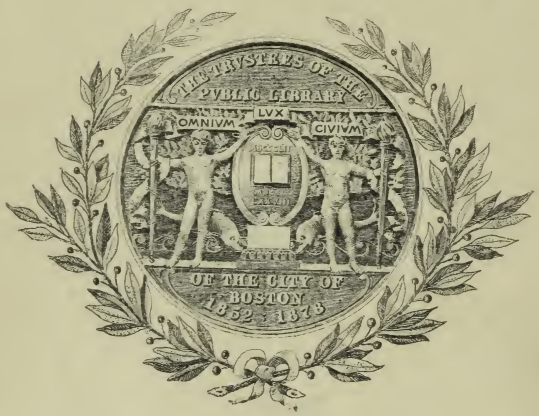
THE VICTORY COOKERY BOOK

MRS. C. S. PEEL
AND
IWAN KRIENS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THE VICTORY COOKERY BOOK

BOOKS BY MRS. C. S. PEEL

WAR RATION COOKERY (EAT LESS MEAT BOOK)

THE LABOUR SAVING HOUSE

NOVELS:

THE HAT SHOP

MRS. BARNET-ROBES

A MRS. JONES

THE BODLEY HEAD

THE VICTORY COOKERY BOOK

BY

MRS. C. S. PEEL

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WITH A FOREWORD

BY THE RIGHT HON. J. R. CLYNES, M.P.

FOOD CONTROLLER

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A FOREWORD

BY THE RIGHT HON. J. R. CLYNES, M.P.
FOOD CONTROLLER

To shun waste, to get out of our foodstuffs the full measure of nourishment — these are essential principles in war-time cookery; and I should like to see the words "Make do" on the walls of every kitchen in the land. Good, careful, thrifty cooking adds attractiveness to food, and none does it concern more nearly than the Food Controller, whose interest it is to see that food is put to the best use. A book which helps to that end should be widely known. Here the good housewife (whose goodwill and good temper have been a national asset in these times of shadow and anxiety) is shown the way by which to make the best of war-time foodstuffs.

Let us remember at all our hearths the bravery of the men who through perils of the seas bring food to our shores. Remembering that, we shall practise economy in a thankful spirit.

J R Clynes

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GENERAL NOTES ON FOOD: ITS VALUE AND PREPARATION

Fools can waste: it needs intelligence to cook economically.

CHAPTER I

GENERAL NOTES ON FOOD: ITS VALUE AND PREPARATION

The Art of Making Do

THE object of this Cookery Book is to help those who now have to cater and cook under circumstances which they have not formerly experienced. Conditions with regard to food change almost from week to week, and the housekeeper must take advantage of the market, buying intelligently of what is offered and then using it to the best advantage. The art of substituting, of "making do," must be largely practised; if one material cannot be obtained then another must be employed. If there is but little meat, then we must turn our attention to those foods which best take its place; when fat is difficult to procure (the most serious loss of all), we must, by taking full advantage of fatty foods, make up for a lack of butter, margarine and cooking fats.

Economy in Material, Fuel and Labour

The recipes which are given in these pages are war recipes, framed to economise material, and, where possible, labour and fuel; but as regards labour every cook will realise that made dishes, such as are now necessary, require more time and attention than the roast joint and plain pudding style of cookery so prevalent before the war.

Various Kinds of Waste

The recipes here given are lacking neither in nourishment nor in attractive appearance. The latter is an important point, for food which looks nasty, and, therefore, is not eaten with the good appetite which leads to good digestion, is wasteful. The word "waste" is one which has been heard often of late, and truly we were a terribly wasteful people, for not only did we throw food fit for human consumption into ash-bins and pig-tubs, but vast quantities of it were wasted by bad or improper cooking and by careless eating and treatment at table. Bread was crumbled and food left on plates. Bones, skin and gristle should not have found their way on to plates

thence to be thrown away, but have come to their rightful end in the stock-pot. In addition, we wasted by failing to masticate our food thoroughly, and therefore allowed a considerable portion of it to pass out of the body undigested. With greater knowledge, care and skill, and an understanding of the fact that there is nothing to be proud of in waste and extravagance, it may well come to pass that we fare better though we eat less.

