

THE DAILY MAIL COOKERY BOOK



EDITED BY
MRS C.S. PEEL

3/6
NET

THE "DAILY MAIL" COOKERY BOOK

(FOURTH EDITION)

EDITED BY

MRS. C. S. PEEL

FORMERLY CO-DIRECTOR OF WOMAN'S SERVICE, MINISTRY OF FOOD
DIRECTOR OF THE "DAILY MAIL" DOMESTIC BUREAU

Graphic restoration and editing: PE1ABR

PUBLISHED BY

ASSOCIATED NEWSPAPERS, LTD.

LONDON, E.C.

1920

INTRODUCTION

THE clever person is he who is always ready to learn. During the years of the Great War many of us became very clever, and learned much which will be of permanent value to us.

Take, for example, the Housewife and the Professional Cook. Necessity was to them, indeed, the Mother of Invention. To-day as a nation we cook better than we cooked before 1914, and that in spite of the lack of material from which we suffered during the war years. Now that we may once again use an ample quantity of good material we should cook very well, and yet economically, realising that true economy does not mean the insufficient use of good material, but that it does mean making the best use of the food which is put at our disposal.

There is nothing to be ashamed of in economy, and there is everything to be ashamed of in waste. Not only have we learned to use food with more care, but we have learned to economise fuel and labour, and in many cases, when cooking by labour and fuel saving methods, to produce a better result than we formerly achieved.

The "Daily Mail" Cookery Book is the outcome of the "Daily Mail" Food Bureau, which in one year issued to its readers 268,289 recipes.

These readers now demand a Cookery Book, which is not a War Book, but which yet contains the valuable information which is the result of War Conditions.

DOROTHY C. PEEL.

CONTENTS

INTRODUCTION	PAGE iii
------------------------	-------------

CHAPTER I

Furnishing and Equipment of a Kitchen. Cleaning a Kitchen, Scullery, and Larder. Cleaning Kitchen Utensils. Cleaning Silver, China, and Glass. How to use and clean a Coal Range. How to use and clean a Gas Cooker. Gas Economies. How to use and clean an Electric Cooker. How to use and clean an Oil Stove. How to make and use a Haybox. How to use a Multiple Steamer. One Pot Cookery. Casserole and Chafing Dish Cookery. Quickly cooked Dishes. Cooking Mornings. How to use up the Pieces. How to keep Meals hot and re-heat Dishes. The art of dishing up	I
--	---

CHAPTER II

STOCKS AND SOUPS

Stocks. Clear Soups. Fish Soups. Meat Soups. Vegetable Purées. Pulse Soups. Cereal Soups	49
--	----

CHAPTER III

SAUCES, BATTERS, FORCEMEATS

White Sauces. Brown Sauces. Cold Sauces. Salad Dressings. Sweet Sauces. Various Batters. Forcemeats	64
---	----

CHAPTER IV

FISH

To Bake. To Boil. To Steam. To Fry. To Grill or Broil. Various Fish Dishes. Made-up Fish Dishes	76
---	----

CONTENTS

CHAPTER V

MEAT, POULTRY, AND GAME

	PAGE
Time-table for cooking Meat, Poultry, and Game. To Roast. To Bake. To Boil. To Stew. To Braise. To Fry. Entrées of Fresh Meat. Made-up Meat Dishes. To cure and boil Bacon and Ham. Pickle for Meat. Various ways of cooking Rabbits, Poultry, and Game	92

CHAPTER VI

MEATLESS DISHES

How to prepare and cook Pulses and Cereals. Vegetarian, Pulse, Cereal, and Nut Dishes	116
---	-----

CHAPTER VII

VEGETABLES

How to cook Potatoes. Various Potato Dishes. How to cook Green Vegetables. Roots and Tubers. Made-up Vegetable Dishes. Salads	129
---	-----

CHAPTER VIII

PASTRY AND PUDDINGS

Various methods of making Pastry. Milk Puddings. Suet Puddings. Sponge Puddings. Blanc Manges. Jellies. Creams	145
--	-----

CHAPTER IX

BREAKFAST AND SAVOURY DISHES

Breakfast Dishes. Egg Dishes. Hors d'Œuvres. Savouries	160
--	-----

CHAPTER X

BREAD AND CAKES

How to make White Bread. Wholemeal Bread. Soda Bread. Plain Cakes. Fancy Cakes. Steamed Cakes. Scones. Buns	170
---	-----

INDEX	191
-----------------	-----

THE "DAILY MAIL" COOKERY BOOK

CHAPTER I

THE EQUIPMENT OF THE KITCHEN

THE era of the Labour Saving House is dawning. Women are so disinclined to become domestic servants and demand such high wages when persuaded to do so that householders find themselves obliged to adopt labour saving apparatus. It may not be amiss then to describe first a kitchen as it should be, then the best means of dealing with the kitchen as it generally is.

In the house of the future there will not be a basement, and the meals will be served through a buttery hatch carefully planned to prevent noise and smells of cooking from penetrating into the dining-room. The kitchen itself will be entirely tiled or bricked, or at all events, walls, ceiling and floors will be of some material which permits of their being washed down by a hose, the floor being very slightly slanted, and furnished with a gutter to take off the water.

Scullery there will be none, but the kitchen will be fitted with a deep double sink, with a slightly curved interior. Dirt lodges in the corners of the square sink and makes it hard to clean. The dust-collecting dresser of to-day will not find a place in the new kitchen, but a press of convenient height with glazed doors will hold dinner service and other crockery, while a cook's cabinet, such as is used in America, and in which is kept practically all the articles needed when cooking, and which is provided with an extending table, will make unnecessary the many journeys from cupboard to table, which now absorb the worker's energies.

These cook's cabinets hold tins and bins, bottles, cutlery, measures, etc., as well as ingenious receptacles for flour, sugar, and certain other ingredients from which the materials are fed by a funnel into the bowl, or measure, thus saving waste of material and time.

The dresser and cabinet will be on castors in order that they may be moved so that every inch of the walls and floor may be cleaned, while sunk into the cook's table will be a marble slab for pastry making, and a piece of metal on which to place hot pans.

All cooking will be done by gas or electricity, and a hot plate sunk into the cooking table saves labour.

The kitchen of the future will be light and well ventilated, and the artificial light so carefully disposed that the cook does not work in her own shadow. The larder will open off the kitchen, and be built of the same material. There will be no shelves too high for convenient cleaning, and one, at all events, will be of marble, or better still, all will be of a toughened glass, laid on metal supports. What wood there is in kitchen and larder will be highly polished. There are no corners, no dark places, no boxed-in sinks and cupboards reaching down to the floor. In the ideal kitchen and larder dirt, flies, mice and beetles will never feel at home.

Such a kitchen as this may be seen ultimately even in small houses let at moderate rents, but in the meantime the average kitchen is built with plastered walls and ceilings, a boarded floor and skirting, and is supplied with a fixed open dresser, a shallow sink and a coal range.

In the house of to-day there is generally a scullery (which means one more place to clean) and a considerable amount of groved and painted woodwork, and the work of cooking in and cleaning such premises is at least double what it needs to be.

However, as this type of kitchen must be put up with, it will be worth while to varnish the painted wood and treat the walls with a washable paint or distemper. Round the sink a sheet of metal may be fitted, while the floor should be covered with linoleum. The larder should be whitewashed.

When choosing the culinary outfit let your text be :

Everything in this Kitchen will have to be cleaned.

The average kitchen in a well-to-do house contains too many things, and the young housewife is apt to forget that what is a suitable *batterie de cuisine* in a home where cook and kitchenmaid are kept is absurd in a lesser household, where even if the cook knew the use of some of the articles she certainly would not have time to keep them clean.

Again, in a small kitchen, things are often broken or damaged because there is no proper place in which to keep them.

Therefore, buy little and replace each article when necessary.

The following is a reasonable kitchen outfit for a family of 4-6 persons, who require simple but good cooking. Some of the articles mentioned are not absolutely necessary, but naturally it is difficult to preserve any considerable quantity of fruit without a preserving pan, or to cook a ham or large fish unless possessed of a fish-kettle:—

EQUIPMENT OF A KITCHEN FOR A HOUSEHOLD OF ABOUT SIX PERSONS

Plate rack.

Pastry board and rolling pin.

Chopping board.

Bread board.

2 iron saucepans (different sizes).

1 enamelled saucepan.

1 aluminium saucepan or another enamelled pan.

1 enamelled preserving pan.

1 fish-kettle for boiling fish, } (Not necessary,
ham and large joints. } but useful.)

1 3-tiered steamer, or a steamer to fit one of the saucepans. See page 24.

1 iron frying pan.

1 omelette pan.

1 double milk pan. (Not necessary, as a jug or jar may be used in a saucepan.)

2 or 3 casseroles (various sizes).

1 large kettle.

1 small ditto.

1 flour dredger.

1 bread and suet grater.

1 set of skewers.

4 THE "DAILY MAIL" COOKERY BOOK

- 1 mincing machine.
- 1 colander.
- 2 strainers (1 fine ; 1 coarse).
- 1 fish slice.
- 1 wire sieve. } (These are necessary for
- 1 hair sieve. } nice cooking.)
- 1 set of scales and weights. (Not absolutely necessary,
see page 5.)
- 1 pint measure.
- 1 bread crock.
- 1 flour mug, or barrel.
- 2 or 3 kitchen knives and forks.
- 2 tablespoons.
- 1 dessert spoon.
- 2 teaspoons.
- 1 enamelled soup ladle. (Not absolutely necessary.)
- 3 wooden spoons.
- 1 large iron spoon.
- 1 egg whisk.
- 2 large milk basins.
- Set of various sized basins.
- China jelly mould.
- 1 tin pudding mould.
- 3 or 4 fireproof dishes.
- 6 plates for larder.
- 1 cake tin.
- 12 patty pans.
- 12 small cake tins.
- 1 tin opener.
- 1 corkscrew.
- 1 meat chopper.
- 1 vegetable peeler and } (Not necessary, but
- 1 apple corer (combined). } labour saving.)
- 2 Yorkshire pudding tins.
- 1 baking sheet.
- 1 baking tin and trivet.
- Dish cloths.
- Netted mop.
- Drying cloths.
- Oven cloths.
- Dusters.
- Floorcloth.

- Flannel.
 - Pan brush.
 - Scrubbing brush.
 - Wire pan scrubber.
 - 1 long-handled soft broom.
 - 1 long-handled scrubber.
 - 1 yard brush.
 - 1 bucket and mop.
 - 1 floorcloth.
- } (To save kneeling.)
- Zinc bath for washing-up or large enamelled basin.
 - 2 buckets.
 - 2 black lead brushes.
 - 1 cinder sifter.
 - 1 flue brush.
 - 1 hearth brush.
 - 1 coal box.
 - Set of fire irons.
 - 1 fire rake.
 - 1 fender.
 - 1 knife board or knife cleaning machine.

FOR WEIGHING WITHOUT A WEIGHING MACHINE

Measures for liquids :

- 1 breakfast cup $\frac{1}{2}$ pint.
 - 1 teacup $\frac{1}{4}$ pint or 1 gill.
 - 1 tumbler $\frac{1}{2}$ pint.
- 20 liquid oz... 1 pint : therefore
- 20 table-spoonsful 1 pint.
 - 10 ditto . $\frac{1}{2}$ pint.
 - 5 ditto . $\frac{1}{4}$ pint.
 - 1 ditto . 1 oz.

Measures for dry ingredients :

- 1 breakfastcupful of flour, cornflour,
etc. $\frac{1}{2}$ lb.
- 1 breakfastcupful of sugar $\frac{3}{4}$ lb.
- 1 breakfastcupful of rice, sago, etc. 10 ozs.
- 1 breakfastcupful of bread crumbs $\frac{1}{4}$ lb.
- 1 tablespoonful of flour (as much above
the bowl of the spoon as in the
spoon) 1 oz.
- 1 level teaspoonful of sugar $\frac{1}{4}$ oz.
- 1 level tablespoonful of rice. 1 $\frac{1}{2}$ ozs.

6 THE "DAILY MAIL" COOKERY BOOK

2 tablespoonsful (slightly piled) of bread

crumbs	1 oz.
1 breakfastcupful of treacle	1 lb.
1 level tablespoonful of butter or fat	1 oz.

N.B.—

2 dessertspoonsful 1 tablespoonful.

4 teaspoonsful 1 tablespoonful.

Always take a level spoonful when measuring carbonate of soda.

When mixing flour for suet crust, scones, or a dough, $\frac{1}{2}$ pint of liquid to the lb. is the usual proportion.

UTENSILS FOR GAS AND ELECTRICAL COOKERY

If cooking by gas or electricity heavy iron saucepans are unsuitable. Block tin, enamelled, or aluminium saucepans and casseroles should be used. A block tin kettle with flat wide base must replace the iron kettle, as the water heats more quickly in the lighter kettle, thus economising gas and electricity, and as there is no soot or smoke as with a fire, the kettle and pans do not spoil.

A haybox should be used in conjunction with a gas or electric cooker for the sake of fuel economy. The best pans to use in a haybox are casseroles, block tin, or enamelled pans, with a swinging handle, or a small handle at each side.

HOW TO CLEAN THE KITCHEN, SCULLERY AND LARDER

The Kitchen.—Before cleaning the kitchen it is well to have the chimney swept, so arrange for the sweep to come at 6 o'clock in the morning on the day most convenient.

The previous afternoon or evening all the china should be taken down from the dresser, washed and put into another room, and the dresser covered with a dust sheet. Articles hanging on the walls should be removed, dusted or washed, and put away. Drawers and cupboards should be emptied, wiped with a damp cloth, re-papered and re-arranged, broken things mended and useless things thrown away. Curtains and rugs should be shaken and beaten.

When the sweep has finished (he should remove all the soot and clean the flues) first remove with a damp cloth the soot that has settled on the floor. Tie a clean duster

over a broom and wipe down the ceiling and the walls with it. If the duster becomes very dirty turn it or use another. Brush up the dirt that falls on the floor, then clean the grate; blacklead it well; rub all the steel parts with fine emery paper. The oven should be washed with strong, hot soda water. If a gas stove is used it must also be well cleaned; see page 13. Next prepare some warm soapy water and wash the dresser shelves, top and sides, with a flannel, wiping with a dry cloth. Wash all the paint and outsides of cupboards, mantelpiece and window frames. Rub the walls with a hand mop or soft duster, and clean all windows.

Scrub the table and all boards with soapy water, first sprinkling on them a little silver sand, or some patent cleaner. Wipe with a cloth after scrubbing. If the table is large scrub part at a time, and wipe before going on with it. Do not forget the legs!

Next wash the chairs or wipe them with a damp cloth. The floor should be scrubbed last.

The Back Kitchen.—The back kitchen ceiling and walls must also be brushed down. If the walls are colourwashed and very dirty and you cannot have them re-colourwashed, dip a soft broom in clean water and wash the walls with it.

The shelves for the saucepans should be well scrubbed, all paint and windows cleaned, any boards, plate racks, or tables scrubbed and the sink well cleaned. The best cleanser for this purpose is chloride of lime. Sprinkle it over the sink and scrub well; pour boiling water over until the sink is clean. The lime helps to keep the drainage pipe free, as it dissolves the grease that often coats it. All drains should be plentifully sprinkled with chloride of lime in the summer, first cleaning them and then pouring boiling water down them. This helps to keep away flies and to destroy their eggs. Brass taps and door handles must be polished.

The hearth and cement surrounding of the copper should be also rubbed with hearthstone.

The yard and back premises must also be swept and scrubbed, using a hard yard brush and long-handled scrubber.

The Dust Bin.—All vegetable refuse should be dried and

burnt as fuel. All paper and cardboard kept and sold (a sack in which to put all pieces of paper should be placed in a convenient corner).

Bones, after extracting all the goodness from them, should be sold, also old bottles.

Thus the contents of the dust bin can be kept down, but chloride of lime or some disinfectant should be sprinkled over it daily, especially in the summer.

How to clean a Larder.—Sweep the walls and ceilings, scrub all shelves with soap and hot water, using a little silver sand or any patent cleaner. Scrub out all cupboards. Clean the window. Sweep the floor; then scrub with soap and water. Wipe with a rubber. The larder shelves should be scrubbed twice a week at least.

Wire meat safes or covers should be used for meat, placed on shelves, or muslin covers for meat that is hung.

Milk and butter should be kept in the coolest part of the larder, away from meat or fish, both are quickly contaminated and take the flavour of anything near.

Muslin covers weighed down with beads at the hem are useful for covering basins of milk, etc.

How to clean Saucepans.—All saucepans and casseroles should be filled with cold water directly the contents are emptied out.

If burnt or very dirty add a little soda, and place on the hot plate to heat the water and loosen the dirt. Unless very dirty it is not worth while to use a gas ring or electric hot plate especially for this purpose.

A pan brush and one of the balls made of steel shavings, or a wire brush and a swab, are required for cleaning the pans.

Iron saucepans must be scrubbed inside and out in hot water and soda, with the pot brush. Then scour well with a flannel, on which some silver sand and soap have been rubbed, and rinse with clean water. If badly burnt or stained use the wire scrubber, and sifted ashes or sand to remove the marks. Wipe with a clean, dry swab, and place wrong side up on a pot-stand or shelf. Clean the lid also. If a saucepan is kept on a shelf allow a small space for the passage of air. If the pan fits exactly on the shelf the inside is apt to become sour.

The frying pan and omelette pan should be wiped out with paper, and if they have become black inside wash with hot soda water. If made of enamelled iron they can be cleaned like enamelled saucepans.

Tin, Enamelled and Steel Saucepans.—Proceed as for iron saucepans, but the tin and steel pans must be kept bright outside as well as inside. Stains are removed from enamelled pans by mixing salt with sifted ashes or silver sand. Lemons from which the yellow rind and juice have been removed, if sprinkled with salt and rubbed on the stains cause them to disappear very quickly.

Copper Pans.—Wash well with hot water and soda ; then scrub with silver sand and salt, until the stains are removed, using a little lemon or vinegar if badly stained, and the wire scrubber. Rinse well with warm water, dry the inside ; then clean the outside in the same manner. Brass pans must be finally dried in front of the fire, as if any moisture is left on them, verdigris is apt to form, and is highly poisonous.

Brass and copper pans are not recommended for ordinary household use.

Aluminium Pans.—Clean inside and out with sifted ashes or silver sand, and the wire scrubber. Rinse in warm water and dry inside and out. Never use soda or soda water for aluminium pans, as it turns them black.

To clean a Casserole.—Clean inside and out with hot, soapy water to which a little soda has been added, remove stains with sifted ashes or silver sand. Rinse with warm water, wipe dry and place wrong side up on a shelf.

To clean Tins.—Cake tins, strainers and pan lids should be washed in hot water and soda, scrubbed with sand or sifted ashes and soap, dried and then polished.

To polish, mix a little whitening to a paste with some cold water, put it on the tins with a soft rag ; when dry polish with a dry rag or duster, and finally with a leather. Tins not much in use only require polishing.

To clean Knives.—After using, knives should be wiped with a piece of paper, then wash the blades with a swab dipped in hot water, dry and polish. The handles of knives

should never be allowed to lie in water, but are wiped with a damp swab, and then with a dry cloth.

To polish put some emery powder or powdered Bath-brick on the board ; rub the knife on the board to remove all stains, wipe with a duster kept for the purpose.

Many patent knife cleaners and machines can be procured, together with directions for using.

If rustless knives are used they do not require polishing.

To clean Silver.—When removing silver from the table see that spoons and forks are kept separate, or they become scratched.

Put all the dirty silver in a basin or jug of cold water, until ready to wash it. Place in a basin of boiling, soapy water, wash well. Then put into some clean boiling water, wipe dry with a clean cloth.

Unless silver is thoroughly clean no amount of polishing will make it bright.

If thoroughly washed it needs comparatively little polishing.

A good silver cleaner is easily made at home.

Ingredients : 3 ozs. of whiting ; 1 pint of cold water ; $\frac{1}{2}$ oz. of rock ammonia.

Break up the ammonia and put it into a bottle with the whiting, pour the cold water in gradually, and shake the bottle gently. Keep shaking gently until the ammonia is dissolved. When required for use shake the bottle well, put some of the mixture on to a rag, spread over the articles to be cleaned, let it dry, then rub off with a clean duster, and polish with a leather or chamois duster. A soft brush can be used to brush the whiting from engraved and ornamental parts of the silver.

To wash-up China.—Rinse all the cups, saucers and plates under the tap, and pile in proper order. Greasy plates should be wiped with a piece of paper (which can be used for lighting fires). Put some hot water and a little soap or soap powder into a bowl. Wash the silver first, then the china, keeping any greasy plates and dishes to the last. Have ready another bowl of clean, cold water, rinse the washed china in it and put in a cup and plate rack to dry.

China should not require wiping if washed in this manner ;

if, however, there is no plate rack, dry the washed articles. Use a clean swab or mop for washing-up.

To wash Glass.—Wash in warm, soapy water, rinse in cold water, wipe dry and polish with a clean cloth. Special linen glass cloths should be used for wiping glass, as it is impossible to make glass shine if dried with a damp or dirty towel.

How to clean a Coal Range.—Wipe off any grease directly it is spilled. Blacklead and polish the range at least 3 times a week, rub all bright parts and the fender with sifted ashes or powdered Bath-brick. These materials should be kept ready in a saucer, and when required a piece of flannel is dipped in colza oil, then in the powder, and rubbed well over the bright parts. Wipe off with a soft cloth, and polish either with a cloth or leather. Plated steel only requires rubbing with metal polish, or if badly stained may be cleaned with sifted ashes or a patent cleaner. Polish with a clean cloth.

Sift all cinders and use again on the fire. Sift the ashes through a fine sieve, and keep in a jar, for cleaning saucepans and polishing the steel on the range.

Once a week clean the flues. To do this open the damper and top flues, insert the flue brush in each, in turn, and twist it well in every direction. Next open the rounds on the top of the hot plate, and with the scraper and brush gather the soot and scrape into the dustpan. Proceed in the same manner with the lower flues.

Next clean the grate and ovens. Scrape off any pieces adhering to the shelves and brush out the oven thoroughly, wiping with a cloth, wrung out in strong, hot soda water, if necessary. Wash any tiles round the fireplace and the mantelpiece with soap and water; dry well. This is important as the tiles may crack if left wet, and then heated.

Clean the hearth and rub with hearthstone unless tiled, when washing is sufficient.

The flues of ranges are not all arranged on the same plan; when choosing a range see that the cleaning of it is not unnecessarily complicated.

If a range is dirty it will consume more fuel than when clean.

How to lay and use the Coal Range.—See the wood is well dried. Save all greasy paper, candle ends and droppings, and the sticks of used matches. Place a few cinders at the bottom of the grate, a little paper over them; arrange the pieces of wood and matches crosswise on this; then add some lumps of coal and a few cinders. Close the range; slightly open the dampers and set fire to the paper. Then put on more coal. If the fire has been laid in such a manner as to allow a thorough draught to pass through it, no trouble will be experienced in lighting it. When the oven is required, pull out the oven damper; if hot water is wanted, the boiler damper must be pulled out. When neither are needed, the dampers must be pushed in, or very nearly in, for then less fuel is consumed. When the cooking is finished bank up the fire with dried rubbish folded in wet newspapers, cinders and slack. The fire must not be too low when putting on the rubbish or it will go out. Thus treated the fire should smoulder for two or three hours, and stock or soup will still simmer over it, or fat can be clarified, fruit or vegetables dried in the oven, or on the plate rack. It is also possible to stew fruit in the oven in a jar, and the water in the kettles and pans will become warm.

Later, when dinner is required, if everything has been prepared as far as possible in the morning, only a small fire will be needed for re-heating the dishes.

The fire may be kept up mainly with cinders and briquettes in the evening.

Rubbish, such as vegetable peelings, and the outside leaves of greens, tea-leaves, orange or lemon skins, which have been grated, should be placed on a piece of paper in the oven overnight, with the door ajar, and will dry in this manner for fuel. Weeds and garden refuse can also be dried for fuel. Chips and pieces of wood are dried in the oven overnight.

When choosing a range be sure that it is so planned that it is economical of fuel and easy to clean. Polished metal fittings are of no practical advantage and take much cleaning. If an old range must be used and it burns a great deal of fuel, place some bricks or a false bottom of fireclay (procurable from an ironmonger) in it to reduce the amount of fuel required. See the flues are kept clean

and the chimney swept, as if either are choked with soot more fuel will be required to obtain the required heat. If much cooking is done daily the flues may require cleaning twice a week, but as a rule once a week suffices.

How to use and clean a Gas Cooker.—To obtain the best results from a gas cooker it must be kept clean. When the oven has been used for roasting, scrub out the inside while warm with strong, soda water. If the inside is left greasy, when the gas is next lighted an acrid smoke issues from the oven which gives an unpleasant taste to the food, and causes a most obnoxious smell. By degrees also the burners become clogged and do not give out sufficient heat. If a burner does become clogged clean it out with wire. Remove the bars and blacklead them, and brush round the burners.

There are generally three shelves in a gas oven—one solid and two open. The solid, or browning shelf, throws the heat down on to anything beneath it. The oven can thus be regulated by placing the shelf in the middle, or at the top. If in the middle anything requiring to be quickly cooked or browned is placed under the shelf, while milk puddings, fish, or any dishes requiring slow cooking should be put over the solid shelf.

To heat, light the gas 15 minutes before the oven is required, and when hot turn the gas down to half its previous height.

Place pastry on the grid below the browning shelf; when browned sufficiently, move it to the grid above the browning shelf.

Milk puddings, custards and fish should be cooked above the browning shelf.

Small cakes are placed below the shelf and the gas lowered. For large cakes put them into a hot oven and gradually decrease the heat until they are almost done. The gas can be turned out for the last 20 minutes.

Roast meat is put into a hot oven. Then turn the gas half down; after the first 10 minutes further decrease the heat of the oven.

GAS COOKING ECONOMIES

1. Be sure that the burners are clean; keep them scrubbed with a stiff brush and poke out with a wire if necessary.

2. Keep the stove itself clean and the oven well washed out with soda and water. Dry thoroughly.

3. Never turn on the gas so full that the flames lick up the sides of the pan. This wastes gas and does not heat the food any quicker. Keep the heat under the pan.

4. Never boil a large kettle full of water when a small one will serve. The larger the kettle the greater amount of heat will be needed. Wide flat-bottomed kettles made of block tin boil more quickly than any others.

5. Have a thin iron plate to put over part of the stove. This will become hot and enable you to simmer 2 or 3 pans over one burner.

6. Make use of 3-tier steamers or use one large pan with boiling water in it and cook various dishes in several jars placed in one pan.

7. Do not cook large portions of food when it could be divided. For example, a sliced carrot will cook quicker than a whole carrot. Again, a large cake takes longer to bake than one in a sandwich tin or several in little tins.

8. Do not cook every day. "Cooking mornings" (see page 32) save labour, fuel and washing-up. Washing-up necessitates hot water; hot water means fuel.

9. Obtain hot water for washing up thus: Put another pan on the top of the boiling saucepan and so heat some water. If using the oven and there is room in it heat a pan of water in it.

10. Decide how much gas you can allow for cooking, read the gas meter each week, and keep the totals in a book.

11. Don't boil water over gas when there is a fire on which the kettle might be boiled.

12. See how long it takes to boil your kettle, and do not boil it too soon and waste gas by keeping it boiling.

13. Do not use heavy iron pans for gas cooking. Thin metal or earthenware casseroles are best (see page 6). Be sure that all pans are clean and dry outside. Toughen the casseroles before use (see page 28), and never put them

over a fierce heat. Place over very gentle heat and increase it if necessary.

14. Use a cooking box whenever possible (see page 16).

How to use and clean an Electric Cooker.—Like the coal range and gas cooker the electric cooker must be kept clean. It is, however, easier to keep clean than a gas stove; as the electric cookers are devoid of all fumes and do not become dirty in the same manner as a gas stove or kitchener.

Of course if anything is spilt in the ovens or on the various hot plates it should be wiped off at once; or if too hot, as soon as cool enough. The ovens are usually made of polished tin plate, so can be wiped with a soft duster, and if very dirty rubbed with some metal polish.

If the inside becomes dirty wipe out, while warm, with a cloth wrung out in very hot water.

The ovens have two deflectors—one at the bottom under the oven, and one which stands on the top, thus securing both top and bottom heat.

The temperature can be regulated by putting the switches at high or low heats. When roasting joints, poultry or game, heat the oven first, and put the meat into a hot oven for the first 20 minutes, to seal up the juices and form a coating on the joint, then reduce the heat by one-half; allow 20 minutes to the pound to enable the inside of the joint to cook slowly, and the last 20 minutes switch on full heat again to crisp the outside before sending to table.

As an electric oven is made with a much smaller amount of metal than a kitchener or gas oven, when the heat is reduced the oven becomes cooler, and the process of cooking is slower so there is less loss of weight in the joint, which is a great consideration.

For small cakes the oven should be hot, for large cakes it should be hot for the first 15 minutes, then the switches adjusted to a lower temperature. For milk puddings or anything requiring a slow oven the temperature can be regulated accordingly.

The various hot plates, with or without surrounds, can be used for boiling and steaming.

A 3-tiered steamer will cook a whole dinner on one hot plate, and an electric grill can also be used, and will boil a kettle or pan of water on the top while cooking steaks, chops, fish, bacon, kidneys, etc.

These surrounds and electric table heaters are easily kept clean as they are made of either polished nickel plate, dull black, or polished copper.

The nickel plate and copper are cleaned with metal polish, the black wiped with a damp cloth and polished with a dry one.

When cooking by electricity great economy of current is obtained by the use of the haybox.

How to use and clean an Oil Stove.—If a stove with wicks is used they must be kept quite even. It is better not to cut them, but to rub them smooth with paper. The lamp should be filled regularly and well wiped with an old rag or cloth. If it has smoked the deposit of soot must be brushed and wiped off. After lighting turn the lamp down for a few minutes; then turn up to the required height, but watch that it does not smoke.

Before using a new wick soak it in vinegar.

The top of the stove should be wiped with a damp cloth and polished with a dry one.

The Primus or new Perfection Stoves must be wiped with a cloth and polished, with a clean one, and the burner tubes kept clean with the special needle supplied with them for the purpose. They have no wick, so are most easily kept clean. If an oven is used with either of these stoves, it should be wiped out occasionally with a cloth wrung out in strong, soda water.

Directions for using these stoves are supplied with them.

In using an oil-heated oven it must be made hot 15 minutes before it is required.

Hay, or Cooking Box Cookery.—Convenience, in countries where domestic labour was scarce, and fuel rationing in this country, led to the general adoption of the cooking box, or, as it is sometimes called, the "Fireless Cooker." Having made the acquaintance of this invaluable article, it is improbable that the housewife will discard it, for not only is it trouble and fuel saving, but it is an ideal method of preparing foods which require long, gentle, even cooking.

Porridge made overnight, placed in the cooking box and re-heated for 5 minutes before breakfast is porridge at its very best.

It is erroneous to describe this method as fireless cooking, as the food needs to be brought to the boil before being placed in the box, and if kept in it more than an hour or two needs re-heating before serving.

When cooking by gas, electricity or oil the use of the box saves much fuel, while the woman who wishes to go out and leave the dinner to cook unattended can do so, knowing that the heat will be a very slowly diminishing heat, and that there can be no fear of burning or of the dish completely ceasing to cook.

Specimen recipes are given, from which the cook will be able to judge of the time and method of "box cooking" any foods for which such a system is suitable.

How to make a Cooking Box.—Line a packing case (a Tate sugar box by preference) with two or three thicknesses of newspaper. Cover the paper with flannel or felting such as is used under stair carpets. Nail this on neatly. The lid must also be lined in the same manner. Make some balls of newspaper; pack tightly into the bottom of the box to a depth of 3 inches. Place the saucepan or casserole on this and pack tightly round with newspaper balls. When it is lifted out a nest is formed into which the pan is put each time it is used.

If there is room for two saucepans stand both on the layer of paper, but there must be a thick padding of paper balls between the saucepans. The cushion or cushions over the top can be made of flannel or felting stuffed with paper torn into small shreds.

How to make a Haybox with Hay.—First obtain a Tate sugar box or any strong box of about the same size. It should have a lid attached by hinges and a hasp or fastener so that it fits closely. An old tin box will answer the purpose just as well.

Line the inside of the box with several thicknesses of newspaper, then pack as tightly as possible with fine hay to a depth of 3 inches. Place the pans or casseroles on this and pack the hay tightly all round to within 3 inches of the top of the box. When the pans are lifted out nests are formed.

Make a mattress of old flannel or blanket and stuff it tightly with hay. This must entirely fill the space above the hay.

If it is intended to cook two dishes in the box at the same time, the pans must either be put in and taken out together, or two separate cushions must be made so that one pan can be removed without causing loss of heat from the other.

The outside of the box can be stained, or covered with cretonne.

The Best Pans to use in a Haybox.—Fireproof earthenware casseroles are the most satisfactory as they retain heat for a long time.

If ordinary pans are used they must not have long handles. Enamelled pans with a handle each side at the top are the most useful. Iron saucepans must not be used.

RULES FOR COOKING BOX COOKERY

1. All food must be brought to boiling point and must be actually boiling when put into the haybox.

Most foods require to be partly cooked in addition to being brought to the boil before they are put in.

2. The pan must not be uncovered until it is to be removed from the box.

3. Food must be re-heated before serving.

COOKING BOX TIME TABLE

Dish.	Time on Fire.	In Haybox.
Lentil Soup	$\frac{3}{4}$ hour.	4 hours.
Potato Soup	$\frac{1}{4}$ hour.	$1\frac{1}{2}$ hours.
Fish stewed	3 minutes boiling.	$\frac{1}{2}$ hour.
Irish Stew	$\left\{ \begin{array}{l} \frac{1}{2} \text{ hour meat} \\ \text{Potatoes 5 minutes.} \end{array} \right\}$	$1\frac{1}{2}$ hours.
Beef Stew with Vegetables		$\frac{3}{4}$ hour.
Potatoes	5 minutes.	$1\frac{1}{2}$ hours.
Haricot Beans, soaked ..	$\frac{1}{2}$ hour.	2 hours.
Boiled Rice	2-3 minutes boiling.	$2\frac{1}{2}$ hours.
Stewed Apples	2-3 minutes boiling.	1-2 hours.
Stewed Prunes	2-3 minutes boiling.	$3\frac{1}{2}$ hours.
Coarse Oatmeal Porridge ..	5 minutes boiling.	All night.
Quaker Oats	5 minutes boiling.	$2\frac{1}{2}$ hours.
Suet Pudding	30 minutes.	$2\frac{1}{2}$ hours.
Meat Pudding (suet)	45 minutes.	3 hours.
Boiled Bacon or Mutton ..	45 minutes.	4-5 hours.
Young } Vegetables	10 minutes.	2 hours.
Old }	18-20 minutes.	$2\frac{1}{2}$ -3 hours.

NOTES.

For stews cooked in this way the meat must be quite fresh.

Suet puddings are most successful when cooked in a basin with a patent screw-down lid and put into the haybox in a pan of boiling water.

Vegetables should be cooked in very little liquid in order to prevent the loss of nourishment and flavour.

SOUPS MADE IN A HAYBOX

To prepare Stock.—2 lbs. bones, cooked or uncooked ; 1 quart water ; flavouring vegetables.

Chop the bones up small, remove all marrow and fat, place in a saucepan with 1 quart of water, bring to the boil, skim well, simmer $\frac{1}{2}$ hour. Add the well-washed trimmings of any vegetables, such as carrots, the peel of turnips and onions and green tops of celery, parsley stalks, simmer another $\frac{1}{2}$ hour, skim again and boil fast 3 or 4 minutes. Put the lid on the pan and place quickly in the haybox. Cover well and leave 6 to 7 hours. Skim and strain into a basin. When cold, a cake of fat forms on the top, leave it until the stock is required for use, then remove and put into a jar, pour boiling water on to it, and when cold it will form a layer of white fat, which can be used as dripping.

Oxtail Soup.—1 oxtail ; 1 slice of lean bacon ; 1 carrot ; 1 turnip ; 2 onions ; 1 bunch of herbs ; 3 pints of water or stock ; 1 bay leaf ; 4 cloves ; salt ; 1 oz. dripping.

Wash the tail and cut into joints. Mix a dessert-spoonful of flour and some salt and pepper on a plate, dip the pieces of tail into it, mince the onion and cut the other vegetables into slices, melt the fat in a saucepan, put in the pieces of tail and brown each side. Add the onion and brown, then add the other vegetables, herbs and bay leaf, etc., and $\frac{1}{2}$ pint of cold water, bring to the boil, stirring occasionally and cook 10 minutes. Add the rest of the cold stock or water, bring to boiling point, skim, then simmer 30 minutes. Skim again, boil fast 3 minutes, put on the lid of the pan, place in the cooker and leave overnight ; in the morning, remove the pieces of tail and strain the soup. When required for luncheon or dinner thicken the soup with a little browned flour, bring to the boil, simmer 5 minutes, add $\frac{1}{2}$ teaspoonful Worcester sauce (if liked)

and some pieces of the tail and serve. The rest of the tail can be used as an entrée.

Haricot Bean Soup.—1 pint of haricots ; 3 pints water ; 2 onions (minced) ; 1 oz. fat ; $\frac{1}{2}$ pint of milk ; salt ; pepper.

Wash and soak the haricots for 12 hours, measure the water they were soaked in, bring it up to 3 pints, put into a pan with the beans, bring to the boil and cook 10 minutes, then place in the cooker overnight. In the morning, remove and rub through a sieve. Melt the fat in a pan, add the onions, stir 4 minutes, but do not brown, add the haricot purée and milk, season, bring to the boil, stirring well, cook 5 minutes, then replace in the haybox till required. If not thick enough, blend 1 oz. of cornflour with a little cold water and add before replacing the soup in the haybox. Lentil or dried peas can be made into soup in the same manner. Water in which ham or bacon has been boiled forms a good stock for these soups.

Potato Soup.—1 lb. potatoes ; 2 onions ; 1 quart water ; 1 turnip ; some parsley stalks ; $\frac{1}{2}$ pint of milk ; 1 oz. fat ; 1 oz. crushed tapioca.

Wash and peel the potatoes, onion and turnip. Cut into slices. Melt the fat in a pan, add the vegetables. Stir 5 minutes. Add the water and parsley stalks, bring to the boil, simmer 10 minutes, boil fast 3 minutes and place in the haybox 3 hours. Remove, rub the contents of the pan through a sieve, keeping back the parsley stalks, return to the pan, add the milk, crushed tapioca, and seasoning, bring to the boil stirring well and simmer till the tapioca looks clear. This will take about 10 minutes.

Artichoke soup can be made in a similar manner, thickening with 1 oz. of flour, or cornflour or potato flour.

MEAT DISHES COOKED IN A HAYBOX

Boiled Leg of Mutton.—Cut the leg in half and boil the shank end. The other half can be baked or pot roasted. Wipe the meat and put into a saucepan of boiling water, bring to the boil ; skim and add 2 large carrots, 2 turnips, 1 large onion, peeled, scraped and cut into dice, salt and pepper. Simmer 30 minutes. Let it boil fast one minute, put the lid on the pan and place quickly into the cooker for 4 hours. On removing from the cooker place the pan on

the fire or gas and bring the contents to the boil. Then put the meat on a hot dish. Strain the vegetables from the gravy, and place in heaps round the dish containing the meat. Serve the gravy in a tureen.

Beef Stew.—2 lbs. of brisket ; 1 carrot ; 1 onion ; 1 turnip ; 1 stick of celery or a teaspoonful of celery seed tied in muslin ; 1 oz. fat ; 2 cloves ; salt ; pepper.

Wash the meat, slice the vegetables finely and fry in the fat. Put in the meat and cover with cold water. Add the cloves and seasoning. Bring to the boil ; skim and add small dumplings (if liked). Simmer 30 minutes. Boil fast 3 minutes ; place in the cooker 5 to 6 hours. Keep the liquor for soup, and serve some of it with the meat or make a little of it into parsley sauce (see page 65) and pour over the meat. Garnish with the suet dumplings and vegetables.

Haricot Mutton.—2 lbs. neck or loin of mutton ; 2 onions ; 1 turnip ; 2 carrots ; 1 oz. flour ; 2 ozs. dripping ; salt ; pepper ; 1 pint of stock or water.

Trim the cutlets and remove all superfluous fat. Prepare the vegetables and cut into dice. Fry the cutlets brown each side, remove and fry the vegetables till brown, add the flour and brown a little, then gradually add the stock, stirring well. Bring to the boil, stirring all the time, return the meat to this sauce, season and let all simmer for 10 minutes. Boil well for 2 minutes, put the lid on the pan and place at once in the box for 2½ hours. Dish the cutlets in a ring on a hot dish, put the vegetables in the centre and the gravy round.

To boil a Ham or Gammon or Hock of Bacon in a Haybox.—Choose a ham weighing about 6 lbs. or a hock of bacon about 4 lbs. in weight. Wash well, remove rusty parts, and if salt, soak 8-12 hours in cold water. Put in the pan, cover with cold water, bring to the boil. Skim well. Add 8 cloves, 2 bay leaves, 2 carrots, 2 turnips, 2 onions, a bunch of herbs and some parsley stalks. Simmer 1 hour, then boil fast 5 minutes, place in the haybox overnight. In the morning, remove from the box, skin the ham and sift maize meal or bread crumbs over. Save the liquor for haricot bean or lentil soup. If the ham weighs more than 6 lbs. it will require bringing to the boil again and replacing another 4 hours in the haybox.

VEGETABLES COOKED IN A HAYBOX

Potatoes.—Boiled.—Wash and peel potatoes of an even size, put into boiling salted water, cook 5 minutes, place in the cooker $1\frac{1}{2}$ hours. Remove, drain well, and keep in a warm place without a lid on the pan till required. After boiling, potatoes can be used in any manner desired. Mashed, riced, for potato croquettes, rissoles, pastry, etc.

Boiled Artichokes.—Cut off the stems, remove the outside spoilt leaves and the top of the leaves. The chokes can be removed. If removed, tie the artichoke with string to keep it in shape; wash and soak in cold water. Drain and put into a saucepan of boiling salted water, boil 15 minutes and place in the haybox $2\frac{1}{2}$ hours. Remove, re-heat, drain and serve with sauce.

Cauliflower.—Prepare and trim as for boiling. Soak $\frac{1}{2}$ hour in cold salted water. Place (head downwards) in a saucepan of boiling salted water to which a little soda is added, and cook 10 minutes. Place in the haybox $1\frac{1}{2}$ –2 hours according to size. Re-heat, drain and serve.

Cabbage.—Remove the outside leaves, cut in quarters and remove the thick stalk. Soak in cold water, drain and place in boiling salted water to which a little soda has been added. Boil 5 minutes; place in the cooker 2 hours. Re-heat, drain and serve.

CEREAL DISHES COOKED IN A HAYBOX

To cook Rice in a Haybox.—Allow 2 ozs. of rice to 1 pint of water. Wash the rice well; boil the water, add salt, and when boiling put in the rice. Cook 5 minutes on the fire, put the lid on the pan and place in the haybox. Cover well and leave for $2\frac{1}{2}$ hours. If used for curry or as a vegetable, strain and place the rice in a steamer to re-heat or spread on a baking sheet, lined with a piece of clean paper, and re-heat in a cool oven. If required for a milk pudding put the rice into milk or milk and water and cook as above, adding sugar and any flavouring liked. When cooked turn into a pie-dish and brown under a griller.

If intended to be made into a rice mould press into a basin and turn out. Eat with stewed fruit or jam and custard made from Bird's custard powder.

To cook Sago or Tapioca.—2 ozs. of either ; 1 pint of milk or milk and water. Soak overnight in cold water, drain. Put the milk or milk and water into a pan ; add the sago, a pinch of salt, sugar to taste and any flavouring liked, bring to the boil, boil 5 minutes, put the lid on the pan or casserole and place at once in the haybox for 3 hours. Can be eaten cold with custard made from powder, stewed fruit or jam, or if hot, turn into a pie-dish and brown under a griller.

To cook Macaroni, Spaghetti or Vermicelli.—Break into conveniently sized pieces. Boil some water in a pan ; add the macaroni and salt ; boil 5 minutes and put into the haybox for 2 hours. Drain and use as desired. Vermicelli will cook in $1\frac{1}{2}$ hours.

To cook Haricot or Butter Beans, Dried Peas and Lentils.—Wash and soak 12 hours, place in a pan in the water in which they were soaked, adding more if necessary, bring slowly to the boil, add 1 or 2 onions cut in slices and simmer 30 minutes. Boil fast 3 minutes. Then place in the haybox overnight. In the morning remove, drain and use any way desired ; if eaten as a vegetable re-heat before draining. They can be made into soup or savoury roast, curried haricots, haricot or lentil rissoles, etc., chaufroid of haricots or haricot mould.

PUDDINGS COOKED IN A HAYBOX

Substitute Suet Pudding.—Soak $1\frac{1}{2}$ oz. tapioca overnight and mix in $\frac{1}{2}$ lb. of flour and 1 teaspoonful of egg powder. Add a little extra water if necessary, put into a patent screw-down lid basin, boil 30 minutes and put in the haybox in a pan of boiling water for $2\frac{1}{2}$ hours. Serve with syrup.

Oatmeal Pudding.—Make $\frac{1}{2}$ pint of custard from custard powder, and put into a saucepan with a cupful of cold oatmeal porridge, stir and cook for five minutes, put a little jam or jelly at the bottom of a small hot casserole. Add the boiling oatmeal mixture, put the lid on the casserole, cover with newspaper, pack in the haybox 1 hour or till wanted. Serve in the casserole without the lid.

Apple and Tapioca Pudding.—2 ozs. tapioca ; 1 lb.

apples ; 1 oz. sugar or 2 tablespoonsful of golden syrup ; 1 gill water ; $\frac{1}{2}$ teaspoonful ground ginger ; 2 tablespoonsful sweetened condensed milk.

Soak the tapioca in cold water overnight. Boil one gill of the water in which it was soaked, and when boiling add the tapioca. Peel and core the apples, and cut in small pieces. Add to the tapioca with the sugar or syrup and ginger, let all simmer $\frac{1}{2}$ hour, stirring often. Add the condensed milk. Stir well. Bring to the boil. Put into a small hot casserole, wrap in newspaper, pack into the hay-box, leave 1-2 hours. Take off the lid and serve in the hot casserole.

Date Pudding.—Mix 3 ozs. ground rice to a smooth paste with a little water, boil up one pint of milk and water mixed, and pour on to the ground rice, stir and boil over the fire for 5 minutes. Add 2 ozs. of chopped dates and the grated rind of one lemon. Boil up again and put into a small hot casserole. Pack in the haybox 1 hour or until wanted. Serve in the casserole without the lid.

HOW TO COOK IN A MULTIPLE STEAMER

The multiple steamer is an apparatus the popularity of which we owe to war conditions : it consists of a saucepan with, on the top of it, 2 or 3 steamers, which fit into each other. A funnel runs up the side of each steamer, the hole of the funnel fitting into the steamer below. The funnel in the top steamer is fitted with a cap, and there is a shutter in each which can be opened or shut at will. When the food in one steamer is cooked the shutter can be closed and no more steam enters that compartment. The bottom saucepan contains the water, and boiled puddings can be cooked in it. When using oil, gas, or electricity the use of the multiple steamer saves much fuel.

SIX DINNERS COOKED IN A MULTIPLE STEAMER

1. Time, $2\frac{1}{2}$ hours.

Steak and kidney pudding, in the bottom steamer ; vegetable marrow, the pieces of marrow round the basin containing the meat pudding ; potatoes, in top steamer ; steamed batter pudding, in second steamer.

If using a 2-tier steamer, place the steak pudding in the saucepan itself with the water reaching halfway up it. See the water does not boil away. Replenish with boiling water. The batter pudding is put in the first steamer with the marrow cut in pieces round it, and the potatoes in the top steamer. If a small family some of the potatoes would doubtless fit round the basin containing the batter pudding, and a steamed cake could be placed in the top of the steamer with some of the potatoes round it. If the pudding is divided and put into small moulds, or in small basins, it will cook more quickly.

2. Time, 2 hours.

Meat shape, bottom steamer, or pan itself, sprouts round it; potatoes, 3rd steamer; ginger pudding, 2nd steamer, or 1st, if only 2 are used.

3. Time, $2\frac{1}{2}$ hours.

Bacon roll, bottom steamer (cabbage cut in pieces round it); potatoes, 3rd steamer; chocolate pudding, 2nd steamer.

The bacon roll, if tied in a cloth, can be cooked in the pan.

4. Time, $1\frac{1}{2}$ hours.

Cod steaks, tomato sauce, top steamer (the sauce will have to be made separately); boiled rice, tie in a cloth loosely and put in the bottom pan; steamed fruit pudding, 1st steamer. Potatoes, any vegetable or a steamed cake can be cooked in the remaining steamer.

5. Time, 1 hour.

Steamed chicken and parsley sauce (made separately), bottom steamer (potatoes round it or under the chicken); cauliflower, middle steamer; steamed custard, top steamer.

6. Time, $2\frac{1}{2}$ hours.

Jugged rabbit or hare, bottom steamer (rabbit prepared in saucepan, placed in a basin, covered with greased paper or a saucer); artichokes and white sauce, top steamer (sauce made separately); stewed apples, middle steamer: apples will become soft in $\frac{3}{4}$ hour, then the cake can be placed in the steamer; steamed cake, middle steamer.

ONE POT COOKERY

This is an economical method of cooking over an open coal fire, a gas ring, oil or electric stove.

Required : a saucepan, large enough to hold 2 stone jars (2 lb. or 3 lb. jam jars), and a plate that fits the top of the pan. Soup or stock can be cooked in the pan itself, and in it vegetables, such as potatoes, carrots, onions, turnips, celery, parsnips, peas, beans, tomatoes, artichokes, provided they are properly cleaned and prepared. These vegetables flavour the soup, and are served as a separate dish. A stew of any kind may be cooked in one jam pot, and a steamed pudding in the other.

Fish or chops or small steaks can be put on the plate, which must be greased, covered with the pan lid, and steamed on the top of the saucepan. If steaming fish, or chops, fruit can be stewed in one jam jar in place of a stew. It is necessary to be careful that the contents of the pan do not boil too fast or the soup will be too much reduced. If more water is required the pan must be replenished with boiling water. The contents of the pan must, however, not stop boiling, or the puddings, etc., will spoil.

SIX DINNERS COOKED IN ONE POT

i. Time, 2 hours.

Vegetable soup, in the pan ; carrots, turnips, onions, cabbage cooked in the soup ; potatoes, in one jar ; jam roly, in the second jar ; 3 herrings, steamed on the plate.

