180. ANOTHER REMEDY.—1 tablespoonful of jam or jelly, black currant ; boil for 5 minutes in $\frac{1}{2}$ tumblerful of water, strain. Ready for use.

181. APPLE-WATER DRINK.—1 pint of boiling water poured on to a tart apple well baked and mashed ; then beaten up, cooled and strained makes a perfect drink for feverish patients.

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