Food consists of five important parts :

1. Proteid.
2. Carbohydrates.
3. Fats.
4. Minerals.
5. Water.

Proteid

Proteid is of the greatest importance. It is essential to the growth of the young and to the maintenance of the frame and muscle of our bodies. It is found in animal as well as in vegetable foods. Meat, fish, eggs, cheese and milk are animal foods and nuts, pulses, cereals and vegetables are vegetable foods. The proteid contained in these foods acts in more or less the same manner, but

naturally much of their ultimate value depends on the method of their preparation.

All these foods contain water; some lose part of this in the cooking, others gain, and some gain much more than others.

Carbohydrates and Fats

Besides the proteid, carbohydrates—viz. starch and sugar—are present in most foods, particularly in pulses and cereals; also in fat. These foods act on the body like fuel on a fire; they produce heat and energy.

Starch and sugar have the same food value. All starch must be changed into sugar before it can be absorbed into the system. Fat has 2¼ times the value of starch or sugar but is not so easily digested.

Minerals and Water

Mineral salts are present in all foods; they are medicine to the body, keep the blood healthy, and, with the assistance of water, keep the system clean.

Protein Foods

The foods containing a high proportion

of protein are: Nuts, cheese, meat (lean), fish, eggs, lentils, beans, peas, oatmeal, maize and wheat.

Starch Foods

The foods containing a high proportion of starch are: Arrowroot, cornflour, tapioca, sago, rice, barley, wheat flour, macaroni, oatmeal, pulses.

Fat Foods

The foods rich in fat are: Nuts, bacon, meat, cheese, yolk of egg, eels, salmon, mackerel, herring, olives, maize, oatmeal.

Minerals

The foods rich in minerals are: Cereals, vegetables and fruit.

Sugar in Vegetables

Th vegetables especially rich in sugar are: Beetroot, parsnip and carrot.

Water

There is more water in meat and vegetables than in cereals, and more water in

a marrow, cucumber, turnip or cabbage than there is in milk, although the latter is a fluid and the former are solids.

Soups

Soups are an economical food because they may be made of material which could not well be utilised in any other way. Meat stock is not so economical as vegetable, and, unless the meat is served with the soup, is not so nourishing. Vegetables together with cereals are the best materials to use for soup. To extract the flavour from the vegetables they should always be "stoved" first, then the water added, and cereals, potatoes or pulse added to thicken. Vegetables by themselves do not bind a soup; some starch substance is necessary, and soups (except when clear) should always be of a fairly thick consistency. There is very little nourishment in liquids, however expensive they may be, and a clear meat stock contains no more food value than a clear vegetable stock.

Stock made from meat and bone is expensive in the use of fuel, whereas vegetable stock is quickly made and the vegetables are available for other dishes after the

stock has been extracted—a fact which the recipes in this book amply illustrate.

Purées

In purées (that is soups passed through a sieve) the use of a mincing machine is advocated instead, because this method saves labour and sieves. Purées should always be finished by a slight additional thickening, viz. 1 teaspoonful of corn or potato flour mixed smoothly in milk or water, to each quart of soup, added at the last moment and boiled once. This will prevent the thickening from sinking to the bottom of the pan, which it would otherwise do.

Too many ingredients should not be used in one soup; the flavour should be distinct. Four oz. of onion or leek and ½ lb. of vegetables, together with 1 oz. fat and 1 to 2 oz. of cereals, will make 1 quart of good vegetable soup. To finish, 1 gill of milk and 1 teaspoonful of flour must be added for the final thickening. Soups should not overcook; the flavour will be spoiled and unnecessary fuel used.

Fish

Fish is a food of high value. The most

nutritious are salmon, herring, sprats, mackerel, eels and shad. Fish should not be boiled. Cooked thus it loses much of its nutriment, which is washed out into the water. Boiled fish also loses its flavour. The best methods of cooking fish are steaming, baking and "stoving," stewing or frying.

Meat

There is about 75 per cent. of water in meat, some of which evaporates in the cooking; therefore the meat weighs less after cooking, but its value as a food has increased. Cooked meat becomes a concentrated food, which should be used as sparingly as possible. As a nation we have hitherto eaten too generously of meat. There is always fat present in the meat (even when it is what is termed lean) of a healthy animal, so that when we cook meat a certain amount of fat will become available for use with fatless foods, such as vegetables, fresh or dried.

Eggs

Eggs are dear, but the dried eggs now placed on the market are excellent food value. They can be used in the same manner as fresh eggs, but care must be taken not to

add too much water, otherwise they separate. The correct amount is generally three times as much water as egg by weight. If a dried egg is needed in a hurry, soak in warm water on the stove, and when the egg begins to rise beat it up well over heat.