The stock or water is placed in the pan, with the washed and peeled vegetables cut into dice, added when the water boils. The cabbage, well washed, should be cut in four, and must be put into a pan of boiling, salted water, to which a pinch of soda has been added. Boil 5 minutes ; drain and then place in the stock. The potatoes are washed, peeled, and if large, halved and put into one jar. Cover the jar with a saucer. Make a jam roly, grease the other jar and place the roll inside ; cover with greased paper.

The fish must be cleaned ; the heads and tails cut off, sprinkle with pepper, place on the well-greased plate, over the pan, cover with the lid and steam, till the flesh leaves the bone easily. Drain the cabbage well. Cut up small,

arrange on a hot dish and lay the fish on it. Mash the potatoes and make a border round the dish. The cabbage will cook in an hour ; the fish in 30 to 40 minutes, so they need not be placed on the pan the first hour.

2. Time, 1½ hours.

Bacon and haricot beans, in the pan ; tomatoes, in one jar ; steamed custard, in one jar.

Required : 2 lbs. of bacon ; 1 pint of haricot beans. Wash and soak the beans overnight. Put in the pan in the water in which they were soaked, adding more, if necessary. If the bacon is very salt, it should also be soaked, otherwise wipe it, remove the rust and put in the pan on the beans. Bring to the boil, and then cook gently. If the bacon takes up too much room for both jars to stand in the pan the tomatoes can be placed on the greased plate and will steam over the pan. When cooked, rub through a sieve. Thicken half a pint of the liquor, in the pan, with 1 oz. of cornflour ; add the pulped tomatoes and make a tomato sauce. When the beans are cooked strain and stir into the sauce and hand round with the bacon. When the bacon is cooked remove from the pan. Take off the rind, sprinkle maize meal over, and serve hot. If liked, cabbage can also be cooked in the pot with the beans and bacon and handed separately.

See Dinner No. 1 for cooking the cabbage.

The custard pudding can be made according to recipe on page 149, put into the jar and steam for about half an hour.

3. Time, 2 hours.

Stock, in the pan ; leg of beef stew, in one pot ; ginger pudding without fat, in one pot ; potatoes, carrots, in the pan.

Place any bones and vegetable trimmings with three pints of water in the pan and the carrots, washed and scraped and cut in pieces. Later on the peeled potatoes should be added. Make the stew in a saucepan according to recipe for Beef Stew on page 21. Place in one jam pot, with a saucer on the top and steam. The carrots or turnips used in the stew can be cooked in the stock, cut up, and added to the stew when soft. The sauce should be made with the stock. The pudding is cooked in the other jam jar and

should be put in as soon as the stock boils, as it takes 2 hours to steam.

4. Time, 2 hours.

Stewed beetroot, pan itself; jugged rabbit, 1 pot; stewed apples, 1 pot.

5. Time, 2 hours.

Irish stew, in the pan; canary pudding, in one jar; fish steaks, on the plate.

6. Time, 2½ hours.

Half a ham—about 2½ lbs., in pan; stewed chicken, in one jar; brussels sprouts, in the pan; rice (tied in a cloth), in the pan.

The ham is cooked like the bacon in Dinner No. 2. The sprouts are treated like cabbage. The chicken should be prepared in a saucepan and turned into the jar. The rice, tied in a cloth, can be boiled in the pan with the ham and either used with the chicken or eaten as a sweet, with jam and custard, made from powder.

Stuffed marrow can be cooked in a jar in place of any of the above dishes, and macaroni required for any other dish can also be boiled in the pan. Fish can be cooked for another meal on the plate if liked.

Reasons for failure.—If the water or soup boils too fast it will reduce, while if it does not cook gently the whole time the contents of the jars will not cook. Potatoes and various other vegetables should only be placed in the pan the length of time required for cooking them, or they will be over-done.

CASSEROLE COOKERY

A casserole is a glazed earthenware pan with a lid, and can be bought in various sizes. Before using it must be toughened by filling it with cold water to which a handful of salt has been added. Bring slowly to the boil over gentle heat, then allow the water to become cold in it.

Another method of toughening is to melt some fat in the casserole and smear it well all over inside and out, and bake in a cool oven.

A casserole should never be placed directly on a hot fire, or fully turned on gas jet.

It is best used in the oven, or on the hot plate of a kitchener. If used on a gas cooker turn the gas down a little and place the casserole on a grid or asbestos mat. It is the best pan to use for stews, ragouts, pot roasting, or braising, stewed fruit, or for cooking vegetables in the conservative manner.

SOME DISHES THAT MAY BE COOKED IN A CASSEROLE

Leg of beef stew, see page 21.

Jugged rabbit, see page 110.

Jugged hare, see page 110.

Fish, see page 89.

Fillet of beef braised, see page 99.

Pot roast, see page 99.

Braise, see page 95.

Cabbage en casserole (or any green vegetable), see page 134.

Braised turkey, see page 112.

Chicken en Casserole

Moderate oven. Time, 1 hour. To boil the rice, 10-15 minutes.

Cut a chicken or fowl into neat joints, season each with pepper, salt and a pinch of pounded mace. Place some slices of bacon at the bottom of a casserole, lay the chicken on it, sprinkle over it a finely minced onion, pour over all half a pint of white stock (vegetable or cereal), and cover thickly with boiled rice. Put on the cover and place in a moderate oven for 1 hour. The casserole can be placed on the hot plate of a range and the contents simmered one hour if the oven is not in use. If a gas stove is used a thin iron plate put over the stove will enable the casserole to simmer on it, and will set free the gas ring for other cooking.

Casserole of beef.—Take 1 lb. of shin of beef, wipe and cut into neat pieces. Add four slices of fat bacon. Put into a casserole with 2 finely minced onions, a scraped carrot, cut small, 4 button mushrooms or some mushroom ketchup, 1 pint of stock. Bring to the boil and simmer gently three or more hours. Strain the gravy and add a

dessertspoonful of flour mixed smoothly with cold water and a glass of claret, if liked. Return to the casserole and simmer. Serve in the casserole.

CHAFING DISH COOKERY

A chafing dish consists of a stand and lamp with which methylated spirits is used.

The vessels for cooking are a water pan inside in which the cooking pan is placed. By regulating the flame, placing water in the under pan and cooked food in the inner one food can be kept hot for any length of time. By removing the water pan dainty breakfast or supper dishes can be prepared quickly in the inner pan at the table.

Dishes suitable for making in a chafing dish are—

Scrambled eggs, see page 164.

Scrambled eggs with rice, see page 164.

Poached eggs, see page 163.

Omelettes, see page 166.

Scalloped fish of any kind, made-up fish and meat dishes, see pages 82, 90, 91.

Game and poultry, see pages 113, 115.

Curried eggs, see page 166.

All sauces for these various dishes would have to be prepared beforehand, and for chafing dish cookery meat, fish or game is generally cooked in advance.

Rechauffé of Fish

Ingredients.—Any kind of cold cooked fish; 1 table-spoonful of margarine; 1 gill of bread crumbs; 2 table-spoonful of milk; 1 egg; pepper; cayenne; salt; 1 teaspoonful of anchovy essence.

Method.—Remove the skin and bone from the fish and break into flakes. Melt the margarine, in the chafing dish, add the fish, bread crumbs, beaten up egg, milk, seasoning and anchovy essence. Stir constantly and simmer 5 minutes. Serve on to hot plates.

Creamed Shrimps

Ingredients.—The yolk of an egg; 1 teaspoonful of anchovy sauce; 1½ gills milk; ½ pint of shelled shrimps; salt; cayenne; pepper.

Method.—Stir all well together in the chafing dish,

adding the shrimps last. Season well. Let the mixture get hot, but do not curdle the egg. Stir the whole time. Serve on toast.

QUICKLY COOKED DISHES (20 TO 30 MINUTES)

Bacon and polenta.

Bacon and tomato.

Grilled bacon, sausage and kidney.

Grilled bacon with mushrooms or green peas.

Macaroni cheese.

Macaroni and tomatoes.

Shepherd's pie.

Scotch Collops.

Meat pies and pasties.

Rissoles and fritters. Croquettes.

Fish fried, baked, steamed and made-up fish dishes.

Sardine puffs.

Sardine and potato pasties.

Devilled sardines.

Devilled prawns or shrimps.

Various salads with or without meat, game, poultry, or fish.

Any grilled dishes.

Chicken baked in rice.

Minced chicken or chicken croquettes.

Any cereal puddings if cooked first in a haybox.

Ground rice or cornflour moulds.

Junket or coffee moulds.

Custard, baked, steamed, or boiled, made from eggs or powder.

Milk blanc mange.

Various blanc manges made with powders.

Stewed fruits (in haybox).

Pulse foods (if previously soaked all day, cooked 15 minutes and put in haybox all night. Then use for any dishes made with them without using much fuel).

Pastry.

Nut dishes and pasties.

Stuffed tomatoes.

Rice dishes.

Liver and bacon.

Various kidney dishes.

Curries of cooked meat, fish or vegetables.

Steaks and fillets of beef, mutton, or veal.

Noisettes of mutton.

COOKING MORNINGS

Cooking mornings save Time, Fatigue and Money.—

There is no method of arranging the cook's work more saving of time, material, and fuel than that of the cooking morning. Instead of cooking every day in the week plan the bills of fare in advance, and cook two or three times a week, putting all prepared food away in a clean, cool larder, covered from dust and flies.

On the intervening days the cooking of vegetables, re-heating of dishes and preparation of quickly cooked dishes will be but a light task. When cooking by gas the saving of fuel is enormous, and even when a kitchen range must be used all day for heating water and for warming the kitchen, the amount of coal consumed is very much lessened when only sufficient fire is needed for this purpose and not for heating the oven.

Preliminary Preparations.—If a range is used see that the flues are clean and drawing well. Draw up the menu and order in everything required the day before; prepare all the dishes as far as possible before making the fire up, so that no time is wasted after the oven is hot and the fire large enough to cook several pans on the hot plate. It must, however, be borne in mind that it takes 15 to 20 minutes to heat the oven.

Water can be put on the fire ready for the steamer or vegetables. In the oven can be cooked pastry, cakes, scones, baked joints and potatoes, casserole of vegetables or rabbit, or pot-roasted meat, cereal or any baked puddings, baked fish, baked soufflé. On the fire and hot plate use a 2- or 3-tier steamer into which can be put any suet puddings (sweet or savoury), potatoes or any vegetables or steamed soufflés.

Once the water under the steamer is boiling, it will continue to boil if drawn to one side of the fire, and the fire can be used to make sauces, blanc manges, custards,

jellies, stewed fruits or any cold sweets that can be kept for 2 or 3 days. Stock, of course, should be made ready so as to put it on the fire early, and it will then continue to simmer on the hot plate. Any soups can be prepared and drawn to one side to simmer.

It is a good plan to make a fair quantity of white, brown and tomato sauces every week, put into basins and use for various dishes during the week by taking out 2 or 3 spoonfuls, thinning down with a little milk or stock, and varying the flavours with the addition of capers, parsley or anchovy, etc., in the white sauce, and Worcester sauce or perhaps a little sherry with the brown, according to the dish for which it is used. When the sauce is disturbed by using some, the whole must be brought to the boil and returned to a clean basin.

Fat can also be cut up and rendered down, if there is room on the hot plate.

Now take a cooking morning for a family of 6, the dishes to last as far as possible for 4 or 5 days.

Saturday morning.—Leg of mutton, weighing 4 lbs. or round of beef the same weight. Cut off the knuckle end of the mutton and use for a mutton pie, bone and stuff the rest with a forcemeat stuffing and prepare for baking. Use the bones and all vegetable trimmings for stock. The meat should be boned and stuffed before the fire is made up and the stock started. If beef is used, cut off some slices and with a little ox kidney, onions and potatoes, make into a beef-steak pie or pudding.

If a pie is made with it, cut the meat into slices, mix a tablespoonful of flour, some salt and pepper on a plate and dip each piece in, put a piece of kidney and a tiny piece of fat on each, roll up and place the rolls in a pie dish, sprinkle any remaining flour over and the sliced onion and potatoes, pour in enough water or stock to reach the top. Cover with another pie dish and place in a cool part of the oven to cook while the pastry is being made. The mutton for the pie is cut in nice sized pieces, flour, salt and pepper sprinkled over and either cooked macaroni or potatoes, sliced onions and tomatoes added. It should also be partly cooked before adding the pastry.

All vegetables should be prepared for cooking, and if haricot beans, split peas, or lentil dishes are used, they

must be washed and soaked overnight and can either be steamed, boiled, or put in a casserole in the oven. It is well to get some cooked on cooking mornings as they can be kept to use other days, either cold as salad or made up into various dishes which only require a little re-heating another day.

All ingredients can be weighed beforehand and the dry ingredients of suet puddings, cakes and pastry mixed, cake tins, pudding moulds and basins prepared, so that it is only necessary to add the moisture.

When the Fire is ready.—In a range, the top of the oven is generally the hottest part, so pastry and cakes should be put on the top shelf. While the oven is getting hot enough for pastry, the meat pies without the crust and milk puddings can be put in. As space is required, the puddings can be removed and placed on a cool part of the hot plate to be replaced in the oven later. Calculate the weight of the joint, allowing $\frac{1}{4}$ hr. for the lb. and $\frac{1}{4}$ hr. over for meat ; 20 minutes for the lb. and 20 minutes over for mutton and 25 minutes for pork and veal. This gives the exact time the joint requires cooking.

Cook pastry and small cakes first in a hot part of the oven. Make any fruit pies or open tarts and tartlet cases and bake. The cooked tartlet cases can be kept in a tin till required. Next mix any small cakes or scones and put in the oven. When the pastry covering the meat or fruit pies is cooked, cover with paper and remove them to a cooler place to finish cooking the meat or fruit. The tartlets and small cakes should only take from 10 to 15 minutes if the oven is properly hot.

Bake large cakes in Yorkshire pudding tins, as they cook more quickly than in round ones. A Swiss roll only takes 8 minutes to cook and kept in a tin when cold, makes an excellent pudding some days later, or the same mixture put into sandwich tins will make sponge puddings later. Suet puddings can be put in the 2- or 3-tier steamer as soon as the water boils and any vegetables, such as potatoes, greens, marrows, etc., can be steamed at the same time.

A casserole of rabbit should be prepared and cooked either in the oven or on the hot plate to re-heat another day. Haricots or any pulse foods, if soaked, can either be cooked in a casserole in the oven or in a saucepan on the top.

Fish will steam between two plates over a saucepan or in a steamer. If more fish is cooked than required, the surplus will make up into fish pies, rissoles, kedgeree, etc., another day.

If you have room, boil some rice or macaroni to use in made-up dishes another day. As soon as the pastry and small cakes are out of the oven, put in the meat ; potatoes can be placed round it to roast. The meat must go into a hot part of the oven the first $\frac{1}{4}$ hr. and a cooler part afterwards. The same rules apply to large cakes, so they can be put in with the meat. While the meat is cooking, the fire itself can be used for making sauces, blanc manges, jellies, etc., or soups. Potato, haricot, tomato or clear soups can be made and when cooked, if poured into basins will keep 2 or 3 days if not disturbed. When there is room in the oven replace the milk puddings or any baked pudding.

Baked soufflés must be eaten hot, and only require 20 to 30 minutes in the oven. They must, however, be used the same day. Steamed soufflés require an hour and should also be eaten as soon as cooked. If the joint is eaten hot on Saturday, it can be used cold with salads on Sunday, beginning with a soup made on Saturday and re-heated. A jelly pie or chateaufroid of eggs or haricots can be made on Saturday for supper on Sunday, or a savoury fish mould made on Saturday with some of the cooked fish.

The steak pie cold also forms a nice Sunday dish, eaten with Russian salad. If there is any meat or fish left in the larder on Saturday morning it can be made up in a variety of ways for breakfast, lunch or supper dishes. If hot vegetables are required on Sunday, they can easily be cooked over a small gas ring or on a small fire. If there is room on the stove on Saturday, a ham, gammon, or hock of bacon can be cooked on it to be used cold or in made-up dishes during the week. A fowl can be steamed, braised or roasted for use another day. Suet puddings made and kept can be re-heated by putting in a steamer till hot through. If a gas cooker is used the same rules apply as for the range. The gas oven must be lighted 10 to 15 minutes before it is required. After the pastry goes in the heat can be lowered a little. When the meat

and large cake go in the gas can be lowered more after the first 10 minutes. Anything requiring browning and quick cooking must stand under the solid or brown shelf, milk puddings and casseroles can be placed on it. When, however, the heat is lowered the casserole can be placed under it if liked, or on the floor of the cooker. Use an iron plate over one gas jet to keep 2 or 3 pans simmering at once, and place a 3-tier steamer over one jet. A suet pudding, raised a little out of the water, can be placed in the pan with the water in, and other things put in the steamer. Cakes can be steamed (see page 182), and the Swiss roll mixture steamed makes a nice pudding if eaten with jam sauce or custard.

USING UP THE PIECES

Is one of the secrets of good and economical catering. It is no exaggeration to say that one family will live well on the same sum which another family expends on living badly. The reason of this is, as a rule, lack of intelligence in making the best use of the pieces. Every atom of food left from a meal should be placed on clean plates in a clean, cool larder, covered from dust and flies, and when ordering the meal for the next day the caterer should see how she can work in the remains with the new material.

The following suggestions may be found useful and will stimulate the clever housekeeper to think of many more methods by which she can make good use of odds and ends of left over food.

How to use up Stale Bread.—Keep all pieces of bread, crust or crumb, the crumbs that accumulate in the bread crock and the crumbs on the bread board, left after cutting bread and butter, sandwiches, etc. They can be used in various ways. Pieces can be cut or broken up small, and put into a basin with all the crumbs, covered with cold water, and left for 1 hour. They should then be squeezed dry in a clean cloth, returned to the basin, beaten up with a fork, and used in suet puddings mixed with the flour. The puddings will be much lighter than if made of flour only.

Another way of using bread is to grease a pie dish, place a little jam at the bottom. Mix the soaked and

squeezed bread with custard made from powder, add 1 dessertspoonful of sugar and any flavouring liked. Pour on to the jam in the pie dish and bake from 30 to 40 minutes.

Another method of using stale bread is to dry it in a cool oven, crush with a rolling pin and keep in a bottle for coating fish or rissoles, etc.

Bread crumbs and bread pieces can also be put through mincer with meat when mincing it. This augments the bulk of the meat, and is not noticeable when eating the mince. The remains of cold porridge may be added to mince in the same way.

If you find in the Larder—1. 2-3 ozs. of cooked meat ; about 1 gill of thick soup ; some cold potatoes ; some cold cooked peas or cabbage, and 1 tablespoonful of savoury rice.

Mince the meat ; add to it some bread crumbs, mix with them a teaspoonful of chopped parsley, 1 teaspoonful of dried herbs, salt and pepper, the rice and soup. Stir well. Then turn it all into a greased basin and steam for 1½ hours. Cut the potatoes into dice and steam with the peas or cabbage which should be chopped very finely. Turn the meat on to a hot dish and put the vegetables in a ring round it. If there is any soup or stock left pour it round the dish. This can be eaten cold, and a salad made of the left over vegetables mixed with salad dressing can be served with it.

2. A cooked bloater ; 2 tablespoonsful of boiled rice ; cold cooked potatoes ; cooked haricot beans ; vegetable stock ; 2 tomatoes ; a few bacon rinds ; remains of a ginger or fruit suet pudding.

Make a salad of the fish. Cut the potatoes into slices, bone the bloater, and break it up into flakes, mix lightly with a salad dressing of oil and vinegar, or salad dressing without oil, add the potatoes. Sprinkle with chopped parsley, or the yolk of a hard-boiled egg rubbed through a sieve, and the white finely chopped. The bloater can instead be made into a small kedgeree with the boiled rice, or it can be mixed with the rice and tomato sauce (made of the two tomatoes) and fish patties made of it enclosed in potato pastry, the cold potatoes being utilized for the pastry.

Bean and rice cutlets. Rub the haricots through a sieve; add the rice and moisten with just enough tomato sauce to mix stiffly. Season well, shape into cutlets, brush with milk and roll in maize meal or bread crumbs; put on a greased baking sheet, and bake in a moderate oven. Make tomato sauce with the two tomatoes, stock, and a few bacon rinds. Send to table with the cutlets.

Or the beans can be made into a salad.

To use up the remains of a suet pudding, cut it in slices, place in a greased pie dish, soak with boiling water, flavoured with some strong essence or cooking sherry. Make some custard with powder and pour over. Bake in a moderate oven. Another way is to cut it in slices, and toast, spread a little jam on the top and serve with jam or lemon sauce.

3. 2-3 ozs. of cold cooked cod, hake or haddock; 2 tablespoonsful of haricot beans; remains of a little sauce; some cold potatoes; remains of a salad made of lettuce, tomato and beetroot; vegetable stock, or water in which the haricots have been cooked.

Make a soup with the stock, haricots and potatoes. Rub the two latter through a sieve, and add to the stock with half a pint of boiling milk. Stir well. Wash the pieces of lettuce from the salad, shred finely and put into the soup. Simmer for 10 minutes.

Make the fish into patties, by making a little pastry without fat, and line some patty pans with it. Free the fish from skin and bone, mix with the sauce, and a teaspoonful of chopped parsley, season well, put some of the mixture into each patty pan; cover with pastry; press the edges well together and bake in a quick oven. These patties can be eaten cold or hot. If the former, serve the remains of the beetroot and tomato salad with them, adding a little more if necessary.

4. Remains of cooked cabbage; 4 to 5 potatoes (cooked); 3-4 ozs. of mutton or beef pieces; 2 rashers of bacon; $\frac{1}{2}$ a rice pudding; 2 spoonsful of stewed gooseberries.

Rub the cabbage and potatoes through a sieve; season and add a pinch of nutmeg, moisten with a little milk or some brown, white or tomato sauce. Form into cakes and sift flour over. Put on a greased baking sheet, and bake in a fairly hot oven till brown.

Mince the meat, with any bread crumbs or pieces you may have. Season well. Add chopped parsley or herbs ; remove the bacon rinds, cut each rasher in half, smooth each half with the back of a knife, pressing it out as flat as possible, spread each piece with the mince mixture, roll up, tie and place on a baking sheet in the oven till the bacon is cooked. Dish on a cake of cabbage or potato, and serve with a little sauce or brown gravy. Grilled tomatoes can be served on the rolls. Or they can be arranged in a circle on a dish and the centre filled with any cooked vegetables.

Place the gooseberries at the bottom of a glass dish, cover them with the remains of the rice pudding ; then make a little custard from custard powder and pour over.

5. $\frac{1}{2}$ tin sardines ; 2 or 3 pieces of toast ; back and one leg of chicken ; a little gravy ; remains of a lentil savoury.

Make the sardines and lentils into sardine and lentil puffs. Take all the meat from the chicken, and put the bones and carcase into a saucepan with 1 onion, 2 cloves and a blade of mace ; bring to the boil, and simmer for 2 hours. Strain, thicken with barley flour, add a little milk and a squeeze of lemon juice and serve as soup.

Mince the chicken and make into a chicken soufflé, rissoles or cream. If any small pieces of ham or lean bacon are available mix a little with the chicken. Serve with new potatoes and peas.

Soak the pieces of toast in milk for $\frac{1}{2}$ hour ; dip in a well-beaten-up egg and fry in hot fat. Serve on a lace paper with a little jam in the centre of each piece.

6. A ham bone ; cooked macaroni ; pot vegetables (carrots, turnips, etc., left from flavouring soup) ; cold porridge ; 2 ozs. stale cheese.

Scrape every bit of meat from the ham bone, break it up and put the bone into a pan, cover with water ; bring to the boil and simmer from 2 to 3 hours. This makes a good stock for lentil or haricot soup. Make a sauce with the ham bone liquor and a little milk ; stir in the macaroni and vegetables ; cook till the vegetables are quite tender ; turn into a pie dish ; sprinkle the grated cheese over and put under a griller or in the oven and brown. The meat from the bone can be used up with chicken, or minced and served on toast, or mixed with scrambled eggs or omelette.

Make the cold porridge into a Savoury Oatmeal Porridge Pudding (see page 123).

7. $\frac{1}{2}$ tin salmon; remains of a jelly; some cold potatoes and peas; $\frac{1}{2}$ cucumber; stale cake; remains of stewed fruit.

Peel the cucumber thinly. Cut in four pieces. Scoop out the centre of each piece. Stew very gently in half a pint of milk and water till tender. Break the salmon into small pieces; season well, place in the centre of the pieces of cucumber. Thicken the liquor the cucumber was stewed in with $\frac{1}{2}$ oz. of cornflour, or barley flour, add 2 teaspoonful of chopped parsley, season lightly and add 2 sheets of gelatine melted in a very little water, and a squeeze of lemon juice; arrange the cucumber and salmon cassolettes on a dish, and coat neatly with the sauce, arrange the peas round the dish and serve with potato salad, made of the cold potatoes.

Cut the stale cake into neat pieces, arrange in a glass dish, pour over a little boiling water to which a teaspoonful of sugar has been added, and any flavouring essence liked, or cooking sherry. Arrange the stewed fruit on the top and a little custard made of powder. Melt the jelly and when the custard is cold pour the jelly over all and let it set.

8. Some cooked pot vegetables; small portion of cabbage; remains of a haricot bean and tomato sauce stew, bones, cold potatoes, stock; 2 or 3 spoonsful of milk pudding.

Make a curry sauce, stir in the vegetables and potatoes, cut into dice, the cabbage shredded, and the haricot beans. Heat; then strain in the juice of half a lemon. Season and serve with boiled rice.

Make a cornflour mould, mixing in the remains of the milk pudding or make a custard of custard powder, and stir in the milk pudding. Turn either of these into a pie dish and bake, if eaten hot. If preferred cold, pour into a glass dish and cover with stewed fruit, or melt a little jam with a very little water and pour over the top of the pudding on which should be sprinkled some chopped nuts or desiccated cocoanut.

9. Bones left from making stock or from stews, chops or cutlets. Cut off every scrap of meat and fat. Render the

fat down. Mince the meat and make into patties ; adding cooked carrots or potatoes, onions or some boiled rice, or macaroni, the latter cut up very small. Moisten with a little of the stock and bake. Eat either hot or cold. Another method of using the meat is to mince it or cut into small dice. To about 1 pint of stock add 1 oz. gelatine, melt and just bring to the boil, flavour with tarragon vinegar and season well. Add the meat and when cold pour into small moulds, or 1 large mould rinsed in cold water. Turn out when set and serve with salad. This makes a nice supper dish.

The bones should be stewed in fresh water for second stock till they are full of holes. Then give to the rag and bone man and do *not* throw them into the dustbin, as glycerine can be extracted from them.

10. To clarify fat. Take any pieces of fat, cooked or uncooked, and surplus fat from bacon or ham, cut into dice, put in an old iron saucepan, cover with water ; bring to the boil and cook till the water evaporates ; draw to a cooler part of the stove ; stir and let the liquid ooze out of the fat. When the pieces are shrivelled, strain the liquid into a basin, and when cold a solid cake of white fat should result. The pieces can be used for putting on the top of a roast when baking, in place of dripping. The fat skimmed from stock should be put into a basin, boiling water poured over and left to get cold. The fat rises in a cake to the top, and the water should then be poured away from underneath. Any sediment at the bottom of the fat can be scraped off. The dripping in the tin in which meat has been baked, should be strained into a jar or basin, cold water poured on and left to stand. When set pour away the water from under the fat. Bacon rinds can be cooked with haricots, lentils, or any pulse foods, to supply the deficiency of fat.

Cheese rinds should be scraped and washed and put into the stock pot.

The rinds of oranges and lemons can be dried and used for flavouring, or can be candied or preserved in spirits of wine.

Cold potatoes can be utilized in various ways to make potato pastry or cakes. They can be fried, made into croquettes, salad, or potato scallops.

Left over rice can be made into kedgeree of fish or meat, risotto, rice salad, savoury rice, rice and tomatoes. Empress rice and various puddings can also be made from it.

Hors d'œuvres or savouries can be made from small portions of different dishes found in the larder, such as 2-3 sardines, a little salad, cooked peas, or other vegetables, pickles, small pieces of cheese or sausage, kidney and chicken livers or liver and marrow from bones. Left over soups or sauces can be utilized in making up meat or fish dishes.

Remains of puddings or cold sweets, jellies, etc., can be combined to form palatable and attractive looking sweets.

Hors d'œuvres—Sardines. Skin, bone and break up the sardines, season well with cayenne, mix with a little pickle vinegar; wash and drain a cup-shaped lettuce leaf for each person; place a little sardine on each; sprinkle with chopped pickle of any kind, or capers or nasturtium seeds, chopped rather coarsely. Put $\frac{1}{2}$ teaspoonful of unsweetened condensed milk on each and serve. If liked a little mustard and cress can be sprinkled over; or finely minced beetroot or chopped nuts.

Sausage. Any kind of sausage, chicken and ham, ordinary beef, or pork sausages (cooked), liver sausage, etc., can be used for this. Dip some tomatoes in boiling water for 2 or 3 minutes. Cut in slices, arrange each slice on a dish; place a thinly cut round of sausage on each. If beef or pork sausages are used 2 or 3 slices must be put on each ring of tomato. Put a teaspoonful of the following mixture on each; garnish with cooked peas or any salad. Grate a little stale cheese over and serve.

The Mixture. Mince and pound some pickled gherkins, shallots and nasturtium seeds. Mix with a little Worcester sauce and cayenne and $\frac{1}{2}$ saltspoonful of made mustard. The mixture should be thick enough to spread on the sausage. If too thin add a few fine bread crumbs.

HOW TO KEEP FOOD HOT AND TO RE-HEAT IT

Dishes and plates should be placed over the plate rack in time to heat for a meal. Most gas stoves have a plate rack also. If there is none the dishes can be placed under the gas rings, or on a shelf over the stove. Another method

of heating plates, etc., is to put them into a basin with very hot water to cover. Take out and dry as required. When dishing, dish the vegetables first, put the lids on the dishes and place in a cool oven or on the hot plate, while dishing the meat. The latter is placed on a hot dish and put in a warm place while the gravy is heated. Boiled puddings should be loosened round the edge of the basin or mould with a knife, the dish put over the basin; then turned over quickly, given a little shake and the pudding should slip out of the basin if the latter has been well greased.

If Food has to be kept hot for late comers after cooking.

—The best method is to put the vegetables in basins, cover with a plate or a greased paper and put into a steamer. A joint can be returned to the baking tin, covered with a basin, pie dish, or dish cover and the tin placed on a pan of boiling water.

Poultry and game may be treated in the same manner. Fish can be put between two plates over hot water.

If only one person's portion requires keeping hot cut it off, place on a plate with the vegetables, cover with a pan lid and place the plate on a saucepan of hot water. The gravy can be re-boiled.

THE ART OF DISHING UP

No matter how good our food is, or how well cooked, if it is not nicely dished up the cook has failed in part of her task. This insistence upon the attractive appearance of food is not absurd, for food which pleases the eye is eaten with more appetite and is better digested than that which is untidily served.

But if careless, untidy serving is an ordinary culinary crime, over-elaborate garnishing is no less wrong; especially in the case of hot food which cannot but suffer if it is kept waiting while being unduly decorated.

Casseroles and other Earthenware Dishes.—The first rule for the serving of hot food is that it should be kept hot, and not merely warm, and to achieve this result not only the food but also the plates and the dish on which it is served, should be hot.

The housewife who must consider labour finds a friend in the earthenware dish, now to be bought at most china

shops, and in which, being fireproof, the food can be both cooked and served, thus saving a considerable amount of washing-up. For soup there is no better vessel than an earthenware *pot au feu* with a lid, while for stews, curries, hashes, vegetable dishes, etc., a casserole should be employed. This is simply an earthenware saucepan with a lid, which is made in two patterns, with one handle or with two handles.

For joints, game, cutlets, steak, etc., a brown fireproof dish, with sides some three or four inches high, is admirable, as like the dishes already mentioned, it retains heat, and in these high-sided dishes, the gravy can be served with the meat without fear of spilling, thus saving the washing up of a gravy boat. (For casserole cookery and directions for toughening a new casserole, see page 28.)

An excellent choice of fireproof dishes of all kinds can now be obtained, either open dishes such as are used for macaroni au gratin, etc., or game, or brown fireproof dishes with lids which are suitable for eggs and bacon, mince, hash or kedgerree.

When using any of these dishes, all that needs to be done is to arrange the food as neatly as possible in the centre, and to be certain that no splashes of gravy or sauce are left on the sides of the dish.

Take, for example, a casserole of rabbit, with bacon rolls and forcemeat balls. The pieces of the rabbit should be gathered together neatly in the centre, and the bacon rolls and forcemeat balls arranged on the top or round them alternately in a circle.

If savoury rice with grilled sausages and tomatoes is the dish then the rice should form a bed on which are laid the sausages in a regular pattern with a tomato between each.

Plated Dishes.—Before the Great War, it was the custom in many households to use plated dishes. These are not to be recommended for households where labour has to be considered. They take long to clean and must not be put in the oven to heat unless in a tin full of water, otherwise the plating may be damaged, therefore they cannot be heated to the same degree as fireproof dishes and the food sent to the table in them does not arrive as hot. Also the food cannot be cooked in them, thus the washing-up of a

saucepan as well as a dish becomes necessary. In serving even a simple dinner, if two utensils are used for every dish instead of one it is evident that considerably more time must be spent in washing-up than would otherwise be the case, and in households where the water is heated by gas it must be borne in mind that every pint of water heated costs money, also the more utensils used the more cleaning material is necessary. When a coal stove must be kept alight all day, then this careful use of hot water becomes unnecessary.

If, however, plated dishes are to be employed, see that they are hot and follow the same rule of neat and methodical arrangement as has already been advised. For examples of dishing the three following may be given :—

1. **Grilled Cutlets with Mashed Potato and Grilled Tomatoes.**—Form the mashed potato into a long, narrow mound down the centre of the dish and be sure that it is smoothly mashed and very neatly shaped. Arrange the cutlets on it, dinting the meaty part slightly into the potato and making all the bones point the same way. Arrange the grilled tomatoes in four heaps, two on each side of the potato, or place a tomato between each cutlet. If liked, have ready a little finely chopped parsley and scatter over each tomato.

2. **Stuffed Fillets of Fish with Shrimp Sauce.**—Make a round mound of mashed potato on the dish and stand the fillets all round like the turrets of a castle. Pour the sauce over and be sure that all such sauces are of a fairly thick consistency, such as custard or double cream. If a more elaborate dishing is required, powder each alternate fillet with finely chopped parsley and finely grated yolk of egg.

3. **Fritters, Sweet or Savoury.**—Drain the fritters well of all grease. Place a dish paper on the silver dish and pile the fritters upon it. If savoury sprinkle with a little salt, and if sweet, with castor sugar.

GENERAL RULES FOR SERVING

Do not decorate hot dishes with green parsley. If parsley is used it should be fried. An exception from the rule is in the case of boiled fish, when green parsley is generally used as well as slices of lemon

Many cooks are extremely wasteful in their use of lemon and other garnishes. Half a slice might often be used when perhaps a quarter of the fruit appears. Boiled fish must be well drained and served on a napkin.

Fried foods require to be very well drained. When fried in a basket, the basket may be held over the pan so that all the fat drips back and there is no waste. If it is necessary place the fried article on paper to finish draining.

Fried fish is generally garnished with fried parsley.

Strings, Skewers, etc.—Be very careful that string or tape used for tying up rolled fillets, etc., and all skewers are removed before serving.

Boiled Fowls.—The appearance of these is often spoilt because they are not drained sufficiently of all moisture, and the sauce is not thick enough. But even if a thick sauce is poured over a half-drained fowl the water which collects in the dish spoils the effect.

Hot boiled chickens are generally served covered with parsley or egg sauce, while cold boiled fowls are coated with a thick white sauce and a little chopped parsley or sieved yolk of egg is scattered over the breast, or an ornamentation of shapes of cooked beetroot is used with sprigs of parsley on the dish itself. The egg or parsley for sauce should be minced very finely.

Game.—Pheasants and partridges should not be sent to table with the tail feathers in, as is sometimes done.

Various kinds of Garnishing for Cold Savoury Dishes.—For cold savoury dishes, tomato, parsley, lemon, beetroot, green peas, shapes cut from cooked vegetables, cucumber and hard-boiled egg are employed, but whenever these vegetable garnishings are used they should be very neatly cut with a tin cutter into shapes, or by means of a knife into dice. The appearance of a dish is quite spoilt if the vegetable garnishing is of any and every size.

Examples. 1. **Mayonnaise of Salmon or other Fish.**—Make a bed of sliced green salad. Divide the cooked fish into neat portions and arrange in the centre of the dish on the salad (a round flat glass dish is suitable). Cover with thick mayonnaise sauce. Arrange a border of green salad

or sliced cucumber with the peel left on. If liked add an inner border of sliced hard-boiled egg.

2. **Russian Salad.**—Cut the cooked vegetables into neat dice and arrange in a bowl. Dress with salad dressing. Make an edging of tomato or chopped celery, or beetroot and arrange thinly cut strips of filleted anchovy to form a network over the salad.

3. **Chicken and Tongue Salad.**—Cut the meat in strips. Pile in the centre of the dish. Cover with a stiff white sauce, or mayonnaise. Surround with a border of cress (well dried), make a cross with strips of beetroot, or anchovy and place a caper in each division.

JELLIES

Sweet and Savoury.—Coat the mould with jelly and when becoming set decorate the tops with halved cherries, chopped angelica, divisions of oranges, etc., or depend for the decoration on colouring one part of the jelly pink and leave the other yellow. For savoury jellies use shapes of vegetable, green peas, slices of hard-boiled egg, and in either case surround, if liked, by finely chopped jelly.

SOUFFLÉ DISHES

The white china soufflé dish is a blessing to the inexperienced cook, for jellies and creams, sweet and savoury, may be served in it, thereby avoiding the tiresome task of "turning out."

Examples. 1. **Jellied Meat** is served in the soufflé dish, covered with chopped jelly, and decorated with four little sprigs of parsley.

2. **Lemon Cream.**—Cover with whipped cream and powder with finely shred angelica.

3. **Fruit Custard** (stiffened with gelatine).—Scatter with chopped almonds and arrange halved glacé cherries round the edge of the dish.

STEAMED PUDDINGS

Sweet or Savoury.—These need to be carefully turned out in the very centre of the dish and the sauce poured over or round them.

Example. **Steamed Fish Pudding.**—Turn out, and surround with anchovy or shrimp sauce, tinted a faint pink. Decorate the pudding itself with a very little chopped parsley. Or have ready chopped parsley and sieved egg, and decorate in strips of alternate colours.

Suet Pudding.—Make in a basin, turn out and surround with sauce, or make in a long roll, place on a dish paper, cut into slices and sift some sugar over it.

SAVOURIES

Most savouries are served on croûtons of fried bread, that is, small squares or circular pieces of bread. They must be all of a size and very neat and fried crisp, but not hard.

The garnishes generally used are sieved yolk of egg, fillets of anchovy, browned crumbs, while for cold savouries, egg, parsley, cucumber, whipped cream, flavoured and salted, cress, etc., are suitable.

Brief directions for the serving of each dish, together with a list of the adjuncts generally served with it are appended to each recipe.

CHAPTER II

STOCKS AND SOUPS

Stocks—Clear Soups—Fish Soups—Vegetable Soups and Purées—
Pulse Soups (peas and beans)—Cereal Soups (rice, oatmeal,
barley, etc.).

Bone Stock

Slow heat. Time, 4–5 hours.

Ingredients.—3 lbs. of bones (cooked or uncooked); trimmings of meat; the well-washed trimmings and peelings of carrots, turnips, onions, parsley stalks; 1 teaspoonful of thyme and marjoram (tied in muslin); 12 peppercorns; 1 dessertspoonful of salt; 3 quarts water.

Method.—Remove all fat from the bones, break in pieces with a chopper and remove any marrow. Place in a saucepan with 4 pints of water; bring to the boil and add the salt, skim well. Wash the vegetable trimmings; peel and add; also the herbs and the peppercorns. Let the stock boil up again. Then simmer gently—with the lid on the pan from 4 to 5 hours, skimming occasionally. Strain into a basin and when cold it can be used as a basis for any soup or sauce. This stock can be left at the back of the hot plate on a range all day, if liked. It is more economical to make it on a kitchener than on a gas stove.

Reasons for failure.—If fat and marrow are left on the bones the stock becomes greasy. If not well skimmed before adding the vegetables the scum boils down into it, discolours the soup and impairs the flavour. If boiled fast after coming to the boil all the liquid boils away. If the lid is left off the pan the stock wastes with the steam escaping. If left all night in the pan an unpleasant taste and smell will result. Do not cover after straining it into a basin or it will become sour.

Meat Stock for Clear Soup

Moderate heat. Time, 6 hours.

Ingredients.—2 lbs. of shin of beef (meat and bone); 1 lb. knuckle of veal; 3 quarts water; 1 onion; 1 carrot; 3 outside sticks of celery, or 1 teaspoonful of celery seeds (tied in muslin); 12 peppercorns; bunch of herbs (i.e. some parsley stalks, a sprig of thyme and marjoram, and a bay leaf (tied together)).

Method.—Remove all fat from the bones, cut the meat up small, break the bones and remove the marrow and wash the bones in hot water; put with the meat and water into a saucepan, bring to the boil; skim, then add the cleaned, scraped and peeled vegetables, cut in quarters, the peppercorns and herbs. Let all simmer very gently with the lid on for 5 or 6 hours. Skim when necessary. Strain into a basin, and when cold remove the fat most carefully.

Reasons for failure.—If cooked fast this will not clear well. If properly prepared and simmered very slowly it should hardly require clearing. This is a very extravagant stock, and a good clear soup can be made from bones.

Clear Vegetable Stock

Slow heat. Time, 2 hours.

Ingredients.—1 lb. mixed vegetables (carrots, turnips, onions, celery, leeks, if liked, some parsley stalks); 10 peppercorns; 4 cloves; a little salt and pepper; 1 quart hot water; 1 oz. fat.

Method.—Wash, peel and cut up the vegetables, melt the fat; add the vegetables and stir well together for 10 minutes; add the water, bring to the boil and simmer gently 1 hour and 40 minutes (with the lid on). Strain and add a little colouring if necessary.

This can be used as a soup, garnished with the vegetables cut into dice, or served with boiled rice, peas or vermicelli.

Reasons for failure.—If cooked too fast the water will boil away. If the lid is not on the saucepan, the water will evaporate. If the vegetables are not well washed the soup will not be clear.

Stock made from Vegetable Trimmings

Slow heat. Time, 2 hours.

Ingredients.—The well-washed peelings of potatoes, carrots, turnips; the green tops and outside leaves of celery, cauliflowers, cabbage, lettuces (if not decayed), apple or pear peelings and cores; parsley stalks.

Method.—Add water, or the water in which macaroni, rice, haricots, potatoes, etc., have been boiled. Bring all to the boil, then simmer 2 hours. Strain, and use as a basis for thick soups, sauces, etc.

Reasons for failure.—The same reasons apply as for bone stock. If decayed vegetables are used the stock will not keep, and will not have a good flavour.

Fish Stock

Slow heat. Time, 20 minutes.

Ingredients.—1 lb. of bones, heads and trimmings of any fresh fish; 1 blade of mace; 6 peppercorns; 1 quart water (cold); 4 cloves; 1 small onion; pinch of salt.

Method.—Put the bones, etc., of the fish into a saucepan with the water, mace, peeled onion, cloves, peppercorns and salt, bring to the boil and simmer 10 minutes. Strain and use for fish soup or sauces.

Reasons for failure.—If the stock boils too long it wastes and becomes bitter.

Cereal Stock

The water in which rice, macaroni, or spaghetti, vermicelli, sago or any cereal have been boiled, makes a good foundation for sauces and for vegetable or pulse soups.

The water in which haricot beans, dried peas and lentils or any pulse foods have been boiled also makes a useful stock.

The water in which ham, bacon, tongue or beef have been boiled, also makes a good stock for soups and sauces.

Clear Soup or Consommé

Moderate heat. Time, 20–30 minutes.

Ingredients.—3 pints of stock for clear soup (see page 50); 1 carrot; 1 onion; 2 sticks of celery, or 1 teaspoonful of celery seeds (tied in muslin); 12 peppercorns; 3 cloves;

4 allspice ; 1 bunch of herbs ; $\frac{1}{4}$ lb. of lean beef ; 1 white of egg.

Method.—Put the meat through a mincer, wash, peel and cut up the vegetables, skim the fat carefully from the stock and put the latter into a clean enamelled or aluminium saucepan with all the other ingredients. Slightly whisk the white of an egg, and add, put the pan on the fire and whisk the contents till they are almost boiling. Remove the whisk and boil up well ; then draw to the side of the fire and allow it to simmer very gently 20 minutes. Tie a clean tea-cloth on the legs of a chair inverted on another chair, pour some boiling water through it into a basin ; then ladle the soup through very carefully into another basin, leaving the scum in the pan. Do not disturb the sediment. If boiled up again with a small lump of sugar it becomes clearer and brighter.

Reasons for failure.—If the fat is left on the stock the soup will not clear, if whisked when boiling or if not ladled very carefully through the cloth, it will be cloudy. Do not disturb the sediment on any account. The meat used for clearing can be made into patties or meat jellies. The vegetables should be put into the stock pot.

Garnishes for Clear Soups—Julienne

Ingredients.—1 carrot ; 1 leek ; $\frac{1}{2}$ turnip ; $\frac{1}{2}$ stick of celery ; about 3 pints of consommé.

Method.—Wash, scrape and peel the vegetables and cut into very thin strips, as much the same length as possible. Boil separately, in boiling, salted water, drain and place in the bottom of the tureen, pour the boiling consommé over.

This can be varied by cutting the vegetables into very tiny dice.

Consommé Royal

Ingredients.—1 egg ; $\frac{1}{2}$ gill of stock ; salt ; pepper ; about 3 pints of consommé.

Method.—Beat up the egg, add the $\frac{1}{2}$ gill of stock, hot, but not boiling, season and put into a small greased basin or jam jar. Put into a steamer and steam gently about 20 minutes till it becomes firm. When cool turn out, wet a knife in hot water and slice the custard, then stamp out

fancy shapes or cut into diamonds. Put at the bottom of a tureen and pour the boiling consommé over.

Reasons for failure.—If the custard steams fast it will be watery and full of holes.

Another garnish for clear soup is to make very thin savoury pancakes. Roll each tightly and cut into thin strips; place the strips at the bottom of the tureen and pour the boiling consommé over.

Vermicelli can be bought in fancy shapes which when boiled make a good garnish for consommé.

Cooked peas, cucumber, carrots, turnips and potatoes scooped into balls with a vegetable scoop make a pretty garnish.

Very often small squares of fried bread or toast are handed round with soups.

Dried pea soup is improved if a little powdered or chopped mint and some very finely shredded bacon or ham, fried crisp, and tiny dice of fried bread are handed with it.

Clear Soup made from Bone Stock

If the bone stock has been simmered slowly and kept well skimmed it should be clear, also if the fat is carefully skimmed off when it has been strained and allowed to get cold. If not quite clear put it into a clean enamelled or aluminium saucepan with the slightly beaten white of 1 or 2 eggs, whisk till just on the boil. Let it boil up; then draw to one side of the fire and leave it to stand for 20 minutes, ladle very carefully into a basin through a clean, scalded teacloth, tied on to the legs of a chair reversed on another chair.

Clear Soup made from Vegetable Stock.—If this stock is required for clear soup it should be made with vegetables (2 carrots, 2 turnips, and 2 onions, cleaned, peeled and cut up small) instead of the vegetable peelings; it should then be sufficiently clear for an economical clear soup.

Clear soup can be garnished with cooked vegetables; shredded very finely, or with cooked vermicelli or macaroni, or with small forcemeat balls, fried and well drained.

Cooked green peas form a nice garnish, or grated cheese can be handed with it.

Clear Tomato Soup

Squeeze from one or two ripe, sound, raw tomatoes all the juice and strain it through a clean cloth into clear vegetable soup (see page 53), and let it simmer for 10 minutes before serving. Taste to see if more salt or pepper is needed. Use the pulp for a thick soup.

Clear Beetroot Soup

Ingredients.—1 teacupful of strained, cooked beetroot juice to each pint of clear vegetable stock (see page 53).

Method.—Make the stock hot, add the beetroot juice, bring to the boil. Put some shredded cooked beetroot in the bottom of the tureen and pour the soup over. Colour with cochineal if not a dark enough red.

Garnish with shredded beetroot.

Brown Fish Soup

Slow heat. Time, 1 hour.

Ingredients.—1 oz. fat; 1 oz. flour; 1 leek; 1 small carrot; 12 peppercorns; 2 ozs. boiled rice; 1 onion; 3 sticks celery; a bunch of herbs (parsley stalks, thyme, marjoram and bay leaf tied together); pinch of salt; 1 quart fish stock, or water fish has boiled in.

Method.—Wash, peel and shred the vegetables, melt the fat in a saucepan, put in the vegetables, and fry brown, stirring often. Add the flour and brown. Add, gradually, the fish stock, stir till boiling, then simmer 1 hour. Strain and put the boiled rice into a tureen. Pour on the soup and serve.

Reasons for failure.—If care is not taken the vegetables will burn when frying. If boiled too fast the soup will waste.

White Fish Soup

Slow heat. Time, 40 minutes.

Ingredients.—1 onion; 1 leek; 1 carrot; parsley stalks; sprig of thyme; celery tops or outside sticks; 3 cloves; 1 bay leaf; 1 blade mace; 1 gill milk; 1 oz.

flour or cornflour ; salt ; pepper ; 1 quart or 3 pints of fish stock.

Method.—Wash, peel, and shred the vegetables. Tie the parsley, thyme and bay leaf together. Put the stock into a saucepan, bring to the boil, skim, add the vegetables and spices. Cook for 30 minutes, fairly fast, but not galloping. Strain ; return to the pan, blend the flour with the milk. Add it and bring to the boil, stirring all the time ; simmer for 10 minutes. Place a tablespoonful of chopped parsley at the bottom of the tureen and pour the soup over.

Pot au Feu

Slow heat. Time, 3 hours.

Ingredients.—1 lb. beef ; 2 leeks ; 1 onion ; 3 sticks celery or 1 teaspoonful celery seeds (tied in muslin) ; 10 peppercorns ; 2 ozs. sago or tapioca ; 2 quarts water ; 2 carrots ; 2 turnips ; 1 parsnip ; 1 bunch herbs, and parsley stalks ; 1 cabbage ; 2 cloves.