Cheese

Cheese, raw or cooked, is a concentrated food, and should be used most carefully. It contains a large amount of fat, about 30 per cent. more or less, so to eat any other fat with cheese is extravagant and unnecessary.

Milk

Milk should be used sparingly by adults; it is the food for children. There is about 3½ per cent. fat and 3½ per cent. proteid present in milk. Some people regard milk merely as a drink, but it is a food, and after it has been swallowed the casein becomes solid. Blended with well-cooked starchy food, milk is an ideal food for the nursery.

Nuts

Nuts contain a large amount of proteid and fat; they should be chopped or grated

finely and mixed with other food poor in both these properties. Slightly grilled, they increase in flavour.

Pulses

Pulses should not be boiled in water; such a method is too expensive in fuel and they absorb too much water, thereby enormously decreasing their value as a food. The best method is to soak them until they have absorbed sufficient water to fully expand them, and then to steam them. In this manner they do not absorb more than their own weight of water, thereby retaining a high food value. They should be eaten with food containing fat, or cooked with some fat, as they are deficient in that particular food. They are the substitute for meat of the vegetarian, and with fat or the addition of meat gravy they must now be employed by everyone to assist in economising meat. Some people suffer from flatulence after eating pulses, owing to the sulphur they contain; if, however, potato or rice is eaten at the same time this trouble may be avoided.

Also, many persons digest pulses which have been sieved who find it difficult to digest them when served whole.

Cereals

Cereals are amongst the cheapest foods available. Nearly all foods, except cereals, contain a large amount of water. Cereals require water added in order to cook them. The smallest amount necessary for this purpose is the weight of the cereal. Some cereals, however, absorb much more than others, taking as much as four to five times their weight in moisture.

The more moisture absorbed in the cooking the lower the food value, for water has no feeding value.

All cereals should be well but not over cooked, and need to be thoroughly masticated.

New and Revised Methods of Cooking

Now that it is so necessary to economise fuel as well as food, our methods of cooking must be revised.

Various little known methods are suggested in this book, because they are economical of fuel and of labour as well as of food; and although good results were obtained in former days from other styles of cookery, now we can only practise those which are economical.

Casserole cooking is highly to be recommended, if for one reason only, which is, that the food being served in the dish in which it was cooked, washing-up is saved. For the same reason advantage should be taken of the many attractive fireproof dishes now on the market.

Sweating

Sweating means cooking very slowly in a covered pan so that the moisture in the food is extracted and then evaporates, while it helps to cook the food.

Fat and Oil

When oil is not procurable, use clarified fat, or *vice versa*.

CHAPTER II

SOUPS, STOCKS, GRAVY AND SAUCES

A bad cook will spoil the best material.

CHAPTER II

SOUPS, STOCKS, GRAVY AND SAUCES

Soups

In these days meat soups (unless the *pot-au-feu* or the Scotch broth, which is meat and soup in one) cannot be permitted; therefore, when a clear soup is required, it must be a clear vegetable soup (see p. 22). All bones, gristle and skin, however, should be used for stock in which to cook cereals and pulses, and to make a foundation for thick soups, gravies and sauces.

A thick soup is a good beginning to a meatless dinner, and, provided there is a good supply of vegetables, a clever cook will seldom find herself unable to serve an appetising soup.

When bread is mentioned, rice or dumplings might in many cases take its place.

Bone Stock

If bones, raw or cooked, are available for stock, break them small, place in cold water,

allowing about 1 quart water to 1 lb. of bone, and for every quart of stock to be produced add $\frac{1}{4}$ oz. of salt. Bring to the boil and skim, then simmer on a slow fire with the lid on the pan until all gristle and meat adhering to the bones falls off easily. This may take as long as 12 hours in the case of beef bones, 4 hours for veal bones, 2 hours for chicken bones; it is therefore impossible to give one time for stock-making. Vegetables should be added only during the last hour of simmering, for if they were allowed to cook for as long as the bones their flavour would be entirely lost, and they would be useless for other purposes. Vegetables added during the latter part of the cooking flavour the stock fully, and are then still available for the table either as they are or in pies, salad, etc.