Method.—Wipe the meat with a damp cloth and tie into shape ; put into a saucepan with 2 quarts of water, bring to the boil, skim, add the salt, simmer $\frac{1}{2}$ hour. Wash, prepare and cut up all the vegetables, except the cabbage ; cut the green from the leeks and celery ; add to the meat at the end of the half hour, with the herbs tied together, the cloves and peppercorns. Simmer 1 hour. Cut the cabbage in two, wash well, tie the two halves together and add ; simmer $1\frac{1}{2}$ hours. Dish the meat, garnish with the vegetables. Serve the cabbage in a hot vegetable dish. Strain the liquor through a colander into a basin ; use a little for gravy with the meat. Let the remainder get cold. When required for soup skim off the fat, put into a saucepan, bring to the boil, sprinkle in the sago, boil till clear and serve.

Reasons for failure.—If it does not simmer very slowly the meat will fall to pieces and become tough. It requires some time to cook or the vegetables will not become soft, as the cooking process is very slow. The lid must be kept on the pan, or the soup will waste. More water may be added if liked.

Kidney Soup

Slow heat. Time, 2 hours.

Ingredients.—1 ox kidney ; 1 tablespoonful flour ; 1 oz. fat ; 3 pints cold water or stock ; 1 large onion ; 1 carrot ; 1 turnip ; green tops of celery ; salt ; pepper.

Method.—Wash and dry the kidney. Cut into small pieces, removing the fat from the centre. Dredge the pieces with flour. Wash, peel and cut the vegetables into dice. Melt the fat in a pan, fry the kidney brown, add the onion and brown. Add the stock or water ; bring to the boil, skim, add the vegetables, and simmer slowly for 2 hours. Strain and return the liquor to the pan. Blend the flour smoothly with cold water ; add to the liquor in the pan, stir till boiling ; simmer 5 minutes ; season and serve either with or without the dice of vegetables. The kidney can be served as a stew, with thick gravy and a border of rice or macaroni.

Reasons for failure.—See Pot au Feu, page 55.

Scotch Broth

Slow heat. Time, 2 hours.

Ingredients.—1½ lbs. scrag end of mutton ; 1 carrot ; 1 turnip ; 1 onion ; ½ small cabbage ; 1 oz. pearl barley ; 2 quarts cold water ; salt and pepper ; 1 dessertspoonful finely chopped parsley.

Method.—Trim and wipe the meat ; remove from the bones and cut into small pieces. Put it into a saucepan with the water and bones ; add a dessertspoonful of salt, bring slowly to the boil and skim. Have ready the prepared vegetables, washed, peeled or scraped, and cut into small dice. Wash the barley. As the liquor begins to boil, skim, and put in the vegetables and the barley. Simmer slowly about 2 hours. The cabbage should be cut into shreds, or else into very small pieces, and then cooked with the soup. Remove the scum, fat and bones ; season to taste with salt and pepper, serve hot in a tureen with the parsley sprinkled over.

Should the broth be found too thick a little stock or boiling water may be added.

It is a good plan to tie the bones loosely in muslin so that they can easily be removed.

Put them in the stock pot after the soup is made.

Reasons for failure.—If not well skimmed the soup will be a bad colour. If boiled fast it will evaporate. If not stirred occasionally, the barley may stick to the bottom and burn. If the lid is not on the pan the soup evaporates.

White Vegetable Soup

Slow heat. Time, 1 hour.

Ingredients.—1 carrot ; $\frac{1}{2}$ turnip ; 1 onion ; 2 sticks of celery, or 1 teaspoonful of celery seeds (tied in muslin) ; 1 bay leaf ; 1 oz. margarine or fat ; 1 oz. flour ; 1 pint of white stock (vegetable or cereal) ; $\frac{1}{2}$ pint milk ; salt ; pepper.

Method.—Wash, scrape or peel the vegetables and cut into matches. Melt the fat and stir the vegetables in it for 4 or 5 minutes. Add the stock and bay leaf, and celery seeds (if used). Bring to the boil and simmer with the lid on the pan for about $\frac{3}{4}$ hour or until the vegetables are soft. Blend the flour to a smooth paste with the milk, pour into the soup, stirring well ; bring to the boil and boil for 5 minutes, stirring all the time. Remove the bay leaf and celery seeds, season and serve. If too thick add a little more stock or milk.

Reasons for failure.—If the stock and vegetables boil too fast and without a lid on the pan the stock boils away or evaporates. If not stirred when adding the flour the soup becomes lumpy and is liable to burn.

Palestine Soup

Slow heat. Time, 1 hour.

Ingredients.—2 lbs. Jerusalem artichokes ; 1 quart water or vegetable or cereal stock ; 1 onion ; $\frac{1}{2}$ pint milk ; 1 oz. fat ; 1 oz. crushed tapioca ; seasoning.

Method.—Wash and peel the artichokes thinly, putting them into a basin of cold water to which a little vinegar has been added. Peel and shred the onion. Melt the fat in an enamelled or aluminium saucepan, put in the artichokes and onion, stir for 5 minutes ; add the quart of water or stock ; bring to the boil and simmer until the vegetables are soft ; rub through a sieve, return to the pan with the milk and seasoning ; stir until boiling ; sprinkle in the

tapioca ; simmer until clear, stirring constantly. Season and serve.

Reasons for failure.—If an iron saucepan is used it will discolour the soup. The artichokes must be put into water and vinegar directly they are peeled, or they become black. If boiled too fast the water boils away. Place the lid on the pan while the vegetables are cooking to lessen evaporation. After the milk is added the soup must be stirred constantly or it will burn.

Potato Soup

Slow heat. Time, 1 hour.

Ingredients.—1 lb. onions or leeks ; 2 lbs. potatoes ; 3 sticks celery or a teaspoonful of celery seeds (tied in muslin) ; salt ; pepper ; 2 quarts of boiling water ; 1 pint milk ; 1½ table-spoonful of crushed tapioca.

Method.—Made like Palestine Soup (see page 57).

Marrow or Pumpkin Soup

Slow heat. Time, about 2 hours.

Ingredients.—Half a good-sized pumpkin ; 2 quarts stock or water ; 1 oz. margarine ; 1 gill milk ; salt ; pepper ; pinch nutmeg.

Method.—Peel the pumpkin, remove the seeds, and cut into slices, put the stock into a pan, bring it to the boil, put in the pumpkin, simmer until soft. Rub through a sieve, return to the pan with the milk, nutmeg and the margarine, which should be added in small pieces, letting each piece melt before adding the next. Stir until boiling. Season and serve.

This should be of the consistency of cream.

Reasons for failure.—If not stirred after the pulp is returned to the pan it will burn. If the margarine is not added in small pieces and stirred well while melting it may oil.

Flemish Vegetable Soup

Slow heat. Time, 45 minutes.

Ingredients.—4 turnips ; 2 leeks ; 1 onion ; ½ oz. fat ; 1 oz. cornflour ; 2 quarts of vegetable or cereal stock ; salt ; pepper.

Method.—Wash, peel and slice the potatoes, turnips

and onion. Wash and trim the leeks and shred finely. Melt the fat in a pan, add the vegetables, and simmer gently 15 minutes with the lid on the pan; add the stock; bring to the boil and simmer until the vegetables are soft. Rub through a sieve, return to the pan, blend the cornflour with a little cold water. Add with the seasoning, stir until boiling, then serve.

Reasons for failure.—If the heat is too great when cooking the vegetables in the fat they will burn. If they cook too fast the stock boils away. The soup must be stirred after adding the cornflour or it will burn.

Onion Soup

Moderate heat. Time, 40 minutes.

Ingredients.—12 small onions; 1½ pints stock (vegetable or cereal); ½ pint milk; 1 oz. fat; 1 blade of mace; 2 ozs. stale bread; salt; pepper.

Method.—Peel and slice the onion, melt the fat in a pan; add the onions and fry without browning. Add the stock, mace and bread cut in pieces; bring to the boil; simmer with the lid on the pan until tender. Rub through a sieve, return to the pan with the milk, stir until boiling. Season and serve.

Reasons for failure.—As for White Vegetable Soup (see page 57).

Tomato Purée

Moderate heat. Time, 40 minutes.

Ingredients.—2 lbs. of fresh, or 1 tin or bottle of tomatoes; 1 oz. fat; 1 pint white stock or water; bacon rinds; 1 onion; 1 stick celery, or 1 teaspoonful of celery seeds (tied in muslin); 1 oz. cornflour; 1 teaspoonful chopped parsley.

Method.—Peel and slice the onion, wipe the fresh tomatoes, remove the stalks, and cut in half. Melt the fat in a pan; add the onions, fry without browning for 4 minutes. Put in the tomatoes, stock and celery. Bring to the boil and simmer gently about 30 minutes. Rub through a sieve, return to the pan. Mix the cornflour smooth with a little cold water, then add it. Stir until boiling and boil for 5 minutes, stirring all the time. Season. Pour into the tureen, sprinkle chopped parsley on the top

and serve. If too thick add a little more stock or water. A few drops of cochineal improves the colour if added at the end.

Reasons for failure.—As for White Vegetable Soup (see page 57).

Spanish Soup

Slow heat. Time, 45 minutes.

Ingredients.—1 carrot ; 1 onion ; a bunch of herbs ; 1 oz. margarine or fat ; 1 teaspoonful of any meat extract ; 1 quart stock or water ; 10 peppercorns ; 1 tomato ; 1 oz. cornflour.

Method.—Wash, scrape and grate the carrot, peel and shred the onion finely. Melt the fat in a saucepan, fry the vegetables, light brown ; add the herbs and spices, tomato, stock and meat extract. Stir until boiling.

Then simmer 35 minutes with the lid on the pan. Blend the cornflour with a little cold water, stir to the soup ; boil 5 minutes, stirring all the time. Season and serve.

Reasons for failure.—As for White Vegetable Soup (see page 57).

Vegetable Mulligatawny

Slow heat. Time, 1 hour.

Ingredients.—1 onion ; 1 carrot ; celery tops or root or seeds ; bunch of herbs ; 1 apple or stick of rhubarb ; 1 teaspoonful of meat extract ; 2 ozs. fat ; 2 ozs. flour ; 1 dessertspoonful curry powder ; 1 quart of any stock or water ; salt ; lemon juice (1 teaspoonful).

Method.—Wash, peel and cut the vegetables and apple into dice. Melt the fat and fry the vegetables pale brown, stirring often ; add the flour and curry powder and fry for 4 minutes, remove from the fire and add the stock gradually, mixing the flour smoothly before adding all the stock ; bring to the boil stirring all the time. Add the apple, meat extract and a little salt, simmer gently $\frac{3}{4}$ hour with the lid on the pan, stir often. When the vegetables are soft, add more salt, if necessary, and the lemon juice and serve. Hand boiled rice with it. If too thick add more water or stock.

Reasons for failure.—If the flour is not blended smoothly

before all the stock is added the soup will not thicken properly, and will be lumpy. If not stirred frequently and put over low heat it will burn.

Haricot Soup

Slow heat. Time, $2\frac{1}{2}$ hours.

Ingredients.—1 pint haricot beans ; 1 oz. fat ; 2 quarts water ; salt ; 1 onion ; 1 teaspoonful celery seeds (tied in muslin) ; $\frac{1}{2}$ pint milk ; pepper.

Method.—Wash and soak the haricots 12–24 hours. Melt the fat in a pan, add the beans, stir 5 minutes, add the water, using that in which the beans were soaked, bring to the boil, skim, add the shredded onion and celery seeds, stir until boiling, put the lid on the pan, and simmer gently about 2 hours or until the beans are soft, stirring occasionally. Rub through a sieve, return to the pan with the milk and seasoning. Stir until it boils and serve with dice of toast or fried bread.

Reasons for failure.—If not simmered slowly the beans remain hard, also the water boils away and the beans burn. If not stirred when re-heating the pureé, after adding the milk, the pureé sinks to the bottom and is liable to burn.

Lentil Soup

Slow heat. Time, $1\frac{1}{4}$ hours.

Ingredients.—1 pint red lentils ; 1 carrot ; 1 oz. fat ; salt ; some bacon rinds ; 2 sticks celery or 1 teaspoonful of celery seeds (tied in muslin) ; 2 onions ; 2 quarts cold water or stock ; pepper.

Method.—Wash the lentils, melt the fat in a saucepan ; add the lentils and vegetables washed and shredded, stir over gentle heat for 5 minutes ; add the water ; stir until it boils ; then simmer with the lid on the pan for 1 hour, or until the lentils are soft. Rub through a sieve, return to the pan and re-heat, stirring all the time. Season and serve. A little powdered dried mint or chopped fresh mint may be put at the bottom of the tureen.

The water in which ham, bacon or salt beef have been cooked makes excellent stock for this soup which can also be made with lentil flour, in which case 2

large tablespoonsful of flour are required for each quart of water or stock. Put the stock on to boil. Mix the flour smooth with some of the boiling stock, put into the pan, stir until boiling, then simmer gently for $\frac{3}{4}$ hour. If too thick add more stock or a little milk. A few bacon rinds can be boiled in the soup and removed before serving. Serve with some bacon or ham shredded finely, and fried, handed round with the soup; also powdered mint.

Reasons for failure.—See Haricot Soup, page 61

Pea Soup

Slow heat. Time, 2 hours.

Ingredients.—1 pint split peas; 2 onions; green tops and outside sticks of celery or well-washed root; 1 teaspoonful salt; 2 quarts water, or any kind of stock; bacon rinds; 1 turnip; 2 carrots; $\frac{1}{2}$ teaspoonful pepper.

Method.—Proceed as for Haricot Soup, (see page 61). This may also be made of pea flour, according to the recipe for soup made with lentil flour (see page 61).

French Rice Soup

Slow heat. Time, about 40 minutes.

Ingredients.—2 ozs. rice; 1 onion; 2 cloves; 1 oz. fat; 1 $\frac{1}{2}$ pints of vegetable or cereal stock; 1 gill milk; 1 oz. cornflour; grate of nutmeg; salt; pepper.

Method.—Wash the rice in several waters. Drain. Melt the fat in a pan, and add the rice, stir in the fat, for 5 minutes, but do not brown; add the stock; bring to the boil; skim, add the peeled onion into which the cloves are stuck. Simmer gently till the rice is soft. Blend the cornflour with the milk and add. Boil 10 minutes, stirring well. Remove the onion and cloves, season, add the nutmeg, serve in a hot tureen.

Reasons for failure.—If the soup is not stirred the rice may sink to the bottom of the pan, and burn. If not stirred until boiling after adding the cornflour, it will become lumpy and may burn.

Oatmeal Soup

Slow heat. Time, 1 hour.

Ingredients.—2 ozs. medium or fine oatmeal; 1 oz. fat; 1 quart stock (vegetable or cereal); 1 gill milk; 1 onion; 1 carrot; 1 leek; salt; pepper.

Method.—Wash, peel and scrape the vegetables, grate the carrot, mince the onion and leek. Melt the fat in a pan ; add the oatmeal and stir for 5 minutes. Pour in the stock, stir till it boils ; skim and simmer $\frac{3}{4}$ hour. Season and add the milk. Re-boil and pour into a tureen.

Reasons for failure.—See Rice Soup, page 62

CHAPTER III

SAUCES, BATTERS, FORCEMEATS

White Sauces—Brown Sauces—Cold Sauces—Salad Dressings—
Sweet Sauces—Various Batters—Forcemeats.

White Sauce

Gentle heat. Time to cook, 10 minutes.

Ingredients.—1 oz. of margarine; 1 oz. of flour; $\frac{1}{2}$ pint of milk and water; salt.

Method.—Melt the margarine in a pan, add the flour, blend well and cook 2 or 3 minutes, without browning, stirring all the time. Remove the pan from the fire and gradually stir in the milk and water; return to the fire and stir until the mixture boils; simmer 5 minutes; then season.

Reasons for failure for all Sauces made with flour.—If too much moisture be added to the flour at once it becomes lumpy. The moisture must be added very gradually, stirring well with a wooden spoon during the process. Pour the boiling liquid on to the blended flour, and stir rapidly while doing so. If not stirred when re-boiling the thickening sticks to the bottom of the pan, and the sauce becomes lumpy and burns. If not simmered a few minutes after being brought to the boil the flour or other thickening has a raw taste. When making sauces with vinegar, the vinegar must be added gradually and the sauce stirred very rapidly or it is liable to curdle.

White Sauces without Fat

Time to cook, 10 minutes.

Ingredients.—1 oz. flour; 1 gill milk; $\frac{1}{2}$ onion; 3 gills of water or cereal stock; 2 cloves; salt; pepper.

Method.—Put the flour into a basin and work with a

wooden spoon till smooth, with 2 tablespoonsful of cold stock. Put the remainder of the stock, the milk and peeled onion with the cloves stuck in it, into a pan. Bring it to the boil and strain it on to the blended flour, stirring well. Return it to the pan and re-heat, stirring all the time. Season well. Simmer 5 minutes.

Parsley Sauce

As above. Add 1 tablespoonful of chopped parsley.

Caper Sauce

As above. Add 2 teaspoonsful of caper vinegar and 3 dessertspoonsful of chopped capers. Simmer 3 minutes.

Anchovy Sauce

As above. Add anchovy essence to taste.

Egg Sauce

As above. Add chopped hard-boiled egg.

Cheese Sauce

Make as above. When cooked add 1 to 2 ozs. of grated cheese. Stir over the fire till melted.

Onion Sauce

Make a pint of sauce as above, and when ready stir into it 4 onions boiled till soft, strained and chopped finely. Simmer 5 minutes.

Bread Sauce

Time, $\frac{1}{2}$ hour.

Ingredients.—3 ozs. bread pieces ; 1 small onion ; 1 pint of milk and water ; 2 cloves ; salt.

Method.—Break up the bread pieces as small as possible. Peel the onion and stick the cloves into it. Put it into a saucepan with the milk and water. Bring it to the boil and pour it over the bread. Return all to the pan and let it stand on the hob, or in a warm place until the bread has absorbed the liquid. Remove the onion, beat up with a fork, season well and serve. If too thick add a little more liquid. If not thick enough reduce by boiling, stirring well. Half an ounce of margarine added in small pieces and stirred in thoroughly improves this sauce greatly.

Fish Sauce

Make a fish stock, according to the recipe on page 51, and use it for making into white sauce, according to the recipe for White Sauce on page 64.

Brown Sauce

Gentle heat. Time, 20 minutes.

Ingredients.—2 ozs. of margarine; $\frac{1}{2}$ carrot; 1 onion; a stick of celery, or a teaspoonful of celery seeds (tied in muslin); 12 peppercorns; 2 cloves. Some parsley stalks and a sprig of thyme and marjoram, tied together. $1\frac{1}{2}$ ozs. of flour; 1 pint of stock of any kind, or gravy.

Method.—Melt the margarine in a pan, prepare and slice the carrot and onion, and add; fry light brown; add the flour, blend well and brown; then gradually stir in the stock, celery, herbs, cloves and peppercorns. Stir until boiling; then simmer very gently about 20 minutes, stirring occasionally. Season, and if too thick add a little more stock or water. Strain and use. A teaspoonful of meat extract improves this sauce.

Brown Sauce without Fat

Time, 10 minutes.

Ingredients.—1 oz. flour; 1 teaspoonful browning, or some meat extract; 1 pint brown stock or stock made from peelings; salt; pepper.

Method.—Blend the flour smoothly with a little cold stock, boil the rest and pour it on to the blended flour. Stir well, return to the pan with the browning or meat extract, stir till boiling, season well and serve.

The trimmings of carrots, a small piece of onion, the green tops of celery, and parsley stalks, if boiled in the stock and strained on to the blended flour, make a richer and better flavoured sauce.

Tomato Sauce

Ingredients.—4 tomatoes; $\frac{1}{2}$ small onion; some bacon rinds; 1 oz. cornflour; $\frac{3}{4}$ pint stock from peelings or water in which cereals or vegetables have been boiled; 1 bunch of

herbs, or a teaspoonful of dried, mixed herbs (tied in muslin); 10 peppercorns; salt; pepper.

Method.—Mince the onion, slice the tomatoes, and put the whole into a pan with the stock, bacon rinds, peppercorns and herbs. Simmer till soft. Rub through a sieve and return to the pan. Blend the cornflour with a little cold stock or water; add it to the purée and stir until it boils. Simmer 5 minutes. Season, and if necessary add a few drops of cochineal to improve its colour.

Curry Sauce

Ingredients.—1 oz. fat; $\frac{1}{2}$ apple or 1 stick of rhubarb; 1 teaspoonful lemon juice; 1 pint stock (vegetable or cereal); 1 oz. flour; 1 dessertspoonful of curry powder; salt.

Method.—Peel and mince the onion, and apple or rhubarb. Melt the fat in a saucepan, add the onion, fry it pale brown, add the flour and curry powder, and fry for 3 or 4 minutes, stirring well. Remove the pan from the fire and stir in the stock gradually. Return it to the fire. Bring the contents of the pan to the boil, add the apple, and simmer 10 to 15 minutes. Season; add the lemon juice, strain and serve. This sauce is greatly improved by pouring 1 gill of boiling water on to a tablespoonful of desiccated cocoanut. Let it stand for 15 minutes, then strain it into the sauce. Three-quarters of a pint of stock is sufficient if the cocoanut water is used. If this sauce is too thick when finished add more stock.

Brown Coating Sauce

Make a good brown sauce according to recipe on page 66, Season it well. Add $\frac{1}{2}$ oz. of gelatine melted in a little water. Mix it thoroughly and strain it. Use this sauce for coating cold entrées.

White Coating Sauce

Make a sauce as shown in recipe for White Sauce, page 64, but boil a sliced carrot and some celery tops or an outside stick of celery in the stock and milk. When the sauce has been thickened with flour and simmered 5 minutes add one tablespoonful of unsweetened condensed milk. Strain through a fine strainer and add $\frac{1}{2}$ oz. of gelatine

melted in a little water. This is used as a coating sauce for cold dishes. Celery seeds (tied in muslin) can be used in place of celery.

Sauces for Binding Rissoles, Cutlets, etc.

in place of egg.

Make a brown sauce, as on page 66, using only 1 gill of liquid to 1 oz. of flour. If a white binding sauce is required make it according to the recipe for White Sauce in this proportion.

Mustard Sauce

Ingredients.—1 tablespoonful of made mustard; 1 teaspoonful of brown sugar; pinch of salt; 2 tablespoonsful of condensed milk; 4 tablespoonsful of vinegar.

Method.—Mix the mustard, salt, sugar and milk well together, add the vinegar, very gradually, stirring well. This sauce will keep a week.

Mint Sauce

Ingredients.—1 tablespoonful of finely chopped mint; $\frac{1}{2}$ gill vinegar; $\frac{1}{4}$ gill water; 1 teaspoonful of sugar.

Method.—Wash and squeeze the mint dry in a cloth. Chop it very finely, put it into a sauce tureen with the other ingredients, stir and serve.

Horse-radish Sauce

Ingredients.—1 stick horse-radish; $\frac{1}{2}$ teaspoonful salt; 1 teaspoonful sugar; 2 good tablespoonsful of unsweetened condensed milk; 1 teaspoonful of made mustard; $\frac{1}{2}$ teaspoonful of pepper; $\frac{1}{2}$ gill vinegar.

Method.—Wash, scrape and grate the horse-radish, mix it with the mustard, salt, sugar, pepper and milk. Stir the vinegar in very gradually and beat well. This sauce will keep for 2 or 3 weeks if bottled and well corked. It should be of the consistency of cream.

Apple Sauce

Moderate heat. Time, 30 minutes.

Ingredients.—1 lb. apples; juice of half a lemon; 1 teaspoonful of sugar; $\frac{1}{2}$ oz. margarine.

Method.—Peel, core and slice the apples, and put the slices into a saucepan with just enough water to keep them from burning. Let them simmer gently, stirring often till they become a pulp. Beat well. Add the sugar, lemon juice and margarine; mix the sauce well, and serve it hot in a tureen, with roast pork, goose or duck.

If liked the apples can be put into a jar in the oven of a kitchener overnight and in the morning will probably be cooked or will only require very little cooking.

Reasons for failure.—If not well and frequently stirred the apples will burn and stick to the bottom of the pan. If cooked over too great heat they will also burn.

Sweet White Sauce

Ingredients.—1 oz. cornflour; $\frac{1}{2}$ pint milk; pinch of salt; $\frac{1}{2}$ pint water; 1 teaspoonful sugar.

Method.—As for White Sauce, on page 64. When cooked add any flavouring essence liked or boil a thinly peeled strip of lemon rind or 2 bay leaves in the milk before straining it on to the cornflour.

Jam Sauce

Ingredients.—2 tablespoonsful of jam; 1 teaspoonful of cornflour; $\frac{1}{2}$ pint of water; the juice of a lemon.

Method.—Blend the cornflour with a little of the water. Boil the rest of the water with the jam, pour it on to the cornflour; return it to the pan. Boil 5 minutes. Add the lemon juice and strain.

Syrup or Treacle Sauce

Made as for Jam Sauce as above, substituting 2 table-spoonsful of syrup or treacle for the jam.

Wine Sauce

Made in the same manner as Jam Sauce as above, using 1 gill of water and 1 wineglassful of sherry or marsala.

Chocolate Sauce

Ingredients.—2 oz. chocolate (grated); 1 oz. sugar; $\frac{3}{4}$ oz. cornflour; $\frac{3}{4}$ pint water; 1 teaspoonful vanilla essence.

Method.—Blend the cornflour with a little of the cold

water; add the grated chocolate and sugar. Boil the remainder of the water, pour it on to the cornflour mixture, return it to the pan; bring it to the boil and let it simmer 5 minutes, stirring all the time. Add the vanilla essence and serve. If too thick add a little more water.

Various Salad Dressing.

Ingredients.—2 yolks of egg (hard boiled); 1 potato (mashed); 1 tablespoonful of vinegar; 1 dessertspoonful of ketchup; 1 dessertspoonful of Harvey or Worcester sauce; 2 tablespoonsful of milk; 2 tablespoonsful of salad oil; salt; pepper; pinch of sugar.

Method.—Mash the yolks of egg with a wooden spoon. Add the mashed potatoes, and mix well; then stir in gradually the rest of the ingredients. Beat and mix thoroughly.

Reasons for failure.—See Mayonnaise Dressing, below.

Salad Dressing without Oil

Ingredients.—3 tablespoonsful of thick sour cream, or of unsweetened condensed milk; 1 teaspoonful of salt; 1 teaspoonful of pepper; 1 teaspoonful of vinegar; pinch of sugar.

Method.—Mix all together, add the vinegar last, and stir well.

Reasons for failure.—See Mayonnaise Dressing, below.

Mayonnaise Dressing

Ingredients.—2 yolks of egg; 2 teaspoonsful of tarragon vinegar; 2 teaspoonsful of malt vinegar; 1 teaspoonful of Chili vinegar; 1 teaspoonful of made mustard; salt; pepper; $\frac{1}{2}$ pint salad oil.

Method.—Put the yolks of egg into a basin with the salt and stir very rapidly with a wooden spoon, adding the oil drop by drop and stirring well the whole time. When the sauce is thick add gradually the vinegar, mustard and pepper. This sauce will keep in a bottle if well corked and stored in a cool place.

Reasons for failure.—If not stirred very rapidly and the oil added gradually the sauce may curdle. All the ingredients should be added gradually.

If liked, the Chili vinegar may be omitted and more tarragon vinegar added.

Mayonnaise Sauce without Oil

Ingredients.—The yolks of 2 eggs; 1 teaspoonful of cornflour; $\frac{1}{2}$ teaspoonful of made mustard; 1 tin unsweetened condensed milk; $\frac{1}{2}$ gill vinegar; salt; cayenne.

Method.—Divide the white and yolk of the eggs, put the latter in a basin, whisk a little. Blend the cornflour with a little water and add it to the eggs with the milk. Whisk well over a pan of boiling water until thick and creamy. Mix the mustard, salt, cayenne and vinegar in another basin, and add the result gradually to the creamy mixture. Season it well and allow it to cool.

Reasons for failure.—See Mayonnaise Dressing, page 70.

Tartar Sauce

Ingredients.—1 gill of mayonnaise sauce as above; 1 teaspoonful of chopped tarragon; 1 dessertspoonful of chopped gherkins; 1 teaspoonful of chopped parsley; 1 teaspoonful of chopped capers; 1 teaspoonful of lemon juice.

Method.—Put the mayonnaise sauce into a basin and stir the other ingredients gradually into it.

Ravigote Sauce (for Salads)

Ingredients.—1 gill of mayonnaise sauce; 2 large tablespoonsful of parsley, tarragon and chevril; 1 small shallot; green colouring.

Method.—Peel the shallot and mince it finely. Pick and wash the herbs and put all into a saucepan of boiling water with a pinch of carbonate of soda. Boil 5 minutes. Drain and squeeze dry in a cloth. Rub through a sieve and stir into the mayonnaise sauce. Add green colouring if necessary.

Oil and Vinegar Salad Dressing

Ingredients.—2 tablespoonsful of vinegar to 3 tablespoonsful of salad oil; salt; pepper; *or* 4 tablespoonsful of tarragon vinegar; 6 tablespoonsful of salad oil, and 1 tablespoonful of chopped parsley.

Method.—Mix the oil, salt and pepper well together, then add the vinegar gradually. Mix well, add the parsley, and use

Frying Batter

Ingredients.—1 egg ; 1 dessertspoonful of salad oil or oiled margarine ; 2 ozs. of flour ; about 2 tablespoonsful of milk ; salt ; pepper.

Method.—Sieve the flour and salt into a basin. Make a well in the centre, put the yolk of egg and oil into it, and stir well with a wooden spoon, gradually working in the flour and adding sufficient milk to make a stiff batter. Let it stand an hour ; then whip the white of an egg to a stiff froth, add it lightly to the mixture, season it and use at once.

Economical Frying Batter for Fish, Fritters, etc.

Ingredients.—2 ozs. flour ; $\frac{1}{2}$ gill tepid water ; pinch of salt ; 1 dessertspoonful of salad oil or oiled margarine.

Method.—Sieve the flour and salt into a basin, and make a well in the centre of the flour. Mix the oil and tepid water together and add it gradually to the flour, beat well with a wooden spoon. Let the batter stand at least half an hour.

If liked, the stiffly-whipped white of an egg can be added lightly to the mixture just before using it.

A Good Coating Batter

Mix a tablespoonful of flour, a teaspoonful of Bird's egg powder, and a pinch of salt, on a plate. Stir gradually to it enough water to mix to a smooth batter which must be thick enough to coat the articles dipped in it. Brush rissoles, croquettes, etc., with this mixture ; then dip them in maize meal, medium oatmeal or bread crumbs.

Veal Forcemeat

Ingredients.—2 ozs. of bread crumbs ; 1 oz. of suet ; 1 dessertspoonful of chopped parsley ; 1 teaspoonful of dried mixed herbs ; the grated rind of half a lemon ; pepper ; salt ; 1 egg.

Method.—Shred the suet and chop it finely. Mix it with the dry ingredients ; season it well and bind it with the beaten-up egg. Mix it thoroughly. A prepared dried egg or a little milk can be used for binding if liked.

This is suitable for stuffing boned joints, veal, fresh

haddocks and fowls, or can be made into balls, rolled in flour, and baked in a hot oven if liked.

Sausage Meat Forcemeat

Ingredients.—1 lb. sausage meat ; 5 ozs. of bread crumbs ; 1 yolk of egg ; salt ; pepper ; pinch of powdered mace.

Method.—Put the sausage meat into a basin and mix it well with the bread crumbs, seasoning and mace. Bind it with the beaten yolk of an egg, or a little milk, and use it for stuffing fowls or turkey.

A prepared dried egg can be substituted if liked for the fresh egg.

This forcemeat can also be made into balls, rolled in flour and fried, or baked in a hot oven.

Apple, Sage and Onion Stuffing

Moderate heat. Time, about 1 hour.

Ingredients.—2 apples ; 3 sage leaves ; mashed potato ; 2 onions ; 3 thyme leaves ; salt ; pepper.

Method.—Peel and core the apples, peel the onions, and put them into a pan with the thyme and sage leaves. Cover the whole with water, bring it to the boil, and let it simmer until tender. Drain and rub it through a sieve. Season it well and mix it with enough mashed potato to make it dry and smooth (1 or 2 tablespoonsful will suffice). Use this for stuffing ducks, geese or pork. If liked, 1 or 2 tablespoonsful of well-boiled rice may be used in place of potatoes.

Reasons for failure.—If cooked too fast the water evaporates and the apples, etc., may burn before becoming soft.

Sage and Onion Stuffing

Moderate heat. Time, 25 minutes.

Ingredients.—4 onions ; 4 ozs. bread crumbs ; $\frac{1}{2}$ oz. margarine ; 6 sage leaves ; pepper ; salt ; 1 egg (if liked).

Method.—Peel the onions, put them into cold water, bring them to the boil, and let them boil for 3 minutes. Add the sage leaves and boil 2 minutes longer. Strain and chop the onions and sage finely and return the result

to the pan with the margarine, bread crumbs and seasoning. Simmer gently, stirring often, for 20 minutes. Then use. If liked, a beaten-up egg can be added. If required for goose the liver of the bird is generally boiled, minced and mixed with this stuffing.

Suitable for stuffing geese, pork or ducks.

Reasons for failure.—If the onion is par-boiled too long the flavour will diminish. If the forcemeat is not well stirred while cooking it will burn.

Liver Forcemeat

Moderate heat. Time, 20–30 minutes.

Ingredients.— $\frac{1}{2}$ lb. of calf's liver; 2 ozs. of fat bacon; 1 shallot; 1 oz. of dripping; 1 onion; $\frac{1}{4}$ lb. bread crusts; yolk of one egg; salt; pepper; cayenne; pinch of nutmeg.

Method.—Mince the liver and bacon. Melt the fat in a pan, add the liver and bacon and fry without browning. Peel and mince the onion and shallot, and add them. Stew all very gently until tender. Soak the bread in cold water, squeeze it dry in a clean cloth, and add it to the liver. When cooked mix to a stiff paste, adding more fat, if necessary. Put all into a mortar and pound it well, adding the yolk of an egg, seasoning and nutmeg. Rub through a wire sieve.

This can be used for stuffing game, pigeons, quails, etc.

Reasons for failure.—If cooked too fast this forcemeat will become hard and may burn. It must be highly seasoned.

Oyster Forcemeat

Ingredients.—18 oysters; $\frac{1}{2}$ pint of bread crumbs; salt; pepper; 1 egg; 1 oz. suet; 1 teaspoonful dried mixed herbs; pinch of nutmeg.

Method.—Beard the oysters and cut them in quarters. Mix them with the bread crumbs, herbs and seasoning, and the finely-shredded suet. Beat up the egg and bind the mixture with it. If too dry add more egg or a little milk.

Two dried eggs, prepared according to directions, can be substituted for the egg, if liked.

Used to stuff roast or boiled turkey.

Chestnut forcemeat

Moderate oven. Time, 30 minutes.

Ingredients.—24 chestnuts; 2 ozs. of fat bacon, or 1 oz. of margarine; 1 oz. of chopped parsley; salt; pepper; pinch of nutmeg.

Method.—Make an incision in the rind of the chestnuts. Put them into a saucepan of boiling water, and boil them until tender, about 30 minutes. Remove both the outer and inner rind of the nuts, and pound the insides in a mortar with the margarine or bacon. The latter should be cut up small. Add the parsley and seasoning and pound all well together, then use the result for stuffing a turkey or fowls.

Chestnut forcemeat for fowls should have the liver of the birds par-boiled, minced and pounded with the chestnuts.

Another Method.—Bake the chestnuts 20 minutes. Remove the skins, put the nuts into a pan with sufficient water to cover them, simmer them until soft, rub them through a sieve, add the margarine and seasoning and mix well.

CHAPTER IV

FISH

To Bake—To Boil—To Steam—To Fry—To Grill or Broil—Various Fish Dishes—Made-up Fish Dishes.

To Bake Fish

Moderate heat. Time, 10-30 minutes.

Wash and wipe the fish with a clean cloth. If a whole fish is to be cooked cut off the head and fins. If fish steaks or fillets are to be used, wipe them dry, sprinkle them with pepper and salt, a little flour, and a few drops of lemon juice. Put them on a greased baking sheet, cover them with greased paper and bake them in a moderate oven for from 10-30 minutes, according to their size and thickness. When cooked sufficiently the skin begins to crack or the meat separates from the bones easily when tried with a skewer.

How to Dish.—Take the fish up with a fish slice and place it on a hot dish. Strain the liquor on the tin over it and sprinkle a little chopped parsley over the fish.

Garnishes usually served.—Cut lemon, parsley, anchovy or parsley sauce, if liked.

Reasons for failure.—If the oven be too hot the fish becomes dry and unpalatable, and no liquor (which is the essence of the fish) oozes into the tin. If properly cooked the fish should look quite creamy on the top and plenty of liquor should ooze from it. If kept too long in the oven it becomes dry.

To Boil Fish

Slow heat. Time, 20-40 minutes.

Put a saucepan or fish kettle of water on the fire to boil. Wash the fish well in cold water and put it on to a strainer

or dish. When the water is warm put into it a dessert-spoonful of vinegar or lemon juice, some salt, and the fish. Let the water come to the boil; then skim and simmer very gently from 20–40 minutes according to the size of the fish. When the skin begins to crack the fish is cooked.

How to Dish.—Lift the fish out carefully with a slice, place it on a hot dish, and either coat it with sauce or hand the sauce separately.

Garnishes usually served.—Cut lemon, parsley; plain melted butter or egg, anchovy or parsley sauce (see Sauces, page 65).

Reasons for failure.—If the fish be put into boiling water and boiled fast it becomes tough and unpalatable, and falls to pieces. If cooked too long it also falls to pieces and is difficult to dish. A fish kettle usually contains a strainer, which is easily lifted in and out of the water so that the fish can be dished without trouble. If there be no proper fish strainer or kettle available wrap the fish in muslin so that it can be lifted out of the water easily, when cooked. It is only advisable to boil large fish, such as cod, head and shoulders, large pieces of turbot, the middle cut of salmon, John Dory, eels and conger eels.

To Boil Salt Fish

Slow heat. Time, 20–30 minutes.

Wash the fish thoroughly and soak it for at least from 12–48 hours, according to the saltiness and dryness of the fish. The water must be changed three or four times while the soaking process goes on. Put the fish into a saucepan with cold water and bring it slowly to the boil. When just on the boil draw the pan to the side of the fire and let the contents simmer very gently about 20 minutes.

How to Dish.—Lift the fish out with a fish slice; drain and serve it on a folded napkin.

Garnishes usually served.—Garnish with parsley and serve with egg sauce.

Reasons for failure.—If not well soaked and the water changed often the fish will be too salt. If allowed to boil the fish hardens and breaks when being dished.

To Steam Fish

Moderate heat. Time, 30-45 minutes.

Wash and wipe the fish and put it in a steamer over a pan of boiling water. Put the lid on the steamer and cook till the fish leaves the bone easily or the skin begins to crack.

If there should be no steamer available, but a fish kettle is handy, stand the strainer on a basin with enough boiling water to come half-way up the basin. Place the fish on the strainer. Should the water boil away add more boiling water. If there is only a saucepan available place a basin in it and put the fish on a plate or in a pie dish on the basin. Put the lid on the pan and let the fish cook. Fish takes longer to steam than to boil, from 30-45 minutes according to size.

How to Dish.—Lift the fish and dish it up on a folded napkin.

Garnishes usually served.—Cut lemon, or parsley; or anchovy, parsley, egg or plain melted butter sauce, handed round.

Another Method of Steaming Fish

Slow heat. Time, 10-20 minutes.

Grease 2 plates and put the fish on one, cover it with the other and place the two so arranged, over a saucepan of boiling water. This is an excellent way of cooking soles, plaice, whiting, cod steaks, salmon steaks, and any fillets of fish. The fish has a much more delicate flavour cooked in this manner than in any other. It also saves fuel as other dishes can be cooked in the saucepan under the plates.

How to Dish.—Steamed fish can be either dished on a napkin, and garnished with parsley, or cut lemon and egg, anchovy, parsley or hollandaise sauce (see Sauces, page 65) may be handed round. Or place it on a hot dish and coat it with any of the above sauces.

Garnishes usually served.—Decorate with chopped parsley or panurette.

Reasons for failure.—If steamed too fast the fish in both these recipes will fall to pieces and thus will look unsightly.

To Fry Fish (Plaice or Sole)

Time, 8 minutes.

Ingredients.—1 plaice ; bread crumbs or maize meal ; frying fat ; 1 egg, or a little milk or a coating batter made according to recipe on page 72 ; 1 dessertspoonful of flour ; salt ; pepper.

Method.—Wash and dry the fish, cut off the head, tail and fins and remove the skin on both sides, by cutting it at the tail. Work the skin loose with the finger, then draw it towards the head. Next fillet the fish. To do this, lay the fish flat on a board and with a sharp knife make one deep incision, close to the backbone, the whole length of the fish. Make another incision down each side, along the fin bones. Insert the knife, just by the head of the fish at the backbone, and pass it along under the fillet from head to tail. Raise the fillet from the bone and remove it in one piece. Thus four fillets are obtained from each fish, two each side.

Cut each fillet across. Mix the flour, salt and pepper on a plate, dip each fillet into it, beat up the egg lightly on a plate, have the bread crumbs or maize meal ready on a piece of paper, dip the fillets into the egg, then into the crumbs or maize meal. Put the fat into a deep saucepan, and when a faint, blue smoke rises from it place the fillets in a frying basket and immerse it in the fat. When the fish is a pale brown in colour lift it out and drain it on soft paper.

How to Dish.—Dish the fillets on a napkin or paper d'oyley, piled neatly on each other.

Garnishes usually served.—Fried parsley or cut lemon.

To Fry Fish (in Batter)

Slow heat.

Ingredients.—1 sole, plaice or fresh haddock ; frying batter (see page 72) ; salt ; frying fat.

Method.—Skin and fillet the fish, cut it into neat pieces, dip it into flour. Put the fat into a deep saucepan, and heat it until a faint blue smoke rises from it. Dip the pieces of fish in the batter, taking them in and out with a skewer, and then drop them into the boiling fat. When the fish

is a pale brown colour lift it out with a fish slice and drain on soft paper.

How to Dish.—Dish the fish piled on a napkin or paper d'oyley.

Garnishes usually served.—Fried parsley.

Dry Frying (Fish Steaks)

Slow heat.

Ingredients.—1 lb. of cod, salmon or hake, steaks; 2 tablespoonsful of flour; 2 ozs. fat; salt; pepper.

Method.—Wash the fish and wipe it dry with a clean cloth. Mix the flour, salt and pepper on a plate. Dip the steaks into it, coating them on both sides. Melt the fat in a frying pan and when it is quite still and a faint smoke rises from it put the steaks in. When they are a pale brown on one side turn them and brown the other. When the fish leaves the bone easily it is done.

How to Dish.—Take up with a fish slice, drain and dish on a paper d'oyley.

Garnishes usually served.—Garnish with cut lemon and serve with anchovy, parsley or egg sauce. Do not cook over too great heat.

Reasons for failure.—In all the above methods of frying fish, if the fat is not properly hot when the fish goes in it sinks into the fish instead of forming a coating on it, and the fish will taste sodden and greasy. If too hot the fish burns before cooking. If the fish is not well drained on paper before the fire or in a cool oven it tastes greasy. If the fish is not well dried and dipped into flour after being dried it is more liable to become sodden when cooked.

To Broil or Grill

Moderate heat.

Small thin fish, or slices of fillets of large fish, are excellent grilled. Slices of salmon, cod, hake or sturgeon, red mullet, herrings, fresh or dried, haddock, whiting, slips, dabs, filleted sole or plaice, and mackerel all grill well. Wash and dry the fish thoroughly, brush it over with oil or melted fat, and if liked dredge it with flour.

Make a clear fire (a handful of salt thrown into the fire checks smoke), rub the griller with fat and make it hot. Place the fish on it. Turn it without breaking it and brown

it both sides. Time required according to the size and thickness of the fish. Serve either with or without sauce. If grilled on a gas cooker the grid must be placed under the grill which must not be turned on full or the fish will burn.

In some cases the fish is wrapped in oiled paper before being grilled, but care must be taken not to burn the paper. Fish cooked like this has a very delicate flavour. Broiling and grilling are different words for the same operation.

How to Dish.—Serve on a folded napkin or paper d'oyley.

Garnishes usually served.—Cut lemon or parsley. Anchovy, caper, parsley or piquant sauce can be handed with the fish.

Reasons for failure.—If the fire is not clear it will smoke the fish. If the gas is turned too high the fish burns. If the gridiron is not well greased the fish sticks and is liable to break. It is useful to have steak tongs to turn the fish or anything that is grilled. Avoid sticking a fork into the fish or into meat that is being grilled. If you have no tongs slip a knife or fish slice under the article to be grilled and turn it over gently.

To Prepare Salt Herrings

Clean the herrings, remove the head and tail, split the fish open and remove the bones. Soak them for from 12-36 hours in cold water, according to the degree of saltness, changing the water three or four times. Then fry, grill, bake or make the fish into kedgeree or various other dishes.

Salted Herrings and Potatoes

Moderate heat. Time, 30-40 minutes.

Ingredients.—4 salted herrings; 2 lbs. potatoes; 1 gill water.

Method.—Prepare the herrings as above, dry them, remove the skins and put them into a casserole. Peel and slice the potatoes and cover the fish with them; add the water, put the lid on the casserole and bake for 30 minutes, or until the potatoes are cooked.

This can be cooked in a pie dish, if no casserole is available, covered with another pie dish, or an ordinary dish inverted over it.

If liked this recipe can be varied by adding $\frac{1}{2}$ lb. or half a tin of tomatoes to the rest. Slice the tomatoes and put the slices over the fish and then cover them with the potatoes.

How to Dish.—Put the casserole or pie dish on a paper d'oyley or napkin, on another dish and send it to table. If a pie dish is used a paper frill or a folded napkin can be put round it or a silver entrée dish can be used.

Herrings and Mustard Sauce

Moderate heat.

Ingredients.—4 fresh herrings; 1 oz. flour; $\frac{1}{2}$ pint vinegar; 10 peppercorns; 1 onion; 1 teaspoonful of mustard.

Method.—Cut the heads and tails off the fish. Wash and dry the fish with a cloth. Flour them and broil or grill them according to directions for grilling on page 80. Serve the fish with the following mustard sauce. Boil the heads of the fish in the vinegar, with the onion and peppercorns for 10 minutes; strain. Mix the flour and mustard, blend with a little cold water, strain the vinegar on to it. Return to the pan. Stir until boiling. Simmer 5 minutes.

How to Dish.—Dish the fish neatly on a hot dish and pour the sauce over and round the fish.

To Cook Kippers

Moderate heat.

Take the required number of kippers, soak for 10 minutes, cut off the heads and tails, sprinkle the fish with pepper, put a small piece of fat on each and place them in a greased baking tin. Cover with greased paper and bake in a moderate oven 15 minutes. If liked, the kippers can be grilled over a clear fire.

How to Dish.—Dish the fish neatly on a hot dish, with the head and tail parts placed alternately.

Garnishes usually served.—Garnish with triangles of fried bread.

Dried Haddock and Tomatoes

Slow heat. Time, $\frac{3}{4}$ hour.

Ingredients.—1 dried haddock; 1 small onion; 2 tomatoes; 1 oz. margarine; chopped parsley; pepper; salt.

Method.—Soak the fish in boiling water 5 minutes, remove the skin and bones, and break the fish into flakes. Mince the onion and slice the tomatoes, chop the parsley. Melt the margarine in a pan, add the onion and tomato and simmer until soft; add the fish, salt and pepper; cook 10 minutes longer. Season. Add the parsley and serve.

How to Dish.—Serve in the centre of a hot dish with a border of mashed potatoes or boiled rice.

Haddock Stuffed and Baked

Moderate heat. Time, $\frac{1}{2}$ hour.

Ingredients.—1 fresh haddock; 2 tablespoonsful of bread crumbs; 1 dessertspoonful of chopped parsley; 1 teaspoonful of dried herbs; pepper; salt; 1 oz. suet; 1 egg; 2 ozs. fat.

Method.—Wash the fish and dry it with a cloth. Put the bread crumbs into a basin, mix with the parsley, herbs, shredded suet, salt and pepper. Beat up the yolk of the egg, and add to the mixture; stuff the fish with the forcemeat. Sew it up with cotton and truss the fish in the shape of the letter S. Place it on a greased baking sheet, slightly beat the white of egg, brush the fish with it, and sprinkle it with bread crumbs. Bake it in a moderate oven for half an hour. Baste it often. The egg can be omitted and the forcemeat mixed with milk. Brush the fish over with milk and coat it with bread crumbs in this case.

How to Dish.—Remove the cotton and dish on a hot dish.

Garnishes usually served.—Parsley. Send anchovy sauce to table with it.

Reasons for failure.—If cooked too fast the fish will become dry and will fall to pieces.

Baked Mackerel

Moderate heat. Time, 40 minutes.

Ingredients.—4 mackerel; 1 oz. margarine or fat; 1 oz. flour; 2 teaspoonsful Chili vinegar; $\frac{1}{2}$ pint brown stock; glaze; salt; cayenne; 1 lemon.

Method.—Wash, dry and cut off the heads and tails of the mackerel and place the fish in a fireproof dish with the backs downwards and the head and tail parts placed alternately. The roes must be put with them. Melt the fat in a pan; add the flour, blend smoothly, add the stock

by degrees, also the vinegar and seasoning ; bring to the boil, simmer 5 minutes, pour over the fish. If too thick add a little more stock. Cover with a buttered paper and bake in a moderate oven from 20 minutes to half an hour.

How to Dish.—When cold brush over with a little glaze and serve in the dish.

Garnishes usually served.—Place slices of lemon down the middle of the dish. Potato salad is good served with this dish.

Reasons for failure.—See Haddock Stuffed and Baked, page 83.

Skate

Slow heat. Time, 15-20 minutes.

To prepare Skate.—Wash the fish and rub it with salt. Rinse, cut off the tail and pare the fins. Hang in a cool place and it will keep three days in cool weather.

Skate may be boiled, fried, stewed, curried or made into soup. It should always be skinned, however cooked, and it is improved by crimping though it does not keep as well when this is done. The liver is considered a tit-bit.

If not bought ready crimped proceed as follows: Skin the fish both sides, cut the flesh in strips an inch broad, and the length of the fish. Roll each strip round the finger and tie it with cotton. Soak for 1 hour in salted water to which a dessertspoonful of vinegar or lemon juice has been added. Drain and put into a pan of boiling salted water, and simmer gently 15 minutes or until cooked.

If bought crimped roll each slice up and tie it with thread.

How to Dish.—Drain, serve on a hot dish and coat with anchovy, egg, tomato or shrimp sauce.

Reasons for failure.—See To Boil Fish, page 76.

Skate au Beurre Noir

Moderate heat. Time, 30 minutes.

Ingredients.—2 lbs. of skate ; half a wineglassful of vinegar ; 3 ozs. margarine ; salt ; pepper ; parsley.

Method.—Wash the skate, and put it into boiling salted water to which a dessertspoonful of vinegar has been added. Simmer gently until done, that is to say for from 15-20 minutes ; put the liver in the last 5 minutes. Drain

and remove the skin on both sides of the fish, put the fish on a hot dish and keep it hot. To make the "Beurre Noir" dissolve the margarine in an omelette pan and stir it until brown without being burnt. Skim. Have ready about 25 leaves of parsley, washed and dried in a cloth, put them into the margarine and fry them until crisp.

How to Dish.—Arrange the fish on a hot dish. Pour the parsley butter over the fish. Bring half a wineglassful of vinegar, seasoned with salt and pepper to the boil, and pour it over the fish also. Send to table at once.

Reasons for failure.—See To Boil Fish, page 76.

Hake

Hake can be baked, boiled or steamed, or cut into steaks or fillets and fried in batter or bread crumbs according to directions for cooking fish. It can also be made up into rissoles, fish pie or pudding, galantine, kedgerree, scallops, curry or fish au gratin.

Halibut

Halibut may be cooked according to any recipes for cod or hake. The tit-bits are the pickings from the head, and the flackers over the fins.

Baked Halibut (or Cod) Head and Shoulders

Moderate heat. Time, about 1 hour.

Ingredients.—Head and shoulders of cod or halibut ; flour ; seasoning ; $\frac{1}{2}$ teaspoonful powdered mace ; $1\frac{1}{2}$ oz. fat ; $\frac{1}{2}$ oz. flour.

Method.—Wash and dry the head and shoulders of a cod or halibut ; place it in a well-greased baking tin, dredge it with flour and sprinkle it with salt, pepper and powdered mace. Put the dripping in small pieces over the fish, cover with greased paper, and bake in a moderate oven about an hour.

How to Dish.—Dish the fish on a hot dish and thicken the liquor, which flows from it with a little flour or corn-flour, and pour it round the fish. Anchovy, shrimp, or parsley sauce may also be sent to table with it.

Garnishes.—Garnish with parsley and cut lemon.

Reasons for failure.—See To Bake Fish, page 76.

Salmon

May be boiled, steamed, baked, fried, grilled, stewed, braised, made up in numerous dishes (cold or hot), pickled and made into a paste for sandwiches. Tinned salmon may also be used in various ways, either as a mayonnaise, or heated whole, and eaten with sauce, made into scallops, kedgerree, curry, etc.

Salmon, Cod or Hake and Tomatoes

Moderate heat. Time, 20 minutes.

Ingredients.—2 cod or hake or salmon steaks; $\frac{1}{2}$ lb. tomatoes; $\frac{1}{2}$ small onion; $\frac{1}{2}$ pint fish stock; 1 oz. fat; 1 oz. flour; blade of mace; half a lemon; salt; pepper.

Method.—Wash the steaks, wipe them dry with a clean cloth, sprinkle them first on one side then on the other with salt and pepper and rub them with lemon. Wrap them in buttered paper, place them on a greased baking sheet, and bake about 15 minutes in a moderate oven, or until the fish begins to leave the bone. While cooking make a sauce as follows: Peel and mince the onion, melt the fat in a pan, fry the onion without browning it for 5 minutes, add the flour (off the fire), mix smoothly, add the stock very gradually, the tomatoes cut in half, and mace. Return to the fire, stir until boiling, then simmer about 12 minutes. Season well and add.

How to Dish.—Dish on a hot dish, strain the sauce over and serve. If the sauce is too thick add a little more stock.

Tinned or bottled tomatoes can be used for this.

Reasons for failure.—If the fish is cooked too fast it becomes hard and dry. If the flour is not blended with the fat and stock off the fire it cooks before becoming blended and is lumpy.

Sole, Lemon Sole or Plaice au Gratin

Moderate heat. Time, 15 minutes.

Ingredients.—1 sole; 1 teaspoonful chopped parsley; 1 small onion or shallot; 3 button mushrooms; brown bread crumbs; 1 oz. margarine; half pint brown sauce; salt; pepper.

Method.—Wash and dry the fish, remove the skin, make an incision along the backbone at each side and slanting incisions on each side. Chop the mushrooms, shallot

and parsley finely, and mix them together. Fill the incisions with the mixture, place the fish on a well-greased baking tin, cover with brown bread crumbs, put small pieces of the margarine at intervals over the top, and bake about 15 minutes in a moderate oven.

How to Dish.—Serve on a hot dish and pour brown sauce (see Sauces, page 66) round, in which the trimmings of the mushrooms have been simmered.

Reasons for failure.—See To Bake Fish, page 76.

Fillets of Fish à l'Indienne

Ingredients.—8 fillets of any white fish ; $\frac{1}{2}$ gill of picked shrimps ; 2 gherkins ; 2 tablespoonsful of piccalilli ; 3 ozs. of boiled rice ; seasoning ; 2 tablespoonsful of thick, well-seasoned bread sauce ; curry sauce.

Method.—Remove the skin from the fillets. Make the bread sauce hot, add the shrimps, chopped rather coarsely. Season well and spread the mixture on each fillet, fold in three. Put on a greased baking sheet, cover with greased paper and bake 15 minutes in a moderate oven, or until the fish is cooked.

How to Dish.—Have ready some rice boiled as for curry. Arrange it on a hot dish in a circle, place the fillets on it and coat them with the curry sauce. Shred the gherkins and piccalilli ; make them hot in a very little stock, and pile them in the centre of the fillets.

Plaice à l'Italienne

Moderate heat. Time, 30 minutes.

Ingredients.—2 plaice ; $\frac{1}{2}$ lb. of cooked shrimps ; 4 ozs. vermicelli ; 1 oz. of grated cheese ; 1 oz. margarine ; 1 oz. flour ; $\frac{3}{4}$ pint of fish stock ; salt ; cayenne.

Method.—Remove the skin from the fillets of plaice and wash and shell the shrimps. Put the trimmings of the fish and shells of the shrimps into a pan with a small onion, a blade of mace and 2 cloves. Cover with water, bring to the boil and simmer 10 minutes. Strain and use for fish stock. Fold each fillet in three with two shrimps in the middle of each. Put the vermicelli into a pan of boiling, salted water, and boil it fast until it is soft. Either put the fillets of fish on a well-greased plate over the saucepan in which the vermicelli is cooking, cover with another

greased plate and steam till cooked,—or put them on a greased baking sheet, cover with greased paper and bake in a moderate oven about 15 minutes. Make a sauce as follows: Melt the margarine, add the flour, stir till smooth, gradually add the fish stock, bring to the boil, stirring all the time, add the cheese and seasoning.

To Dish.—Drain the vermicelli, dish in a circle on a hot dish, arrange the fillets on it, coat with the sauce. Put the rest of the shrimps in the centre.

The shrimps can be heated by placing them in the oven, covered with greased paper, for 5 minutes. Sole or lemon sole can be used for this recipe.

Fish Soufflé

Moderate heat. Time, $\frac{3}{4}$ hour.

Ingredients.— $\frac{1}{2}$ lb. whiting or fresh haddock, or any white fish; 2 eggs; 2 ozs. flour; 1 oz. margarine; 1 gill of fish stock; 1 gill of unsweetened condensed milk; salt; cayenne.

Method.—Grease a soufflé mould, and tie a band of greased paper round it. Free the fish from skin and bone; make a little fish stock with the bones by putting them in a pan with half an onion, a blade of mace and 2 cloves; cover with water, bring to the boil and simmer 10 minutes. Strain.

Melt the margarine in a pan, add the flour and mix smoothly; add the fish stock gradually, stir well over the fire and as it thickens stir very quickly till the mixture, or panada, leaves the sides of the pan. Pound the fish in a mortar or basin; add the panada and pound well, add the yolks of egg and pound, then rub through a sieve; stir in lightly the condensed milk and whites of egg beaten to a stiff froth, and put into the prepared tin. Cover with greased paper, and steam for about $\frac{3}{4}$ hour, or until firm on the top.

The soufflé can either be put in a steamer over a pan of hot water, or the soufflé tin should be placed on a round cutter at the bottom of a saucepan, so that the boiling water only reaches half-way up the tin. Bring the water to the boil again, then simmer gently until the soufflé is cooked.

How to Dish.—Turn out gently on to a hot dish and coat with white sauce.

If liked, this mixture can be put into a greased china soufflé mould and baked in a moderate oven. Bake from 20-30 minutes. Send to table in the mould.

Reasons for failure.—If the soufflé is steamed too fast, it will rise too high and will sink when taken out of the pan. If the water does not simmer gently all the time the soufflé will not rise properly.

Fish en Casserole

Moderate heat. Time, 15-20 minutes, according to the thickness of the fish.

Any kind of fish can be cooked in this manner, such as fresh haddock, whiting, cod, hake, sole, plaice, salmon, turbot, etc.

Ingredients.—A whole fresh haddock, or couple of whiting, or 1 or 2 lbs. of cod, hake, or salmon steaks, fillets of sole, plaice or turbot; 1 teaspoonful of fat; $\frac{1}{2}$ gill of stock or water; $\frac{1}{2}$ onion; 1 blade of mace; salt; pepper.

Method.—Wash the fish and dry it with a clean cloth. The haddock or whiting should have the tail fastened into the mouth with a skewer, the fillets of sole or plaice can be curled round the finger.

Dip the fish in boiling water, to which a little vinegar has been added, to make it firm. Melt the fat in a casserole, put in the fish and the stock or water; add the onion, mace and seasoning. Put the lid on the casserole and place it in the oven or on the hot plate. Cook it gently till the fish leaves the bone easily. Small fillets will take about 15 minutes. Thicker slices or the whole fish 30 minutes.

How to Dish.—Serve in the casserole and hand potatoes or boiled rice with it.

Reasons for failure.—See Casserole Cookery, page 29.

Fish Cakes

Slow heat. Time, 10 minutes.

Ingredients.— $\frac{1}{4}$ lb. cooked fish; $\frac{1}{4}$ lb. mashed potatoes; 1 teaspoonful anchovy essence; 1 tablespoonful melted butter sauce; salt; pepper.

Method.—Free the fish from skin and bone and break it into flakes. Mix it with the potatoes, anchovy and sauce. Season well. Turn on to a plate, shape into flat cakes, dip in milk and crumbs or medium oatmeal, and fry in hot

fat. If preferred, the cakes can be dipped in flour and put on a baking sheet into a hot oven to brown instead of frying.

How to Dish.—Drain the cakes on soft paper and dish them on a lace paper, leaning one against the other in a circle.

To Garnish.—Garnish with fried parsley.

Fish Galantine

Moderate heat. Time, 10-15 minutes.

Ingredients.—1 lb. of any cooked fish ; 1 lb. of cooked sieved potatoes ; enough egg, anchovy or shrimp sauce to bind ; 2 teaspoonsful chopped parsley ; 1 egg (if liked) ; seasoning.

Method.—Free the fish from skin and bone and break it into flakes. Mix it with the sauce, parsley and seasoning, and the beaten-up yolk of an egg (if used). Form the whole into a large sausage. Put it on to a greased baking sheet, brush it over with the white of egg, sprinkle it with bread crumbs or maize meal, and bake it in a fairly hot oven until brown. This galantine can be eaten hot or cold.

How to Dish.—If hot serve with it the same kind of sauce as was used for the inside of the mixture poured round. If cold, serve it with salad, nicely arranged round it, and more handed round in a salad bowl mixed with salad dressing.

Fish Moley (Indian Dish)

Slow heat. Time, 20 minutes.

Ingredients.—1 lb. cooked fish (cut up) ; 2 ozs. sliced onions ; $\frac{1}{2}$ teaspoonful powdered turmeric or saffron ; a small piece of green ginger ; 2 ozs. dripping ; 1 teaspoonful sliced chillies ; 1 tablespoonful vinegar ; $\frac{1}{4}$ lb. desiccated cocoanut ; salt.

Method.—Pour enough boiling water over the cocoanut to cover it and leave it until required. Warm the pan, melt the dripping, put in the onions and fry them brown. Add the spices, strained cocoanut water, fish and vinegar, and a little salt. Simmer till it thickens a little.

How to Dish.—Serve with boiled rice in a circle round the dish and place the fish mixture in the centre.

Garnishes.—Hand chutney and grated cocoanut round with this dish.

Kedgeriee of any Cold Boiled Fish (or Findon Haddock, Bloaters or Kippers)

Slow heat. Time, 5 minutes.

Ingredients.—Any cold boiled fish (dried or fresh); 1 teacupful of rice; 1 gill milk; 1 or 2 hard-boiled eggs (if liked); salt, pepper and cayenne; 1 teaspoonful chopped parsley.

Method.—Drain the fish and break it into small pieces. Boil and dry the rice. Put it into a saucepan with the fish, milk and some of the liquor from the fish and seasoning. Stir well until hot.

How to Dish.—Place the kedgeriee on a hot dish piled high, and decorate it with chopped parsley. If eggs are used, the chopped white should be mixed with the rice. The yolks rubbed through a sieve should be used to decorate the kedgeriee.

CHAPTER V

MEAT, POULTRY, GAME

Time Table for Cooking Meat, Poultry and Game—How to Roast, Boil, Stew, Braise and Fry Meat—Entrées—Made-up Dishes—To Cure and Boil Bacon and Ham—Pickle for Meat—Rabbits—Poultry—Game

TIME TABLE

For Roasting, Baking and Boiling Meat.

Joints.—Thin pieces of meat,—beef, mutton or lamb with much bone, $\frac{1}{4}$ hour to each lb. and $\frac{1}{4}$ hour over.

Thick joints, 20 minutes to each lb. and 20 minutes over.

Veal and pork, 25 minutes to each lb. and 25 minutes over.

Salt beef, 25 minutes to the lb. and 25 minutes over.

Poultry and Game (Roasted, Baked or Boiled).—

Large fowl, 1 hour.

Medium fowl, $\frac{3}{4}$ hour.

Chicken, $\frac{1}{2}$ – $\frac{3}{4}$ hour.

Capon, 1–1 $\frac{1}{2}$ hours.

Turkey (roast or baked), 1 $\frac{1}{2}$ –3 hours, according to size.

Turkey (boiled), 1 $\frac{1}{2}$ –2 hours according to size.

Goose, 1 $\frac{1}{4}$ –1 $\frac{3}{4}$ hours, according to size.

Ducks, $\frac{3}{4}$ –1 hour, according to size.

Ducklings, 25–30 minutes, according to size.

Wild duck, 25–35 minutes.

Guinea fowl, 1–1 $\frac{1}{4}$ hours, according to size.

Teal, 18 minutes.

Pigeons, 20–30 minutes.

Pigeons (stewed), about 30 minutes.

Hares, 1 $\frac{1}{4}$ –2 hours, according to size.

Leverets, 1 $\frac{1}{2}$ –1 $\frac{3}{4}$ hours, according to size.

Rabbits, $\frac{3}{4}$ hour.

Venison, 13-15 minutes to the lb. and 15 minutes over.

Partridges, 25-35 minutes.

Pheasants, $\frac{1}{2}$ -1 hour, according to size.

Grouse and ptarmigan, $\frac{1}{2}$ hour.

Plovers, 10-15 minutes.

Blackcock, 45-50 minutes.

Quails, 20 minutes.

Snipe and woodcock, 15-20 minutes.

Larks (baked), 10-12 minutes.

Ortolans, 20-25 minutes.

The directions for roasting, boiling, stewing, grilling poultry and game, are the same as for meat (see pages 94-99).

All poultry and game must be well basted, or it becomes dry and tasteless. Ducks and geese require a shorter time than fowls and turkeys as the flesh of the latter is much firmer and closer. When a piece of fat bacon is placed over the breast of a bird to keep it moist it should be removed 10 minutes before dishing. Flour the breast and baste well to brown and froth it.

Small birds are usually served on toast, with gravy and browned crumbs handed round.

The breasts of fowls are stuffed, if liked, with veal forcemeat (see page 72) or sausage forcemeat and bread sauce (see page 65) and gravy handed round.

The breast of turkey is stuffed with veal forcemeat or sausage or chestnut or trufflé stuffing and bread sauce, or cranberry sauce or chestnut sauce and brown gravy handed round. Grilled sausages or bacon in rolls may be served with it.

Boiled or steamed fowls are served with white or parsley or egg sauce (see pages 64 and 65) and boiled tongue, ham or bacon served with them.

Boiled or steamed turkeys are served with white or parsley sauce, and are usually served with boiled bacon, ham or tongue.

Geese and ducks are stuffed at the rump with sage and onion stuffing (see page 73) and sent to table with brown gravy and apple or tomato sauce (see pages 68 and 66).

Roast pheasants and partridges are served with bread sauce and clear brown gravy or browned crumbs.

Boiled or steamed pheasants and partridges may be served with celery, oyster, onion or plain white sauce.

Guinea fowl, see Pheasant, page 93.

Roast pigeons are served on toast, with bread sauce and brown gravy.

To Roast Meat

Make up a clear fire. Wipe the joint with a damp cloth, weigh, and allow $\frac{1}{4}$ hour to each lb. of meat and $\frac{1}{4}$ hour over. Twenty minutes to the lb. of mutton and veal and 20 minutes over; and 25 minutes to the lb. and 25 minutes over for pork.

Place the meat close to the fire the first 10 minutes, to close up the pores, and make a coating on it, which keeps in the juices.

After the first 10 minutes, the meat is drawn further away from the fire, and should cook slowly. The last $\frac{1}{4}$ hour put the joint closer to the fire again to brown and crisp. Baste and turn often.

How to Dish.—When cooked place on a hot dish; strain off the dripping from the dripping pan, pour some hot water or stock into it; add salt and pepper; stir over the fire until boiling, scraping off and stirring in the brown particles at the bottom and sides of the pan, pour a little round the joint and serve the rest separately in a sauce boat.

Reasons for failure.—If the fire is not clear and hot enough to form a coating on the meat at once the natural juices will escape and the meat becomes dry and less nourishing. If the meat is cooked too quickly after the first 10 minutes it becomes dry and hard and shrinks greatly. If not well basted it also becomes hard; a little dripping can be used to baste it with at first, later the dripping that escapes from the fat on the joint is sufficient.

GARNISHES USUALLY SERVED

Roast Beef is usually served with horse-radish sauce (see page 68) and Yorkshire pudding (see page 150), or grated horse-radish can be handed round. Clear gravy.

Roast Veal is generally served with boiled ham, or bacon, and thickened gravy and is garnished with cut lemon. Roast veal is often stuffed with veal forcemeat. (See page 72.)

Roast Mutton is served with red currant or crab apple

jelly, half a wineglassful of port wine can be added to the gravy for roast saddle of mutton. Clear gravy.

Potatoes, peeled, and baked in the dripping tin, with the joint can be served with either roast beef or mutton.

Roast Lamb is served with mint sauce, red currant jelly and, if possible, new potatoes and peas. Clear gravy.

Roast Pork is served with apple sauce or tomato sauce and thickened brown gravy. It is often stuffed with sage and onion stuffing. (See page 73.)

THE BEST JOINTS FOR ROASTING OR BAKING

Beef.—The sirloin, the rump, fore ribs, middle ribs, the heart.

Mutton.—The leg, the loin, the shoulder, the haunch, the neck (best end and middle), the heart.

Pork.—Leg, fore loin, hind loin, spare rib.

Veal.—Fillet, loin, the shoulder, best end of the neck.

To Boil Meat

A moderate fire. Time, according to size of the joint.

Put a saucepan of water on the fire to boil. Wipe and trim the joint and weigh. The same time per lb. is allowed as for roasting meat (see Time Table, page 92).

Put fresh meat into boiling water to which a little salt is added, draw the saucepan to the side of the fire as soon as it comes to the boil, or lessen the heat of the gas or electric hot plate and let the meat simmer until done. Serve on a hot dish with a teacupful of the liquor it was boiled in poured over it. The remainder of the liquor can be made into soup.

Salt beef must be weighed, then soaked 1-4 hours, according to the degree of saltness. Put it into warm water; bring to the boil; skim, then simmer until cooked. Allow 25 minutes to the lb. for salt beef. Carrots, turnips, onions and suet dumplings, are generally cooked with salt beef and placed round it on the dish.

This water makes good stock for pulse soups.

Fresh meat is put into boiling water to close the pores and harden the outside, so that the natural juices of the meat are retained, instead of boiling into the water.

Inferior joints are usually salted so the outside of the meat does not require hardening, and the joint is put into warm water. This also draws out some of the salt.

How to Dish.—Place the joint on a hot dish, pour a teacupful of the liquor it was boiled in round it and send the rest to table in a sauce boat.

If vegetables are cooked with the meat, place in heaps round the dish.

Reasons for failure.—Fresh meat, if not put into boiling water and then simmered gently, becomes tasteless. If boiled fast after the first 3 or 4 minutes the meat becomes hard.

Salt beef, if put into boiling water at first, the meat will be tough and salt; if not brought to the boil slowly after putting it into the pan and then simmered gently the joint will be hard and tough. Any vegetables added to the meat must be put into the pan after the water has boiled and the scum removed.

GARNISHES USUALLY SERVED

Boiled Beef is served with the liquor in which it was boiled and carrots and turnips placed in heaps round the dish. Salt boiled beef is served in the same manner, but small dumplings are usually boiled with it and served round the dish. Boiled or stewed veal is served with thickened gravy and garnished with slices of lemon, force-meat balls and fried bacon. Or it can be coated with white, parsley or caper sauce and boiled bacon served on a separate dish.

Boiled Mutton is garnished with turnips, and caper or onion sauce, is sent to table with it. Stewed lamb is often garnished with mushrooms or green peas, which should have been stewed with it.

Boiled Pork is usually served with peas pudding and cabbage.

BEST JOINTS FOR BOILING

Beef (Fresh).—Aitchbone, round, thick flank, shoulder.

Salt Beef.—Rump, mouse round, or round (sometimes), brisket, aitchbone, tongue.

Veal.—It is not generally boiled, but any joints usually roasted can be boiled.

Pork.—Leg, feet, salted and boiled, hand, belly or spring, cheeks, chine.

Mutton or Lamb.—Leg, breast, shoulder, tongue.

To Bake Meat

Hot Oven. Time, according to the size of the joint.

For baking meat it is best to have a double tin—the bottom one containing hot water. The joint must be wiped and weighed. Place the trivet the meat stands on in the baking tin, flour the meat and put it on the trivet with some dripping on the top ; unless it is a very fat joint.

The oven must be very hot the first ten minutes, after which open the ventilator to allow the steam to escape, and lower the heat of the oven. Cook slowly, basting often. The same time as for roasting is allowed for baking beef, mutton, pork, etc., and the same joints are used as for roasting.

How to Dish.—Dish as for Roast Meat (page 94).

Garnishes.—As for Roast Meat.

Reasons for failure.—If no water is put into the tin, the meat shrinks more in the oven and the dripping is liable to burn. This applies specially to gas ovens. The same reasons for failure apply to baked meat as to roast meat.

To Stew Meat

Stewing is the most economical method of cooking, as not only can less expensive and inferior joints be used, but less fuel and attention are required, and nothing is wasted. Whatever juices escape from the meat, enrich the gravy and various vegetables can be cooked with it, so that a small quantity of beef or mutton will flavour the dish.

A fireproof earthenware pot or “casserole” is the nicest to use for stews, but an enamel or iron saucepan can also be used.

For preparing many stews the meat is first fried to improve its appearance and to harden the albumen on the surface and keep in to some extent the flavour and juice. The stock or water and vegetables are then added, brought

to the boil, and simmered very gently over slow moderate heat. This softens the fibres of the meat and renders it tender and palatable. All the attention it requires is an occasional stir with a wooden spoon.

Reasons for failure.—If cooked too fast the meat will be tough.

Best Joints for Stewing

Beef.—Aitchbone, mouse round, veiny piece (stewing steaks), leg, clod, shin, tail, skirt, heels.

Mutton.—Breast, neck, middle and scrag, knuckle, shoulder, tail, trotters.

Veal.—Breast, knuckle, neck, loin, brisket.

To Braise Meat

Flour the meat lightly and brown it in hot fat. Then add about one teacupful of hot stock, salt and pepper, a little mace or nutmeg, if liked, and any sliced or chopped vegetables, 6 or 8 peppercorns, and 2 cloves, a little parsley, and if no fresh celery is available a little celery seed, and also a teaspoonful of dried herbs tied in muslin. Cover and cook very gently until the meat is tender.

The seasoning will serve again in stock and any vegetable not eaten can be used in thick soups. If cooking by gas and the oven is in use, cook the stew in the oven; if not, over a boiling tap. Correctly, braising was carried out in a pan with a sunk lid on which hot coals were placed; that was in days when closed ranges and gas cookers were not. Now meat is braised in the oven and stewed on the hot plate.

If there is enough fat to fry the vegetables as well as the meat, so much the better. The vegetables are not necessary, though as vegetables are served with meat they may as well be cooked in the same pot. Sometimes a couple of Spanish onions, just boiled for a few minutes, then quartered and added to the stew or braise, make a pleasant change.

How to Dish.—Place the meat on a hot dish, strain off the liquid; place the vegetables in four heaps round the dish, colour the liquid if necessary with browning, and pour round. Hand some separately in a sauce boat. If cooked in a casserole, send to table in the casserole.

To Pot Roast

Any kind of beef, mutton, veal or pork can be cooked like this, and any joint used for roasting, stewing or boiling can be used.

Remove any fat there is on the meat and put 2 or 3 ounces of it into a stewpan or large casserole; when very hot put in the meat and just brown it on both sides. Lower the heat of the gas or draw the pan to a cooler part of the range and cook very gently, allowing about 25 minutes to each pound and 20 minutes over.

Keep the lid on, but look at the meat now and again to see that it does not burn and to turn it; add a little more fat, if necessary. When ready for table pour off all but 1 tablespoonful of the fat, mix that with 1 dessertspoonful of flour and cook until brown. Add half a pint of stock, mix well, season, pour into the casserole with the meat and make very hot.

How to Dish.—Send to table in the casserole, placed on another dish.

To Fry Meat

There are two methods of frying, deep frying and dry frying. The former is not generally used for fresh meat, but made-up dishes such as rissoles, croquettes, etc., are fried in deep fat.

The method of frying in deep fat and reasons for failure was explained in the chapter on Fish (see page 79).

Chops and steaks, liver, kidneys are cooked by the "dry frying" method, that is, a little fat is put in a shallow frying pan over a clear fire or gas ring, oil stove, or electric hot plate. When a faint smoke issues from the fat the article to be fried is put in the pan, drawn slightly to one side of the fire, or the heat lessened in case of a gas stove, etc. When cooked on one side turn and cook the other.

To Grill or Broil

(See Fish, page 80).

Fillets of Beef Braised

Moderate fire. Time, 25 minutes to the lb. and 25 minutes over.

Ingredients.—2 lbs. of fillet of beef, or boned and rolled ribs; 2 carrots; 2 onions; 4 allspice; 2 sticks of celery

(or a teaspoonful of celery seeds tied in muslin); some parsley stalks, thyme and marjoram, and a bay leaf tied together (or a teaspoonful of dried herbs, tied in muslin); 1 oz. fat; salt.

Method.—Melt the fat in a pan or casserole, put in the meat and brown both sides. Prepare, and cut the vegetables into dice and add, arranging them at the bottom of the pan, and placing the meat on the top. Add a little stock, or water, the bunch of herbs, seasoning and allspice. Bring to the boil, then draw the pan to one side of the fire, or lower the heat of the gas or electric stove, and simmer until the meat is tender.

How to Dish.—Arrange the meat on a hot dish. Place the vegetables in heaps round and strain the gravy round.

To Boil an Ox Tongue

Moderate fire.

Time, a large smoked tongue, $4\frac{1}{2}$ hours; a small smoked tongue, 3 hours; a large unsmoked tongue, $3\frac{1}{2}$ hours; a small unsmoked tongue, $2-2\frac{1}{2}$ hours.

Method.—A tongue is usually bought pickled. If taken fresh from the pickle soak 2-3 hours, according to size. If it appears very dry soak 12 hours. Put into a saucepan of cold water and bring slowly to the boil, skim well, add the prepared vegetables, cut in slices, and the herbs, and simmer gently till cooked. Try the tip of the tongue with a skewer to see if it is tender, as when the tip is tender the rest of the tongue is cooked. Remove from the pan and peel off the skin. Have ready a 2-lb. cake tin, trim the root a little removing the bones, roll the tongue into a round and press into the cake tin. Place a board with weights on it, on the top, and leave overnight. When turned out it should be a compact round, with a jellied surface. Another method of serving it cold is to skin the tongue, place a large carving fork through the root on to a board, draw the tongue straight and place another fork through the tip on to the board. Leave until cold; then brush over with glaze, put a frill round the root and serve.

If the tongue is to be eaten hot cook as above, remove the skin, trim the root a little, wrap in greased paper, and return to the boiling liquor for 15 minutes to re-heat. Serve on a hot dish. Garnish with any cooked vegetable

liked, and pour round brown or tomato sauce (see page 66) made from the liquor the tongue was boiled in.

The liquor the tongue was boiled in should be allowed to get cold, the fat skimmed off into a jar and boiling water poured on to clarify it. The liquor makes an excellent soup.

Reasons for failure.—See To Boil Beef, page 95.

Fillets of Beef and Tomatoes

Moderate heat. Time, 20 minutes.

Ingredients.—1 lb. fillet of beef; 2 tomatoes; salt; pepper; cayenne; $\frac{1}{2}$ teaspoonful of lemon juice; 1 oz. margarine; 1 teaspoonful of chopped parsley; mashed potatoes; brown gravy or sauce.

Method.—Mix the margarine on a plate with the chopped parsley and lemon juice, and leave in a cold place. Cut the beef into small round fillets and fry or grill. Cut the tomatoes into as many slices as there are fillets. Place on a greased baking sheet and grill about 4 minutes, or they can be put in the frying pan in which the fillets are cooked and fry 4 minutes.

How to Dish.—Have ready some mashed potatoes, place a fairly thick flat line of them in the centre of the dish, arrange the fillets on this, with a slice of tomato between each, and a small pat of the prepared margarine on each. Pour a little brown gravy or sauce round.

Vienna Steaks

Moderate fire. Time, $\frac{1}{2}$ hour.

Ingredients.—1 lb. stewing steak; 1 teaspoonful chopped parsley; 1 teaspoonful chopped thyme and marjoram; salt; pepper; cayenne; a grate of nutmeg; mashed potatoes or boiled rice; 2 ozs. fat for frying; 1 egg or binding sauce.

Method.—Mince the meat and mix with it the herbs, parsley and seasoning and binding sauce (see page 68) or beaten egg. Form the mixture into flat round cakes, dip in flour. Make the fat hot in a pan, put in the cakes and fry slowly about 10 minutes, turning once.

How to Dish.—Dish on a strip of mashed potatoes or on a strip of well boiled rice, pour brown sauce (see page 66) round, and serve hot.

Liver and Bacon with Rice

Moderate heat. Time, $\frac{3}{4}$ hour.

Ingredients.—Cut 1 lb. of liver into slices $\frac{1}{2}$ inch thick, allow 1 slice per person. Dredge with flour. Allow half a rasher of bacon to each slice of liver.

Method.—Fry the bacon and then remove and keep hot. Fry the liver in the bacon fat until brown. Remove it and keep hot. Dredge a little flour into the fat in the pan, add $\frac{1}{4}$ pint of stock, salt and pepper. Stir until the sauce boils. Return the liver to the sauce and simmer $\frac{1}{2}$ an hour.

To Dish.—Have ready a good dish of boiled rice, arrange this in a dish. Place the liver and bacon on it and pour the gravy over. Serve very hot.

Reasons for failure.—If cooked too fast in the sauce the liver will be hard.

Liver and Bacon with Polenta

Cook the liver and bacon as before. Have ready some polenta cakes (see page 127). Place them in a dish. Arrange a slice of liver and bacon on each and pour the gravy over. Serve very hot.

Kidneys à la Maître d'Hôtel

Clear fire. Time, 10 minutes.

Ingredients.—3 sheep's kidneys; 1 teaspoonful of chopped parsley; 1 oz. margarine; 1 teaspoonful of lemon juice; pepper; salt; cayenne.

Method.—Mix the margarine, lemon juice, salt, cayenne, and parsley well together on a plate. Place in a cool place. Skin the kidneys, cut open and put a skewer through them to keep them open. Grease a gridiron; place the kidneys on it with the inside next to the fire, first; turn and grill about 8 minutes.

To Dish.—Dish on rounds of toast, or polenta cakes (see page 127) or cakes of mashed potatoes. Sprinkle each kidney with salt and pepper and put a small pat of the maître d'hôtel butter on each. Serve hot.

Garnishes.—Maître d'hôtel butter.

Reasons for failure.—If the kidneys are put over or under too fierce heat they will dry and become hard and burnt.

Grilled Kidneys and Bacon

Clear fire. Time, 20 minutes.

Ingredients.—3 sheep's kidneys ; 3 rashers of bacon ; $\frac{1}{2}$ oz. of margarine ; salt ; pepper.

Method.—Skin the kidneys and cut in half. Remove the rind and rust from the bacon, cut each rasher in half, fry lightly in a frying pan, remove and keep hot, place the kidneys in the pan, the cut side down, and cook gently. Turn once.

To Dish.—Dish the bacon and put a kidney on each piece, sprinkle with salt and pepper, and place a tiny piece of margarine on each kidney. Serve hot.

These are nice dished on fried potatoes (see page 132).

Reasons for failure.—See Kidneys à la Maître d'Hôtel.

Hash

Moderate fire. Time, $\frac{1}{2}$ hour.

Ingredients.— $\frac{1}{2}$ lb. cold meat, mutton, veal or pork ; 1 pint vegetable or cereal stock ; 1 onion ; 1 carrot ; 1 oz. flour ; salt ; 1 turnip ; bunch of herbs (tied together) ; 1 $\frac{1}{2}$ ozs. fat ; pepper.

Method.—Wash, peel and cut the vegetables up very small ; the onion should be minced. Cut the meat into thin slices. Melt the fat in a pan, when hot add the vegetables and fry brown, stirring often ; add the flour and brown, remove the pan from the fire and gradually stir in the cold stock or water. Mix smoothly, return the pan to the fire ; stir until the contents boil, then put in the pieces of meat and herbs, and simmer gently 20 minutes. Remove the herbs.

To Dish.—Dish on a hot dish with a border of boiled rice or macaroni or mashed potatoes or cooked cabbage. If not brown enough colour with some patent meat extract.

Reasons for failure.—If the vegetables are not cut very small they will not cook quickly. If the gravy boils fast after the meat goes in the latter becomes hard.

Mince

Moderate fire. Time, $\frac{1}{2}$ hour.

Ingredients.— $\frac{1}{2}$ lb. of any cold cooked meat ; $\frac{1}{2}$ pint of brown sauce, or white sauce with white meat, such as veal or chicken ; salt ; pepper.

Method.—Remove all skin, fat and gristle from the meat, put through a mincing machine, add stale crusts, if any are available, and mince also. Make the sauce hot in a pan, stir in the meat, simmer very gently 20 minutes with a lid on the pan. Stir occasionally.

To Dish.—Dish on a hot dish, with sippets of toast or a border of mashed potatoes round. This can be made and served in a casserole.

Reasons for failure.—If boiled fast after the meat is mixed with the sauce it will become very hard. If not stirred sometimes it may burn. If the lid is not on the pan the contents waste.

Meat Roll

Time, 2 hours.

Ingredients.—8 ozs. flour ; salt ; 1 teaspoonful baking powder ; 2 ozs. suet ; water to mix ; 4 ozs. minced beef or mutton ; half a minced onion.

Method.—Chop the suet, mix the flour, baking powder, salt and suet. Make into a dough with water. Roll out into an oblong shape, spread with the minced steak, sprinkle with salt, pepper and the minced onion. Roll up, tie in a scalded floured cloth, and boil 2 hours.

To Dish.—Untie the cloth, turn the roll out on to a hot dish, and pour brown or tomato sauce round. (See page 66.)

Reasons for failure.—If the water boils away fresh boiling water must be added or the roll will burn.

Curry and Rice

Ingredients.—4 ozs. meat (cooked or uncooked) ; 1 onion (minced) ; 1 oz. fat ; 1 tablespoonful flour ; 1 tablespoonful curry powder ; 1 pint vegetable or cereal stock or water ; 1 chopped apple or half a stick of rhubarb ; $\frac{1}{2}$ gill of cocoanut water ; 1 teaspoonful lemon juice ; salt.

Method.—Melt the fat, fry the shredded onion, then add the flour and curry powder and fry. Add the stock gradually, stirring all the time. Stir till it boils. Cut the meat into dice and add, with the apple. Put a large tablespoonful of desiccated cocoanut into a basin, pour on half a gill of boiling water. Let it stand 20 minutes. Then strain into the curry. Simmer all gently $\frac{3}{4}$ hour. Add salt and serve with boiled rice.

If fresh meat is used fry it a few minutes in the fat before putting in the onion and simmer for an hour or until tender.

How to Dish.—Place in a hot curry or vegetable dish. Hand boiled rice in another vegetable dish.

Garnishes usually served.—Chutney, Bombay ducks, shredded cocoanut are usually handed round with curry.

Cornish Pasties

Ingredients.—2 ozs. meat (uncooked); 2 potatoes; 1 onion; 1 tablespoonful of water; pepper; salt.

Short Crust Pastry (see page 145).

Method.—Cut the meat, onion and potato into quite small dice (if this is not done the contents would be undercooked when the pastry was done). Mix with the pepper, salt, and water on a plate. Roll the pastry out on a board, cut out some rounds, place a portion of the meat and vegetables on each. Wet the edges, pinch together firmly, and form into large scallops. Place on a floured baking tin, and bake in a hot oven for fifteen minutes, then continue cooking fifteen minutes longer in a lower heat. Cornish pasties proper are made with raw meat and vegetables, but cooked meat and vegetables mixed with a little sauce can be used.

Ragout of Mutton

Ingredients.— $\frac{1}{2}$ lb. of shoulder or neck of mutton; 2 onions; 2 carrots; 1 bay leaf; 1 oz. fat; 2 ozs. pearl barley (soaked overnight); $1\frac{1}{2}$ pints of stock, or water; $\frac{1}{2}$ oz. flour; salt; pepper.

Method.—Cut the mutton into neat pieces, removing any superfluous fat and bone. Peel and shred the onions, wash and scrape the carrots and cut into dice. Melt the fat in a casserole. Fry the mutton light brown both sides. Remove, fry the onions and carrots, and the flour and brown lightly, add the stock gradually, stirring well; bring to the boil, put in the meat, bay leaf, seasoning and barley, place the lid on the casserole and put in a moderate oven, or on the hot plate, and simmer the contents gently 1 hour, or until the barley is soft. Skim off the fat and serve in the casserole. If the barley absorbs the stock more must

be added. If cooked over a gas ring it must be turned low and an asbestos mat should be placed under the casserole.

To Dish.—Serve in the casserole placed on a hot dish.

Rissoles

Ingredients.—4 ozs. cooked meat (minced); $\frac{1}{2}$ small onion (minced); 1 teaspoonful chopped parsley; pepper; salt, and a little grated nutmeg (if liked); about $\frac{1}{4}$ lb. short crust pastry.

Method.—Put the meat through a mincing machine, chop the onion finely, also the parsley and mix with the meat. Season well. Make a thick binding sauce (see page 68), stir in the meat, etc., then turn on to a plate to cool. Roll out the pastry very thinly, stamp into rounds, place a little of the meat mixture on each round, wet half-way round the edge and fold over neatly into a semicircular shape, joining the edges well. Brush over with milk and dip in bread crumbs, or medium oatmeal, and fry in hot fat. These can be baked in the oven, if liked, in which case do not brush over with milk.

Potato pastry can be used in place of short crust, and then it is better to bake the rissoles.

The meat mixture can be shaped into cork-shaped croquettes dipped in milk and medium oatmeal, or maize meal, and fried in hot fat, or baked in a moderate oven.

How to Dish.—Serve piled on a lace paper on a dish and garnish with fried parsley.

Pickle for Meat—Pork or Tongue

2 gallons cold water; 3 pounds bay salt; $\frac{1}{2}$ lb. moist sugar; 2 ozs. saltpetre.

Put all into a pan, bring to the boil, skim and boil 20 minutes. Turn into a deep basin and when cold put in the meat. Meat can be kept in this three weeks, though it can be used in five or six days. The pickle may be used repeatedly. Add 1 lb. of common salt or $\frac{1}{2}$ lb. of bay salt and a pint of water each time the pickle is boiled.

To Pickle Tongue

Trim the root, leaving a little of the fat, wash the tongue and place in the pickle for meat (see above), with a board with a weight on to keep the tongue under the pickle. Leave for fifteen days.

Pressed Beef

Take 4-6 lbs. of brisket of beef, and wipe it carefully, rub well into it about a dessertspoonful of mixed spice with a lesser quantity of salt, leave it all night. In the morning put it in a saucepan (it must not be washed, otherwise it will not be sufficiently spiced). Cover with cold water, add two bay leaves, a blade of mace, carrot, turnip, a few peppercorns, 2 allspice, and simmer gently until the bones may be easily removed; press well under two heavy weights, and leave until quite cold. Melt some glaze in a jam pot placed in a saucepan of boiling water, brush the beef over with it, and garnish when dry with parsley.

To Spice Beef

Time to cook, 2-3 hours.

Ingredients.—4 lbs. of round, brisket or leg of beef; 1 saltspoonful of saltpetre; 1 teaspoonful each of common salt, sugar, clove and allspice; 10 peppercorns.

Method.—Pound the salt, saltpetre, clove, allspice, peppercorns, and sugar well together. Bone the meat and rub the above mixture well into it. Do this every day for three days, turning the meat each day. On the fourth day tie the meat into a round and wash. Melt the fat in a pan or casserole. Fry the meat each side, pour in $\frac{1}{2}$ pint of water and simmer slowly on the hot plate or in the oven from 2-3 hours with the lid on the casserole. Serve cold.

Garnish.—Salad of any kind.

Reasons for failure.—If cooked fast the meat will become tough.

Home-made Sausages

Ingredients.—2 lbs. of lean pork; 1 lb. of fat pork or bacon; 2 teaspoonsful of salt; 1 teaspoonful of pepper; 2 teaspoonsful of powdered sage; a pinch of grated nutmeg; a pinch of powdered mace.

Method.—Mince the pork and bacon finely and mix well with the seasoning, fill the sausage skins three parts full with the mixture and hang in a cool place. If liked the sausages can be dipped in milk and maize meal or crumbs instead of putting them in skins.

To Make Brawn

Prepare the head of a pig, by cutting off the ears; remove the brains and eyes, wash and clean thoroughly in several waters, rub plenty of salt well all over the head, let it drain for 24 hours. Then rub in 2 ozs. of saltpetre mixed with 2 ozs. of salt, and leave it to stand for three days. Place the head and salt in a pan of cold water and soak two days. Wash, place in a pan with warm water to cover, bring to the boil, and simmer till the bones can be easily removed from the head. Remove the bones and the skin of the head and tongue carefully. Cut the meat into neat dice, sprinkle with salt and pepper. Press into a mould or basin with some of the strained liquor the head was boiled in. When cold turn out and serve. If it does not turn out easily dip the mould in hot water or wrap a hot towel round it for a few minutes.

Reasons for failure.—If the head is not well cleaned the Brawn will not be good.

To Cure Ham and Bacon

Rub the ham or bacon well with salt and allow the slime and blood to drain away for two days.

To a ham weighing 14-16 lbs. take 1 lb. of common salt, $\frac{1}{2}$ lb. of bay salt, $1\frac{1}{4}$ ozs. of saltpetre, $\frac{1}{2}$ oz. of moist sugar. Dry these well before the fire. Pound them in a mortar. Mix thoroughly and rub well into every part of the ham or bacon. Let it lie in a deep dish or earthenware pan for four days, turning it every day. Then pour over 1 lb. of treacle and leave it for three weeks. Turn the ham regularly and baste frequently. Soak it in cold water for 24 hours, wipe very dry, and hang in a cool, airy, dry place.

To Boil Bacon or Ham

Soak the piece of bacon to be boiled for one or two hours in cold water; put into a saucepan with sufficient cold water to cover. Bring slowly to the boil, skim well; then simmer gently until done. Remove the skin and sprinkle maize meal or medium oatmeal over the top. 2 lbs. takes $1\frac{1}{2}$ hours to boil. Allow half an hour for each extra pound. When the liquor is cold skim the fat off the top, put it into a basin, pour boiling water over and let it stand. The cake of fat that rises to the top when cold, can be used for

pastry or cakes. If not too salt the liquor can be used as stock for lentil or pea soup.

Reasons for failure.—If cooked fast the ham becomes tough and falls to pieces.

Bacon for Breakfast or Supper

6 rashers of bacon, 6 polenta or potato cakes, 3 tomatoes. Fry the rashers slowly, shaking the pan well. Remove from the pan and keep warm. Have ready 6 polenta or potato cakes, brown in the bacon fat in the frying pan. Arrange on a hot dish and keep warm. Cut each tomato in half and fry in the pan in which the bacon and polenta were cooked.

To Dish.—Arrange half a tomato on each polenta cake and put the rasher on top; re-heat under a griller or in the oven and serve hot.

Bacon Pudding

4 ozs. lean bacon; 4 potatoes (raw); 1 large onion; 1 tablespoonful of minced parsley; thyme; marjoram and sage; $\frac{1}{4}$ lb. suet paste or paste without fat; seasoning.

Roll out the pastry as for jam roll. Cut the bacon and peeled potatoes into dice. Mince the onion, spread all over the pastry and sprinkle the herbs and seasoning over. Roll up, tie in a scalded floured cloth and boil 2 hours.

To Dish.—Turn out of the cloth on to a hot dish, and pour brown or tomato sauce round.

Roast or Baked Rabbit

Time, $\frac{3}{4}$ hour to 1 hour, according to size.

A rabbit for roasting should be young and plump. Stuff with veal forcemeat, sew it up, then truss with the fore legs backwards and the hind legs forwards. They must be firmly skewered into position. The head is skewered and tied in an upright position. Tie a piece of fat bacon over the back, put in a dripping tin with some pieces of dripping on it, and place in a moderate oven. Baste often. When almost done, dredge flour over, baste well and brown. (Old rabbits should be used for stews and soups.)

How to Dish.—Dish on a hot dish, remove the string and skewers, pour some thickened brown gravy over, send more gravy to table, in a tureen.

Garnishes usually served.—Red currant or rowanberry or crab apple jelly, forcemeat balls or rolls of bacon.

Reasons for failure.—As for Roast Beef (page 94).

Jugged Rabbit or Hare

Moderate oven. Time, about 2 hours.

Ingredients.—1 rabbit; 2 onions; 12 peppercorns; 1½ pints of stock; 1 teaspoonful salt; ½ oz. flour; 2 ozs. dripping.

Method.—Wash the rabbit well, and cut into neat joints. Soak the head in water for half an hour. Peel and slice the onions. Melt the fat in a frying pan, fry the pieces of rabbit brown on each side. Put into a jar or casserole, fry the onions and add to the rabbit with the stock; peppercorns and salt. Add some forcemeat balls, made of veal forcemeat (see page 72), the last half hour. Cover the jar and bake in a moderate oven for 2 hours. Strain off the gravy into a pan. Blend the flour with a little cold water, add to the gravy with a teaspoonful of red currant jelly and stir over the fire until it thickens. Boil 3 minutes. A gill of claret added to the rabbit while cooking is a great improvement.

To Dish.—Send to table in the casserole or arrange the pieces of rabbit neatly on a hot dish, pour some of the gravy over. The remainder of the gravy should be sent to table in a sauce boat.

Garnishes usually served.—Forcemeat balls and red currant jelly.

Reasons for failure.—If the oven is too hot the rabbit cooks too quickly and becomes hard.

Hare

A hare is skinned, trussed and roasted in the same manner as a rabbit (see above). An old hare should never be roasted. A hare should hang from 10-15 days in cold weather.

Hare Pie

Moderate oven. Time, 1½ hours.

Ingredients.—1 hare; 1 onion; 1 teaspoonful chopped parsley; 1 teaspoonful thyme; 2 ozs. fat; 4 rashers of bacon; ½ pint gravy; ½ pint port wine (if liked); pastry.

Method.—Soak the hare in warm water for 15 minutes ; wipe dry, cut into joints, season with salt and pepper. Melt the fat in a pan and fry the best joints. Brown each side. The inferior joints and head can be used for jugged hare. Line the edge of a pie dish, with pastry (see page 145). Arrange the joints of hare, the liver minced, the onion sliced, the parsley, thyme and seasoning in the dish. Cover with the bacon, pour over some good gravy to which half a glass of claret or port wine can be added, if liked. Cover with the crust and bake in a fairly hot oven till the crust is cooked, then finish in a cooler one.

To Roast a Fowl in the Oven

Moderate oven. Time, $\frac{3}{4}$ hour.

Stuff the breast of the fowl with veal forcemeat (see page 72). Put on to a baking tin, cover with dripping and place a greased paper over the breast. Put into a hot oven at first and lower the heat later ; or put in a cooler part of the oven. Ten minutes before serving remove the greased paper and dredge a little flour over the fowl. Baste well and brown.

To Dish.—Remove the string and skewers and dish on a hot dish, pour a little brown gravy round (see page 94).

Garnishes usually served.—Forcemeat balls, bread sauce. Sometimes sausages, or boiled ham or bacon are served with fowl. Watercress is used for decorating.

Reasons for failure.—If the oven is not hot enough when the fowl goes in a coating will not immediately form on it, and the juices will escape. If too hot later the fowl becomes tough and dry, and if not well basted, it also becomes dry.

Steamed Fowl

Moderate heat. Time, $1\frac{1}{2}$ hours.

Truss a fowl as for boiling, wrap in a greased paper ; place in a steamer over a pan of boiling water, steam until tender.

To Dish.—Dish on a hot dish, coat with white or parsley sauce (see page 64).

Garnishes usually served.—Serve with mashed potatoes, and stewed seakale or celery, and boiled ham or bacon.

Reasons for failure.—If the water is not kept boiling

underneath the steamer the fowl will not cook properly. If not wrapped in paper it becomes discoloured.