The correct quantities of vegetables to use per quart of stock produced are 2 oz. carrot, $1\frac{1}{2}$ oz. turnip, 2 oz. onion stuck with a clove, 2 oz. leek, $\frac{1}{2}$ oz. celery and $\frac{1}{4}$ oz. of parsnip, also 1 dozen peppercorns and a savoury faggot of half a bay leaf, an equal amount of thyme and about $\frac{1}{2}$ oz. of parsley stalks tied together.

Trimmings of vegetables should be used for stock, but only such as will not destroy

the stock flavour. Carrot trimmings or peelings, outside pieces of celery, are good, and even onion peeling may be used. The green tops of celery should be carefully used, or the flavour would overpower all the other flavours. The peelings of turnip are useless for stock, and the dark green of the leeks would also destroy all other flavours. This also applies in the preparation of vegetable stock.

When the stock is finished the fat should always be skimmed off first and carefully placed in a basin with water, left until cold, then removed and cleared for use. The stock is then strained.

All gristle and meat must be carefully taken off the bones, and should, when spiced and seasoned, be used for patties, pies and potted meat, so that nothing whatever is wasted. There is a good deal of food value in this gristle, and yet more often the stock, with hardly any nutriment, is used and the remainder is thrown away as waste.

This stock is then available for soups and sauces, and can be used in any of the recipes mentioned, instead of water, to the advantage of the dish both as regards flavour and nutriment.

Fish Stock

To make a quart of fish stock, place in a saucepan a little oil or fat, then 2 oz. of sliced onion, half a bay leaf, an equal amount of thyme, a dozen peppercorns (crushed), 1 clove, some mace the size of a pea and ½ oz. parsley stalks. Place on this 1 lb. fish bones, sprinkled lightly with salt and the juice of half a lemon, cover with the lid of the pan, and cook gently until the juice from the fish bones is extracted, then make up the quantity of liquid to 1 quart. Simmer for 10 to 15 minutes, then strain the liquor, draining well to extract it all.

Place the fish bones on a dish to cool, and if there is any fish, carefully pick it off with a fork and use for fish cakes. One lb. of bones sometimes gives 2 or 3 oz. of fish.

Vegetable Stock

(For Soup or for a Foundation for Gravy or Sauce)

Materials.—Carrots, turnips, onions, leeks, celery, cabbage (1 lb. of these vegetables mixed), ½ oz. fat (if possible allow 1 oz. of fat), ¼ oz. salt.

Method.—Cut the vegetables in small blocks about ½ inch square. Place the fat in the pot, add the vegetables and salt, cover with a lid and place over a very gentle heat. Stew, stirring from time to time until the vegetables become quite tender. Remove the lid, and when the fat is clear and a sediment has formed at the bottom of the pan similar to the dried gravy which forms in the tin when roasting meat, cover the vegetables with 1 quart of water and bring slowly to the boil. Do not stir, as that would cloud the stock. Let the mixture simmer for 15 minutes. Drain the stock well so that all the liquid filters through the vegetables. Stand for a few minutes to allow the fat to rise, and carefully skim it, reserving it for future use.

The stock will be perfectly clear, not unlike meat stock, except that it is sweeter, which many people like, but which if necessary can be counteracted by adding a tablespoonful of Worcester sauce.

The vegetables must not be thrown away but employed for vegetable cutlets, pies, or to serve with meat.

Vegetables cooked in this manner have a far better flavour even after the stock has

been extracted, than when boiled in water in the usual way.

Treated as described, 1 lb. of mixed vegetables and 1 oz. of fat provide soup and the main part of a vegetable dish. The stock should be used in the making of sauces in place of meat stock.

This stock may be thickened by using corn or potato flour mixed smoothly in cold stock and then added by degrees to the boiling stock.

Clear (Vegetable) Soup

This stock can be used for all clear soups by adding whatever garnish is desired.

Vegetable Gravy

A gravy can be made by frying the peelings of carrot and onion and a sprig of celery together in a little fat. When nicely coloured add a bunch of savoury herbs, cover with water, season with salt and pepper and simmer for 15 minutes. Strain, and if too sweet add a little Worcester sauce or vinegar.

Brown Vegetable Sauce or Gravy

Materials.—½ oz. fat, 1 oz. flour, 1½ pint

of vegetable stock, 1 tablespoonful of Worcester sauce.