Chicken or Veal Mousse

Moderate heat. Time, 30 minutes.

Ingredients.—6 ozs. raw chicken or veal ; $\frac{1}{2}$ oz. margarine ; $\frac{1}{2}$ gill of thick white sauce (see page 64) ; 2 eggs ; 1 gill of unsweetened condensed milk ; a grate of nutmeg ; salt ; pepper ; cayenne.

Method.—Put the meat twice through a mincer, pound well, add the margarine and sauce and continue to pound. Add the eggs one by one, pounding and mixing in the first before adding the second. Season well, run through a sieve, then stir in the condensed milk. Have ready some small moulds well greased, fill three-quarters full with the mixture, put into a steamer ; cover with a greased paper, and steam gently for 20–30 minutes.

To Dish.—Turn out on to a hot dish ; coat with white sauce (see page 64), decorate with chopped parsley. If liked this mixture can be steamed in one large mould, but will then take about 1 hour to cook.

This is a very nourishing and delicate dish, suitable for invalids.

Reasons for failure.—If not well pounded the mixture will not be light. If steamed too fast it will be full of holes and tough and less digestible.

Braised Turkey

Moderate fire. Time, 4–5 hours, according to the size of the bird.

Ingredients.—1 turkey ; 2 carrots ; 2 onions ; 1 turnip ; bunch of herbs ; 4 cloves ; 12 peppercorns ; 2 sticks of celery ; salt ; pepper.

Method.—This is a good method of cooking an old bird. Pluck, singe, draw and truss the bird as for roasting and cover with thin slices of fat bacon, put 4 slices of bacon at the bottom of a pan or casserole, lay the bird on them. Wash and cut the neck in pieces. Remove the inner skin of the gizzard, scald the legs and remove the skin and put all into the pan with the washed heart and liver and any bones you may have. Wash and scrape, peel and cut into

dice the carrots and turnip and onion ; also the two outside leaves or green tops of celery. Tie together some parsley stalks, thyme and bay leaf and add with the 4 cloves and 12 peppercorns. Put all into the saucepan, add sufficient cereal or vegetable stock to half cover the bird, bring to the boil, then simmer gently from 4-5 hours.

To Dish.—If eaten hot remove the bird on to a hot dish, garnish with the vegetables, skim the fat from the gravy and thicken it with flour, adding a little browning if necessary. Season and serve in a sauce boat.

Turkey cooked in this manner makes an excellent cold dish. When served cold let the turkey remain for half an hour in the pan, then remove, strain the liquor, return to the pan and reduce by one third. Strain, and when cold remove the fat. If it has not jellied melt 1 oz. of gelatine in a little warm water and add ; if the stock is not clear, slightly whip the white of an egg, put the stock in a pan with the gelatine, and white of egg, whisk over the fire until just on boiling point, let it boil up, then draw to the side of the fire and let it stand 20 minutes. Strain very carefully into a basin through a clean cloth, tied on to a chair, inverted on another chair. It is best to ladle the stock out of the pan with a soup ladle so that any sediment is not disturbed. Leave it to get cold, and when nearly setting brush over the turkey, giving a second coating if necessary. Let the remainder set, then cut into shapes and garnish the turkey and dish with it, or chop and surround the dish with the chopped jelly. If the turkey is cut into neat joints and pieces before cooking it will take less time to cook than if cooked whole, about 2½ hours. The joints can be neatly coated with the jelly, and dished on salad if eaten cold. If hot, arrange neatly in the centre of a dish, coat with white or brown sauce, arrange a border of cooked rice, macaroni or stewed chestnuts round.

Reasons for failure.—If cooked too fast the bird will be tough.

Salmi of Duck or Goose

Moderate heat. Time, 30-40 minutes.

Ingredients.—1 roast duck, or remains of roast goose ; 3 shallots and 2 onions ; pepper ; cayenne ; salt ; 1 bitter orange.

Method.—Put the giblets of the duck or goose into some good stock with the finely shredded onions or shallots, cayenne, pepper and salt and stew gently for 25 minutes. Cut the bird into neat pieces, and add, simmer until hot.

To Dish.—Arrange the pieces of duck neatly on a hot dish, boil up the gravy, add the juice of the orange and strain over the duck. Serve very hot.

Reasons for failure.—If boiled fast after the bird is put in it becomes tough and hard. If the stock is boiled too fast before adding the duck or goose it wastes, and there will be little gravy left.

Chaufroid of Pheasant or Partridge

Moderate heat. Time, 15 minutes.

Ingredients.—1 cooked pheasant or 2 cooked partridges ; $\frac{3}{4}$ pint brown sauce (see page 66) ; 2 tomatoes ; 1 teaspoonful of meat or vegetable extract ; $\frac{1}{2}$ glass sherry (if liked) ; a little aspic jelly ; $\frac{1}{2}$ oz. of gelatine.

Method.—Cut the birds into neat joints. Put the brown sauce into a pan with the meat extract, tomato and sherry (if used), bring to the boil and simmer 5 minutes. Strain through a cloth or hair sieve. Dissolve the gelatine in a little water and add to the sauce. When cold and nearly set coat the joints of the bird with it very neatly. When set just dissolve a little aspic jelly and coat each joint with it.

To Dish.—Dish on a bed of salad. This is an excellent cold supper or luncheon dish. The aspic jelly can be omitted if liked, and the sauce only used.

Pigeons, blackcock, pheasants, partridges, guinea fowl, grouse are plucked, singed, the head cut off, drawn and trussed like fowls. Some cooks still leave on the heads of grouse, pheasants, and partridges, in which case they are brought round, turned under the wing, the bill resting on the breast.

Snipe, plovers and woodcock are plucked, singed, wiped with a clean cloth and the gizzard removed, but they are not drawn. Skin the neck and head and bring the beak round under the wing.

Truss as for fowls.

They should be roasted or baked in the oven on a thick

slice of toast, and constantly basted. Dish on toast to preserve the trail.

Quails can be drawn or not according to taste. If not drawn serve also on toast which has been placed under them to catch the trails. Cut off the head and truss like fowls.

All game should hang as long as possible before cooking. It can be roasted, or baked, steamed, braised, grilled, made into ragouts, pies, stews, and can be used for made-up dishes, such as rissoles, salmis, hash, etc., soufflés, and various cold dishes.

CHAPTER VI

MEATLESS DISHES

Vegetarian Dishes—Pulse and Cereal Dishes.

Casserole of Vegetables with Dumplings

Moderate heat. Time, 1-1½ hours.

Ingredients.—2 lbs. of mixed vegetables (carrots, turnips, onions, potatoes, celery); ½ lb. cooked haricot beans; 1 teaspoonful mixed herbs (tied in muslin); ½ pint of brown sauce; suet or Norfolk dumplings; salt; pepper.

Method.—Wash and peel the vegetables, cut into dice, and put them into about a quart of boiling water, in a casserole. When boiling add the dumplings and herbs, and put the casserole into a moderate oven, or on the hot plate, and simmer until the vegetables are soft. Strain and return the liquid to the casserole and thicken it with 1 oz. flour, blended smoothly with cold water. Bring to the boil, simmer 5 minutes, colour with a little browning, return the vegetables and dumplings to the casserole, re-heat and serve in the casserole and hand round potatoes or boiled rice. If liked when the vegetables have been boiled 5 minutes they may be cooked in a haybox for 2 hours; then strain and finish as above.

To Dish.—Send to table in the casserole.

Reasons for failure.—If the oven or fire is too hot, the casserole will burn dry, and the contents will be spoiled.

Vegetable Cutlets

Moderate heat. Time, 20 minutes.

Ingredients.—1½ ozs. of cooked beetroot; 1 oz. of cooked peas if possible; 3 ozs. of cooked carrots; 1½ ozs. of cooked turnips; 3 cooked potatoes; 1 teaspoonful of chopped parsley; 1 teaspoonful of mixed herbs; some cauliflower sprigs (cooked); 1 oz. of flour; ½ pint of stock or water or milk; salt and pepper.

Method.—Cut the vegetables into small dice. The cauliflower sprigs should also be cut into small pieces. Mix the flour smoothly with a little cold stock, put the remainder into a saucepan, and bring to the boil. Pour on to the blended flour, stirring well. Return to the saucepan. Bring to the boil, stirring all the time. Simmer 4 minutes. Add the vegetables and seasoning. Turn on to a plate to cool. When cold shape into cutlets or croquettes. Brush over with milk, sprinkle with maize meal. Put on a greased baking sheet and bake in a hot oven, or brush with milk and roll in bread crumbs or medium oatmeal, and fry in hot fat.

Cooked peas, beans, or beetroot can be used in these cutlets, according to the season. French beans or scarlet runners should be cooked and cut into small pieces.

To Dish.—Drain the cutlets on soft paper, and dish piled on each other on a paper d'oyley on a hot dish.

Garnish.—Fried parsley.

Reasons for failure.—See To Fry Fish, page 80.

Vegetable Galantine

Moderate heat. Time, 1½ hours.

Ingredients.—½ lb. of haricot or butter beans (cooked); ¼ lb. mashed potatoes or boiled rice; 2 ozs. any kind of nuts; 1 teaspoonful of any meat extract; 1 egg; 1 onion (minced); seasoning.

Method.—Rub the beans through a sieve and mix with the seasoning, potato or rice and onion. Put the nuts through a mincer and add. Beat up the egg, dissolve the meat extract in a little of the hot water the beans were cooked in, and add with the egg to the dry ingredients mixing well. Form into a large sausage-shaped roll, tie in a scalded and floured cloth and boil for 1½ hours in vegetable or cereal stock, or water. Take up, put under a board with a weight on and when cold glaze. The glaze can be made by boiling 1 teaspoonful of meat extract, ¼ oz. margarine, 1 tomato in one pint of water. Boil fast until it is reduced to a thick syrupy liquid. Strain and brush over the galantine.

If liked this can be eaten hot. In this case put the roll on a greased baking sheet, sprinkle with maize meal and bake in a fairly hot oven for ½ hour. Serve with brown or tomato sauce.

To Dish.—If cold put on a dish with salad neatly arranged round and hand salad with it. If hot, place on a hot dish and pour brown or tomato sauce round.

Reasons for failure.—If the galantine is not placed under a weighted board when cooked, it will not be a nice shape when cold.

To Boil Haricot, Butter Beans and Split Peas

Moderate fire. Time, 1 hour.

Ingredients.— $\frac{1}{2}$ lb. beans or peas; water; salt.

Method.—Soak all pulse foods in boiling water from 12–24 hours. If the water is very hard add a piece of soda the size of a pea to the water. Strain the pulses and put into a pan of cold water; bring to the boil and simmer gently until tender from $\frac{1}{2}$ –1 hour. Strain, melt a little fat in a pan, add the pulse, stir 2 or 3 minutes. Season and serve.

To Dish.—Put into a hot dish and if liked sprinkle chopped parsley over.

Reasons for failure.—If not soaked before cooking the beans, etc., remain hard. If put into hot water and boiled fast they will not become soft. Salt should not be added while cooking as it also hardens the beans, peas, etc.

Instead of boiling, pulses can be soaked in the above manner and steamed, either tied in a cloth to the lid of the saucepan so that they hang over the water, or placed in a steamer over a saucepan of boiling water. Finish as above.

Haricot and butter beans take about 30 minutes to boil or steam.

Red or brown beans and whole peas 40–60 minutes.

Split peas and green lentils 20–30 minutes.

Lentils (red) 15–20 minutes.

Red lentils (if boiled) do not require soaking overnight.

Baked Beans and Tomatoes

Moderate heat. Time, 40 minutes.

Ingredients.— $\frac{3}{4}$ lb. haricot or butter beans (cooked); 2 ozs. fat; 2 tomatoes or 1 gill tomato pulp; 1 large potato; 1 very small onion.

Method.—Peel and chop the onion finely, scrub, peel, and grate the potatoes, slice the tomatoes. Melt the fat in a saucepan or casserole, fry the onion in this until nicely browned, then add the sliced tomatoes, fry for a few minutes, add the potato and half pint of the water the beans were cooked in, let all simmer about 20 minutes, then strain the sauce.

Drain the beans well, mix them with the sauce and put into a fireproof dish or return to the casserole and bake from 15–20 minutes in a moderate oven. A little grated cheese sprinkled over the top is a great improvement.

How to Dish.—Send to table in the casserole or fireproof gratin dish.

Reasons for failure.—If the sauce is cooked too fast it will burn. It must be stirred often or it may stick to the bottom of the pan and burn.

Curried Lentils and Rice

Moderate heat. Time, 45 minutes.

Ingredients.—1 lb. red lentils; 2 onions chopped; 3 teaspoonsful of curry powder; 1 quart of vegetable stock or water; 2 ozs. dripping or fat; 1 apple or $\frac{1}{2}$ stick of rhubarb chopped; salt.

Method.—Wash the lentils, put into a saucepan with the stock or water, bring to the boil, skim, add the chopped apple or rhubarb, and one minced onion, and simmer until the lentils are soft. Fry the other onion in the fat in another pan, add the curry powder, and cook for five minutes, stirring well. Add to the lentils and cook all together a few minutes. Season.

To Dish.—Put into a curry or vegetable dish and serve. Hand boiled rice, cooked as for curry, with it. A little chutney handed round is a great improvement. If the lentils get too dry when cooking, add more stock, or a little cocoanut water made as follows: Put 2 tablespoonsful of desiccated cocoanut into a basin, pour on 1 gill of boiling water, and let it stand half an hour. Strain into the curry.

Reasons for failure.—If the lentils are cooked too fast and are not frequently stirred they may burn.

Lentil Patties

Moderate heat. Time to cook the lentils, 30 minutes.
To bake, 15 minutes.

Ingredients.— $\frac{1}{4}$ lb. red Egyptian lentils ; 1 onion ; 1 oz. fat ; 1 pint water or vegetable stock ; salt ; pepper ; short crust or potato pastry.

Method.—Boil the lentils with the onion until soft in about 1 pint of water or vegetable stock. Mash or rub through a sieve, add the fat, salt and pepper, mix well and put into patty pans lined with pastry, or make into pastry turnovers and bake.

To Dish.—Dish on a napkin or paper d'oyley, on a hot dish and garnish with parsley.

Reasons for failure.—If the lentils are not stirred frequently while boiling they may stick to the bottom of the pan and burn.

Peas Pudding

Moderate heat. Time to boil, 2 hours. To steam, $1\frac{1}{2}$ hours.

Soak 1 pint of split peas 24 hours in cold water. Strain and tie loosely in a cloth and put into a saucepan with plenty of cold water. If the water is hard put a little soda into it. Bring to the boil and simmer from 2– $2\frac{1}{2}$ hours. Untie the cloth and rub the peas through a sieve ; add an ounce of fat, pepper and salt, and, if liked, 2 well-beaten eggs. Put into a greased basin, cover with greased paper and steam for $1\frac{1}{2}$ hours.

To Dish.—Turn on to a hot dish.

If the eggs are omitted the pudding should be served in a gratin dish, as it does not keep its shape without the eggs to bind it.

This is usually served with boiled leg of pork.

Reasons for failure.—If boiled fast the peas remain hard, and the water reduces too much before they are cooked.

Bean and Lentil Rissoles

Moderate heat. Time, $1\frac{1}{2}$ hours.

Ingredients.— $\frac{1}{2}$ lb. haricot beans ; $\frac{1}{2}$ lb. lentils ; $\frac{1}{4}$ lb. mashed potatoes ; 1 teaspoonful of chopped dried herbs ;

1 teaspoonful of chopped parsley ; 1 onion (minced) ; 1 pint of vegetable or cereal stock ; seasoning.

Method.—Soak the haricots overnight, next day boil or steam them until soft. Wash the lentils and put them into a saucepan with the stock and onion. Cook until soft. Rub through a sieve with the haricots. Mix well together with the mashed potatoes, herbs and seasoning. Shape into rissoles, coat with flour and fry in hot fat. The rissoles can be baked in the oven after shaping if you are short of fat.

Reasons for failure.—If the haricots are not soaked overnight they will not become soft. If the fat is not properly hot when the rissoles go in they will be sodden and greasy.

Mock Duck

Moderate heat and a fairly hot oven. Time to boil the lentils, 30 minutes. To roast, 15 minutes.

Ingredients.—1 lb. red lentils ; 2 large onions ; $\frac{1}{2}$ teaspoonful of sage ; $\frac{1}{2}$ teaspoonful sweet herbs ; $\frac{1}{4}$ lb. rice or mashed potatoes ; 2 ozs. fat.

Method.—Wash the lentils, mince the onion finely, melt the fat in a pan, fry the onion lightly, add the lentils, and 1 quart of cereal or vegetable stock ; bring all to the boil and simmer slowly until the lentils are soft ; add the mashed potatoes, chopped or powdered sage and herbs, season well ; shape as much like a duck as possible. Put on to a greased baking sheet with a little fat or dripping sprinkled over the top, and bake in a fairly hot oven until brown. Baste often. The lentils should absorb the stock, but if they get too dry before they are soft, more stock must be added. If rice is used instead of potatoes, wash it, and cook with the lentils. Instead of frying the onion it can be minced and cooked with the lentils. Scrap fat, that is, the shrivelled pieces left over after clarifying fat, do to put over the top of the roast instead of dripping.

To Dish.—Place on a hot dish and pour brown or tomato sauce round. (See page 66.)

Lentil and Rice Cutlets

Ingredients.— $\frac{1}{2}$ lb. cooked red lentils ; 4 ozs. rice (cooked) ; 2 ozs. dripping or clarified fat ; 1 onion ; $\frac{1}{2}$ teaspoonful mixed herbs ; 1 egg ; salt ; pepper.

Method.—Rub the lentils through a sieve. Mince and fry the onion in the fat. Add to the lentils with the boiled rice, herbs and seasoning. Beat up the egg and add. When cold form the mixture into rissoles, brush with milk. Dip into bread crumbs or maize meal and fry. These can be put on a greased baking sheet and browned in the oven if liked.

To Dish.—Dish on a paper d'oyley, leaning one against the other, and garnish with fried parsley.

Reasons for failure.—See Fried Fish, page 80.

Savoury Lentil Mixture

Moderate oven. Time, 15 minutes.

Ingredients.— $\frac{1}{2}$ lb. cooked haricot beans ; $\frac{1}{2}$ lb. cooked lentils ; $\frac{1}{4}$ lb. mashed potatoes ; salt ; pepper ; a pinch of mixed herbs, or just enough grated cheese to flavour ; one onion, minced and fried ; pint of stock or water.

Method.—Rub the lentils through a sieve with the haricots, the mashed potato and onion. Add the seasoning. Spread on bread to make sandwiches or form into rissoles. Dust the rissoles over with flour and bake them in the oven.

To Dish.—Pile on a napkin or paper d'oyley, garnish with fried parsley.

Chaufroid of Haricot Beans

Moderate heat. Time, 5 minutes.

Ingredients.—1 lb. cooked haricot beans ; 4 ozs. boiled rice ; 3 ozs. chopped nuts ; 2 gills white sauce ; 1 gill unsweetened condensed milk ; $\frac{1}{2}$ oz. gelatine ; $\frac{1}{2}$ gill water ; cayenne ; salt ; pepper ; 1 teaspoonful chopped parsley ; 1 teaspoonful chopped thyme and marjoram mixed.

Method.—Rub the beans through a sieve, mix with the boiled rice, seasoning, nuts, herbs and parsley. Melt the gelatine in the half gill of water, stir it to the white sauce, add the condensed milk and stir all to the haricot mixture. Rinse a mould in cold water, press in the mixture, and when set turn out, decorate with fancy shapes, cut out of beetroot, or with green peas, or hard-boiled eggs. Serve with salad.

Haricot Bean Shape (cold)

Moderate fire, moderate oven. Time, about 1 hour.

Ingredients.— $\frac{3}{4}$ pint of cooked haricot beans ; 6 ozs. of soaked bread pieces or mashed potato ; $1\frac{1}{2}$ ozs. of dripping ; a very little chopped onion ; 1 egg ; seasoning ; brown crumbs.

Method.—Rub the beans through a wire sieve. Melt the dripping. Fry the onion without browning. Add the mashed potatoes, or squeeze the soaked bread pieces dry in a cloth ; break up with a fork, and add to the onion, with the haricot purée. Season well. Beat up the egg and add enough to bind the mixture, leaving a little to brush over the top. Cook the mixture quickly, stirring all the time until it leaves the sides of the pan. Grease a cake tin and coat it with brown crumbs. Line it with the haricot paste to the thickness of $\frac{1}{2}$ — $\frac{3}{4}$ inch. Brush the inside and top edge with egg. Bake in a moderate oven about $\frac{3}{4}$ hour.

To Dish.—Turn out carefully when cold. Serve with Russian salad inside.

To Cook Pearl Barley

Moderate heat. Time, $1\frac{1}{2}$ hours.

Ingredients.—4 ozs. pearl barley ; water ; salt.

Method.—Soak the barley overnight, put into a saucepan of boiling, salted water, bring to the boil and simmer until the barley is soft. Strain and use as required. Barley is usually cooked and served in stews and soups, but should always be soaked overnight if boiled in this way. It can be used as a border to stews or vegetable dishes, or made into puddings. Keep the water it was boiled in for cereal stock.

Reasons for failure.—If not soaked overnight the barley takes a very long time to cook, thus wasting fuel.

Savoury Oatmeal Porridge Pudding

Moderate heat. Time, 2 hours.

Ingredients.—4 ozs. of cold porridge ; $\frac{1}{2}$ lb. flour ; 1 teaspoonful of baking powder ; $2\frac{1}{2}$ ozs. suet, lard or dripping ; 1 teaspoonful of dried herbs ; 1 teaspoonful of chopped parsley ; a little milk or sour milk ; salt.

Method.—Shred the suet, or if lard or dripping is used, rub into the flour, add the baking powder, salt, herbs, parsley, and last of all stir in the porridge, which should be rather thick, mix all well together, and if necessary add a little milk. Put into a greased basin, cover with greased paper and steam 2 hours. Serve with tomato, brown or curry sauce. (See pages 66, 67.)

If liked, 1 onion finely minced, and 1 teaspoonful of powdered or chopped sage can be added to this in place of herbs and parsley and it can be served with onion sauce. (See page 65.)

To Dish.—Turn out carefully on to the centre of a hot dish and pour the sauce over and round.

Reasons for failure.—If the water is not boiling, and kept boiling under the steamer, the whole time, the pudding will become heavy.

Oatmeal Sausages

Ingredients.— $\frac{1}{2}$ oz. fat ; half a chopped onion ; 2 ozs. suet ; $\frac{3}{4}$ pint of vegetable stock ; pinch of nutmeg ; 2 ozs. medium oatmeal ; 2 ozs. of fine oatmeal ; salt ; pepper.

Method.—Put the fat into a pan and make hot ; add the onion and fry brown ; then add the shredded suet and stock ; bring to the boil and sprinkle in the mixed oat-meals, stir well. Cook for about 15 minutes, stirring all the time. Season well, and turn on to a plate to cool. Shape into sausages, coat with crumbs or maize meal and fry or bake in a hot oven.

To Dish.—Drain and pile on a d'oyley on a hot dish.

Reasons for failure.—If not stirred well this will burn.

To Boil Rice

Moderate heat. Time, 20 minutes.

Wash the rice in several waters, pick out any husks or black pieces. Put into a saucepan of boiling, salted water, and boil from 25–30 minutes until the grains feel soft on being tested between the finger and thumb, but on no account boil to a mash. Pour a little cold water into the saucepan. Strain the water through a sieve, return the rice to the pan, and leave the pan in a warm place with a cloth over it. Use as required either to hand round with

curry, or as a border to various dishes or made into different savoury rice dishes.

The water rice is boiled in should be kept for cereal stock, or it makes an excellent substitute for starch.

Reasons for failure.—If the rice is not well washed, or if boiled too long, the grains will not be separate.

Risotto

Moderate heat. Time, 30 minutes.

Ingredients.—4 ozs. rice ; 1 oz. fat ; 1 gill tomato pulp ; salt and pepper ; 1 dessertspoonful grated cheese.

Method.—Wash the rice, soak it for 12 hours, and put it on to cook in boiling water to which salt has been added.

When the rice has boiled for about seven minutes, strain off the water, melt the fat in a pan, add the rice, and fry it gently for a few minutes. Pour in the tomato pulp, and let it simmer very gently with the rice until the latter is swelled and soft. If found too stiff add a little stock or water.

Season well with pepper and salt.

To Dish.—Place in a gratin dish or pie dish. Sprinkle over with grated cheese and serve hot.

Reasons for failure.—If the rice is not simmered gently and stirred often it will burn. It is best to cook it in a double saucepan.

Home-made Macaroni

Ingredients.— $\frac{1}{2}$ lb. flour ; 2 teaspoonsful salt ; 1 egg ; 2 or 3 tablespoonsful of cold water.

Method.—Mix the flour and salt in a small basin and stir in the egg and water with a knife. After a preliminary kneading in the basin the paste is rolled on a table or marble slab under the palms of both hands until it resembles a long roll, then reversed and gradually kneaded into a short roll with the palm of the right hand just above the wrist, applying considerable pressure. The alternate movements are continued from 20–30 minutes until the paste is elastic and quite smooth. The paste is more easily handled if halved and rolled into two sheets almost as thin as paper instead of one larger one. Just a little flour may be sprinkled on the table but none on the rolling pin. Leave the sheets of paste, spread out for about two hours. In

this state the paste breaks easily, but cutting is speedily accomplished by means of a knife strong enough, and sharp enough, to go through many strips of paste placed one on the top of the other. Though the paste may be cooked as soon as it is cut, it is better if kept overnight spread in single layers to harden before being used.

To Boil Macaroni, Spaghetti, or Vermicelli

Moderate heat. Time, 30-40 minutes.

Break the macaroni into short lengths, put into a saucepan with plenty of boiling, salted water, and boil fast without a cover until the macaroni feels soft when a piece is pressed between the finger and thumb. Strain and use either as a vegetable or in various made-up dishes. Keep the water the macaroni is boiled in for cereal soups or sauces.

Reasons for failure.— If the lid is kept on the pan the water boils over. If boiled in too little water, the macaroni may stick to the bottom of the pan and burn.

Macaroni à l'Italienne

Moderate heat. Time, 1 hour.

Ingredients.—4 ozs. macaroni; $\frac{1}{2}$ pint tomato purée; $\frac{3}{4}$ oz. flour; $1\frac{1}{2}$ ozs. grated cheese; salt; cayenne.

Method.—Make the tomato purée by rubbing fresh or tinned tomatoes through a sieve. Boil the macaroni in salted water, until it becomes soft, about half an hour, blend the flour with a little cold milk, add the tomato pulp, and a little of the boiling water the macaroni was cooked in. Put into a pan and boil three minutes stirring all the time. Season and add the macaroni chopped small and the cheese.

To Dish.—Pour into a hot entrée or pie dish and serve very hot. The cheese can be omitted and a little chopped parsley added if liked.

Macaroni in Batter

A good clear fire. Time, 15 minutes.

Ingredients.— $\frac{1}{4}$ lb. cooked macaroni; 2 ozs. flour; 1 egg yolk; 1 small onion; 1 gill milk; 1 teaspoonful chopped parsley; pepper; salt.

Method.—Make a thick batter with the flour, the yolk of one egg, a teacupful of milk, one onion chopped finely, a teaspoonful of chopped parsley, pepper and salt, add the macaroni cut in two-inch lengths to the batter, mix all together and drop a spoonful at a time into the boiling fat and fry like fritters for five minutes. Several may be cooked at the same time.

To Dish.—Drain on soft paper and dish on a napkin or d'oyley, piled on each other. Garnish with fried parsley.

Reasons for failure.—If the batter is not mixed very smoothly and well beaten it will be lumpy and not light.

If the fat is not hot enough the fritters will become sodden and be a bad shape.

Macaroni Cheese

Moderate heat. Time, 20 minutes.

Ingredients.—4 ozs. macaroni (cooked); $\frac{1}{2}$ oz. flour; $\frac{1}{2}$ pint water or stock; 2 ozs. grated cheese; salt and pepper to taste.

Method.—Mix the flour to a smooth paste with a little water. When both these are well mixed add about $\frac{1}{2}$ pint of water, in which the macaroni was cooked, and bring to the boil, stirring all the time, to prevent the flour becoming lumpy.

When the sauce has thickened and boiled, add to it the macaroni, and an ounce of grated cheese. Season well with salt and pepper. Pour the mixture into a pie dish, sprinkle the remaining cheese over the top, and brown in a sharp oven, or under a grill. Serve hot.

Cooked rice, spaghetti or vermicelli can be used in place of macaroni for this dish.

Polenta

Moderate heat. Time, 1 hour and 10 minutes.

Ingredients.—4 cupsful of milk and water; $1\frac{1}{4}$ teaspoonsful of salt; $1\frac{1}{4}$ cupsful of maize meal.

Method.—Place the salt in the milk and water and bring to the boil, scatter in the maize meal by degrees, and stir well. Cook for about 10 minutes. Then remove to a cool part of the stove and cook gently for 1 hour, stirring now and then.

Spread on a dish to become cold. Cut into squares,

bake in the oven until they are crisp; or if there is fat to spare the squares may be fried.

Reasons for failure.—If not stirred often this will burn. If possible make in a double saucepan.

Brazil Nut Cutlets

Moderate heat. Time, 20 minutes.

Ingredients.—4 ozs. bread crumbs; white of an egg; 2 teaspoonsful of mixed herbs; 3 ozs. skinned Brazil nuts; $\frac{1}{2}$ pint of white sauce; 2 teaspoonsful of mixed herbs; a pinch of powdered mace.

Method.—Put the bread crumbs and nuts through a mincer, add the herbs, mix with the white sauce (see page 64). Beat up the white of an egg to a stiff froth and add lightly to the mixture. Shape into cutlets and fry in hot fat. These can be made with rice boiled soft, or mashed potatoes in place of bread, or with walnuts or mixed nuts in place of Brazil nuts.

To Dish.—Drain and dish on a d'oyley in a circle leaning one against the other. Garnish with fried parsley.

Reasons for failure.—See Fried Fish, page 80.

Nut Galantine

Ingredients.— $\frac{1}{2}$ lb. of bread crumbs, or boiled rice, or mashed potatoes; 3 ozs. of nuts of any kind; 1 small onion minced; 1 gill of stiff white or tomato sauce, or 2 yolks of egg; 1 teaspoonful of chopped parsley; 1 teaspoonful of mixed herbs; salt; pepper.

Method.—Shell and blanch the nuts, remove the skin, and put them through a mincing machine. Mix with the bread crumbs, or rice, etc., and the finely minced onion, parsley and herbs, season well and bind the mixture with the sauce or with the beaten yolks of egg. Make into a large sausage, put into a scalded floured cloth, tie the ends securely and place in a saucepan of boiling water, bring to the boil and simmer $1\frac{1}{2}$ hours. Take up and tie tighter. Place on a dish and put a board with weights on over it. Leave until cold. Remove the cloth, trim the ends of the galantine neatly and sprinkle with maize meal or brush with glaze, and garnish with parsley.

Reasons for failure.—See Meat Roll, page 104.

CHAPTER VII

VEGETABLES

Roots and Tubers—Green Vegetables—Pulses—Salads

Boiled Potatoes

Moderate fire. Time, 20-40 minutes.

Potatoes can be boiled in their skins, or after peeling. The former is the more economical method of cooking them as after cooking, the skin can be removed with much less waste of the potato than when peeling them raw ; it also adds to their food value, as the most nourishing part of the potato lies just under the skin.

Potatoes Boiled in their Skins

Wash and scrub the potatoes, put in a pan with cold water to cover, add about a dessertspoonful of salt to a quart of water, bring to the boil, then simmer gently till they are soft, but not broken. The skin generally begins to crack when they are done. Drain off the water and keep for stock. Peel the potatoes, return to the pan, put a clean cloth over them and the lid half on and replace the pan on the stove, or over very gentle heat. Shake the pan occasionally. Turn into a hot vegetable dish and serve.

The potatoes can be sent to table in their skins in which case drain off the water, replace the pan on the stove with the lid half on, and let the potatoes dry, put into a vegetable dish and serve.

The time depends on the size and kind of potato.

Potatoes Boiled without their Skins

Wash and peel the potatoes as thinly as possible, and put them into a basin of cold water. Put into a pan of cold

water, add salt, bring to the boil, then simmer till soft, but not broken. Drain off the water and keep it. Return the pan to the stove, put a clean cloth over the potatoes and the lid half on, shake the pan frequently to make the potatoes floury, then serve hot in a vegetable dish.

The time depends on the size and kind of potato. Use potatoes as much of a size as possible for boiling, or the small ones will break before the large ones are soft. If it is impossible to do this cut the large ones in halves or quarters.

To Boil New Potatoes

Moderate fire. Time, 20-30 minutes.

Wash, scrub and rub the potatoes with a rough cloth, put in a pan of boiling, salted water with a sprig of mint, and simmer gently till they are tender. Drain and return the pan to the side of the fire with the lid half on to dry. Put a small piece of butter or margarine into a hot vegetable dish, turn in the potatoes and stir, serve hot.

If liked a little chopped parsley can be sprinkled over them after dishing.

Steamed Potatoes

Moderate fire. Time, 20-40 minutes.

Potatoes can be steamed, either in their skins or when peeled.

Scrub the potatoes, and put into a steamer over a saucepan of boiling water, place the lid on the steamer and cook till the skin begins to crack and the potatoes feel soft when tried with a skewer or fork. Remove the lid from the steamer and draw the pan to one side of the fire and let the potatoes dry off. If peeled cook in the same manner.

To Dish.—Put the potatoes into a hot vegetable dish, or press through a potato masher, and allow them to fall lightly into the dish.

Reasons for failure.—In all the above recipes if the potatoes are cooked too fast or too long they become watery and mashy. If not well drained, and dried and shaken, occasionally, they will not look floury.

Baked Potatoes

Moderate oven. Time, 2 hours if large.

It is best to use large potatoes for baking, and as much of a size as possible.

Wash in warm water, and scrub with a brush. Put on the shelf of a moderate oven, and bake till done. Prick with a fork to allow the steam to escape. Try with a fork and if soft remove from the oven and keep in a warm place wrapped in a hot cloth if they cannot be served at once, but do not let them remain in the oven after they are cooked or they will become hard and shrivelled.

To Dish.—Serve on a hot napkin and send butter or margarine to table with them.

Potatoes Browned under a Roasted or Baked Joint

Moderate oven. Time, about 1 hour.

Wash, peel and parboil 10 or 12 potatoes, drain the water from them, dredge with flour and lay them in a dripping pan under the meat. Baste frequently and when brown on one side turn and brown the other. Before sending to table drain on soft paper.

To Dish.—Place round the joint they are to accompany or dish in a hot vegetable dish.

Mashed Potatoes

Boil or steam the potatoes, put through a potato masher or sieve, or beat well with a fork. Add $\frac{1}{2}$ oz. margarine or fat and a tablespoonful of milk to each pound of potatoes. Season. Mix well; then put into a vegetable dish, mark with a fork and place under a griller or in the oven to brown lightly.

To Fry Potatoes

Moderate heat.

Wash and peel some potatoes thinly. Waxy potatoes fry well. Cut into cubes or thin slices, cut from the breadth, not the length of the potato; or they can be cut into thin matches. Put into cold water until required. Drain and dry well in a cloth. Have ready sufficient fat in a saucepan, to cover them completely. Heat until a faint blue smoke rises from the fat, then place some of the potatoes in a frying basket and plunge into the hot fat. Shake the basket

gently every now and then. When the potatoes are brown and crisp lift out the basket, drain a minute, then turn the potatoes on to some soft paper and keep in a warm place until all are fried.

To Dish.—Dish on a napkin or paper d'oyley in a hot vegetable dish; sprinkle salt over them.

Reasons for failure.—If the fat is not hot enough the potatoes will be greasy and sodden. If too hot they will become brown before being properly cooked inside.

Puffed Potatoes

Moderate heat.

Wash and peel the potatoes, and cut into slices, about the thickness of a two-shilling piece, place in cold water, then dry well in a cloth, have ready a deep saucepan of hot fat, put the potatoes into a frying basket, plunge into the fat, shake occasionally. Just before they colour remove from the fat, and let it again get hot. Put the potatoes in again, shaking well. Repeat once more, drain well and serve very hot.

To Dish.—Dish on a napkin or paper d'oyley, sprinkle salt over.

Sauté Potatoes

Moderate fire.

Ingredients.— $\frac{1}{2}$ lb. cold boiled potatoes; 1 oz. fat; pepper; salt.

Method.—Cut the potatoes into slices. Put the fat into a pan, make hot, add the potatoes. Fry until pale brown, stirring with a knife. Turn and brown the other side, sprinkle salt and pepper over and serve hot.

Potato Soufflé

Moderate heat. Time, 40–60 minutes.

Ingredients.— $1\frac{1}{2}$ lbs. cooked potatoes; 1 oz. margarine; salt; pepper; 2 tablespoonsful of milk; 2 eggs.

Method.—Rub the potatoes through a sieve. Melt the margarine in a pan, add the potatoes, seasoning, milk and the yolks of the eggs. Mix well. Remove from the fire, whip up the whites of the eggs to a stiff froth and stir in lightly to the mixture. Put into a greased soufflée mould with a band of buttered paper tied round it. Place in a

saucepan with enough boiling water to come half-way up the tin. Place a greased paper on the top. Simmer from 40 minutes to an hour.

To Dish.—Loosen round the edge with a knife, turn gently on to a hot dish. Pour white sauce over.

Garnishes.—Garnish with chopped parsley arranged in a pattern over the top, or with the yolk of a hard-boiled egg, rubbed through a sieve.

This mixture can be put into a greased china soufflé dish and baked in a moderate oven 30 minutes, then send to table in the dish.

Reasons for failure.—See Fish Soufflé, page 88.

Potatoes au Gratin

Moderate oven. Time, 15–20 minutes

Ingredients.—6 large cooked potatoes; 3 oz. cheese (grated); $\frac{1}{2}$ pint white sauce; salt; pepper.

Method.—Cut the potatoes in slices, place them in layers in a fireproof dish, with grated cheese, salt and pepper, sprinkled between each layer. Pour the white sauce over, sprinkle a little cheese over this, and heat in a moderate oven or a biscuit tin oven, or under a griller.

To Dish.—Send to table in the dish in which this is cooked.

Artichokes (how to prepare and boil)

Moderate heat. Time, 30 minutes.

Wash and peel 2 lbs. of Jerusalem artichokes and place each as it is peeled in cold water with a little vinegar added to it. To cook, place in boiling, salted water, bring to the boil again and boil until tender, probably about half an hour. Choose artichokes as much of a size as possible, otherwise the large ones will not be cooked at the same time as the smaller ones. When done, drain, dust over with salt and place in a gentle heat until all the moisture evaporates, for if the sauce is poured over the artichokes when wet it will be sloppy and untidy.

When dry and very hot serve with white sauce (page 64) poured over them. When the artichokes are old they may be put into warm water, or if really old into cold water instead of into boiling water.

American Artichokes

Moderate heat. Time, 15 minutes.

Prepare the artichokes as for boiling, parboil and then drain and slice them. Have ready a greased soufflé dish, place the artichokes in this with some white sauce between each layer, sprinkle with brown crumbs and bake in a moderate oven until brown.

If liked, grated cheese can be mixed with the sauce, and sprinkled over the dish before placing it in the oven to brown.

Artichoke Fritters

Prepare and three-parts cook the artichokes, cut into slices, dry very thoroughly, coat in batter (see page 72) and fry. Serve very hot and crisp, powdered with salt.

How to Cook a Cabbage, or any Green Vegetables

Moderate heat. Time, about 1 hour.

Take off any withered outside leaves, divide the cabbage into four, cut off the stalk, wash well in salted water to remove dirt and grubs. Shred coarsely or cut into eight. Place in an earthenware casserole for choice, with 1 gill of water and 1 oz. of fat to one medium-sized cabbage. Cover and cook quite gently, stirring now and then until tender.

To Dish.—Season with pepper and salt and serve very hot in the casserole.

Vegetables which can be cooked in this manner—

Cauliflowers, brussels sprouts, spring greens, broccoli tops, spinach, savoy, turnip tops, French beans, green peas.

If the above method of cooking a cabbage is found too strong in flavour first blanch it, by putting it into a saucepan of boiling water, to which salt and a small piece of soda have been added. Boil for five minutes, then strain and cook as above.

Reasons for failure.—If not well washed and soaked in salted water grubs may remain in the vegetables. If cooked too fast or with too great heat the contents of the pan or casserole will boil dry and the vegetables burn.

Hot-pot of Cabbage

Moderate heat. Time to parboil the potatoes, 15–20 minutes. To finish, 20–30 minutes.

Ingredients.—1 cabbage ; 2 onions ; 1 lb. potatoes ; salt and pepper.

Method.—Cook the cabbage as described above. Peel, slice and parboil the potatoes, chop the onions and fry them. Arrange in the casserole in which the cabbage was cooked, a layer of cabbage and onion and seasoning, then a layer of potatoes, and proceed until it is nearly full, finishing with a layer of potatoes. Put the casserole in the oven with the lid on and cook gently until the potatoes are almost done. Then take off the lid of the casserole and finish cooking just to brown the potatoes slightly.

To Dish.—Serve in the casserole without the lid.

To Cook Spinach

Moderate heat. Time, 20 minutes.

Ingredients.—2 lbs. spinach ; salt ; pepper.

Method.—Wash the spinach in several waters, pick out all decayed leaves and pieces. Strain through a colander and put into a good-sized saucepan, enamel lined or aluminium, if possible, as an iron pan is apt to discolour the spinach. Put the pan over gentle heat. No water is required unless the spinach is old, when a very little water is added. Cover the pan and cook slowly, stirring occasionally until tender. Drain through a colander, pressing out all moisture with the back of a wooden spoon. Chop finely. Put a little margarine or butter in a pan, return the spinach to it, stir well, add a spoonful of milk or cream, or unsweetened condensed milk. Season well.

To Dish.—Serve on a slice of toast and garnish with toast cut into small triangles.

Reasons for failure.—If put over too fierce heat the moisture in the spinach dries up, and it will burn, and not become soft.

Stuffed Tomatoes

Moderate heat. Time, 15 minutes.

Ingredients.—8 tomatoes ; 1 teaspoonful of chopped parsley ; $\frac{1}{2}$ teaspoonful of chopped thyme ; 2 ozs. bacon or

ham ; $\frac{1}{2}$ small onion (minced) ; salt ; pepper ; 2 table-spoonsful of bread crumbs.

Method.—Mince the ham or bacon, and put into a stew-pan, with the other ingredients, finely chopped, stir over the fire for a few minutes. Remove the stalks from the tomatoes and scoop out the inside without breaking. Add the pulp and bread crumbs to the mixture in the pan and cook for a few minutes longer, stirring all the time ; fill the tomatoes carefully with this stuffing. Grease a pan, put the tomatoes in carefully and cook over moderate heat, for about 15 minutes. If liked they can be cooked in a moderate oven on a greased baking sheet.

Sprinkle brown bread crumbs over.

To Dish.—Arrange on a hot dish on rounds of toast, or fried bread or polenta cakes. Garnish with parsley.

Reasons for failure.—If the inside is not scooped out carefully the tomatoes will break. If cooked too fast they will crack and fall to pieces.

Tomatoes can be stuffed with savoury lentil mixture (see page 122) or any good forcemeat, such as liver, sausage or veal forcemeat. See Forcemeats, Chapter III.

To Boil Peas

Moderate heat. Time, 15–20 minutes.

Ingredients.—1 quart of peas ; boiling water ; 1 oz. margarine ; sprig of mint ; salt.

Method.—Shell the peas, put into a saucepan of boiling, salted water, with a pinch of soda and a sprig of mint, and boil fast (without a cover) until soft. Young peas take about 15 minutes. Old ones up to 30 minutes.

To Dish.—Drain well, put into a hot dish with the melted margarine poured over.

Do not throw away the pods as they make an excellent soup, if boiled soft and rubbed through a sieve.

To Boil French or Kidney Beans and Scarlet Runners

Moderate heat. Time, 15–20 minutes.

Ingredients.—1 lb. French beans ; salt.

Method.—Choose young beans, if possible, Remove the stalks and the thread that runs along the back of the pods, and cut in a slanting direction lengthways in very thin slices. Put into a saucepan of boiling, salted water to

which a tiny pinch of soda has been added and boil with the lid off until tender, from 15–20 minutes. Strain.

To Dish.—Put into a hot vegetable dish with $\frac{1}{2}$ oz. margarine and a dash of pepper. Shake and serve hot.

Old beans take from 20–25 minutes to cook. These beans can be eaten as a separate course, mixed with brown sauce, and make an excellent salad when cold.

Like all green vegetables it is much better to cook beans and peas in the manner described in “How to Cook a Cabbage,” page 134.

To Boil Windsor or Broad Beans

Moderate heat. Time, 15–20 minutes.

Ingredients.—1 quart broad beans; 1 pint parsley sauce (page 65).

Method.—Young beans should be used for boiling; old ones can only be eaten mashed. Shell the beans just before using, put into boiling, salted water, and boil fast until soft. Drain well.

To Dish.—Put into a hot vegetable dish and coat with parsley sauce.

Broad Beans (cooked whole)

Moderate heat. Time, 45 minutes.

Ingredients.—1 lb. beans; boiling water; parsley sauce (page 65); salt; small piece of soda.

Method.—For this dish the broad beans must be very young as the pods are eaten. Wash and string them. Place 1 lb. of them in a pan of boiling, salted water with a piece of soda the size of a pea. Cover. Boil for about 45 minutes until they are tender. Drain well. Serve with parsley sauce to which a little chopped and cooked ham or bacon has been added. Enough for four people. Use the water for the foundation of a thick soup.

Chicory

Can be cooked like celery, the leaves are used for salad, or cooked like spinach.

Endive

Can be cooked like any green vegetable or used for salad.

Lettuces

Are mainly used for salad, but can be braised, boiled or stewed.

To Boil Lettuce

Moderate heat. Time, 20–30 minutes.

Ingredients.—4 lettuces; 1 pint white sauce (page 64); pinch of grated nutmeg; salt; pepper.

Method.—Wash the lettuces thoroughly. Remove decayed leaves and the thick stalks, but retain all sound leaves.

Boil 10–15 minutes in boiling, salted water. Strain and put into cold water for a minute, then drain well. Chop slightly. Put the white sauce into a pan, add the lettuce, nutmeg and seasoning, and simmer 10 minutes, stirring well.

To Dish.—Serve in a fireproof gratin dish, or in a hot vegetable dish.

Asparagus

Moderate heat. Time, 20 minutes.

Scrape the white part of a bundle of asparagus with a sharp knife, wash it and cut the stalks the same length. Tie together in bundles containing 15–20 heads. Steam in a steamer, or place in a casserole, containing about 1 gill of boiling, salted water, and cook slowly in the covered vessel until tender.

To Dish.—Drain and serve on toast, with oiled butter or white or ravigote sauce handed round (see pages 64, 71).

Seakale can be cooked in the same manner.

Onions

Moderate heat. Time, $\frac{1}{2}$ –1 hour.

Peel 1 lb. onions, then parboil them by putting them into cold water and bringing them to the boil. Strain, return them to the pan with a gill of water and salt to taste, in the proportion of a teaspoonful of salt to each pint of water. Cook for $\frac{1}{2}$ hour or longer according to size. Large Spanish onions require from 2–3 hours.

To Stew Celery

Moderate heat. Time, 1 $\frac{1}{2}$ hours.

Ingredients.—2 heads of celery; white or brown sauce.

Method.—Trim the celery, separate the stalks, and wash thoroughly; scrape a little if necessary. Cut the sticks into suitable lengths. Simmer in sufficient water to cover well until they are tender (about $1\frac{1}{2}$ hours).

To Dish.—Strain off the liquid and dish up the celery on toast in a hot vegetable dish. Pour a little well-seasoned white or brown sauce (pages 64, 66) over the celery, and serve hot.

Chicory can be cooked in the same manner.

Broiled Mushrooms

Brisk fire. Time, 10 minutes.

Ingredients.—1 lb. mushrooms; salt; pepper; 1 oz. fat.

Method.—Peel and wash the mushrooms, cut off the stalks, drain and dry them. Season with salt and pepper, brush over with melted fat, and broil over a brisk fire for about 10 minutes.

To Dish.—Place on a hot dish. If liked a border of cooked rice or macaroni can be served with them.

Stewed Mushrooms

Fairly hot fire. Time, 25 minutes.

Ingredients.—1 lb. mushrooms; 1 teaspoonful chopped parsley; 1 gill brown sauce or tomato sauce (see page 66); salt and pepper.

Method.—Wipe and peel the mushrooms, remove the stalks and fry the mushrooms in hot fat over a quick fire for a few minutes.

Season with salt and pepper. Add the sauce and simmer gently for another 15 minutes.

To Dish.—Serve on a hot dish and sprinkle over with chopped parsley. Potatoes or rice can be arranged in a border round the mushrooms.

To Boil Carrots, Parsnips and Turnips

Moderate heat. Time, $1\frac{1}{2}$ hours.

Trim, scrub and scrape the carrots or parsnips. Peel the turnips. Cut into halves or quarters lengthways and put into just enough boiling, salted water to cover, then put the lid on the pan and simmer until they are soft. Drain and serve in a hot vegetable dish. These vegetables should not

be cooked in the same saucepan if used together, as carrots take longer to cook than parsnips and turnips. They cook more quickly if cut into dice than when left in large pieces.

Carrots and turnips are called pot vegetables, and are much used in soups and stews.

Turnips and parsnips are often mashed after boiling and mixed with a little fat and milk, well seasoned and dished in a hot vegetable or fireproof gratin dish.

Young carrots are washed, scraped and rubbed with a rough cloth, and boiled whole, in boiling, salted water, or they can be boiled for five minutes, then the skin rubbed off. They can then be placed in a casserole with a gill of stock. Cover the casserole and place it in a moderate oven, or cook on the hot plate until the carrots are tender. Add 1 teaspoonful of sugar and reduce the stock by boiling fast to a glaze. Sprinkle chopped parsley over and serve either in the casserole or on a fireproof gratin dish.

To Boil Salsify

Moderate heat. Time, 1 hour.

To prepare the roots of salsify, wash, cut off the ends of the roots and scrape gently to remove the outer rind. Rub them with lemon juice or vinegar and put into a basin of cold water. The roots after scraping turn black very quickly, if exposed to the air. Cut into pieces of even size and put into a saucepan of boiling, salted water, add the juice of half a lemon, or a dessertspoonful of vinegar, boil fast from $\frac{3}{4}$ -1 hour. Try with a skewer, and if soft they are cooked. Drain and dish on toast, coat them with white sauce.