Method.—Fry the flour in the fat until it becomes nut-brown. Let it cool, and then add the vegetable stock. Stir until boiling-point is reached, then add the Worcester sauce and simmer very gently for about 15 minutes. The fat used will rise to the surface, and must be skimmed off and added to the store of cooking fat.

This preparation tastes and looks like a meat gravy.

For sauce boil the stock down until the thickness desired is reached; season to taste, and it is then ready for use. When sauces are made in this way there will be no lumps, and straining is not necessary, except when a skin is allowed to form after cooking is finished.

If available a tablespoonful of tomato purée or one or two fresh tomatoes can be added, or the sauce may be varied by adding a spoonful or two of chutney, mixed pickles, mushrooms, etc.

Meat Gravy (Stoved)

Slice or shred 1 or 2 oz. of fat, place it at the bottom of a saucepan, cover with 2 to

4 oz. sliced onion and then ½ lb. trimmings of meat or slices of shin or ox cheek. Sprinkle with salt, cover with a lid, place over gentle heat and allow the contents to sweat so that the meat throws out its moisture. Continue to simmer until cooked; turn from time to time until the moisture evaporates and the whole is thoroughly brown. If the evaporation is too rapid add from time to time a tablespoonful of water, but not more. Add 1 pint of cold water, bring to the boil and simmer for 15 minutes, but do not stir, otherwise the gravy will be cloudy. Strain the gravy, let it stand for a few minutes, then remove all the fat, which should be added to the cooking fat and afterwards purified ready for further use.

This gravy is available for all sauces and vegetable dishes. The remaining meat, with onion and fat, can be used for pies, curries, stews, etc.

Meat prepared in this way instead of stewed retains its flavour and produces a much larger amount of gravy, which can be utilised to serve with dumplings, potatoes, pulses or vegetables.

SOUPS

Pot-au-Feu made with Ox Cheek

(A Soup and a Meat Dish)

Materials.—1 lb. ox cheek, ½ lb. carrots, ½ lb. cabbage, 6 oz. turnips, 4 oz. shredded bread, 4 oz. onion, 2 oz. celery, ½ oz. salt, 2 quarts of water, 2 leeks, a pinch of pepper.

Method.—Cut the ox cheek into six slices, place in the boiling water, add salt, and simmer for 1 hour. Then add the carrots, turnips, cabbage, leeks, onion and celery, and cook until done. Remove the vegetables. Dish up the meat, garnish with the best parts of the vegetables, cut the remainder small and return to the liquid, season, and add a pinch of pepper. Toast the shredded bread in the oven and serve separately, or add to the soup before serving, or prepare dumplings and add them to the soup and boil for 10 minutes.

Serve the soup first, then the meat and vegetables, with steamed potatoes in their jackets.

Farmers' Soup

Materials.—½ lb. mixed vegetables, ½ lb. shredded potatoes, 2 oz. toasted bread, ¼ oz. salt, quarter-teaspoonful freshly ground

pepper, 1 teaspoonful chopped parsley, 1 quart of water, 1 oz. fat.

Method.—Place the fat in a saucepan to melt, then shred the vegetables and add these to the fat but do not mix. Sprinkle lightly with salt and cover. Let the vegetables cook over a gentle heat until the water contained in the vegetables flows, then mix with a spoon. Let the mixture evaporate until the vegetables take a very light colour at the bottom of the saucepan, then cover with the water and salt and boil. Add the potatoes, and boil until the whole is tender. Toast the shredded bread and place in a soup tureen, adding the pepper. Taste the soup, correct the seasoning if necessary, and pour over the bread, adding the chopped parsley.

Dumplings may be added to the soup instead of bread, or small savoury balls.

The reader will observe that the pepper is not cooked but added just at the last.

Onion Soup

Materials.—1 oz. fat, 4 oz. onion, ½ oz. flour, 1 quart water, 3 oz. bread, 2 oz. cheese (grated), ¼ oz. salt.

Method.—Shred the onion and fry in the

fat to a light colour. Add the flour, and bake together until a nice brown. Add the water and salt and cook for 15 minutes. Cut the bread in slices ¼ inch thick and toast; place these in an earthenware casserole, sprinkle with grated cheese and pour the soup over. (The onion may be removed and used elsewhere.) Sprinkle again with grated cheese and bake in the oven until of a golden brown.

Cabbage and Onion Soup

Materials.—½ lb. cabbage, ½ lb. potatoes, 2 oz. onion, 1 oz. fat, 2 oz. shredded bread, ⅓ oz. salt, 3 pints of water, pepper to taste.