Vegetable Marrow (Plain)

Moderate heat. Time, 30-45 minutes.

Cut two marrows in half lengthwise, peel each half thinly and remove the seeds. Put the marrows in a stewpan or casserole with sufficient slightly salted water to cover. Simmer gently for from $\frac{1}{2}$ - $\frac{3}{4}$ hour, according to size. Drain and serve.

To Dish.—Marrows may be served in the casserole in which they were cooked, or can be dished in a hot vegetable dish and coated with white sauce (see page 64).

Pumpkins can be boiled in the same manner as marrow.

Pumpkin or Marrow Cream

Moderate heat. Time, 10 minutes.

Ingredients.— $\frac{1}{2}$ lb. marrow or pumpkin ; $\frac{1}{2}$ oz. gelatine ; 1 gill unsweetened condensed milk ; 1 oz. bacon fat or dripping ; 1 oz. flour ; $\frac{1}{2}$ pint meat stock, vegetable stock or water ; salt ; pepper.

Method.—Melt the fat in a saucepan, add the flour, stir and fry for two minutes. Add the stock or water, stir until boiling, boil for 3 minutes. Season carefully, add $\frac{1}{2}$ lb. marrow or pumpkin, cooked and mashed. Melt $\frac{1}{2}$ oz. gelatine in a wineglassful of water and add while hot, but not boiling. When cold stir in $\frac{1}{4}$ pint of slightly whipped unsweetened condensed milk. When nearly setting pour into a wetted mould.

To Dish.—When cold turn out on to a dish and arrange small salad or beetroot or sliced tomatoes round it.

Stuffed Vegetable Marrow

Moderate heat. Time, 1 $\frac{1}{2}$ hours.

Ingredients.—1 large vegetable marrow ; 4 oz. haricot beans cooked (weighed before cooking) ; 1 onion ; 2 tomatoes ; 1 level tablespoonful grated cheese ; 1 level dessert-spoonful chopped parsley ; salt ; pepper ; 2 ozs. dripping.

Method.—Peel the marrow, cut in half lengthwise, remove the seeds and parboil the marrow in salted water. Rub the beans through a sieve, chop the onion, add to these the pulp of the tomatoes, cheese, parsley, salt and pepper. Mix well together. Fill the marrow with the mixture, put the two halves together and tie with tape. Make the dripping hot in a baking tin, put in the prepared marrow, baste well and cook until tender, in the oven, allowing about $\frac{1}{2}$ hour.

To Dish.—Serve on a hot dish with tomato or brown sauce poured over. (See page 66.)

Note.—This stuffing may be varied in many ways. If any cold ham, cold cooked chicken, veal or other meat is available, mince and add it to the stuffing. Rice or bread crumbs or lentils may be used as a foundation for the stuffing instead of haricot beans.

Stewed Cucumber

Moderate heat. Time, 30 minutes.

Ingredients.—2 cucumbers; 1 oz. margarine; 1 oz. flour; 1 tablespoonful of unsweetened condensed milk; 2 tablespoonsful of milk.

Method.—Peel the cucumber, cut into quarters, lengthways, remove the seeds if old. Wash and put into boiling, salted water for 15 minutes or until tender. Drain and make hot in the following sauce:—

Melt the margarine, add the flour and blend well; add the milk gradually, and a little of the water the cucumber was boiled in, stir until boiling, simmer 5 minutes; add the condensed milk and the cucumber and make hot.

To Dish.—Place the cucumber in a gratin or small vegetable dish and pour the sauce over.

Salads

All cooked vegetables, such as peas, asparagus, French beans, haricots, cauliflowers, cabbage, potatoes, tomatoes, beetroot, may be used as salads, neatly arranged in a bowl, with any dressing liked poured over and then the salad garnished according to taste.

When using lettuce, endive or any green vegetable, it must be well washed, drained on a sieve or shaken in a clean cloth to dry it well. Do not cut lettuce but tear it apart. If possible rub the salad bowl with a clove of garlic.

Never mix with the dressing until just ready to serve.

The green salads must be well dried and perfectly fresh if the salad is to be a success.

A French salad really consists of one kind of salad vegetable only, washed and dried perfectly, torn into small pieces and lightly mixed with dressing.

As a rule salad is spoiled by the use of too much vinegar: 1 dessertspoonful of vinegar to 2 tablespoonsful of oil is a good proportion.

Be sure the oil is of the best quality.

Fish Salad

Take any cold, boiled or steamed fish, or use tinned fish or a mixture of both. Remove the skin and bone and shred it. Then place in a salad bowl or suitable dish a layer of

cold cooked, sliced potato, some cold, cooked butter beans, and make a border of sliced beetroot. Pile up the shredded fish in the centre, cover with mayonnaise sauce, scatter the sieved yolk of a hard-boiled egg over, or a little very finely minced parsley. If prawns or shrimps are available they are a delicious addition to the fish.

Reasons for failure.—The salad should not be mixed too long beforehand.

The fish, beans and potatoes can be prepared but the whole salad should be mixed only a short while before it is required.

Herring Salad

Ingredients.—2 pickled herrings; $\frac{1}{2}$ teaspoonful of onion; 6 cooked potatoes; salad dressing.

Method.—Soak 2 pickled or salted herrings in water for 12 hours, changing the water two or three times. Cook, bone and skin them, and break into flakes. Mix with 6 cold cooked potatoes, cut into slices, add $\frac{1}{2}$ teaspoonful of finely minced onion. Just before serving mix with a simple salad dressing of oil and vinegar, salt and pepper, or salad dressing without oil. (See pages 70, 71.)

Reasons for failure.—See Fish Salad, page 142.

Small Salad

Ingredients.—One pennyworth of mustard and cress; two pennyworth of cooked beetroot; two pennyworth of watercress; 1 small head of celery; salad dressing.

Method.—Wash all the vegetables very well. Remove all damaged portions. Peel and slice the beetroot, slice the celery. Arrange little piles of beetroot, celery, and watercress alternately round the dish and place the mustard and cress in the centre. Pour some good salad dressing (see page 71) over, and serve.

Reasons for failure.—See Fish Salad, page 142.

Red Cabbage Salad

Ingredients.—1 red cabbage (with a firm heart); 2 heads of celery; salad dressing.

Method.—Remove the outside leaves and any damaged parts of the cabbage, and celery, and wash well.

Shred both very finely and mix together. Place in a

salad bowl. Mix lightly with some good salad dressing (see Salad Dressings, page 70). Garnish with tufts of celery.

Reasons for failure.—See Fish Salad, page 142.

Russian Salad

Ingredients.—Take 1 lb. of mixed, cooked vegetables, such as carrot, turnip, peas, French beans, beetroot and potato, and cut them into dice. Celery and cucumber may be added if available.

Method.—Arrange in a flat mould or a salad bowl or suitable dish. Dress with mayonnaise made without oil (see page 71), and decorate with a border of green peas and carrot or beetroot.

If liked, before adding the sauce, take 1 sardine for each person. Take out the backbone, remove the tail and skin, and divide into half. Arrange on the top of the mixed salad and then cover with a sauce made of the oil from the sardines, vinegar, salt and pepper, a pinch of dry mustard. Cover with the chopped yolk and white of a hard-boiled egg.

Reasons for failure.—See Fish Salad, page 142.

Rice Salad

Boil some rice as for curry so that it is dry and each grain separate. Mix with mayonnaise, or any salad dressing liked. (See Salad Dressings, page 70.) Place in the centre of a salad bowl and cover with sliced radishes. Add a border of sliced hard-boiled egg.

Reasons for failure.—See Fish Salad, page 142.

Apple, Celery and Tomato Salad

Cut equal quantities of raw apple and celery into small pieces. Place them in a bowl, cover with mayonnaise sauce and surround with a border of sliced tomato or beetroot.

Reasons for failure.—Do not prepare this salad too long beforehand or the apple will become a bad colour.

CHAPTER VIII

PASTRY AND PUDDINGS

Pastry—Hot Puddings—Cold Sweets—Jellies

Short Crust Pastry

Hot oven. Time, according to the use to which the pastry is put.

Ingredients.— $\frac{1}{2}$ lb. of flour ; 3 oz. of fat (dripping, lard or clarified fat) ; $\frac{1}{2}$ teaspoonful of baking powder ; cold water to mix ; pinch of salt.

Method.—Sieve the flour, salt and baking powder into a basin, rub in the fat and mix all to a stiff dough with the water. Flour a board and rolling pin. Roll out the pastry to the required thickness and use for meat pies, tarts, etc.

A richer pastry is made by using $\frac{1}{4}$ lb. of margarine or butter to $\frac{1}{2}$ lb. flour, and mixing with sour milk, or milk and water.

Reasons for failure.—If mixed too wet the pastry will not roll properly ; and becomes sodden and heavy. If put into too hot an oven it scorches before being cooked properly. If into too cold an oven, the pastry does not rise well, and becomes hard.

Flaky Pastry

Quick oven. Time, see Short Crust Pastry above.

Ingredients.— $\frac{1}{2}$ lb. flour ; pinch of salt ; 6 ozs. margarine and lard mixed ; cold water to mix.

Method.—Divide the lard and margarine into 3 portions. Rub the flour and salt through a sieve, and rub in one-third of the margarine, etc. Mix to a fairly stiff paste with cold water. Flour a board and rolling pin and roll out the paste into a long thin strip. Place one-third of the fat all over

the strip of pastry in little lumps, dredge a little flour over lightly, and fold the dough in three. Press the edges carefully together, and turn the fold to the left hand; roll out again, and put the remainder of the fat in small lumps over the strip of pastry, flour lightly and fold as before. When the pastry has had three folds, and three rolls, roll into the required shape and use for meat pies, patties or sausage rolls. Bake in a quick oven.

Reasons for failure.—If the fold is not always turned to the same side the pastry will not rise evenly. If the oven is not hot enough it will not rise well.

Rough Puff Pastry

Hot oven. Time, according to the use to which the pastry is put.

Ingredients.— $\frac{1}{2}$ lb. of flour; 6 ozs. of lard, or lard and margarine mixed; a pinch of salt; 1 dessertspoonful of lemon juice; cold water.

Method.—Sieve the flour and salt on to the pastry board or on to a marble slab. Cut the lard into pieces about an inch square, roll in the flour and place on one side. Make a well in the centre of the flour, put in the lemon juice and a little water and mix into a smooth paste, adding more water as necessary. Knead thoroughly; roll out, place the pieces of lard on the paste, fold in three and roll into a thin strip. Flour lightly and fold in three; again press the edges together and turn the fold towards the right hand. Proceed in the same way until the pastry has had four rolls and four folds. Roll out again to the size required and use either for meat pies or tartlets. For mince pies roll out the pastry thinly, stamp out rounds with a round cutter, slightly larger than the patty pan used, line some patty pans with the pastry, fill with mincemeat, slightly damp the edges, put on a cover of pastry, knock up and scallop the edges, place the pies on a baking sheet and bake in a hot oven 15-20 minutes.

Reasons for failure.—If the fold in the pastry is not always turned to the same side the pastry will not rise evenly. If rolled too heavily so that the lard breaks through the dough, it will tend to make it heavy. If put into too cool an oven it will not rise well.

To make Milk Puddings

Cool oven. Time, 3 hours.

Ingredients.—2 ozs. of any farinaceous food, such as rice, sago, tapioca ; 1 pint of milk, or milk and water ; 1 tablespoonful of sugar ; pinch of salt.

Method.—Put the rice or any other cereal used at the bottom of a greased pie dish, add the salt, sugar and milk. Stir well, place in a cool oven, and cook slowly about 3 hours, until set. Stir occasionally the first hour. If liked nutmeg can be grated over the pudding, or any flavouring essence added to it.

A little fat or suet can be added also if liked.

To Dish.—Place the pie dish in an entrée dish, or on another dish.

Reasons for failure.—If the oven is too hot the pudding may boil over into it and waste. The moisture evaporates and leaves the cereal quite dry before it has cooked soft. Slow gentle cookery is required.

Ground Rice Custard Pudding

Cool oven. Time, 45 minutes.

Ingredients.—1 pint of milk or milk and water ; 1 bay leaf, or any flavouring essence liked ; 2 ozs. of ground rice ; 1 oz. of sugar ; 1 egg.

Method.—Put the milk and bay leaf into a pan, bring to the boil, remove the bay leaf, sprinkle in the ground rice, stir and simmer 6 minutes ; remove from the fire and cool a little, beat up the egg with the sugar, add to the pudding, pour into a greased pie dish, and bake until set, in a cool oven.

Two dried eggs prepared according to directions may be used in place of an egg.

To Dish.—Place the pie dish in an entrée dish or on another dish and serve.

Reasons for failure.—If cooked too fast in the oven or too long the egg may curdle.

Cornflour Sandwich Pudding

Moderate heat. Time, 20 minutes.

Ingredients.—1 tablespoonful of custard powder ; 2 ozs. cornflour ; 1 quart milk or milk and water ; a thinly peeled

strip of lemon, or orange rind, or any flavouring essence liked; 1 oz. of sugar; pinch of salt; jam.

Method.—Put the cornflour, custard powder and a pinch of salt into a basin. Blend smooth with a little of the cold milk, put the remainder of the milk, or milk and water, into a saucepan with the lemon rind or a bay leaf, and bring to the boil. Strain on to the cornflour, stirring well. Return to the pan, and boil for 8 minutes, stirring all the time. If too thick add a little more water or milk. Add the sugar and flavouring essence (if used) and pour into two soup plates rinsed in cold water. When cold and set warm a little jam, or add a little hot water to it, to make it spread easily.

To Dish.—Slip the contents of one soup plate on to a glass dish, spread the jam over and slip the contents of the other on the top.

If a more elaborate pudding is desired add one or two tablespoonsful of condensed milk to the mixture when boiled, and sprinkle chopped nuts over it, when dished.

Reasons for failure.—If not well stirred when boiling the mixture will stick to the bottom of the pan and burn.

Chocolate Blanc Mange

Moderate heat. Time, 15–20 minutes.

Ingredients.—2 ozs. of cornflour; 1 large tablespoonful of cocoa powder; 1 pint milk or milk and water; 1 oz. sugar; 15 drops vanilla essence; pinch salt.

Method.—Put the cornflour, cocoa and salt into a basin, blend smoothly with a little cold milk, put the rest of the milk on to boil, pour over the cornflour when boiling, stirring well. Return to the pan, and boil 10 minutes, stirring all the time. Add the sugar and essence. Turn into a mould rinsed in cold water.

To Dish.—Turn out on to a glass dish and use plain, or with custard made of powder, poured round.

Reasons for failure.—If not well stirred while cooking the mixture will stick to the bottom of the pan and burn.

Boiled Custard

Moderate heat. Time, 10–15 minutes.

Ingredients.—3 eggs; 1 pint milk; sugar to taste; vanilla or any flavouring essence.

Method.—Boil the milk, beat up the eggs, and sugar very well, add the boiling milk gradually, stirring well. Return to the pan and bring almost to the boil, stirring all the time, on no account let it boil or the eggs will curdle. Pour into a basin. Add the flavouring essence.

To Dish.—When cold pour into custard cups or a glass dish.

Reasons for failure.—If the hot milk is not added gradually the eggs will curdle. It is safest to make custard in a double pan or in a jug standing in a pan of boiling water. Stir all the time.

Baked Custard

Slow oven. Time, 30 minutes.

Ingredients.—2 eggs; 1 pint milk; nutmeg, or any flavouring essence liked; 1 oz. sugar.

Method.—Put the milk on to boil, beat up the eggs and sugar, add the boiling milk gradually, stirring all the time. Turn into a greased pie dish, grate nutmeg over the top and bake in a slow oven until set. In place of nutmeg any flavouring essence can be added to this, before pouring it into a pie dish.

To Dish.—Place the pie dish in an entrée dish, or on another dish. Serve hot or cold.

Reasons for failure.—If the oven is too hot the eggs curdle. The pudding must on no account boil, or it becomes watery and full of holes. When it sets it is cooked.

A steamed custard is made in the same manner, but is poured into a greased basin, covered with greased paper, and put into a steamer. Or stand the basin on something placed at the bottom of the saucepan, and allow the water to reach half-way up the basin. Put the lid on the pan and let the water simmer gently until the pudding is set. Do not let it cook fast or the custard will be full of holes. Turn out on to a hot dish.

Caramel Rice Pudding

Moderate heat. Time, 1-1½ hours.

Ingredients.—2 ozs. of sugar; 1 gill of water; 2 ozs. of rice; 1 pint of milk or milk and water; any flavouring essence liked.

Method.—*For the caramel.*—Put the sugar and a little

of the water into a pan. Stir until melted, and let the sugar become brown, add the rest of the water, and boil the mixture until thick and syrupy. Warm a soufflé mould and pour in the caramel, and coat the mould with it by turning it round and round. Put the rice and milk into a double saucepan, and cook until thick and creamy. Let it cool, then add any flavouring essence liked. Thin strips of lemon peel can be put into it while cooking, if removed before adding the essence. Pour the mixture into the soufflé mould, and steam 30 minutes. A spoonful of condensed milk unsweetened or sweetened can be added to the rice, and a little sugar or substitute may also be used if the caramel is not found sufficiently sweet.

To Dish.—Turn the pudding out gently on to a hot dish.

Reasons for failure.—If the caramel is boiled too long it turns into toffee. If the rice is not cooked in a double saucepan great care must be taken not to let it burn.

Steamed Batter Pudding

Moderate heat. Time, 2 hours.

Ingredients.—1 egg ; $\frac{1}{4}$ lb. flour ; $\frac{1}{2}$ pint skim milk ; salt.

Method.—Put the flour and salt into a basin, add the egg and half the milk, and stir into a smooth paste. Beat it for ten minutes with a wooden spoon, then add the remainder of the milk, gradually.

Pour the mixture into a greased basin, cover with a greased paper and steam for 2 hours.

To Dish.—Turn on to a hot dish and serve a sweet white sauce with it (see page 69).

Reasons for failure.—If the egg and milk are not stirred very gradually to the flour, and the latter blended smooth and free from lumps before all the moisture is added, the mixture will be lumpy.

Yorkshire Pudding (Baked Batter)

Moderate heat. Time, 30 minutes.

Ingredients.—4 ozs. flour ; 1 egg, or a prepared dried egg ; pinch of salt ; $\frac{1}{2}$ pint of milk.

Method.—Sieve the flour and salt into a basin. Make a well in the centre. Break the egg into it, add a very little

milk and work gradually into the flour, adding more milk as required. Mix stiffly at first and beat well with a wooden spoon, then gradually add the rest of the milk. Let it stand $\frac{1}{2}$ hour, then pour into a well greased Yorkshire pudding tin and bake in a moderate oven about 30 minutes.

To Dish.—Cut into squares, arrange on a hot dish and serve with roast beef.

Pancakes can be made from this mixture by pouring a little fat into an omelet pan, make it hot, pour in sufficient batter to cover the bottom of the pan, fry one side brown, turn and brown the other side ; turn on to a clean paper on which some castor sugar has been sprinkled, squeeze over some lemon juice, roll up, place on a dish paper on a hot dish, and keep hot while frying the remainder. A little fresh fat is required with each.

Reasons for failure.—If the oven is too hot the pudding becomes too hard and brown on the outside and the inside will not cook properly. If the oven is too cold the pudding will become heavy.

Apple Fritters

Ingredients.—2 or 3 apples ; sugar ; frying batter (see page 72) ; frying fat.

Method.—Peel and core the apples, cut into rings, make a frying batter (see page 72). Dip each apple ring into it and drop into a bath of hot fat. A faint blue smoke must rise from the fat before putting in the fritters. When pale brown lift them out with a fish slice.

To Dish.—Drain on soft paper and serve on a napkin, or dish paper. Sift a little sugar over when dished.

Reasons for failure.—If the apples are not placed in cold water when cut they will turn black. Dry in a clean cloth before dipping in the batter. If the fat is not hot enough when the fritters are put in they will become greasy and sodden.

Belgian Bread Fritters

Moderate heat. Time, 15 minutes.

Ingredients.—Some pieces of stale bread ; 1 gill of milk ; vanilla or any flavouring essence liked ; 1 teaspoonful of sugar ; bread crumbs ; a little white sugar (for coating).

Method.—Cut any pieces of stale bread into neat shapes,

and soak in the milk, to which the sugar and vanilla essence have been added. Make bread crumbs of the trimmings of bread and coat the soaked bread with them. Have ready some boiling fat, put the fritters in and fry until pale brown.

To Dish—Lift out. Drain well and serve very hot on a lace paper, on a hot dish. Sift white sugar over.

Reasons for failure.—If soaked too long the bread becomes too soft and falls to pieces. If the fat is not properly hot, the fritters will not be crisp, but greasy.

Sponge Pudding made with One Egg

Hot oven. Time, 15 minutes.

Ingredients.—1 egg ; 1 teacupful of flour ; 1 teaspoonful of baking powder ; 2 ozs of castor sugar ; 2 ozs. of margarine ; $\frac{1}{2}$ teacupful of milk

Method.—Cream the margarine and sugar, add the egg, beat well, mix the flour, baking powder and a pinch of salt together, add lightly to the margarine and egg, alternately with the milk. Put into well-greased small castle pudding moulds and bake 10–15 minutes in a fairly hot oven. This mixture can be put into one large mould if liked, but then takes 20–30 minutes to cook.

To Dish.—Turn on to a hot dish and hand jam sauce with it.

Reasons for failure.—If the oven is not hot enough the pudding will not rise well. If too hot it will scorch on the outside and the inside will not cook properly.

Swiss Roll

Hot oven. Time, 8 minutes.

Ingredients.—2 eggs ; 1 oz. margarine ; 1 teaspoonful baking powder ; weight of the eggs in sugar and flour ; pinch of salt ; jam.

Method.—Grease a baking tin, and line it with greased paper, which should be cut slightly larger than the tin so that it stands up a little higher all round. Sift the flour, baking powder and a pinch of salt. Beat up the eggs and sugar to a stiff froth. It is well to beat them over a pan of boiling water for a few minutes ; just melt the butter, and when the eggs are ready, add the flour and butter alternately very lightly with a metal spoon. Pour the

mixture into the prepared tin and bake at once in a hot oven about 8 minutes. While baking, put about $1\frac{1}{2}$ table-spoonsful of jam in a pan and warm, and place a sheet of paper on the table, sprinkled with a little castor sugar. When the cake is ready turn it upside down on to the paper, remove the paper which lined the tin, cut a thin strip from each side of the cake, spread the jam over quickly and roll up. Place on a sieve or wire tray to cool.

To Dish.—Arrange on a d'oyley on a dish and serve, either hot or cold. If eaten hot, jam or custard sauce should be served with it.

Reasons for failure.—If the eggs are not well beaten the cake will not be light. If the oven is not hot enough the cake does not cook quickly enough and breaks or cracks when rolled. If so hot that the paper scorches badly the cake becomes too hard on the outside and cracks when rolled. If kept too long in the oven it also becomes hard. If not rolled as quickly as possible after removing from the oven it hardens and does not roll well. At the end of 8 minutes if pressed with the finger the cake should be elastic. If the dent caused by pressing does not fill out again the cake is not cooked enough.

Gingerbread Pudding

Moderate heat. Time, 3 hours.

Ingredients.—4 ozs. of flour ; 2 ozs. of medium oatmeal ; 2 ozs. of barley flour ; $2\frac{1}{2}$ ozs. of suet ; 2 teaspoonsful of carbonate of soda ; 1 teaspoonful of baking powder ; 2 table-spoonsful of treacle or golden syrup ; 1 gill of milk or milk and water.

Method.—Mix the flour, soda, baking powder, ginger and a pinch of salt. Grate the suet and add. Blend the syrup and milk together, warming them a little if the former is too stiff. Mix quickly with the dry ingredients. Turn into a greased basin and steam for 3 hours, or boil 2 hours.

All suet puddings can be made in this manner using dried fruits, jam, marmalade, and spice, in place of ginger, and equal quantities of flour, bread crumbs, or bread pieces soaked in cold water, and squeezed dry in a clean cloth.

To Dish.—Turn on to a hot dish and serve with syrup sauce or custard made of powder.

Reasons for failure.—If the water is not kept boiling under the pudding the whole time, it will become heavy. If the water boils away, fresh boiling water must be added. The pudding must be cooked as soon as the moisture is added to the dry ingredients or it will become heavy as the carbonate of soda begins to work, directly it is wet.

Cocoa or Chocolate Pudding

Moderate heat. Time, 1½ hours.

Ingredients.—1 oz. of margarine ; 2 ozs. of sugar ; 2 ozs. of ground rice ; 1 teaspoonful of baking powder ; 2 ozs. of cocoa or grated chocolate ; 2 ozs. of flour ; 1 egg.

Method.—Beat up the margarine, add the sugar and beat well. Add the well-whisked egg. Mix the flour, cocoa, baking powder, and a pinch of salt well together. Stir lightly to the mixture, put into a greased mould or basin, cover with greased paper, and steam 1½ hours. Serve with hot custard or cornflour sauce, flavoured with cocoa or chocolate.

Reasons for failure.—If the water in the saucepan is not boiling when the pudding goes in, and is not kept boiling all the time the pudding will become sodden and heavy.

Chocolate Trifle

Ingredients.—6 penny sponge cakes ; jam ; 2 table-spoonsful of Marsala or Madeira (if liked) ; 2 table-spoonsful of custard powder ; 2 table-spoonsful of cocoa powder ; 1 quart of milk or milk and water ; flavouring essence ; whites of eggs (two).

Method.—Split the sponge cakes in half, spread jam on each half. Then press together and cut into fingers and place in a glass dish. Put 2 table-spoonsful of boiling water into a cup, add the sherry, mix and pour (with the spoon) over the cake. Blend the custard powder and cocoa with a little cold milk. Put the remainder on to boil. When boiling pour on to the custard powder, stirring well. Return to the pan, and simmer 7 minutes, stirring all the time. If too thick add a little unsweetened condensed milk, as this gives a creamy flavour. Flavour with vanilla and pour gradually over the sponge cakes. Whip the whites of egg to a stiff meringue, flavour with vanilla and enough sugar

to sweeten, and when the custard is cold pile over the trifle, and decorate with angelica, cut in fancy shapes, or cherries, or blanched sliced almonds. The custard can be made with the yolks of egg, and a dessertspoonful of cornflour, if liked.

A plainer trifle is made by omitting the meringue and decorating the custard when cold with cherries or nuts.

Fruit Trifle

Fairly hot oven. Time, 30 minutes.

Ingredients.—1 sponge cake; stewed fruit; 1 pint custard; $\frac{1}{2}$ oz. almonds.

Method.—Make a round sponge cake (see page 179) about 2 inches thick when baked. Cut a circular piece out of the centre and use for some other purpose. Soak with the juice of any stewed fruit.

To Dish.—Pile stewed fruit in the centre. Cover with custard and decorate with a few split almonds.

Reasons for failure.—See Sponge Cake and Custard, pages 179, 148.

An Apple Sweet

Moderate heat. Time, 30 minutes.

Ingredients.—1 lb. apples; 2 cloves, or a thinly peeled strip of lemon rind; 1 tablespoonful of sugar; 1 pint packet of red jelly crystals.

Method.—Wipe the apples with a damp cloth, and cut in quarters, remove any damaged portions, but do not peel or core the fruit. Put into a saucepan with the cloves and lemon rind, and a pinch of salt. Just cover with cold water. Bring to the boil, simmer until soft, rub through a sieve. Add the sugar. Melt the jelly crystals in a pint of almost boiling water, stir frequently until dissolved, add to the apple pulp. Stir well, and when cold, but not set, pour into a mould rinsed out with cold water.

To Dish.—Turn out when set. This can be made in small moulds if liked.

Rhubarb can be used in place of apples, but will require a little cochineal to improve the colour.

Reasons for failure.—If the apples are boiled fast the water will evaporate and they will burn. If the mixture is put into the mould too soon the gelatine sinks to the

bottom and forms a layer instead of being suspended through the pudding.

Cream of Rice

Moderate heat. Time, 1 hour.

Ingredients.—3 ozs. of rice ; $\frac{1}{2}$ gill of water ; 1 pint of milk ; flavouring essence ; 1 oz. of gelatine ; $1\frac{1}{2}$ ozs. of sugar.

Method.—Stew the rice in 1 pint of milk about 1 hour until the rice is cooked and the milk absorbed. Add sugar and flavouring to taste. Dissolve $\frac{1}{2}$ oz. of gelatine in $\frac{1}{2}$ gill of water and when cold stir in $\frac{1}{4}$ pint of whipped cream, or unsweetened condensed milk ; add to the rice. Pour into a mould, when cold.

To Dish.—Turn out when set on to a glass dish.

Reasons for failure.—If the rice is not stewed gently it will burn. Use a double saucepan. Do not add the gelatine until the rice is nearly cold, or it will sink to the bottom of the mixture and form a line, instead of being suspended through it.

Italian Jelly

Make a red jelly from a jelly packet, adding $\frac{1}{2}$ oz. of gelatine. When cold and nearly set half fill a mould, rinsed in cold water, with the jelly. When set place a layer of rather stiff cornflour blanc mange, well flavoured with almond in the mould, leaving room for a third layer. When set spread a very thin layer of jam over the blanc mange, and add another layer of blanc mange, coloured green and flavoured with vanilla. Turn out very carefully on to a glass or silver dish.

Reasons for failure.—If each layer is not set before adding the next, they will amalgamate instead of forming layers.

Jam Soufflé

Slow heat. Time to melt the gelatine, 10 minutes.

Ingredients.—2 tablespoonsful of red jam ; $\frac{1}{4}$ oz. gelatine ; 2 whites of egg ; 2 ozs. of castor sugar ; $\frac{3}{4}$ pint of water ; 1 teaspoonful of lemon juice.

Method.—Put the water and gelatine in a saucepan by the side of the fire and stir frequently until the gelatine is melted. Add the sugar and allow it to dissolve. Rub the jam through a hair sieve and when the sugar is dissolved

mix the jam and lemon juice with the gelatine, etc. Turn all into a basin and when cold, but not set, add the whipped whites of egg, and whisk until spongy and nearly setting. Put into a mould rinsed in cold water.

1 gill of fruit syrup can be added to this in place of jam, in which case only half a pint of water will be required.

If not a good colour add a few drops of cochineal.

To Dish.—Turn out on to a glass or silver dish.

Reasons for failure.—If the gelatine boils before being melted it is apt to curdle.

Entente Pudding

Moderate heat. Time, 30 minutes.

Ingredients.—1 orange jelly packet (pint size); 1 pint of custard made from powder; 1 oz. of gelatine; 3 ozs. of sponge cake; 2 ozs. of sugar; 1 gill of unsweetened condensed milk; 1 oz. of angelica; 1 oz. of glacé cherries (if procurable); vanilla essence; 1 gill of water.

Method.—Make the jelly in the usual way, using less than a pint of water, 3 gills is sufficient. Make a pint of custard, add the sponge cakes, cut in dice, the sugar, vanilla, angelica cut small, and cherries cut in half. Melt the gelatine in the water and add, beat up the condensed milk and stir in. Line the bottom of a mould with a little of the jelly. When set decorate with cherries and angelica. When the custard mixture is cold and nearly setting pour into the mould.

To Dish.—Turn out when set and serve with chopped jelly round.

A plainer pudding can be made by omitting the jelly, and decorating the pudding when turned out with cherries or angelica cut in fancy shapes.

Lemon Sponge

Slow heat. Time, 15 minutes to dissolve gelatine, etc.

Ingredients.— $\frac{1}{2}$ oz. gelatine; $\frac{1}{2}$ pint water; rind and juice of 2 lemons; 2 ozs. of sugar; whites of 2 eggs.

Method.—Dissolve the gelatine in the water, add the lemon rind, peeled very thinly, and sugar. Leave in a warm place 5 minutes. Strain, add the lemon juice. When cold add the whipped whites of egg. Whisk all together until stiff enough for a spoon to stand up in it.

To Dish.—Serve piled high on a glass or silver dish or put into a mould and turn out when set.

Reasons for failure.—If the lemon rind is not peeled very thinly, and if it is infused too long, the sponge will taste bitter.

Clear Lemon Jelly

Ingredients.— $1\frac{1}{4}$ pints of water ; $1\frac{1}{2}$ gills of lemon juice ; 6 ozs. of sugar ; $\frac{1}{2}$ inch of stick cinnamon ; 4 cloves ; $1\frac{1}{2}$ ozs. of gelatine ; rind of 2 lemons (very thinly peeled) ; whites of 2 eggs.

Method.—Put all these ingredients into a bright clean pan (an enamelled or aluminium pan). Place over moderate heat, and whisk until nearly boiling. Remove the whisk and let the jelly boil until it rises to the top of the saucepan, draw the pan to one side, and let it stand until the scum cracks. Turn a chair upside down on another chair and tie a clean tea-cloth to the legs. Pour some boiling water through it into a basin, then place another basin under the cloth and pour the jelly through gently. If not quite clear slip a clean basin under and gently pour the contents of the first basin through the cloth again. Repeat until clear, pour into a wetted mould and stand in a cool place until set. In hot weather, or if the jelly is required quickly use more gelatine.

If liked, fruit juice can be used in place of lemon juice, or 1 pint of water, and $\frac{1}{4}$ pint of sherry or maraschino or any wine can be used in place of $1\frac{1}{4}$ pints of water.

Reasons for failure.—The jelly must not be whisked after it reaches boiling point or it will not be clear. It must not be shaken after boiling, and should be poured very gently through the cloth.

Orange Jelly

Gentle heat. Time, 15 minutes.

Ingredients.—Rind of 3 oranges ; $\frac{1}{2}$ pint of orange juice ; 1 teaspoonful of lemon juice ; 3 ozs. of sugar ; $\frac{3}{4}$ oz. of gelatine ; $\frac{1}{2}$ pint of water.

Method.—Cut the orange rind very thinly, and put it into a pan with the water, sugar and gelatine. Stir until the gelatine is melted ; then bring to the boil. Remove from the fire and leave it for 10 minutes. Then add the orange

and lemon juice, and strain into a mould, rinsed with cold water. If liked, the jelly can be coloured with carmine or cochineal.

This is not a clear jelly.

American Ice Cream

Moderate heat. Time to boil custard, 10 minutes.

Ingredients.— $\frac{1}{2}$ tin unsweetened condensed milk; $\frac{3}{4}$ breakfastcupful of brown bread crumbs; 2 eggs; 1 pint of milk; $2\frac{1}{2}$ ozs. of sugar; flavouring essence.

Method.—Make a custard with the yolks of 2 eggs, 1 pint of milk, and $2\frac{1}{2}$ ozs. of sugar. Add any flavouring essence liked.

The custard can be made of custard powder if preferred. When cold add $\frac{1}{2}$ tin of unsweetened condensed milk, and $\frac{3}{4}$ of a breakfastcupful of brown bread crumbs, rubbed through a fine wire sieve. When quite cold put into the freezer. When half frozen add the whites of egg beaten to a stiff meringue. Stir in well. Then continue to work the freezer until the cream is frozen.

This can be varied by using any kind of nuts chopped fairly fine, in place of brown bread.

To Dish.—Place a tablespoonful on each ice plate and serve with wafers.

CHAPTER IX

BREAKFAST AND SAVOURY DISHES

Breakfast Dishes—Egg Dishes—Savouries

BREAKFAST DISHES

Sausage and Potato Rolls

Moderate oven or frying pan. Time, 20 minutes.

Ingredients.—Half a sausage for each person ; potato pastry.

Method.—Skin the sausages, cut them in half, roll out some potato pastry, cut it into squares, lay a half sausage on each square, fold over. Press the edges together. Mark with the back of a knife, put on a greased baking sheet and bake in a moderate oven for 20 minutes, or until pale brown. If the oven is not in use the rolls can be cooked on a greased frying pan turning once. These can be prepared the day before, and baked or cooked in a frying pan in the morning.

Potato Pastry

Ingredients.— $\frac{1}{2}$ lb. mashed potatoes ; 4 ozs. of flour, or flour and fine oatmeal ; $1\frac{1}{2}$ ozs. of dripping ; 1 teaspoonful of baking powder ; salt.

Method.—Mix the flour, salt and baking powder ; rub in the dripping. Add the potatoes and mix well and lightly. Make a stiff paste with cold water. Flour a board and roll out $\frac{1}{4}$ inch thick. It should be baked in a quick oven and can be used in place of ordinary pastry.

Curried Rice

Moderate heat. Time to boil, 20 minutes. To fry,
10 minutes.

Ingredients.— $\frac{1}{4}$ lb. of rice ; 2 ozs. of fat ; 1 dessert-spoonful of curry powder ; 1 teaspoonful of turmeric ; salt.

Method.—Wash the rice in several waters, and boil as for curry (page 124). Drain well, melt the fat in a frying pan, add the curry powder and fry 2 or 3 minutes, then add the turmeric and rice. Fry pale brown. Pile on a hot dish. The rice can be boiled overnight and fried in the morning, or it can be cooked in the haybox overnight.

Bacon and Oatmeal Rolls

Clear fire. Time to fry, 10 minutes.

Ingredients.— $\frac{1}{2}$ rasher of bacon for each person; 3 tablespoonsful of cold porridge; 1 teaspoonful of dried herbs; 1 teaspoonful of chopped parsley; salt; pepper; bread crumbs; 1 piece of toast, or fried bread for each person.

Method.—Remove the rind and rust from the bacon; cut each rasher in half and smooth with the blade of a knife, mix the porridge (which should be rather thick) with sufficient bread crumbs to stiffen. Add the herbs, parsley and seasoning; spread the mixture thickly on the bacon, roll up and place the rolls in a frying pan, cook gently until the bacon is done, turning the rolls carefully. Dish on squares of toast or fried bread.

Sausage Savoury

Good fire. Time, 15 minutes.

Ingredients.— $\frac{1}{2}$ sausage for each person; 2 teaspoonsful of anchovy essence; 2 ozs. dripping; cayenne; toast.

Method.—Cook the sausages in a frying pan. Have ready some fingers of toast, about 3 inches long, and $1\frac{1}{2}$ wide, mix the anchovy essence and dripping on a plate with the cayenne, and spread on the toast while the latter is hot. Keep warm. When the sausages are cooked, cut into thin rounds, and arrange down the middle of each piece of toast. Serve hot.

Bacon Fritters

Clear fire. Time, 15 minutes.

Ingredients.—2 rashers of bacon; batter; seasoning.

Method.—Make a frying batter as follows: 2 ozs. of flour, $\frac{1}{2}$ gill of tepid water, 1 dessertspoonful of salad oil, or oiled margarine, pinch of salt. Sieve the flour and salt into a basin, and make a well in the centre of the flour. Mix the oil and tepid water and add them gradually

to the flour, beating well with a wooden spoon. Let the batter stand at least half an hour.

Cut the bacon into small dice. Mix with the batter. Season well. Melt 1 oz. fat in a frying pan, when hot drop in spoonful of the batter mixture, fry brown on one side, then turn and brown the other. Dish on a lace paper on a hot dish.

This can be made with the remains of any cooked fish, dried or fresh, in place of bacon. The batter can be made overnight, and the bacon or fish prepared, but they should not be added to the batter until the morning.

Oatmeal Porridge

Ingredients.— $\frac{3}{4}$ pint of water; $1\frac{1}{4}$ ozs. of oatmeal for each person.

Method.—If possible, use a double saucepan to make the porridge; put some boiling water into the pan; add salt, then sprinkle in the oatmeal, stirring well all the time. Stir until it boils and thickens, and then simmer half an hour or longer if liked. If made in a double saucepan cook for an hour.

The porridge can be made overnight. Bring it to the boil and cook for 5 minutes; then put the saucepan into the haybox and leave it all night. In the morning it will be cooked, and only requires re-heating.

THE FOLLOWING DISHES ARE SUITABLE FOR BREAKFAST DISHES

- Polenta cakes. (See page 127.)
- Bacon and eggs.
- Omelettes. (See page 166.)
- Poached eggs. (See page 163.)
- Boiled eggs. (See page 163.)
- Œufs sur le plat. (See page 164.)
- Grilled kidneys. (See page 103.)
- Cold boiled ham or bacon. (See page 108.)
- Cold tongue. (See page 100.)
- Herring dishes. (See pages 81, 82.)
- Findon haddocks. (See page 82.)
- Kedgerie. (See page 91.)
- Fish cakes. (See page 89.)
- Fish pie or pudding.

EGG DISHES**To Boil an Egg**

Clear fire. Time, 4-5 minutes.

Have ready a pan with enough boiling water to cover the egg, put in the egg, draw the pan to one side of the fire, and let the water simmer gently from 3-4 minutes. If a lightly-boiled egg is required 3 minutes is long enough for cooking it, but a fresh egg generally requires 4 minutes to set the white.

To boil an egg hard it should never be cooked for less than 20 minutes.

To Fry Eggs

Gentle heat. Time, 5 minutes.

Melt some fat in a frying pan or use a pan in which bacon has been fried. Break the eggs into a cup, and slip into the frying pan. Draw the pan to the side of the fire and cook gently until the egg is set. Lift with a slice and drain a minute.

To Dish.—Dish on toast or on polenta cakes or place an egg on each rasher of bacon.

Reasons for failure.—If cooked over too great heat the eggs will be tough and hard.

To Poach an Egg

Slow heat. Time, 4-5 minutes.

Have ready some boiling water in a fairly shallow pan, add a little salt and a teaspoonful of vinegar. Break the egg carefully into a cup. Draw the pan to the side of the fire. Stir the water round and while moving slip the egg gently into the water. Stir once without touching the egg, do not let the water boil after the egg goes in. When the white is set the egg is ready.

To Dish.—Have ready a piece of buttered toast, cut into a round a little larger than the egg; take up the egg with a fish slice. Lay the slice for a second on a clean cloth to drain off the water; then slip the egg on to the toast.

Reasons for failure.—If the yolk is broken the egg looks unsightly. If the water boils after the egg goes in it cooks hard and is indigestible. The vinegar helps to set the white

and stirring the water causes the white to fold over the yolk.

Œufs sur le Plat

Moderate heat. Time, 5 minutes.

Take some small china egg dishes, grease slightly, break an egg carefully into each, sprinkle with salt, pepper and some chopped parsley, or mustard and cress. Put into a moderate oven on a baking sheet, or on the hot plate of the range, and when set serve at once.

Four or more eggs can be carefully put in one fireproof dish, and cooked together if liked.

Small casseroles that hold one egg can be procured and are not expensive.

Scrambled Eggs

Moderate heat. Time, 5 minutes.

Ingredients.—2 eggs ; 1 oz. of margarine ; 1 tablespoonful of milk ; salt ; pepper ; toast.

Method.—Break the eggs into a saucepan. Add the other ingredients and stir well with a wooden spoon over gentle heat, until the mixture sets.

To Dish.—Have ready a piece of toast for each person. Place some of the egg mixture on each piece and serve at once.

This can be varied by adding chopped parsley or a pinch of sweet herbs to the mixture, or the toast can be spread with anchovy paste before piling the egg on it. Two eggs will be sufficient for three people, cooked like this. A little more milk can be added to give bulk to the mixture.

Reasons for failure.—If not stirred vigorously all the time the mixture will stick to the pan and will not set evenly ; if cooked over too great heat it will burn.

Scrambled Eggs with Rice

Proceed as for Scrambled Eggs, but mix in two table-spoonful of boiled rice to each egg.

Egg and Tomato Cutlets

Clear fire. Time, 8 minutes.

Ingredients.—2 hard-boiled eggs ; 2 tomatoes ; 2 table-spoonful of thick white sauce ; 1 teaspoonful of chopped parsley ; 1 egg ; seasoning ; $\frac{1}{2}$ oz. of fat.

Method.—Melt the fat in a pan, dip the tomatoes in boiling water, then remove the skins, cut them in slices and cook in the fat until soft ; rub through a sieve. Chop the eggs, mix them into the sauce ; add the tomato pulp, seasoning and chopped parsley. Beat up the yolk of the egg and add. Mix well and cook over a gentle heat until the mixture binds. Turn it on to a plate to cool. Shape the mixture into cutlets ; brush over with the slightly whipped white of the egg, coat with bread crumbs or fine oatmeal, and bake in a hot oven or fry in hot fat. If the mixture is too soft when shaping it into cutlets add some bread crumbs to it.

To Dish.—Drain on soft paper and dish leaning one against the other on a d'oyley on a hot dish.

Sardine Eggs (cold)

Take three hard-boiled eggs, cut them in half ; remove the yolks, place them in a mortar with six sardines, from which the skins and backbones have been removed. Mix a teaspoonful of the oil from the sardines, a little chopped parsley, and 1 teaspoonful of vinegar, salt and pepper, with the sardines, and pound all well together to a paste. Fill the halves of white of egg with this mixture, and form a small basket by making a handle of a stalk of watercress. Dish on a bed of watercress.

Stuffed Eggs (cold)

Allow one fresh egg for each person, boil them hard and shell. Cut in half, remove the yolk. Fill the white with chopped beetroot, gherkins or capers, a few peas or dice of cooked carrots, turnips and potato, and dress each with a teaspoonful of mayonnaise without oil, or if oil is procurable a sauce composed of two tablespoonsful of oil to one of vinegar, salt, and freshly ground black pepper. Take the yolks of egg and mix with the same quantity of cooked and sieved red lentils. Flavour with salt, pepper and cayenne. Roll into balls.

To Dish.—Arrange the filled white of egg cups, with a ball of egg yolk between each, on a green salad and serve with crisp toast or oat cake.

Chaufroid of Eggs (cold)

Ingredients.—4 hard-boiled eggs chopped; 4 ozs. of boiled rice; 2 gills of white sauce; 1 teaspoonful of finely minced parsley stalks; 1 gill of unsweetened condensed milk; $\frac{1}{2}$ oz. of gelatine; $\frac{1}{2}$ gill of water; cayenne; salt; and pepper.

Method.—Dissolve the gelatine in the water over gentle heat. Mix it with the sauce and condensed milk and then stir in the other ingredients. Rinse a plain china mould in cold water and decorate it with shapes of beetroot and green peas. Fill with the egg mixture.

To Dish.—When set, turn out carefully in the centre of a dish, and arrange green salad round. Hand salad with this.

Curried Eggs

Ingredients.—1 oz. of fat; $\frac{1}{2}$ apple chopped finely or 2 inches of rhubarb; 1 small onion; 2 teaspoonsful of curry powder; $1\frac{1}{2}$ teaspoonsful of flour; 1 gill of stock; 2 hard-boiled eggs; a little lemon juice; boiled rice.

Method.—Mince the onion and fry without browning in the fat, add the curry powder, fry a few minutes. Then add the flour and stir over the fire a minute. Add the stock and apple. Stir until boiling. Simmer gently half an hour, stirring occasionally. Cut the eggs into 8 pieces each, warm half the pieces in the curry mixture.

To Dish.—Put the curry on to a hot dish, surround it with a border of boiled rice and decorate with the other pieces of egg, which should be arranged in a row round the curry just inside the rice.

Omelette

Clear fire. Time, 5 minutes.

Ingredients.—2 eggs; $\frac{1}{2}$ teaspoonful of chopped parsley; $\frac{1}{2}$ oz. of butter; pepper; salt.

Method.—Put the eggs into a basin, beat very slightly, add the parsley, salt and pepper. Melt the butter in an omelette pan, pour in the egg mixture, stir for a few seconds, and as it sets, lift it up and allow the liquid part to flow to the bottom. Lift this again. Double the omelette over and slip on to a lace paper on a hot dish. The omelette

should be quite soft in the middle and flaky. It only takes a few minutes to cook.

This omelette can be varied by adding a tablespoonful of grated cheese, or cooked and seasoned tomato, or cooked fish, flaked and seasoned, or cooked mushrooms, to the mixture just before doubling it over.

More eggs can be used if liked, but the above quantity makes an omelette large enough for one person.

SAVOURIES

Sardine and Bacon Rolls

Ingredients.—6 sardines ; 6 rashers of bacon ; toast or potato or polenta cakes.

Method.—Remove the skins from the sardines ; cut some very thin rashers of bacon, remove the rinds, and roll one round each sardine. Place on a baking sheet and bake in a moderate oven about 8 minutes.

This can be made with oysters in place of sardines. Beard the oysters, and place one in each roll of bacon. Finish as above.

To Dish.—Serve hot on rounds of toast or small polenta or potato cakes. Sprinkle a little chopped parsley over.

Cheese Aigrettes

Moderate heat. Time, 20 minutes.

Ingredients.—2 ozs. of flour ; 1 gill of water ; 1 oz. of margarine ; 1 egg ; 1½ ozs. cheese ; salt ; cayenne.

Method.—Melt the margarine in a pan, add the flour and water (off the fire) and blend smoothly. Return the pan to the fire, and stir vigorously until the mixture or panada leaves the sides of the pan. Remove the pan from the fire, add the egg, and beat the mixture well. Add the grated cheese, season and turn on to a plate to cool. Have ready a pan of frying fat, and when it is hot take a dessertspoonful of the mixture and drop it into the fat.

Dip the spoon into the fat before using it. Proceed in this manner until the mixture is finished.

When pale brown lift out with a fish slice and drain on soft paper.

To Dish.—Pile on a napkin and sprinkle grated cheese over

The use of remains.—The remains of cooked dried, findon haddock, or bloaters or kippers, make nice savouries. Remove the skin and bones, break up into very small pieces, mix with a little anchovy essence, and a spoonful of unsweetened condensed milk, season well, and pile on croûtons of bread. Decorate with chervil or chopped parsley.

Cod's Roe (a l'Indienne)

Slow heat. Time, 8 minutes.

Ingredients.— $\frac{1}{2}$ lb. of smoked cod's roe ; 2 tablespoonsful of chutney ; $\frac{1}{2}$ gill of thick curry sauce (see page 67) ; 1 teaspoonful of made mustard ; squeeze of lemon juice ; 1 fairly large croûton for each person.

Method.—Put the curry sauce into a pan, add the mustard and chutney, and bring to the boil. Cut the cod's roe into slices. Put into sauce and make hot.

Herring roes can be used in this manner also.

To Dish.—Place a slice of cod's roe on each croûton with some of the curry mixture, decorate with chopped parsley or the chopped hard-boiled white of an egg.

Apple and Sausage Savoury

Grill one or two sausages and keep them hot. Peel and core 1 or 2 apples and cut them into rings. Dip the rings in milk, then in bread crumbs, and fry in the pan in which the sausages were cooked. Turn once carefully.

To Dish.—Arrange the apple rings on round croûtons of bread. Cut the sausages into round slices and pile in the centre of the apple rings. Sprinkle with cayenne and salt and serve hot on a lace paper.

Lax Croûtons

Divide the lax into flakes, put them into a saucepan with a dessertspoonful of the oil from the tin, flavour with cayenne. Have ready the requisite number of rounds of toast. Make the lax very hot and serve piled on the toast.

Cheese Croûtons (cold)

Ingredients.—2 ozs. of cheese ; 1 teaspoonful of made mustard ; pepper ; 1 teaspoonful of vinegar ; 1 teaspoonful of milk or unsweetened condensed milk.

Method.—Grate the cheese and mix with the other ingredients to a smooth paste. Spread thickly on croûtons of bread, sprinkle finely chopped parsley over.

Little Cheese Creams (cold)

Ingredients.—2 tablespoonsful of unsweetened condensed milk ; 1 tablespoonful of grated cheese ; $\frac{1}{2}$ gill of stiff aspic jelly ; pinch salt and pepper.

Method.—Whip up the milk, melt the aspic and beat with the milk, add the other ingredients, beat well together, and put into small ramaquin cases. Sprinkle chopped parsley or panurette over.

Shrimps or Prawns in Aspic (cold)

Shell 1 lb. of cooked prawns or shrimps. Rinse out some small timbale moulds, or one large mould, with cold water

1 quart of aspic jelly. If the aspic jelly is not very stiff add $\frac{1}{2}$ oz. of gelatine to it. Dissolve the gelatine in the aspic. Then coat the moulds with it, leaving rather a thick layer at the bottom. Let it set.

If small moulds are used put 2 or 3 prawns in each, then fill up with aspic. If a large mould is used put in the prawns in layers with aspic between each layer.

Each layer of aspic must set before adding more prawns, and the top layer must be aspic.

A large mould requires more time and trouble in filling.

To Dish.—When set turn out and garnish with cress, chervil, boiled egg, or beetroot, or the skin of cucumber cut into fancy shapes, and surround with chopped aspic jelly.

CHAPTER X

BREAD AND CAKES

Bread—Cakes—Buns and Scones—Biscuits

Rules for Bread-making

1. Warm all basins before using them for bread made with yeast.
2. Warm the flour.
3. Always use lukewarm water or milk for mixing.
4. Cover the basin with a cloth and keep it in a warm place out of draughts when setting the sponge to rise.
5. Grease or flour the tins.
6. Put the bread into a hot oven at first about 400 degrees, to kill the yeast plant and check further rising.

(To test the oven without a thermometer place a little flour in the oven, and if it browns in 4 minutes the oven is the right heat.)

Lessen the heat of the oven after the first 10 or 15 minutes, or move the bread to a cooler part to finish cooking.

7. Place the bread on a sieve or rack when cooked to allow the steam to escape.

Reasons for failure.—If the yeast is mixed with too hot water the plant is killed and fermentation does not take place. If the water is cold the yeast does not work and the dough will not rise. If the sponge is set in too warm a place or for too long the bread will be sour. If the dough is allowed to get cold the bread will be spoilt. If the oven is not hot enough when the bread goes in the yeast continues to rise, and the bread will be full of holes. If the oven is too hot, or if the heat is not lessened after the first 10–15 minutes the bread becomes hard on the outside and the inside does not cook properly.

If the loaf is not placed on a sieve or sideways against a

plate or dish, on removing it from the oven to allow the air to circulate round it, the steam condenses underneath and causes the bread to become sodden.

Bread

Hot oven. Time, 1 hour.

Ingredients.— $1\frac{3}{4}$ lbs. of household flour ; $1\frac{1}{2}$ teaspoonsful of salt ; $\frac{1}{2}$ oz. of compressed yeast ; $\frac{3}{4}$ pint of tepid water.

Method.—Warm a large basin, and the flour. Sieve the flour and salt into the basin. Make a well in the centre. Cream the yeast in another warm basin, with a wooden spoon, gradually stirring the tepid water to it. Pour this into the middle of the flour, work a little of the flour into it, and sprinkle some on the top. Cover the basin with a cloth and put it in a warm place for the mixture to rise for 20 minutes. Then work the whole into a dough and knead well on a board. Flour the basin, and return the dough to it. Cut a cross on the top, cover, and again set in a warm place for $1\frac{1}{2}$ hours. Knead the dough again lightly, shape it into loaves, and put into greased and floured bread tins. Prick the top with a fork, and put in a warm place to prove for half an hour. Bake in a hot oven for 1 hour. To test if the loaf is done : tap the bottom, and if it sounds hollow it is baked sufficiently.

Brown Bread

Hot oven. Time, about 30 minutes.

Ingredients.—4 lbs. of whole meal ; 1 oz. of salt ; 1 oz. of cream of tartar ; $\frac{1}{2}$ oz. of carbonate of soda ; $1\frac{1}{2}$ ozs. of yeast ; 2 ozs. of lard or fat ; 1 quart of lukewarm water.

Method.—Sieve the soda, salt, cream of tartar and the flour, rub in the lard or fat. Put the yeast into a warm basin and work with a wooden spoon until liquid, gradually stirring in the lukewarm water. Make a hole in the middle of the flour, pour in the liquid and work all to a dough. Cover, and set it in a warm place to rise for 30 minutes. Then turn on to a board and knead well. Return the dough to the basin and leave it to rise for 15 minutes. Divide the dough into 3 pieces ; shape and put them into 3 floured tins ; put the tins in a warm place for the dough to rise for 15 minutes ; then bake in a hot oven, about 30 minutes. Turn on to a sieve to cool.

Rice Bread

Hot oven. Time, 35 minutes to 1 hour.

Ingredients.—2 ozs. of rice ; $1\frac{1}{2}$ lbs. of Standard flour ; $\frac{1}{2}$ oz. of compressed yeast ; 1 teaspoonful of salt ; $\frac{1}{2}$ pint of warm water.

Method.—Wash the rice well, put it into a saucepan with one quart of boiling water and half a teaspoonful of salt, and boil. When quite soft drain it well, beat up and put it in a warm basin. Add the flour warmed, and salt, mix well, crumble the yeast into another warm basin with a little of the warm water the rice was boiled in, and beat with a wooden spoon until liquid. Make up the water to half a pint, then pour this mixture into a well in the centre of the rice and flour. Mix all very thoroughly into a smooth dough, cover with a cloth, and set it to rise in a warm place for 2 hours. Then knead it well, and form into loaves. Put them into greased tins, and set to rise again in a warm place for half an hour. Bake in a hot oven at first, but lower the temperature later. It takes about thirty-five minutes to bake according to the size of the loaves. This bread can be made with pearl barley in the same manner and proportions, but barley takes a long time to cook soft before using.

Steamed Bread

Ingredients.— $\frac{3}{4}$ lb. of flour ; $\frac{1}{4}$ lb. of potatoes, peeled and boiled, well drained and rubbed through a sieve, or put through a masher, or thoroughly well beaten up with a fork ; 1 teaspoonful of salt ; 3 gills of water (tepid) preferably that in which the potatoes were boiled ; $\frac{1}{4}$ oz. of compressed yeast.

Method.—Sieve the flour and salt into a warm basin. Make a well in the centre. Put the yeast into another warm basin and work it with a wooden spoon until it becomes liquid ; then add 1 gill of the water, pour into a well in the centre of the flour, work a little of the flour into it, and sprinkle a little over the top. Cover and set in a warm place to rise for 20 minutes. Mix the potatoes with the remaining water, adding it gradually, as some potatoes are wetter than others and may not need all the water. Now mix with the flour and yeast, to a dough. Knead well, then cover the dough and leave it in a warm place to rise for 1 hour.

Knead again and fill a greased tin three parts full. Leave in a warm place for 20 minutes and then cover with greased paper, and steam for 2 hours. Keep the water boiling under the steamer all the time. If more water is added it must be boiling.

When not convenient to use potato any ordinary bread recipe may be employed, and excellent baking powder bread, dough cakes, and currant bread may be made in the same fashion.

If a three-tier steamer is used three loaves can be made at one time over one gas jet, or oil stove.

Wheatmeal and Oatmeal Bread

Hot oven. Time, 30-40 minutes.

Ingredients.— $1\frac{1}{2}$ lbs. of Standard flour; $\frac{3}{4}$ lb. of cooked oatmeal; $\frac{1}{2}$ pint of tepid water; $\frac{1}{4}$ oz. of yeast; $\frac{1}{4}$ teaspoonful of sugar; 1 teaspoonful of salt.

Method.—Boil 2 ozs. of oatmeal until soft in the usual way. Drain well and beat it to a paste. Add it to the flour, while warm, together with the salt, mix well. Cream the yeast and sugar, add the tepid oatmeal water, and stir into the flour. Mix all well into a dough, adding a little more warm water if necessary. Set to rise in a warm place for two or three hours. Then take it up and knead well, adding a little more flour if necessary. Form into loaves, put them into greased tins and set to rise for half an hour, or until the dough rises to the top of the tin. Bake in a hot oven 30-40 minutes.

Note.—The oatmeal must be well boiled, and if the oatmeal water is too thick it can be thinned down with tepid water.

Nut Bread

Hot oven. Time, about 1 hour.

Ingredients.—2 breakfastcups of wholemeal flour; 1 breakfastcupful of flour (self-raising); two-thirds of a breakfastcupful of brown sugar; 3 teaspoonsful of baking powder; 2 teaspoonsful of carbonate of soda; 1 cupful of chopped walnuts; pinch of salt; about 1 pint of milk or sour milk.

Method.—Mix all the ingredients thoroughly and moisten to a fairly stiff paste with about one pint of milk. Turn

into a greased tin and bake for about one hour in a fairly hot oven. Test with a skewer to see if it is done.

When cooked put on to a sieve to cool.

Soda Bread

Moderate oven. Time, $\frac{3}{4}$ -1 hour.

Ingredients.—1 lb. of flour ; 1 small teaspoonful of salt ; $\frac{1}{2}$ teaspoonful of carbonate of soda ; $\frac{1}{2}$ teaspoonful of cream of tartar ; about $\frac{1}{2}$ pint of buttermilk or sour milk, or milk, and water.

Method.—Mix the dry ingredients well together ; make into a dough with the buttermilk. Make the dough up into a loaf. Put into a floured tin, score it across and bake about $\frac{3}{4}$ hour in a moderate oven.

Currant or Sultana Bread

Fairly hot oven. Time, $\frac{3}{4}$ hour.

Ingredients.—2 ozs. of sultanas or currants ; $1\frac{1}{4}$ lbs. of flour ; $\frac{1}{2}$ teaspoonful of carbonate of soda ; $\frac{1}{2}$ teaspoonful of cream of tartar ; $\frac{1}{4}$ teaspoonful of salt.

Method.—Sieve the flour, soda, cream of tartar, and salt. Add the cleaned sultanas or currants. Mix with enough water to make a fairly soft dough. Put at once into a greased tin, and bake in a fairly hot oven $\frac{3}{4}$ hour. This mixture is improved by using sour milk or buttermilk if either are available.

Rules for Making Cakes

I. Make up the fire so that the oven is of the required heat when the cake is ready. When a gas or electric oven are used they should be made hot 15 minutes before the cake is put in, and the heat lowered as soon as the cake goes in. For large cakes, after the first 15 minutes' cooking, the heat is lowered again.

Small cakes, buns, etc., require a fairly hot oven, and should cook in from 10-20 minutes. Large cakes require a moderate oven, and the heat must be lowered later for heavy fruit cakes which take from $2\frac{1}{2}$ -3 hours to cook.

After the cake has browned a paper should be placed over it to check further browning while the inside bakes.

To ascertain when a cake is done insert a skewer gently into the centre, and if it comes out clean the cake is ready.

II. Make the tins ready. Melt a little fat and brush the tins over with it. Small cakes only require the tins, or patty pans, greasing in this manner. They should be placed on a baking sheet in the oven. For sponge cakes the tins can be coated after greasing with a mixture of flour and sugar.

For large cakes, line the tins, after greasing, with two or more thicknesses of greased paper. Sponge cakes, and cakes that require long cooking should stand on a baking sheet, covered with a layer of sand, as this prevents the bottom of the cake burning. In making large sponge cakes, coat the tins with a mixture of flour and sugar after greasing them, and fasten two thicknesses of paper on the outside of the tin, standing a couple of inches above it.

III. **Prepare the Fruit.**—To clean currants and sultanas place them on a sieve with a tablespoonful of flour, rub well and pick off any stalks. Raisins should be cut open and the stones removed. This is accomplished more easily if a basin of hot water is kept at hand into which to dip the thumb and finger occasionally, while removing the stones. Candied peel is finely shredded. Nuts blanched and shredded or chopped.

IV. To cream butter and sugar. Beat the butter in a basin with a wooden spoon ; add the sugar and stir and beat until nearly white and quite creamy.

V. Flour, baking powders and salt should be rubbed through a sieve. For very light cakes the flour should be dried in the oven before sifting.

VI. When the cake is cooked turn it out of the tin on to a sieve or wire tray to cool. Or lean the cake sideways against a plate to allow the air to circulate round it.

Reasons for failure.—If the cakes containing carbonate of soda or baking powder are not put into the oven quickly after adding the moisture, they are liable to become heavy, as carbonate of soda begins to work directly it is wet.

If a cake is put into too hot an oven the outside burns and hardens before the inside is cooked.

If the oven is not hot enough, the cake will not rise well and will be heavy.

The oven door should not be opened for at least ten minutes after the cake goes in, as a sudden draught of air checks the rising and the cake will not be so light.

There are three fundamental methods of making cakes—

1. Plain cakes, in which the fat is rubbed into the flour, and baking powder or soda are used to help the cake to rise, and in which dried fruits of any kind, such as raisins, sultanas, currants, cherries, dates, candied peel, carraway seeds, preserved ginger or nuts, can be added as liked, according to the kind of cake required. Eggs or milk, or both, are used to moisten these cakes.

2. Cakes in which the butter or fat and sugar are beaten to a cream, the eggs, if used, added one by one, and well beaten in, and the flour, cornflour, riceflour or arrowroot, fruit or flavouring stirred in lightly last of all. If small quantities of fat and only one egg is used in these cakes, a little baking powder is required, and should be sieved with the flour. The quality of the cake is varied by the amount of butter or substitute, and eggs used in making them. These cakes are sometimes made without fruit, flavoured with orange or lemon, or any flavouring liked, or with nuts only.

3. These are the lightest cakes of all, and are made by beating up the eggs and sugar over hot water to a very stiff froth, then adding the sifted flour very lightly.

Sponge cakes are made in this manner.

Sometimes a little butter is oiled and added to the beaten-up eggs, alternately with the flour, as in Genoese pastry. These cakes do not usually contain fruit, but are flavoured with various essences, and if made in flat tins can be cut into fancy shapes and iced.

In some cases the yolks and whites of the eggs are beaten up separately and the beaten whites are stirred in lightly after the flour is added.

Examples of each method of making cakes are given, and they can be varied at will, according to the kind of cakes required.

The method of making a gingerbread cake varies from the above as will be seen from the recipe for gingerbread. Slab cakes cook more quickly than cakes made in deep round tins.

All steamed cakes can be baked if preferred and vice versa.

Plain Sultana Cake

Moderate oven. Time, 1 hour.

Ingredients.— $\frac{1}{2}$ lb. of flour ; 3 ozs. of lard or margarine ; 2 ozs. of castor sugar ; 1 oz. of candied peel ; pinch of salt ; 3 ozs. of sultanas ; 1 teaspoonful of baking powder ; 1 egg ; $\frac{3}{4}$ gill of milk.

Method.—Rub the flour, salt and baking powder, through a sieve, rub in the fat, add the sugar, cleaned sultanas and shredded peel. Beat up the egg, and add the milk to it, mix with the flour, etc., to a stiff dough, adding a little more milk if the mixture is too dry. Put into a greased tin lined with greased paper, place the tin on a baking sheet and bake in a moderate oven for about 1 hour. When cooked remove the cake from the tin ; take off the paper and place it on a sieve to cool.

Genoa Cake

Moderate oven. Time, 2 hours.

Ingredients.—10 ozs. of flour ; 4 ozs. of margarine ; 4 ozs. of sugar ; grated rind of a lemon ; 2 ozs. of almonds ; 3 eggs, or dried eggs ; 4 ozs. of sultanas ; 3 ozs. of candied peel or angelica ; pinch of salt.

Method.—Blanch the almonds and shred. Clean the sultanas, shred the peel. Cream the butter and sugar, add the eggs one by one, sift the flour and a pinch of salt, and stir lightly to the mixture. Add the fruit, grated lemon rind and half the almonds. Pour into a greased tin, lined with greased paper. Sprinkle the rest of the almonds on the top, and bake in a hot oven for the first ten minutes ; then lower the heat or place in a cooler part of the oven and bake slowly 2 hours. Turn on to a sieve to cool.

If dried eggs are used prepare according to the directions and add to the mixture, alternately with the flour.

Gingerbread Cake

Moderate oven. Time, 1 $\frac{1}{2}$ hours.

Ingredients.—5 ozs. of flour ; 7 ozs. of fine or medium oatmeal ; 3 ozs. of margarine ; 8 ozs. (four good tablespoonsful) of golden syrup or treacle ; 2 ozs. of candied peel ; one teaspoonful of ground ginger ; half a teaspoonful of carbonate of soda ; half a teaspoonful of cream of tartar ; 1 gill of warm milk ; 2 eggs.

Method.—Rub the flour, carbonate of soda, cream of tartar, ginger and a pinch of salt through a sieve. Put the margarine, syrup and milk into a pan and warm until they are mixed well, add the beaten eggs to them, when mixed, and pour all into the flour mixture, stir well, and pour into a greased tin lined with buttered paper. Bake in a moderate oven for an hour and a half. One egg and a little egg powder can be used with this if liked, in which case a little more milk will be required. The candied peel can be omitted if liked.

Plain Chocolate Cake

Moderate oven. Time, 1-1½ hours.

Ingredients.—4 ozs. of flour ; 1 egg, or a prepared dried egg ; 2 ozs. of cocoa ; ½ teaspoonful of baking powder ; 1½ ozs. of margarine ; vanilla essence ; 1 oz. of sugar ; a very little water.

Method.—Put the cocoa in a pan with the water and stir over gentle heat until it blends, rub the flour, baking powder and salt through a sieve on to a piece of paper, cream the fat and sugar, add the egg. Beat well. Add the cocoa and vanilla. Then stir the flour in lightly. Pour into a well-greased tin lined with greased paper, and bake in a moderate oven from 1-1½ hours. Or put into small tins and bake 15-20 minutes.

Cornflour Cakes

Hot oven. Time, about 12 minutes.

Ingredients.—1½ ozs. of fat or margarine ; 2 ozs. of sugar ; 2 eggs ; 4 ozs. of cornflour ; 1 oz. of flour ; ½ teaspoonful of baking powder.

Method.—Warm the fat slightly and beat up with the sugar with a wooden spoon until creamy. Add the eggs, one at a time, beating each in well. Mix the flour, cornflour, baking powder and a pinch of salt well together, and stir lightly to the other ingredients. Half fill some well-greased patty pans with this mixture and bake in a rather hot oven about 12 minutes. If liked this mixture can be baked in a large greased tin lined with greaseproof paper.

Small Sponge Cake

Moderate oven. Time, 10-15 minutes.

Ingredients.—2 eggs ; 2 ozs. of sugar (castor) ; 2 ozs. of flour or riceflour.

Method.—Grease some small cake tins or patty tins. Break the eggs into a basin and whisk well, add the sugar and whisk until the mixture is very light and thickens slightly. Rub the flour and a small pinch of salt through a sieve, then stir lightly to the beaten eggs. Add 15 drops of vanilla essence or 6 drops of almond essence. Place the mixture in the tins and bake in a moderately hot oven for 10-15 minutes.

Sponge Cake without Eggs

Hot oven. Time, 10-15 minutes.

Ingredients.— $\frac{1}{2}$ lb. of flour ; $1\frac{1}{2}$ ozs. of sugar ; $1\frac{1}{2}$ ozs. of margarine ; $\frac{1}{2}$ teaspoonful of baking powder ; 1 teaspoonful of egg powder ; enough sour milk or milk to mix ; flavouring essence ; pinch of salt.

Method.—Sieve the flour, salt, baking powder and egg powder. Add the sugar. Just melt the margarine, add about 1 gill of milk, or sour milk, to it and stir gradually to the flour mixture. Make about as moist as for sponge cake with eggs, adding more milk if necessary. Put into well-greased small tins, or patty pans, and bake in a fairly hot oven from 10-15 minutes.

Shortbread

Moderate oven. Time, $\frac{1}{2}$ hour.

Ingredients.—6 ozs. of flour ; 1 oz. of castor sugar ; 4 ozs. of margarine ; pinch of salt.

Method.—Cream the margarine and sugar, work in flour gradually, knead well.

Divide into 4 pieces, make each into a round cake with the hands, pinch the side into scallops with the thumb and first finger, prick the top with a fork, place on a greased baking sheet and bake in a moderate oven about $\frac{1}{2}$ hour. See the bottom does not burn.

2 ozs. ground rice and 4 ozs. flour may be used in place of 6 ozs. flour. Before baking place a piece of candied peel on each.

Lemon Cheese-cakes

Quick oven. Time, 15-20 minutes.

Ingredients.—2 lemons ; $\frac{1}{4}$ lb. of loaf sugar ; 5 table-spoonful of condensed milk ; $\frac{1}{4}$ lb. of margarine ; 3 eggs.

Method.—Rub the lemons with the sugar, then pound the latter. Beat up the eggs, add the pounded sugar and the juice of one lemon. Melt the margarine in a pan, add the condensed milk, and the other ingredients, and stir over the fire until it begins to thicken. Remove from the fire and pour into jars. When cold line some patty pans with pastry, put in a little cheese-cake mixture, and bake in a quick oven 15-20 minutes.

Madeleines

Quick oven. Time, 12-15 minutes.

Ingredients.—2 eggs ; 3 ozs. of flour ; 1 oz. of margarine ; $\frac{1}{2}$ teaspoonful of baking powder ; 2 ozs. of sugar ; grated rind of half a lemon ; flavouring essence.

Method.—Break the eggs into a basin, whisk a little, add the sugar and whisk until thick and creamy. Sieve the flour, baking powder and a pinch of salt, and stir lightly to the eggs alternately with the melted margarine, add the lemon rind and flavouring and put into small greased tins. Bake in a quick oven about 12 minutes. Turn out on to a sieve, and when cold brush over with a little jam rubbed through a hair sieve, or with a little dissolved red currant or crab apple jelly. Sprinkle with desiccated cocoanut, or chopped almonds or walnuts.

Maids of Honour

Moderate oven. Time, 20 minutes.

Blanch, peel and dry 2 ozs. of almonds. Put into a mortar with 4 ozs. of castor sugar, and pound until fine. Add the yolks of 2 eggs—one at a time, mix in 2 table-spoonful of cream, 1 table-spoonful of orange flower water, and $\frac{1}{2}$ oz. of Paisley flour. Line some patty pans with pastry, fill with this mixture and bake in a moderate oven about 20 minutes.

Angel Cake

Moderate oven. Time, 40 minutes.

Ingredients.—4 ozs. of flour (self-raising) ; 4 ozs. of icing sugar ; $\frac{1}{2}$ teaspoonful cream of tartar ; $1\frac{1}{2}$ teaspoonsful of vanilla essence ; 5 whites of eggs.

Method.—Rub the cream of tartar and flour four times through a fine wire sieve. Rub the sugar through a hair sieve. Beat the whites of egg to a very stiff froth ; add the sugar and vanilla and flour, and stir in very lightly and quickly.

Brush a cake tin with clarified margarine, and dust out with equal quantities of flour and sugar. Pour the mixture in, and bake in a moderate oven for about 40 minutes. The oven door should not be opened for 20 minutes after the cake is put in. When cooked turn on to the sieve to cool. This cake should remain white, and hardly colour on the outside.

This can be iced with white glacé icing if liked (see page 188).

Dough Cake

Moderate oven. Time, 1 hour.

Dough for Cakes.— $1\frac{3}{4}$ lbs. of flour ; 1 oz. of compressed yeast ; 1 pint of warm water ; pinch of salt.

Put the flour and salt into a warm basin, rub the yeast in another warm basin, with a wooden spoon until liquid, adding the lukewarm water gradually. Pour into a bay in the centre of the flour. Sprinkle a little flour from the sides over. Cover with a clean cloth and set in a warm place to rise for 30 minutes. Then mix altogether and knead.

For the Cake.—Mix with the dough, after kneading, 2 ozs. of sugar ; 4 ozs. of any dried fruit or candied peel ; a pinch of mixed spice and 2 slightly beaten eggs. (Two dried eggs, prepared according to directions, can be used in place of fresh eggs.) Beat all well together. Place the mixture in a greased tin and set to rise in a warm place for 1 hour. Then bake for 50 or 60 minutes in a moderate oven.

Dough Nuts

Moderate heat. Time, 15 minutes.

Ingredients.—1 lb. of flour ; $\frac{1}{2}$ oz. of compressed yeast ; 1 oz. of fat ; 1 egg ; $\frac{1}{4}$ teaspoonful of salt ; $\frac{1}{2}$ pint of tepid milk or milk and water.

Method.—Sieve the flour and salt, rub in the fat, put the yeast into a warm basin and work with a wooden spoon until liquid. Gradually add the tepid milk, then stir into the flour, beat well together, cover with a cloth, and set in a warm place to rise for 2 hours. Take up, and knead, take a small piece of dough, spread it out and put a little jam in the centre and roll into a ball, place on a floured baking tin in a warm place for a few minutes, to rise again, then fry in boiling fat 10-15 minutes, lift out and sprinkle with sugar, or drain on soft paper.

Steamed Cakes (General Directions)

When an oven is not available a variety of cakes may be made in a steamer. When cooking in a three-tier steamer (see page 24), it is possible to steam a cake in one compartment while meat, fish and vegetables are being cooked in the other compartments. Further, potatoes may be placed round the cake tin and thus cooked in the water which is used for steaming the cake.

If no steamer is available, place the cake in a greased tin, cover with greased paper, place it in a pan of boiling water on an inverted pie dish, see that the boiling water comes half-way up the cake tin and be sure that it is kept steadily boiling and not allowed to boil away. If more water must be added see that it is boiling.

Have ready the greased tin and the paper for covering, put out all the materials required to make the cake, now put the water on to boil ; then mix the cake, putting in all the dry ingredients before adding the moisture.

When the cake is cooked leave it in the tin for ten minutes ; then turn on to a sieve with the top side of the cake upmost.

Do not cut a steamed cake the day it is made ; if possible keep for two or three days.

If available use sour milk or buttermilk for mixing.

Reasons for failure.—If the cake is not put into the pan or steamer as quickly as possible after the moisture is

added to the mixture it will not rise well, as the raising ingredients begin to work directly they are wet.

If the greased paper is not fixed firmly on the tin steam will fall down into the cake, and cause it to become sodden. If the water in the pan is not boiling when the cake goes in and does not boil continuously while the cake is cooking it will become heavy.

Chocolate Cake

Ingredients.— $\frac{1}{2}$ lb. of flour ; 2 tablespoonsful of syrup or treacle ; $\frac{1}{2}$ teaspoonful of baking soda ; 2 ozs. of fat (margarine, lard or dripping) ; 1 tablespoonful of sugar ; $1\frac{1}{2}$ tablespoonsful of cocoa ; sour milk to mix (about a teacupful).

Method.—Mix all dry ingredients, rub in the fat, pour in the treacle and enough sour milk to make a stiff batter. Pour into the tin, cover with greased paper and put at once into the steamer, and on to the boiling saucepan ; steam for 60 minutes. Test with a hot skewer. It should be well risen and firm at the top. Turn out on a sieve and do not cut until next day. The flavouring can be varied to any extent ; orange, lemon, spice or almond essence all make it an excellent cake.

Madeira Cake

Ingredients.— $\frac{1}{2}$ lb. of flour ; pinch of salt ; $\frac{1}{2}$ teaspoonful of baking powder ; 3 ozs. of fat (margarine, lard or dripping) ; 2 ozs. of sugar ; 2 eggs, or 2 dried eggs (prepared according to directions) ; lemon, almond or vanilla essence.

Method.—Cream the fat and sugar together with a wooden spoon, beating well, beat up the eggs and add gradually, beating them in well, sieve the flour, salt and baking powder and add lightly to the mixture.

Add the essence, mix well, pour into a greased cake tin and put at once into the steamer, steam steadily from $1\frac{1}{2}$ –2 hours. Turn on to a sieve, and leave until the next day.

This cake can be varied by adding a little cochineal and raspberry or strawberry flavouring.

Rice Cake

Ingredients.— $\frac{1}{4}$ lb. of ground rice or rice flour ; $1\frac{1}{2}$ ozs. of sugar ; 2 ozs. of flour ; 2 ozs. of margarine or any fat ;

1 teaspoonful of baking powder ; 1 egg or 1 dried egg prepared according to the directions ; a little milk.

Method.—Beat the margarine well with the sugar until creamy. Add the well-whipped egg. Mix the flours, baking powder and a pinch of salt together and stir lightly to the mixture, adding a little milk if too dry. Add any flavouring essence liked, pour into a well-greased cake tin, cover with greased paper and steam 1½ hours.

Cornflour can be used in place of ground rice and a little desiccated cocoanut can be added to the mixture before cooking.

Breakfast Rolls

Hot oven. Time, 10-12 minutes.

Ingredients.—½ lb. of flour ; 1 teaspoonful of baking powder ; 1 tablespoonful of Paisley flour ; ½ teaspoonful of salt ; about 1 gill of milk or water.

Method.—Sieve the flour and baking powder, or Paisley flour, and salt. Mix into a soft dough with the water or milk. Form quickly into fancy rolls, put on a greased baking sheet and bake at once in a hot oven from 10-12 minutes. When done brush over with a little milk and leave a minute or two longer in the oven.

Yorkshire Tea Cakes

Hot oven. Time, 20 minutes.

Ingredients.—¾ lb. of flour ; ½ oz. of compressed yeast ; ½ teaspoonful of salt ; 1 oz. of margarine ; 1½ gills of milk (tepid) ; 1 egg.

Method.—Rub the flour and salt through a sieve into a basin. Cream the yeast and add the tepid milk, gradually, to it. Beat up the egg and add to the milk and yeast. Pour all into the flour gradually and beat well together. Flour two round cake or soufflé tins, form the dough into two round cakes and put one in each tin, set in a warm place to rise to the top of the tin ; then bake in a hot oven 20 minutes. If liked the mixture can be left in the basin to rise for about 1 hour. Then make up into round buns, put on a floured baking sheet to rise 15 minutes. Then bake in a fairly hot oven about 10 minutes.

Treacle Scones

Clear fire. Time, about 10 minutes.

Ingredients.— $\frac{1}{2}$ lb. of flour ; $\frac{1}{2}$ lb. of barley flour ; 1 teaspoonful of carbonate of soda ; $\frac{1}{2}$ teaspoonful of cream of tartar ; $\frac{1}{4}$ teaspoonful of salt ; 1 dessertspoonful of treacle ; milk to mix.

Method.—Put all into a basin, warm 1 dessertspoonful of treacle and blend with enough milk to make a soft dough. Add to the flour. Roll out on a well-floured board, cut into rounds, cook immediately on a moderately hot greased girdle or thick frying pan. Turn the scones when half cooked.

Scotch Scones

Clear fire. Time, 8-10 minutes.

Ingredients.—1 lb. of flour ; $\frac{1}{4}$ teaspoonful of carbonate of soda ; enough buttermilk or fresh milk to mix to a dough that can be easily handled ; 1 teaspoonful of baking powder ; pinch of salt.

Method.—Mix all together and roll out, cut in triangles or rounds, and cook on a greased griddle or frying pan.

Drop Scones

Clear fire. Time, 5 minutes to each scone.

Ingredients.—4 ozs. of flour ; 1 egg dried or fresh ; $\frac{1}{4}$ pint of milk and water mixed ; $\frac{1}{2}$ teaspoonful of bicarbonate of soda ; $\frac{1}{2}$ teaspoonful of cream of tartar.

Method.—Place the bicarbonate in the milk, then mix in the egg thoroughly, sieve the flour, the cream of tartar and salt. Add the liquid, beat about 10 minutes. Put aside for 20-30 minutes.

Heat an iron frying pan and grease it lightly. Pour in one by one small tablespoonsful of the mixture, allowing a little space between each. Cook over a moderate heat. When the scone browns turn it and brown the other side, and continue until all are cooked. Grease the pan again if necessary. Serve the scones hot. They are excellent eaten with butter or margarine.

Potato and Oatmeal Scones

Clear fire or moderate oven. Time, 20 minutes.

Ingredients.—About 1 gill of milk or sour milk ; 2 ozs. of flour ; 1 oz. of fat ; pinch of salt ; 3 ozs. of medium oatmeal ; 3 ozs. of mashed potatoes ; 1 teaspoonful carbonate of soda ; 1 teaspoonful cream of tartar.

Method.—Mix the oatmeal, flour, salt, carbonate of soda and cream of tartar in a basin. Rub in the fat. Add the potatoes, mix well, then add enough milk to form a dough. Turn on to a floured board, roll out about $\frac{1}{2}$ -inch thick, cut into rounds, put on a greased baking tin and bake in a hot oven. They can be cooked on a girdle or in a frying pan if liked.

Buns

Hot oven. Time, about 15 minutes.

Ingredients.—1 lb. of flour ; 2 ozs. of margarine or any fat ; $\frac{1}{4}$ oz. of compressed yeast ; $\frac{1}{2}$ pint of milk and water ; 1 oz. of sugar ; 1 egg ; pinch of mixed spice ; 1 oz. of currants ; 1 oz. of sultanas, or candied peel ; some caraway seeds.

Method.—Mix the yeast and sugar in a warm basin until liquid. Add the tepid milk and water to it. Beat up the egg and add. Put the flour into a warm basin. Make a well in the centre ; pour in the yeast mixture. Mix well. Cover with a cloth and set to rise in a warm place for one hour. Melt the fat and add with the fruit. Beat in well and put again in a warm place to rise for an hour. Form into buns. Put on a greased baking sheet. Put in a warm place 20 minutes. Then bake in a hot oven 10-15 minutes. Just before taking the buns out of the oven, brush them over with a glaze made of sugar and water.

Water Biscuits

Fairly quick oven. Time, 10 minutes.

Ingredients.—1 oz. of margarine ; 1 lb. of flour ; pinch of salt ; water to mix.

Method.—Rub the margarine or butter into the flour. Add a pinch of salt and stir in as much cold water as will make a stiff smooth paste. Roll out very thin. Cut into rounds, place on a greased baking sheet, and bake in a quick oven about 10 minutes.

Wine Biscuits

Slow oven. Time, 20 minutes.

Ingredients.— $1\frac{1}{2}$ lbs. of flour ; 4 ozs. of margarine ; $2\frac{1}{2}$ ozs. of castor sugar ; 2 eggs ; a little milk ; pinch of salt.

Method.—Sieve the flour and salt, rub in the margarine, add the sugar. Beat up the eggs very well, mix with the flour, adding enough milk to form a very stiff paste. Knead well and roll several times. Roll out very thinly, cut into fancy shapes and bake in a slow oven 20 minutes.

Gingerbread Biscuits

Moderate oven. Time, 15-20 minutes.

Ingredients.— $\frac{3}{4}$ lb. of flour ; 4 ozs. of margarine or lard ; 1 oz. of sugar ; $\frac{1}{2}$ lb. of treacle ; 1 oz. of ground ginger.

Method.—Rub the fat into the flour, add the ginger and sugar. Mix with the treacle, form into flat round biscuits, place on a floured tin and bake in a moderate oven about 15 minutes.

Chocolate Biscuits

Moderate oven. Time, 15 minutes.

Ingredients.—6 ozs. of flour ; 3 ozs. of castor sugar ; 2 oz. of margarine ; 2 ozs. of grated chocolate ; 1 small tablespoonful of water ; 1 egg or dried egg ; vanilla essence.

Method.—Dissolve the chocolate in the water. Put the margarine in a basin and work with a wooden spoon. Add the sugar and beat until the consistency of cream, add the dissolved chocolate and mix. Then beat in the egg or dried egg, prepared according to the directions. Add the vanilla. Sift the flour and stir in lightly. Turn on to a floured board, roll out into a thin sheet, cut into rounds or fancy shapes. Place on a greased tin and bake in a moderate oven 12-15 minutes.

Oatmeal Biscuits

Fairly hot oven. Time, 15 minutes.

Ingredients.—3 ozs. of flour ; 3 ozs. of medium oatmeal ; 2 ozs. of lard or dripping ; $\frac{1}{2}$ teaspoonful of carbonate of soda ; $\frac{1}{2}$ teaspoonful of cream of tartar ; a little milk or water.

Method.—Mix the flour and oatmeal, cream of tartar and carbonate of soda together, rub in the fat, mix to a

dough with the milk, turn on to a floured board, roll out, and cut into round biscuits with a cutter. Put them on a greased baking sheet and bake in a fairly hot oven about 15 minutes.

Almond Icing

Ingredients.—1 lb. of ground almonds ; 1 lb. of castor sugar ; 1 teaspoonful of vanilla essence ; 1 teaspoonful of almond essence ; the yolks of 5 eggs, or 2 yolks and 2 whole eggs.

Method.—Put the almonds and sugar into a mortar with the essence, and one egg, pound lightly and gradually, add the remainder of the eggs (unbeaten) and stir and pound lightly to the mixture. Do not pound too much or the paste will be oily. Cut the top of the cake straight and turn it with the bottom up on an inverted plate, or cake stand. Carefully brush off any crumbs. Brush the cake over with a lightly beaten white of egg. Roll out the almond paste about the size of the cake, place on the top, press lightly into shape with the rolling pin and allow it to come down the sides of the cake about an inch in depth. Place the cake in a cool oven to set the paste. Next day the cake can be iced with sugar icing.

Mocha Icing

Ingredients.— $\frac{1}{4}$ lb. of butter ; $\frac{1}{2}$ lb. of icing sugar ; 1 dessertspoonful of good coffee essence ; 1 teaspoonful of vanilla.

Method.—Rub the icing sugar through a hair sieve. Put the butter into a basin and beat to a cream with a wooden spoon. Add the sugar and coffee essence gradually. When quite ready add the vanilla essence. Spread over the cake.

White Glacé Icing

Ingredients.— $\frac{3}{4}$ lb. of icing sugar ; the juice of half a lemon ; a little water.

Method.—Rub the icing sugar through a sieve, put it into a clean saucepan, mix in the lemon juice, and enough water to make it of the consistency of a very thick sauce. Warm over a slow fire until it just melts enough to pour

over the cakes. If made hot it will crack and look dull. This can be flavoured with any essence liked such as vanilla, or coffee, etc., and can be coloured with cochineal, sap green, or yellow colouring as liked.

This can also be flavoured with orange instead of lemon.

Chocolate Icing

Ingredients.—2 ozs. grated chocolate ; 8 ozs. of icing sugar ; $\frac{1}{2}$ gill of water.

Method.—Put the chocolate and water into a pan, stir well with a wooden spoon, and boil 5 minutes. Remove the pan from the fire and allow the contents to cool a little ; then add the icing sugar ; stir over a low fire 2 or 3 minutes, but do not make hot, or the icing will look dull. It should coat the back of the spoon rather thickly. If too thick add a little more water, but a very few drops at a time, as it quickly becomes too thin. If the icing thickens before the cakes are finished, warm up again for a few minutes.

Royal Icing for Cakes

Ingredients.—2 lbs. of icing sugar ; 4 whites of eggs ; the juice of 2 lemons (about).

Method.—Rub the icing sugar through a hair sieve. Put it into a basin and make a well in the centre. Put in the slightly beaten whites of egg, mix a little of the sugar to it, then add half the strained lemon juice and mix all into rather a moist paste, using more lemon juice as required. Have ready a jug of cold water. Place the cake on an inverted dish or on a wire tray, placed on a dish. Put the icing on the cake and smooth it all over with a palate knife, or a large knife. Dip the knife in cold water occasionally, and cover the cake smoothly all over. When set, if liked a coating of boiled icing can be poured over, but this must be done quickly, and in smoothing the sides dip the knife in hot water.

Boiled Icing for Cakes

Ingredients.—1 breakfastcupful of loaf or granulated sugar ; one-third of a cup of boiling water ; white of an egg ; a saltspoonful of cream of tartar.

Method.—Put the sugar and water into a pan, stir until

the sugar is dissolved, then boil without stirring until the syrup will drop in a thread from a fork. At once remove from the fire and pour over the beaten white of egg, add the cream of tartar and beat well. When it thickens and is quite smooth pour over the cake. It hardens quickly and should be poured over the cake before it stiffens too much.

INDEX

A

- Aigrettes, Cheese, 167
- Almond icing, 188
- American artichokes, 134
 - „ ice cream, 159
- Anchovy sauce, 65
- Angel cake, 181
- Apple and sausage savoury, 168
 - „ and tapioca pudding, 23
 - „ fritters, 151
 - „ sage, and onion stuffing, 73
 - „ salad, 144
 - „ sauce, 68
 - „ sweet, 155
- Artichoke fritters, 134
- Artichokes, 133
- Artichokes cooked in haybox, 22
- Articles needed in kitchen, 3
- Asparagus, 138
- Aspic, Prawns in, 169
 - „ Shrimps in, 169

B

- Back kitchen, 7
- Bacon and liver, 102
 - „ Boiling, 21, 108
 - „ and oatmeal rolls, 161
 - „ Curing, 108
 - „ fritters, 161
 - „ pudding, 109
- Baked custard, 149
 - „ potatoes, 131
- Baking fish, 76
 - „ meat, 97

- Baking poultry and game, 92
- Barley, Pearl, 123
- Batter for fish, 72
 - „ Frying, 72
 - „ Frying fish in, 79
 - „ pudding, 150
- Bean and rice cutlets, 38
 - „ rissoles, 120
- Beans, Baked, 118
 - „ Boiling haricot, 118
 - „ Broad, 137
 - „ French, 136
- Beef, Braising fillets of, 99
 - „ Casserole of, 29
 - „ for boiling, 96
 - „ Pressed, 107
 - „ Spiced, 107
 - „ stew in haybox, 21
- Beetroot soup, 54
- Biscuits, Chocolate, 187
 - „ Gingerbread, 187
 - „ Oatmeal, 187
 - „ Water, 186
 - „ Wine, 187
- Blades of knives, Cleaning, 9
- Blanc Mange, Chocolate, 148
- Boiled bacon or mutton in haybox, 18
- Boiled beef garnish, 96
 - „ fowls, Serving, 46
 - „ icing for cakes, 189
 - „ mutton garnish, 96
 - „ mutton in haybox, 20
 - „ pork garnish, 96
- Boiling a ham, 21
 - „ eggs, 163
 - „ fish, 76
 - „ ox tongue, 100
 - „ poultry and game, 92
 - „ rice, 124

Bone stock, 49
 Bones, Using, 41
 Box, Cooking, 16
 „ How to make a cooking, 17
 Braised turkey, 112
 Braising meat, 9
 Brass pans, Cleaning, 9
 Brawn, 108
 Brazil nut cutlets, 128
 Bread and cakes, 170
 „ Brown, 171
 „ Currant, 174
 „ fritters, 151
 „ making rules, 170
 „ nut, 173
 „ Oatmeal, 173
 „ Rice, 172
 „ sauce, 65
 „ Soda, 174
 „ Stale, 36
 „ Steamed, 172
 „ Sultana, 174
 „ Wheatmeal, 173
 Breakfastcupful measure, 5
 Breakfast dishes, 160
 „ rolls, 184
 Briquettes, Using, 12
 Broad beans, 137
 Broiling fish, 80
 Broth, Scotch, 56
 Brown bread, 171
 „ coating sauce, 67
 „ fish soup, 54
 „ sauce, 66
 Buns, 186
 Burner, Cleaning a, 13
 Burnt saucepans, Cleaning, 8
 Butter beans, Boiling, 118
 „ beans in haybox, 23
 „ Keeping, 8

C

Cabbage cooked in haybox, 22
 „ Hot-pot of, 135
 „ To cook, 134
 Cake, Angel, 181
 „ Chocolate, 178, 183
 „ Cornflour, 178
 „ Dough, 181
 „ Genoa, 177

Cake, Gingerbread, 177
 „ Madeira, 183
 „ Rice, 183
 „ Small sponge, 179
 „ Sultana, 177
 Cakes baked in electric cookers,
 15
 „ Baking, 13
 „ Fish, 89
 „ Icing for, 189
 „ Plain, 176
 „ Rules for making, 174
 „ Steamed, 182
 „ Tea, 184
 Caper sauce, 65
 Caramel rice pudding, 149
 Carbonate of soda, When
 measuring, 6
 Carrots, Boiling, 139
 Casserole, Chicken en, 29
 „ cookery, 28
 „ Food served in, 43
 „ of beef, 29
 „ of vegetables, 116
 Casseroles, 6
 „ Cleaning, 8, 9
 „ Fireproof, 18
 Cauliflower in haybox, 22
 Celery salad, 144
 „ Stewing, 138
 Cereal stock, 51
 Chafing dish cookery, 30
 Chaudroid of eggs, 166
 „ of haricot beans, 122
 „ of partridge, 114
 „ of pheasant, 114
 Cheese aigrettes, 167
 „ cakes, Lemon, 180
 „ creams, 169
 „ croûtons, 168
 „ Macaroni, 127
 „ sauce, 65
 Chestnut forcemeat, 75
 Chicken and tongue salad, 47
 „ en casserole, 29
 „ mousse, 112
 Chicory, 137
 Chimney sweeping, 6
 China, to wash-up, 10
 Chloride of lime for dust-bin, 8
 Chocolate biscuits, 187
 „ blanc mange, 148

- Chocolate cake, 178, 183
 " icing, 189
 " pudding, 154
 " sauce, 69
 " trifle, 154
 Choosing a range, 12
 Clarifying fat, 41
 Cleaner for silver, 10
 Cleaning a gas cooker, 13
 " a kitchen, 6
 " coal range, 11
 " electric cooker, 15
 " knives, 9
 " oil stoves, 16
 " saucepans, 8
 " silver, 10
 Clear lemon jelly, 158
 " soup, 51
 " soup from bone stock, 53
 " soup from vegetable
 stock, 53
 " soup meat stock, 50
 " tomato soup, 54
 " vegetable stock, 50
 Coal, Economizing use of, 12
 " range, How to clean a, 11
 " range, How to use, 12
 Cocoa pudding, 154
 Cod, Baked, 85
 Cod's roe, 168
 Cold potatoes, 41
 Consommé, 51
 " Royal, 52
 Cooker, Electric, 15
 " Gas, 13
 Cookery by chafing dish, 30
 " One pot, 26
 " rules for cooking box,
 18
 Cooking box, 16
 " box, How to make a, 17
 " " Cooking mornings," 14, 32
 Cooking suet puddings, 19
 Cook's cabinet, 1
 Copper, Cleaning the hearth of, 7
 " pans, Cleaning, 9
 Cornflour cake, 178
 " mould, 40
 " sandwich pudding, 147
 Cornish pasties, 105
 Creamed shrimps, 30
 Cream, Ice, 159
 Cream of rice, 156
 Croftons, Cheese, 168
 " Lax, 168
 Cucumber, Stewed, 142
 " Using up, 40
 Curing ham, 108
 Currant bread, 174
 Curried eggs, 166
 " lentils, 119
 " rice, 160
 Curry and rice, 104
 " sauce, 67
 Custard, Baked, 149
 " Boiled, 148
 " pudding, 147
 Cutlets, Brazil nut, 128
 " Egg, 164
 " Grilled, 45
 " Lentil and rice, 121
 " Vegetable, 116

 D
 Date pudding, 24
 Deflectors in electric cooker
 ovens, 15
 Dinners cooked in multiple
 steamer, 24
 Dinners cooked in one pot, 26
 Dishes for breakfast, 162
 " Plated, 44
 " quickly cooked, 31
 " to be cooked in casserole,
 29
 Dishing up food, 43
 Dough cake, 181
 " nuts, 182
 Dressings, Salad, 70
 Dried peas cooked in haybox, 23
 Drop scones, 185
 Duck, 92
 " Mock, 121
 " Salmi of, 113
 Dust-bin, 7

 E
 Economies in gas cooking, 14
 Egg, Boiling an, 163
 " cutlets, 164
 " dishes, 163
 " Frying an, 163

 O

Egg omelette, 166
 ,, Poaching an, 163
 ,, sauce, 65
 Eggless sponge cake, 179
 Eggs, Chaudroid of, 166
 ,, Curried, 166
 ,, Sardine, 165
 ,, Scrambled, 164
 ,, Stuffed, 165
 Electric cooker, 15
 Electrical cooking utensils, 6
 Enamelled saucepans, Cleaning,
 9
 Endive, 137
 Entente pudding, 157
 Equipment of kitchen, 1

F

Fat, Clarifying, 41
 ,, White sauces without, 64
 Fillets of beef and tomatoes,
 101
 ,, of fish, 45
 ,, of fish à l'Indienne, 87
 ,, of beef braised, 99
 Fireless cooker, 16
 Fire, Time on, for cooking, 18
 Fish, Baking, 76
 ,, Boiling, 76
 ,, Broiling or grilling, 80
 ,, cakes, 89
 ,, en casserole, 89
 ,, Frying, 79
 ,, Galantine, 90
 ,, Moley, 90
 ,, rechuffé, 30
 ,, patties, 38
 ,, salad, 142
 ,, sauce, 66
 ,, soufflé, 88
 ,, steaks, 80
 ,, Steaming, 78
 ,, stewed in haybox, 18
 ,, stock, 51
 Flaky pastry, 145
 Flemish vegetable soup, 58
 Flues, Cleaning, 11
 Fcod, How to re-heat, 43
 Force meat, Chestnut, 75
 ,, Liver, 74
 ,, Oyster, 74

Force meat, Sausage, 73
 ,, Veal, 72
 Fowl in oven, Roasting, 111
 ,, Roast, 92
 ,, Steamed, 111
 French beans, Boiling, 136
 ,, rice soup, 62
 Fresh meat, Preparing, 95
 Fried potatoes, 131
 Fritters, 45
 ,, Apple, 151
 ,, Bacon, 161
 ,, Belgian Bread, 151
 Fruit for cakes, 175
 ,, trifle, 155
 Frying batter, 72
 ,, eggs, 163
 ,, fish, 79
 ,, meat, 99
 ,, pan, Cleaning, 9
 Fuel, Rubbish for, 12