Method.—Cut the onion into halves, shred crossways and fry in the fat. Cut the cabbage in four, remove outside leaves and stalk, wash and drain thoroughly, shred finely, add to the onion, and "sweat" for 10 to 15 minutes. Add the potatoes, salt and water and cook for 30 minutes, then add the bread, and a little pepper if liked. In place of the bread 1 oz. of rice can be used, picked, washed and parboiled and added to the soup 15 minutes before serving, or 1 oz. vermicelli parboiled and added 5 minutes before serving, or macaroni broken into 2-inch pieces parboiled and then cooked for 20 minutes.

Minestroni

Materials.—½ lb. vegetables, 2 oz. French beans, 2 oz. fresh peas, 2 oz. macaroni or rice, 2 oz. cheese, 3 pints of water, ¼ oz. salt, 2 tablespoonfuls of oil.

Method.—Heat the oil in a saucepan, add the vegetables finely shredded and fry all together slightly. Cover with the water, add the salt and cook till nearly done. Then add the peas and French beans cut up and cook until done. (In winter use haricot beans and split-peas (soaked) and add at the same time as the other vegetables.) Fifteen minutes before the finish add the macaroni or rice, or 1 oz. of each. Before serving, skim the soup and add the following preparation: 1 oz. raw fat bacon, scraped as beef is scraped for beef-tea, 1 teaspoonful fresh herbs, pepper, a clove of garlic.

Mix the bacon with the herbs and a pinch of pepper and the clove of garlic. Stir until thoroughly melted, and then serve at once. Omit the garlic if not liked.

Freshly grated cheese is handed with the soup, or 2 oz. may be added to the soup with the bacon.

Cabbage and Potato Soup

Materials.—4 oz. onion, 1 oz. fat, ½ lb. cabbage, ½ lb. raw sliced potatoes, ¼ oz. salt, 1 quart of water, 2 oz. toasted and shredded bread.

Method.—Shred the onion and place in a saucepan with the fat. Add the shredded cabbage, and "sweat" all together until it begins to set at the bottom (see recipe for Vegetable Stock, p. 20). Then add the raw potatoes. Cover with the water, add salt, and cook until tender (from 30 minutes to 1 hour). Season to taste, and serve with the toasted and shredded bread.

Vegetable Purée

Materials.—½ lb. vegetables, ½ pint of cooked pulse or 2 oz. raw rice, 1 quart of water, ¼ oz. salt, 1 teaspoonful of potato or corn flour, 1 gill of milk.

Method.—"Sweat" the vegetables as directed in farmers' soup (see p. 25). When ready, add the cooked pulse or raw rice, cover with water, add salt, and cook for 30 minutes. Drain the liquor off the vegetables and pass the drained vegetables and rice or pulse through a mincing-machine, and then return to the liquid. Mix the

potato or corn flour smoothly in the milk, bring the soup to the boil, then add the thickened milk and bring to the boil again. Taste and correct the seasoning, adding a little freshly ground pepper and 1 tablespoonful of cooked rice or any other garnish.

Mulligatawny Soup

Materials.—4 oz. shredded onion, 1 oz. fat, ½ oz. curry powder, 2 oz. rice, 1 oz. chopped chutney, ¼ oz. salt, 1 or 2 tomatoes, 1 small sour apple, bunch of aromatic herbs, half a lemon, 3 or 4 crushed cardamon seeds, 1 quart of water or stock, 1 teaspoonful of corn flour, 1 tablespoonful cooked rice for garnish.

Method.—Fry the onion with the fat, and as soon as the onion begins to cook add the curry powder and fry together. Cover with the water or stock, add the rice, chutney, tomatoes, the apple cut finely, cardamon seeds, herbs and salt. Cook for 30 to 40 minutes. Drain off the liquid, pass the drained material through a mincer, return to the liquid and thicken with the corn flour. Taste and correct the seasoning, add the lemon juice, and garnish with cooked rice.

Salsify and Barley Soup

Materials.—3 oz. pearl barley, 4 oz. onion, 1 oz. fat, ¼ oz. salt, half a bundle of salsify, half a lemon, 1 gill of milk, faggot of savoury herbs, 1 quart of water.