G

Galantine, Fish, 90
 ,, Nut, 128
 ,, Vegetable, 117
 Game, Serving, 46
 Gammon, boiling in haybox, 21
 Garnish for boiled beef, 96
 ,, for boiled mutton, 96
 ,, for boiled pork, 96
 Garnishes for clear soups, 52
 Garnishing, 46
 Gas cooker, 13
 ,, cooking economies, 14
 ,, cooking utensils, 6
 Genoa cake, 177
 Gingerbread biscuits, 187
 ,, cake, 177
 ,, pudding, 153
 Glass, To wash, 11
 Good coating batter, 72
 Goose, 92
 ,, Salmi of, 113
 Grate cleaning, 11
 Green vegetables, 134
 Grilled cutlets, 45
 ,, kidneys, 103
 Grilling fish, 80
 Ground rice custard, 147
 Guinea fowl, 92

H

- Haddock and tomatoes, 82
 " Stuffed and baked, 83
 Hake, 85
 Halibut, 85
 Ham, Boiling, 108
 " Boiling, in haybox, 21
 " Curing, 108
 Handles of knives, 9
 Hare, Jugged, 110
 " pie, 110
 Hares, 92
 Haricot bean chaufroid, 122
 " bean shape, 123
 " bean soup, 20
 " beans in haybox, 18
 " beans, 118
 " mutton in haybox, 21
 " soup, 61
 Hash, 103
 Haybox, 6
 " cooking, 16
 " How to make a, 17
 " pans, 18
 Heating a cooker, 13
 " and re-heating food, 42
 Herring salad, 143
 " and mustard sauce, 82
 Herrings, Preparing salt, 81
 Hors d'œuvres, 42
 Horse-radish sauce, 68
 Hot-pot of cabbage, 135
 How to make a cooking box, 17
 " to make a haybox, 17
 " to use electric cooker, 15
 " to use gas cooker, 13

I

- Ice-cream, American, 159
 Icing, Almond, 188
 " Chocolate, 189
 " Mocha, 188
 " White glacé, 188
 Ingredients, Measures for dry, 5
 Irish stew in haybox, 18
 Iron saucepans, 8
 Italian jelly, 156

J

- Jacket potatoes, 129
 Jam sauce, 69
 " soufflé, 156
 Jelly, Serving, 47
 " Clear lemon, 158
 " Italian, 156
 " Orange, 158
 Joints, 92
 Jugged hare, 110
 Julienne soup, 52

K

- Kedgerie, 42, 91
 Kettle, Time for boiling, 14
 Kidney soup, 56
 Kidneys à la Maitre d'hotel, 102
 " Grilled, 103
 Kippers, Cooking, 82
 Kitchen, Cleaning a, 6
 " Cleaning the back, 7
 " Equipment of, 1
 " Outfit for, 3
 Knives, Cleaning, 9

L

- Lamb, Serving roast, 95
 Lamps in oil stoves, 16
 Larder, Cleaning the, 8
 " New arrangement of, 2
 " remains, 37
 Lax croûtons, 168
 Leg of mutton, Using a, 33
 Lemon cheese cakes, 180
 " sponge, 157
 Lentil and rice cutlets, 121
 " mixture, Savoury, 122
 " patties, 120
 " rissoles, 120
 " soup, 61
 " soup, time on fire, 18
 Lentils, Curried, 119
 Lettuce, Boiling, 138
 Leverets, 92
 Liquids, Measures for, 5
 Liver and bacon with rice, 102
 " forcemeat, 74

M

Macaroni à l'Italienne, 126
 „ Cheese, 127
 „ cooked in haybox, 23
 „ Home-made, 125
 „ in batter, 126
 „ To boil, 126
 Mackerel, Baked, 83
 Madeira cake, 183
 Madeleines, 180
 Maids of Honour, 180
 Making a silver-cleaner, 10
 „ bread, 170
 „ cakes, 174
 Marrow cream, 141
 „ soup, 58
 „ Stuffed, 141
 „ Vegetable, 140
 Mashed potatoes, 131
 Mayonnaise of salmon, Serving,
 46
 „ dressing, 70
 „ sauce, 71
 Measures for liquids, 5
 Meat, Boiling, 95, 97
 „ garnishes, 94
 „ in oven, 13
 „ pie, 33
 „ pudding, time in haybox,
 18
 „ Roasting, 94
 „ roll, 104
 „ Stewing, 97
 „ stock for clear soup, 50
 „ To braise, 98
 Meatless dishes, 116
 Milk, Keeping, 8
 „ puddings, 147
 „ puddings, Cooking, 13
 Mince, 103
 Mint sauce, 68
 Mocha icing, 188
 Mock duck, 121
 Mousse, Chicken, 112
 „ Veal, 112
 Mulligatawny soup, Vegetable,
 60
 Multiple steamer, How to cook
 in, 24
 Mushrooms, Broiled, 139
 „ Stewed, 139

Muslin covers, 8
 Mustard sauce, 68
 „ sauce and herrings, 82
 Mutton cooked in haybox, 20
 „ Ragout of, 105
 „ Serving roast, 94

N

New potatoes, 130
 Nickel plate, Cleaning, 16
 Nut bread, 173
 „ galantine, 128
 Nuts, Dough, 182

O

Oatmeal biscuits, 187
 „ bread, 173
 „ porridge, 162
 „ porridge pudding, 123
 „ pudding, 23
 „ sausages, 124
 „ scones, 186
 „ soup, 62
 Œufs sur le plat, 164
 Oil and vinegar salad dressing,
 71
 „ stoves, 16
 Old ranges, 12
 Omelette, 166
 One-pot cookery, 26
 Onions, 138
 Onion sauce, 65
 „ soup, 59
 „ stuffing, 73
 Orange jelly, 158
 Outfit for kitchen, 3
 Oven cleaning, 11
 Ovens in electric cookers, 15
 Oxtail soup, 19
 Ox Tongue, To boil an, 100
 Oyster forcemeat, 74

P

Palestine soup, 57
 Pans, Copper, brass, and
 aluminium, 9
 „ for haybox, 18
 Parsley sauce, 65
 Parsnips, 139

- Partridge, Chaudfroid of, 114
 Pasties, Cornish, 105
 Pastry and puddings, 145
 " Flaky, 145
 " on the grid, 13
 " Potato, 160
 " Short crust, 145
 Patties, Fish, 38
 " Lentil, 120
 Pearl barley, To cook, 123
 Pea soup, 62
 Peas, Boiling split, 118
 " pudding, 120
 " To boil, 136
 Pheasant, Chaudfroid of, 114
 Pickle for meat, 106
 " for tongue, 106
 Pieces, Using up, 36
 Pie, Hare, 110
 Pigeons, 92
 Plaice à l'Italienne, 87
 " Frying, 79
 Plain cakes, 176
 " sultana cake, 177
 Plated dishes, 44
 Plate over stove, 14
 Poaching eggs, 163
 Polenta 127
 " with liver and bacon, 102
 Polish for range, 11
 " for tins, 9
 Pork, Serving roast, 95
 Porridge made in cooking box,
 16
 " Oatmeal, 162
 " pudding, 123
 Potato and sausage rolls, 160
 " scones, 186
 " soufflé, 132
 " soup, 20, 58
 " soup, time on fire, 18
 Potatoes au gratin, 133
 " Baked, 131
 " Boiled, 129
 " Fried, 131
 " in haybox, 18
 " Mashed, 131
 " New, 130
 " Puffed, 132
 " Sauté, 132
 " Steamed, 130
 Pot au feu, 55
 Pot cookery, One, 26
 " roast, 99
 Poultry and game, 92
 " and game, Preparing,
 114
 Powdered Bath-brick, 11
 Prawns in aspic, 169
 Preparing for a " cooking morn-
 ing," 32
 Pressed beef, 107
 Primus stoves, 16
 Prunes in haybox, 18
 Pudding, Batter, 150
 " Caramel rice, 149
 " Chocolate, 154
 " Cocoa, 154
 " Cornflour sandwich,
 147
 " Custard, 147
 " Entente, 157
 " Gingerbread, 153
 " Oatmeal porridge, 123
 " Peas, 120
 " Yorkshire, 150
 Puddings, 145
 " cooked in haybox, 23
 " Milk, 147
 " Sponge, 152
 Puffed potatoes, 132
 Puff pastry, 146
 Puffs, Sardine and lentil, 39
 Pumpkin cream, 141
 " soup, 58
 Purée, Tomato, 59
- Q
- Quails, 115
 Quaker oats in haybox, 18
 Quickly cooked dishes, 31
- R
- Rabbit, Jugged, 110
 " Roast or baked, 109
 Rabbits, 92
 Ragout of mutton, 105
 Range, Choosing a, 12
 " Coal, 11
 " How to lay coal, 12
 Rashers of bacon, 109

Ravigote sauce, 71
 Rechauffé of fish, 30
 Red cabbage salad, 143
 Rice and curry, 104
 „ Boiled, in haybox, 18
 „ bread, 172
 „ cake, 183
 „ cooked in haybox, 22
 „ Cream of, 156
 „ Curried, 160
 „ salad, 144
 „ To boil, 124
 Rinds of oranges and lemons, 41
 Risotto, 125
 Rissoles, 106
 „ Bean and lentil, 120
 „ Sauces for, 68
 Roasting poultry and game, 92
 Roast meat in hot oven, 13
 „ rabbit, 109
 Roe, Cod's, 168
 Roll, Meat, 104
 „ Swiss, 152
 „ Bacon and oatmeal, 161
 „ Breakfast, 184
 Rolls, Sardine and bacon, 167
 „ Sausage, 160
 Rough puff pastry, 146
 Royal icing, 189
 Rubbish for fuel, 12
 Rules for cooking-box cookery,
 18
 Russian salad, 144
 „ salad, Serving, 47

S

Sage and onion stuffing, 73
 Sago cooked in haybox, 23
 Salad dressings, 70
 „ dressing without oil, 70
 „ of fish, 37
 Salads, 142
 Salmi of duck, 113
 „ of goose, 113
 Salmon, 86
 Salsify, 140
 Salt beef, 95
 „ beef, Boiling, 96
 „ fish, Boiling, 77
 „ herrings, Preparing, 81
 Sandwich pudding, 147

Sauce, Anchovy, 65
 „ Apple, 68
 „ Bread, 65
 „ Brown, 66
 „ Brown coating, 67
 „ Caper, 65
 „ Chocolate, 69
 „ Cheese, 65
 „ Curry, 67
 „ Egg, 65
 „ Fish, 66
 „ Horse-radish, 68
 „ Jam, 69
 „ making, 33
 „ Mayonnaise, 71
 „ Mint, 68
 „ Mustard, 68
 „ Onion, 65
 „ Parsley, 65
 „ Ravigote, 71
 „ Sweet white, 69
 „ Syrup, 69
 „ Tartar, 71
 „ Tomato, 66
 „ Treacle, 69
 „ White, 64
 „ White coating, 67
 „ Wine, 69
 Sauces, batters, and forcemeats,
 64
 „ for rissoles, 68
 Saucepans, Cleaning, 8
 Sausage and apple savoury, 168
 „ and potato rolls, 160
 „ savoury, 161
 Sausage-meat forcemeat, 73
 Sausages, Oatmeal, 124
 „ Using, 42
 Sauté potatoes, 132
 Sardine and bacon rolls, 167
 „ and lentil puffs, 39
 „ eggs, 165
 Savoury dishes, 160
 „ fritters, 45
 „ lentil mixture, 122
 „ Sausage, 161
 Scarlet runners, 136
 Scones, Drop, 185
 „ Oatmeal, 186
 „ Potato, 186
 „ Scotch, 185
 „ Treacle, 185

- Scotch broth, 56
 „ scones, 185
 Scrambled eggs, 164
 Scullery, 2
 Serving, Rules for, 45
 Shape, Haricot bean, 123
 Shortbread, 179
 Short crust pastry, 145
 Shrimps, Creamed, 30
 „ in aspic, 169
 Silver cleaning, 10
 „ washing, 10
 Sink, Cleaning the, 7
 Skate, 84
 „ au Beurre Noir, 84
 Skewers and strings, 46
 Small salad, 143
 Soda bread, 174
 Sole, Frying, 79
 „ Lemon, 86
 Soufflé dishes, Serving, 47
 „ Fish, 88
 „ Jam, 156
 Soup, Beetroot, 54
 „ Brown fish, 54
 „ Clear tomato, 54
 „ French rice, 62
 „ Flemish vegetable, 58
 „ Haricot, 61
 „ Kidney, 56
 „ Lentil, 61
 „ Lentil, in haybox, 18
 „ Marrow, 58
 „ Oatmeal, 62
 „ Onion, 59
 „ Oxtail, made in haybox,
 19
 „ Palestine, 57
 „ Pea, 62
 „ Potato, 58
 „ Pumpkin, 58
 „ Spanish, 60
 „ Vegetable mulligatawny,
 60
 „ White fish, 54
 „ White vegetable, 57
 Soups made in a haybox, 19
 „ stock, 19, 49
 Spaghetti, Boiling, 126
 „ in haybox, 23
 Spanish soup, 60
 Spinach, To cook, 135
 Spiced beef, 107
 Sponge cakes, 176
 „ cake, Small, 179
 „ Lemon, 157
 „ pudding, 152
 Stale bread, 36
 Steaks, Frying Fish, 80
 „ Vienna, 101
 Steamed batter pudding, 150
 „ bread, 172
 „ cakes, 182
 „ fish pudding, Serving,
 48
 „ fowl, 111
 „ potatoes, 130
 „ puddings, Serving, 47
 Steamer, Cooking on, 15
 „ Multiple, 24
 Steamers, 14
 Steaming fish, 78
 Steel saucepans, Cleaning, 9
 Stewed celery, 138
 „ cucumber, 142
 Stewing fruit in haybox, 18
 „ meat, 97
 Stock, Bone, 49
 „ for soup, 19
 Stoves, Oil, 16
 Stuffed eggs, 165
 „ fillets of fish, 45
 „ tomatoes, 135
 „ vegetable marrow, 141
 Stuffing, 73
 Substitute suet pudding, 23
 Suet pudding, Serving, 48
 Sultana bread, 174
 „ cake, 177
 Surrounds, Cleaning, 16
 Sweep, After the, 6
 Sweet white sauce, 69
 Swiss roll, 34, 152
 Syrup sauce, 69
- T
- Tapioca cooked in haybox, 23
 Tartar sauce, 71
 Tea cakes, Yorkshire, 184
 Teal, 92
 Temperature for electric cookers,
 15
 Tiles, Washing, 11

Time-table for cooking box, 18
 Tin saucepans, Cleaning, 9
 Tins, Cleaning, 9
 „ for making cakes, 175
 „ polish for, 9
 Tomatoes, Stuffed, 135
 Tomato Purée, 59
 „ salad, 144
 „ sauce, 66
 „ soup, Clear, 54
 Tongue pickle, 106
 „ To boil a, 100
 Treacle sauce, 69
 „ scones, 185
 Trifle, Chocolate, 154
 „ Fruit, 155
 Trimmings, Stock made from, 51
 Turkey, 92
 „ Braised, 112
 Turnips, 139

U

Using a gas cooker, 13
 „ coal range, 12
 „ oil stoves, 16
 „ up pieces, 36

V

Veal, Boiling, 97
 „ Forcemeat, 72
 „ mousse, 112
 „ Serving roast, 94
 Vegetable cutlets, 116
 „ galantine, 117

Vegetable marrow, 140
 „ mulligatawny soup, 60
 „ refuse, 7
 Vegetables, 129
 „ Casserole of, 116
 „ cooked in haybox, 22
 „ stock for soup, 50
 „ Using up, 40
 Vermicelli, Boiling, 126
 „ in haybox, 23
 Vienna steaks, 101

W

Washing silver, 10
 Wash-up china, How to, 10
 Water biscuits, 186
 Weighing without weighing-machine, 5
 Wheatmeal bread, 173
 White coating sauce, 67
 „ fish soup, 54
 „ glacé icing, 188
 „ sauce, 64
 „ vegetable soup, 57
 Wicks, Preparing new, 16
 Wine biscuits, 187
 „ sauce, 69
 Wiping glass, 11

Y

Yorkshire pudding, 150
 „ tea cakes, 184

YEATMAN'S YEAST POWDER

IS THE BEST BAKING POWDER

Makes
Delicious
Scones,
Bread,
Rolls,
Cakes,
Puddings,
Pastry, etc.



If your grocer
does not stock
send his name
and address to

YEATMAN
& CO., Ltd.,
Denmark Street,
London, E. 1,

and we will
see you get
supplies.

BEST FOR **ECONOMY
LIGHTNESS
DIGESTION**

ZANEL

The Domestic Wonder.

**Can be used with Gas Ring
or Oil Stove.**

ZANEL is one of the most remarkable utility inventions of the century. A self-contained portable cooking range and radiator. For use with gas or oil; and meeting all cooking requirements, whether roasting, baking, boiling, grilling or toasting Meat, Fish, Poultry, Puddings, Bread, Cakes and Pastries, etc.

Portable Cooking Range and Heater.

ZANEL can be used anywhere, in the house or outdoor. It is light and portable; takes up little room, and packs neatly for stowing away in the trunk, motor car, or on the bicycle carrier for holidays and picnics.

Fig. 1. Shows the Cooking Range in use when the Oven is not required.

Fig. 2. Oven in position for use.

Fig. 3. The complete outfit packed ready for stowing away or carrying about.

In addition, ZANEL is also a wonderful radiator for heating any room of the house.

To those thousands who are compelled to live in apartments ZANEL is a sheer necessity. It should be in every home, in Town or Country, where gas is not available, and where it is desired to reduce gas and coal bills. ZANEL pays for itself in two months. In Workshops, Canteens, Club-houses, Hospitals, Yachts, and Shooting-boxes, etc., ZANEL is invaluable.

**PRICE 52/6 Carriage
Paid.**

Particulars Sent Free.

**The ZANEL Co., 32, Charlotte Street,
BIRMINGHAM.**

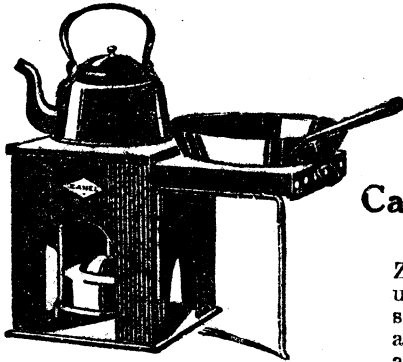


Fig. 1.

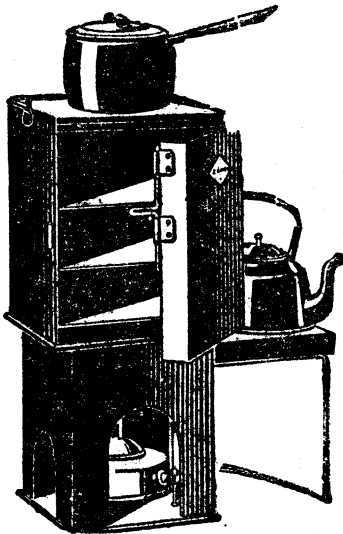


Fig. 2.

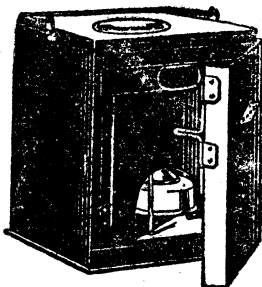


Fig. 3.

GOSPO

THE BRITISH CLEANSER.



Large 7d. Sprinkler.

For
*Marble, Mosaic,
Tile, Wood Floors.*

**UNEQUALLED FOR
KITCHEN UTENSILS,
WOOD, TABLES,
SHELVES, STEEL.**

GOSPO
contains no animal fat.



4d. packet.

**"The Brightest Homes in all the land
Are cleaned with Gospo WHITE CAT Brand."**

For Baths, Paint, Enamel
and General Cleanings.

**REMOVES STAINS
FROM THE HANDS**

3½d. per Cake.



To be obtained from STORES, GROCERS, IRONMONGERS, &c.
Trade Terms, &c.—GOSPO, Ltd., 33 Waterloo Road, London, S.E.
CONTRACTORS TO H.M. GOVERNMENT.

Telephone: Hop 3314.

Telegrams: "Workwoman, London."

— THE —

MAGIC ART OF BEAUTY CULTURE

SOME HOME RECIPES.

By MIMOSA.

A complexion that appears clear, fresh and natural, is as necessary to the smart woman as a modish gown. More attention should be given to keeping the skin "fit" than to the details of dress. The face, constantly exposed to wind, dust, fatigue and strain requires regular and watchful care. One great cause of complexion troubles is the frequent use of greasy, inactive preparations which clog the pores and prevent the natural throwing off of waste matter. My repeated advice is to avoid made-up cosmetics and to use only pure ingredients. The various aids to beauty which I recommend are simple, and if not already at hand, can be procured from any reliable chemist. If he has not what you require, he can easily obtain it for you. Only let me advise you to insist on having the original ingredients and not to accept some made-up preparation instead.

About Shampoos.—To quote an eminent London beauty specialist: "The slimy egg cannot dissolve the scalp impurities, but only adds to the trouble by completely choking the pores with animal matter." The substance sticks, decomposes, thereby causing the hair to assume a dead, "dull colour." I heartily endorse every word. Avoid eggs (and soap to) on your hair. Try the delightful preparation made by stirring a teaspoonful of stallax in a cup of hot water. It will bring out new beauty possibilities in your hair, will clear and prevent dandruff, and leave that fine fluffy effect so much sought after. It also removes excess oil or greasiness.

Face Fuzz.—Many women know how to remove superfluous hair temporarily, but to banish it for ever is quite another matter. As regards depilatories, I must say that there are very few good ones. They nearly all irritate the skin and even then only give temporary relief. Powdered pheminol acts in a wonderful manner, and the recommended treatment is designed not only to immediately remove the ugly hairs, but to also permanently destroy the roots.

Scanty Eyebrows and Lashes.—What a wealth of expression can be given to an otherwise plain face, by fine arching eyebrows, and long curling lashes. Much care should be exercised, however, in choosing a pomade for promoting the growth of either, as it is practically impossible to keep the lids tightly closed when treating the lashes. Mennaline has the advantage of being perfectly harmless, and at the same time a healthy stimulant to the hair follicles. Its use tends to darken the new growth which presumably is what most women desire.

Is Powder Necessary?—I say emphatically, No! There is a simple lotion which can be easily and cheaply made at home, and it is at the same time both effective and beneficial to the complexion. Cleminite is a splendid substitute for face powder, which is at the bottom of many complexion troubles. Get about an ounce from the chemists and dissolve in four table-spoonful of water. The result is a fine clear liquid, which instantly gives the face, neck, or arms that peach-like bloom of perfect health. There is nothing to equal it for greasy skins, and the result lasts all day long under the most trying conditions. Try it for the next dance.

Falling Hair.—How often one hears the lament, "I have tried everything on the market, and my hair comes out in handfuls." Not so surprising either when you come to think it over. Hair tonics to be effective must be fresh, and there is no earthly reason why every woman should not make her own lotion at home. The finest vegetable tonic I know of is made by mixing a packet of boranium with $\frac{1}{2}$ pint of bay rum and adding sufficient water to fill a half-pint bottle. This lotion rubbed briskly into the scalp sets the hair roots tingling with new life, and will, if persevered with, give you back your "crowning glory."

For Pale Faces.—Some folks are naturally pale and I see no harm whatever in adding a little colour to the cheeks if so desired. Rouge, however, is always obvious, and to people of refinement somewhat vulgar. There is a substance, however, known as powdered colliandum, which gives a perfectly natural colour, and at the same time defies detection. Apply a little with the finger tips. You will be pleased with the result I feel sure.

The Housewife's Greatest Help!

You know those busy mornings in the kitchen—dinner-time before you look round. These are the days above all others when BIRD'S Custard helps.



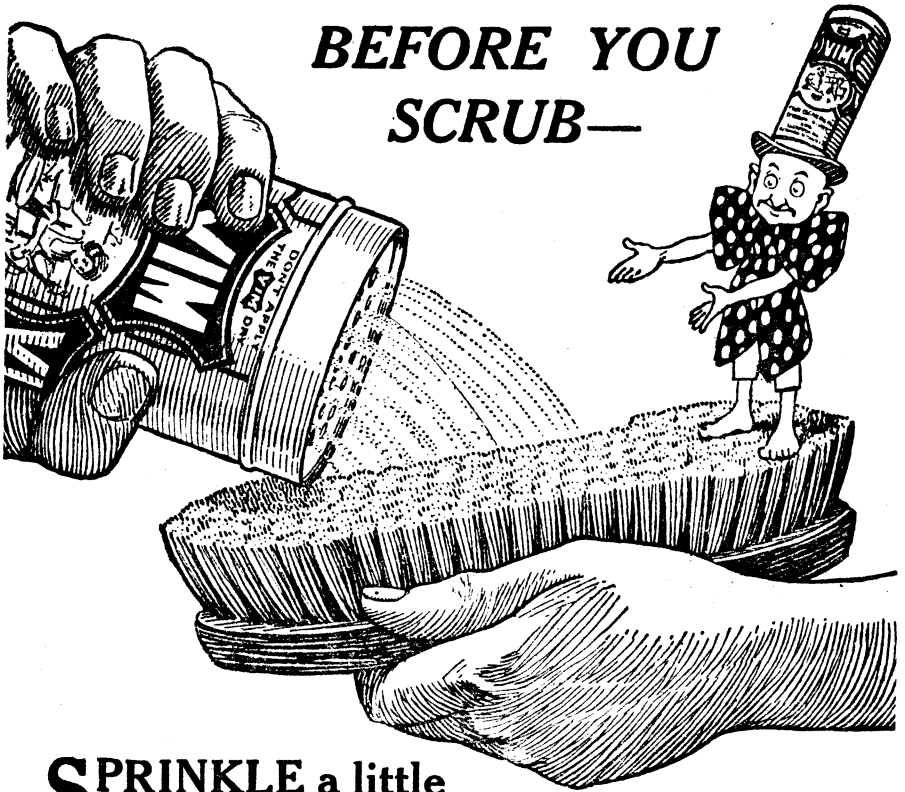
In a few moments, you have ready a delicious creamy, egg-like Custard, to serve with stewed, tinned, or bottled fruits—prunes, pears, apricots, etc.

No need to think—
“Does Harry like this,” or
“Does Nell like that?”
Every member of the
family enjoys

Bird's

the *Nutritious*
Custard.

**BEFORE YOU
SCRUB—**



SPRINKLE a little
VIM on your
scrubbing brush. See how easy it makes
the work, and how quickly you get over
it. Vim is thorough as well as quick.

*Use Vim for cleaning Floors, Kitchen Tables,
Tilework, Earthenware, Windows, Linoleum.*

IN SPRINKLER-TOP CANISTERS.

*Of all Grocers,
Stores, Oilmen,
Chandlers, &c.*



LEVER BROTHERS
LIMITED,
PORT SUNLIGHT.

V 157-18

AMAZING NEW "HOME COOKERY" INVENTION.

SAVES GAS, SAVES FOOD, SAVES MONEY.

8 ozs. to 1½ lbs. Saved on Every Joint—£'s Saved on Cost of Gas.

WONDERFUL NEW "MULTICOOKER" WHICH USES ONLY ONE GAS BURNER INSTEAD OF THE USUAL FOUR OR MORE AS ON THE ORDINARY GAS STOVE.

Every thrifty housewife who applies for it may have installed in her home a marvellous new cooking invention that will enable her to laugh at all food and cooking troubles, as well as enabling her to save £'s in the gas-cooking bill.

as a simple breakfast, luncheon, or dinner dish for one or two persons, without any trouble at all, but only uses ONE gas ring instead of four or five. Moreover, the food cooked in this new way is better, more tasty and appetising, and there is much less "shrinkage" than when the usual methods are employed. In fact, anything from 8 ozs. to 1½ lbs. of meat is saved on every joint, according to its size.

Every Woman's Kitchen Joy—The Single Burner Multicooker.



Note.—Only ONE Gas Ring is being used to cook a Full Course Dinner.

"I think that the 'Super-Multicooker' marks the biggest advance in cooking appliances I have ever had the privilege of examining throughout my 30 years' scientific experience in the gas world." (Signed) A. T. Hickinbotham, 25 years' Statutory Gas Examiner for the County of London.

There is no secret about this invention, nor is there the slightest difficulty in obtaining it. It is simply a portable accessory that can be used wherever gas is laid on, either on top of an ordinary gas stove or with a small tube and gas ring, and it saves money and does away with the need for coal for cooking, and saves many feet of gas every time it is used. It is called the "Multicooker" because it cooks a full-course dinner for from five to twenty people just as easily

household with ONE gas ring only, instead of four or more, as is usually required. Other models are made specially for use with Oil.

A most interesting Booklet, fully describing the new "Multicooker," and giving illustrations of the various models, in addition to valuable Cookery information, can be obtained by simply writing a postcard to The Multicooker Inventions, Ltd. (Room 109), 42, Berners Street, Oxford Street, London, W.

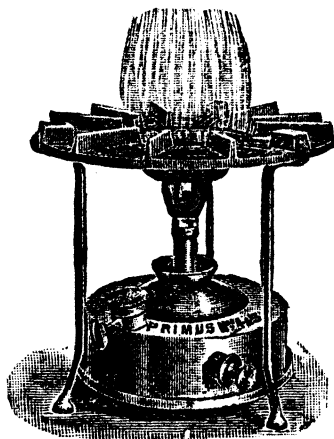
HOW IS IT DONE?

How is it done? It is easy to explain. Firstly, because on the ordinary gas stove or coal range more than half the heat is absolutely wasted. You can prove this on any gas stove, for instance, by putting your hand near the side of a kettle or saucepan on a gas ring. You feel intense heat, which is not helping the boiling in the least. But in the "Multicooker" the principle of heat-conservation is so employed that splendid advantages are secured from the amount of gas burned. Additionally, and what is most important, no gas fumes come into direct contact with the food itself, whilst as the cooking is accomplished in practically still, hot air, the natural salts and juices of the meat are preserved, instead of being dried up.

VALUABLE FOOD-ECONOMY BOOK FREE.

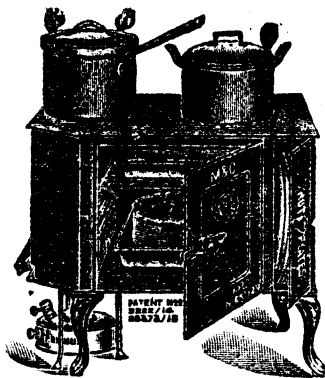
The new invention is now being supplied in various styles and sizes, so that it can be used at once in every home where there is a gas connection. It will then, as we have said, do all the cooking required for the average

HELPS to ECONOMY



THE "PRIMUS" ORIGINAL and GENUINE WICKLESS OIL STOVE.

THIS remarkable stove is one of the most ingenious inventions ever produced. A stove that burns ordinary paraffin without a wick, does not smoke or smell and produces an intense heat at a very small cost for fuel sounds at first rather unbelievable but this is what a "Primus" can do. The cost of oil for an ordinary "Primus" works out at 1d. for 3 hours, a fact that will appeal in these days of high prices for coal and gas.



THE "HESTIA" OVEN for use with gas or oil.

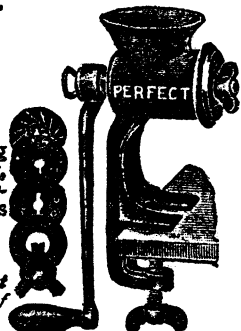
The intense heat produced by the "Primus" boils water far quicker than by gas or coal, heats irons, toasts, grills, fries and stews.

"Hestia" ovens, for use with a "Primus" stove, have been specially produced to widen the range of the capabilities of the "Primus" and it is now possible to do everything in the way of domestic cooking for a family with these two articles. In the ovens, bread, tarts and pastry can be baked, meat roasted and saucepans heated on top, in fact everything an ordinary range is capable of. For the summer months they are indispensable, no troublesome lighting of fires or unnecessary heat, food is not subject to the fumes of gas, the flues run right round the oven itself and thus cannot enter the inner parts or come into contact with the food. Both articles have been awarded a Diploma by the Incorporated Institute of Hygiene.



The well-known
"RELIANCE" FREEZERS
"PERFECT" and "SCANDIA"
FOOD CHOPPERS

have a reputation mainly for their lasting qualities; the Freezers for easy running, and the Food Choppers for the unsurpassed quality of their knives and plates which are made of best Swedish Steel.



Above articles are obtainable from most ironmongers, stores, etc., but if any difficulty is experienced we shall be pleased to send name of nearest supplier.

WHOLESALE
 ONLY

Condry & Co. Ltd.

78, FORE STREET, LONDON, E.C. 2.



**Try this
recipe:
Macaroni
and
Mutton.**

Cut three-quarters of a pound of mutton into neat pieces, put into a saucepan with a finely chopped onion, a carrot sliced, and one packet of EDWARDS' DESICCATED SOUP. *Any variety may be used in this dish, according to taste.* Cover with plenty of water, and bring to the boil. Now add pepper, salt, and a quarter-of-a-pound of macaroni, broken in half-inch pieces. Simmer gently on the hob for one-and-a-half hours, stirring occasionally.

Not only this recipe, but dozens of others as well can be made with E.D.S. Keep a packet on your shelf; it's "better than a stockpot."

In three varieties—Brown, White, and Tomato.

EDWARDS'
DESICCATED
SOUPS

E.D.S. costs only 1½d. per packet

Also in Canisters, 6½d., 1/-, and 2/-.

JACKSON'S VARNISH STAINS

FOR HOUSE CLEANING.



For making shabby floor boards look like Parquet. They dry hard quickly with a beautiful surface and are easily renewed.

Camphorated Floor Polish

will keep Stained floors in good condition, and make Linoleum look and wear well for many years.

Lavender Furniture Cream



is the finest Polish for good and valuable Furniture ever offered. It is delightfully fragrant. Will not finger-mark. Packed in Doukton Art Jars, which when empty are an ornament to any room.

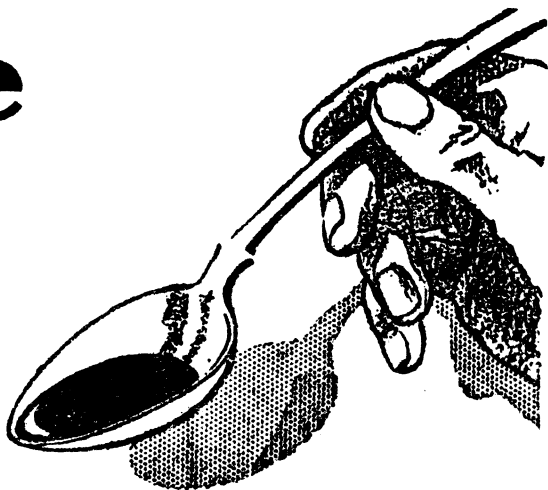
Sold by the best Stores, Grocers, Oilmen, Ironmongers, &c.

“Flowers, Floors, Furniture,” A BOOKLET (FREE) FULL OF USEFUL HINTS.

How to Polish, When to Polish, Why to Polish, the Staining of Floors and removing marks from Furniture, &c.

JACKSON'S WHARF, MALT ST., OLD KENT ROAD, S.E. 1.

In the Soup.

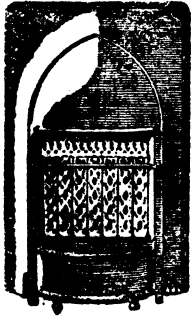


Just a teaspoonful of Bovril in the Soup gives it the character, the fullness of flavour that marks the soup of a good cook.

Bovril is indispensable in the kitchen. Keep a bottle always handy.

Bovril

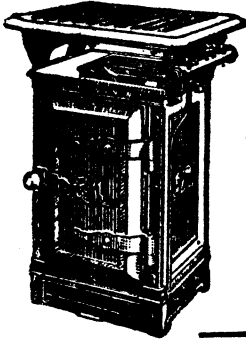
British to the Backbone.



COMFORT and CONVENIENCE

are ensured by the use of the
"MAIN" GAS APPLIANCES.

The "Main" Gas Fires are of unequalled efficiency. They embody the best and latest refinements in gas fire construction. In many artistic designs and finishes to meet all conditions.



The "Main" Gas Cookers ensure perfect cooking at economical cost. Sizes suitable for all requirements.

Ask your Gas Company for a "Main."

*Send for lists or call at our Showrooms,
25, Princes Street, Oxford Circus, W. 1.*

R. & A. MAIN, LIMITED,
EDMONTON, LONDON, N. 18.

To make sure that your
Cakes and Puddings will
be a success, always use
Cakeoma
the perfect cake flour

A valuable Recipe Book (25th Edition)
will be sent free on request to

Latham & Co., Ltd., Cakeoma, Liverpool.

Libby's

UNSWEETENED
EVAPORATED
Milk



YOU cannot possibly be too careful about the source of your Milk supply, *Purity, Economy, Convenience*—are vitally important.

LIBBY'S EVAPORATED MILK—a fine pure Milk to begin with—is guarded with the utmost care. The process of evaporation more than *doubles* the food value, because it removes more than half the natural moisture but leaves the valuable solids—hermetically sealed and sterilized to maintain its purity and wholesomeness—its distinctive flavour guarantees its absolute purity.

And it is so economical, so convenient, you will wonder how you ever kept house without it. So rich is Libby's Milk that when your recipe says Milk you dilute this Milk half and half with water. Whenever the recipe says cream, use Libby'sⁿ Milk just as it comes from the tin.

Many housewives do not know how much difference the Milk they use can make in their cooking. They would be amazed to see how much better all their Milk Dishes become when made with LIBBY'S EVAPORATED MILK.

Ask your Grocer for this famous Milk to-day.

Libby, McNeill & Libby, Ltd.,
LONDON.

Buy ———

“ DIPLOMA ”
FULL CREAM ENGLISH
CONDENSED MILK

The PERFECT MILK for the
FEEDING OF INFANTS, and
ALL DOMESTIC PURPOSES.

ALSO THE

“ DIPLOMA ”
BRAND OF FANCY
:: PROVISIONS ::

In these days it is often difficult for
the busy housewife to make a change
in the daily menu. The great
variety of Fancy Provisions on sale
offer her a ready solution. She
naturally wishes to get the BEST, and
if she insists on “DIPLOMA”
she gets it.

“ DIPLOMA ” *is the High Water Mark of Quality.*

PROPRIETORS :
WILTS UNITED DAIRIES, LTD., TROWBRIDGE, WILTS.

**THE
BEEF SUET IS
ATORA
SHREDDED AND BLOCK**

Why?

It is refined, all skin, water and waste matter removed.

Digestible, pure and nutritious.

**For PUDDINGS, PASTRY and
CAKES—use “SHREDDED.”**

Make your Milk Puddings with half milk, half water, and a tablespoonful of Shredded “Atora” to each pint—eat while hot.

**For FRYING and COOKING
—use BLOCK “ATORA.”**

Nothing to equal it—the Fish will be crisp and a nice golden colour.

Makes delicious Fried Bread.

1½ lb. equals
2 lbs. raw suet.

Sold in 1 lb. and
½-lb. boxes.

Sole Manufacturers:

**HUGON & CO., LTD. — Openshaw,
Manchester.**

Purveyors of Jams,
Jellies and Canned
English Fruits.



To His Majesty
King George V.

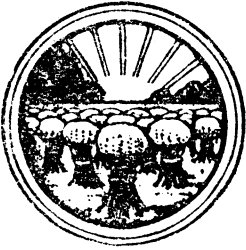
By Appointment

Chivers

Jams
Jellies
Canned Fruits
Custard Powder
etc., etc.

All made in the Country under Ideal Hygienic Conditions

CHIVERS & SONS, Ltd., The Orchard Factory, Histon, Cambridge.



See the little round barley-field on every packet—the mark of the highest value in Barley products.

FAWCETT'S PACKET PEARL BARLEY

FAWCETT'S HOME-GROWN UN-
BLEACHED PEARL BARLEY is
made from selected home-grown grain,
carefully dried before milling, and
remains in good, sweet condition for an
indefinite period. Price 7½d. per packet.

CREAM OF BARLEY
EXTRA FINE PEARL BARLEY
POTATO FECULE
CREAM OF RICE
BARLEY SEMOLINA

Used in the highest
class of cuisine for
the preparation of
soups, etc.

Can be obtained from all good class grocers.

YORKSHIRE PEARL BARLEY MILLS, LTD.
CASTLEFORD ————— **YORKS.**



A Kitchen Parable

A Sporting Story with a Homely Meaning

QUICK COOKERY—"To kill, clean, cook and serve a chicken in six minutes sounds impossible, yet the story is told of this being done by a chef—who was at one time chef to Prince Bismarck. He had wagered £10 that he could kill, clean, cook and serve a chicken, all in six minutes. The wager was decided at night in the café of the restaurant, in the presence of a big crowd.

The cook appeared at nine o'clock on an improvised platform, upon which stood a gas-cooking stove. To kill the fowl was the work of a second, and the cook began to pick the feathers with great swiftness. It took just one minute to get rid of every feather.

In less than another minute, the expert had opened and cleaned the fowl, and had placed it upon a broiler on the gas stove. The cook busied himself at the broiler, seasoning the fowl as it cooked.

It lacked just a second of the sixth minute when he stepped from the platform and served the chicken to the nearest guest, amid great applause."

From *Food and Cookery*.

The **Chicken**

and the **Chef** were necessary—

but it was the **Cooker**

—the **GAS COOKER**, mind you, which enabled him to win the wager

If you are interested in the capabilities of the gas cooker—the modern gas cooker, which is the triumphant result of years of experience and experiment—write for full particulars to the Secretary—

THE BRITISH COMMERCIAL GAS ASSOCIATION

47 Victoria Street, Westminster, S.W. 1



HAYWARDS,

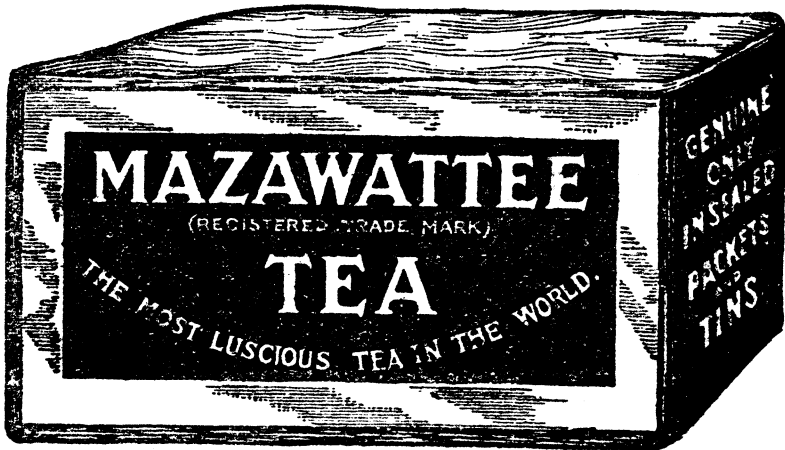
MILITARY PICKLE

There is a piquancy about 'MILITARY PICKLE' which instantly appeals to the palate and sharpens the appetite.

There is no Pickle quite like 'MILITARY'—its delicious mellow flavour instantly appeals to people who dare not take ordinary pickles.

A little 'MILITARY PICKLE' forms an appetising relish with all cold meats.

**HAYWARD BROTHERS LTD.,
KENNINGTON, S.E.**



**THE CONSTANT UNIFORMITY AND DELICACY
OF FLAVOUR OF MAZAWATTEE
HAVE MADE IT A HOUSEHOLD WORD**

Sold by all Grocers.



Contains Nature's best ingredients for building up the human body and maintaining its full strength. No other made beverage is so rich in vital elements. FRY'S is most easily digested and is an invaluable family food—a veritable boon in every household.

“The Unrivalled Energy Maker”

Captain Sir JOHN ALCOCK

K.B.E., D.S.C., writes :

“We found

Fry's Chocolate

wonderfully sustaining in our flight across the Atlantic, and would not have been without it on any account. It was our chief solid food on the journey, and was indispensable to us.”

THE GREATEST KNOWN GAS SAVER

THE
"WIFESJOIE"

ONE-RING GAS COOKER.

BAKES, BOILS, ROASTS, GRILLS, & TOASTS
to perfection, whilst heating 25-gallon cylinder
of water, only consuming 35 ft. of gas per hour
—average cost 2d. even at the present high
price of gas.

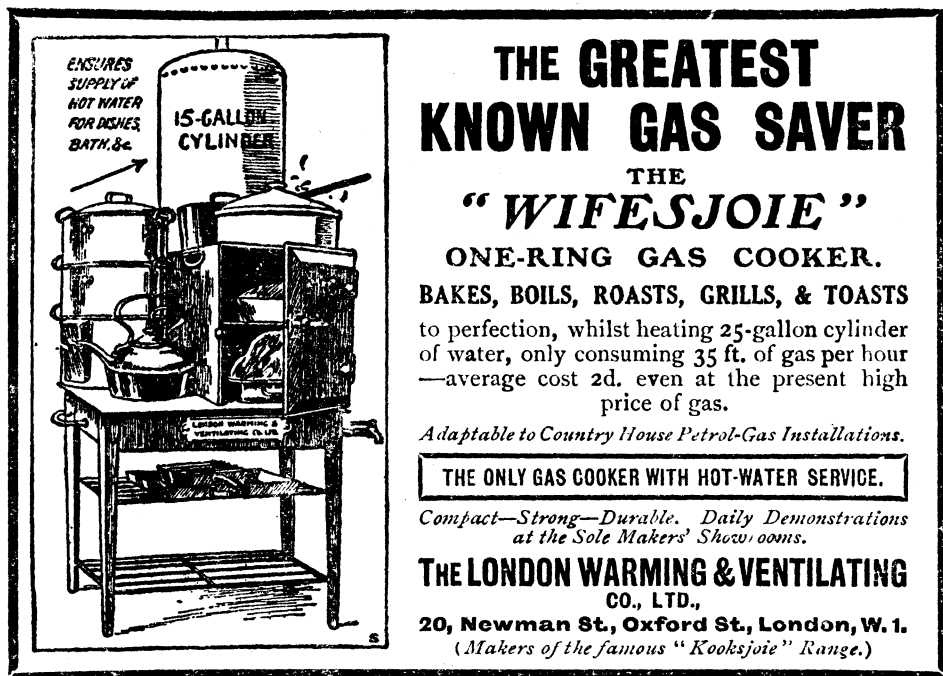
Adaptable to Country House Petrol-Gas Installations.

THE ONLY GAS COOKER WITH HOT-WATER SERVICE.

*Compact—Strong—Durable. Daily Demonstrations
at the Sole Makers' Showrooms.*

THE LONDON WARMING & VENTILATING
CO., LTD.,

20, Newman St., Oxford St., London, W. 1.
(Makers of the famous "Kooksjoie" Range.)



ROBERTSON'S

High-Class

MINCEMEAT

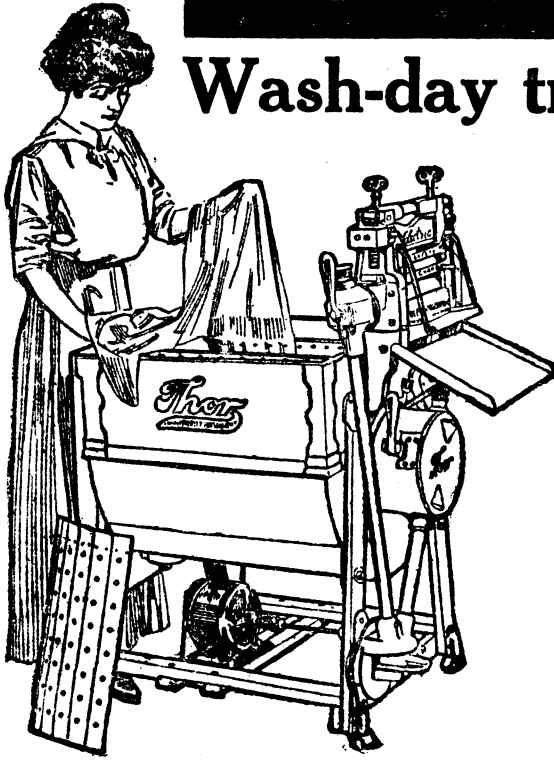
DELICIOUS ALL THE YEAR ROUND.

SILVER SHRED

The Queen of Jelly Marmalades.

BOTH WORTHY OF YOUR PASTRY AND YOUR TABLE.

Wash-day troubles over



The "Thor" has neutralised the work of washing day. For the sum of 1d. the "Thor" will bear all the burden of washing-day for you, relieve you of all the hard labour, rubbing, scrubbing, etc., take all the responsibility for the thoroughness of the work and condition of the clothes when finished. By the simple expedient of attaching a cord to the usual electric light socket, the "Thor" Electric Washing Machine is set to work, and within an hour all the washing and wringing of a full week's wash is completed, and the clothes are ready for drying. Fine lace, heavy blankets, every washable texture can be laundered the "Thor" way without risk of injury to the articles concerned, and a penny for electric current every washing-day is the sole additional household expense.

Demonstrations take place daily at all the "Thor" Branches, and an attractive brochure, containing full explanatory matter, will be sent post free to any address.

CHAS. E. BECK & CO., LTD.,

Head Offices and Showrooms :

70 NEW BOND ST., LONDON, W.1.

*Branches at Glasgow, Liverpool, Edinburgh,
Leeds, Aberdeen, Cardiff, and Belfast.*

The Thor

**ELECTRIC
WASHING
MACHINE**

*Also sole distributors of
Thor Electric Ironers.*

**“THE PROOF
OF THE
PUDDING
IS IN THE EATING.”**

IF YOU USE

PEARCE, DUFF'S

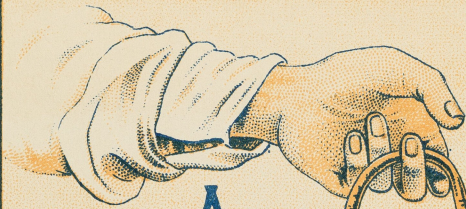
GOLD MEDAL

BAKING POWDER

**YOU WILL PROVE
YOUR PUDDINGS & CAKES
ARE SPLENDID!**

In 7d., 1/1 or 2/- tins, from all Grocers.

LONDON, S.E. 16.



As sure as



are



BIRD'S

CONCENTRATED

EGG POWDER

IS UNRIVALLED

As a Complete Substitute for Eggs in Puddings, Pancakes, Cakes, Buns, &c., to which it imparts the Richness, Appearance, Lightness, and Flavor of New-laid Eggs. Whilst attaining such excellent results the greatest economy is effected in cost.

Sold by all Grocers in 6d. and 1s. Tins, and 1d. and 2d. Packets.

ALFRED BIRD & SONS, BIRMINGHAM.