Method.—Soak the barley for 24 hours. "Sweat" the onion and fat in a saucepan and cover with water. Add the soaked barley, bring to the boil, and then add the salt and herbs. Scrape and wash the salsify, cut into chips, and place in the soup with the lemon juice; cook till tender—about 1 hour or more. Drain the liquid; pick out 1 tablespoonful of barley and also 1 dozen or more salsify chips, pass the remainder through a mincing-machine and return to the soup. Add the milk, correct the seasoning, and put the reserved barley and salsify into the soup.

Marrow Soup

Materials.—4 oz. shredded onion, 1 oz. fat, 2 oz. maize semolina, 1 lb. vegetable marrow, 1 pint of milk, 1 pint of water, a pinch of sugar, salt and pepper.

Method.—"Sweat" the onion in the fat, add the vegetable marrow cut into slices, cover and simmer till the marrow is melted.

Now cover with the milk and water, add the sugar, salt and pepper, and maize semolina. Cook for 30 minutes, and serve with toasted shredded bread.

Celery Soup

Materials.—½ lb. celery (outside pieces), 4 oz. onion, 12 oz. shredded potatoes, 1 quart of water, ¼ oz. salt, ½ pint milk, 1 teaspoonful corn flour, 1 teaspoonful freshly chopped parsley, some shredded bread.

Method.—Trim the celery by skinning the outside with an economic vegetable knife to remove the strings, and shred finely. "Sweat" it with the onion, add the potatoes, water and salt, and cook until done. Finish with the milk in which the corn flour has been smoothly mixed, and simmer for a few minutes. Correct the seasoning, add the parsley, and serve with shredded bread.

O'Connor Soup

Materials.—A bunch of leeks, 1 oz. fat, 2 oz. arrowroot, 1 pint milk, 2 yolks of eggs, 1 teaspoonful parsley, 1 quart water, ¾ oz. salt, a little nutmeg and pepper.

Method.—Cut the white part of the leeks into strips. The remainder (except the

green parts, which are too strong to use) boil in the water, and when cooked, pass through a strainer. "Sweat" the strips of leek in the fat without colouring them, then cover with the water in which the leeks were boiled. Add salt. Mix the arrowroot smoothly with the milk, add the yolks of eggs, nutmeg and pepper. When the soup is ready and is reduced to 1 pint, add the thickened milk, etc., and stir over the fire until creamy, but do not boil. Add the parsley, and serve with sippets of bread.

Pea-Pod Soup

Materials.—½ peck of peas, 1 oz. fat, 2 oz. leeks (or onion), 1½ oz. flour, 1 pint milk, 1 quart water, 1½ oz. rice or barley flour or 1 oz. tapioca, ¼ oz. salt.

Method.—Take the pods of the peas, remove the strings, and boil freely in salted water until tender. Put the fat and leek into a saucepan and stew till tender, then add the flour, and cook for 5 minutes without allowing it to colour. Make into a white sauce with the milk and the purée made from pea-pods by pounding in a mortar and passing through a sieve. If there is no mortar available, it will do to scrape the soft part

from the skins of the pods and strain this through a sieve. Cook for 15 minutes, season to taste, add a few peas and a pinch of sugar, and bring to the correct consistency. If too thick, add milk or stock. The thickening may be varied by using rice flour, barley flour or tapioca. The rice or barley flour should be diluted with cold milk, and then added by degrees to the boiling liquor, then cooked for 15 to 20 minutes. Tapioca (French or granulated) is added 10 minutes before the soup is required. English tapioca should be crushed fine, put through a sieve and soaked in milk, and cooked in the soup.

Leek and Potato Soup

Materials.—4 oz. leeks, 1 oz. fat, 12 oz. potatoes (shredded), 1 quart water, 1 gill milk, 1 yolk of egg, dried or fresh, or omit altogether, bunch of savoury herbs, grate of nutmeg, salt, pepper and a little chopped parsley.

Method.—Shred the leeks and stew in fat. Add potatoes, herbs, the water and salt. Cook freely until done. Place the yolk of egg in a soup tureen, add the milk and a little grated nutmeg, and stir well, then add the soup (slowly at first), and a pinch of freshly ground pepper and chopped parsley.

Shredded toasted bread is served with the soup.

Fish Soup (Soup and Fish Dish)

Materials.—1 whiting, 1 mackerel, 1 sliced onion, 2 oz. finely chopped onion, 1 sprig of thyme, ¼ bay leaf, 6 peppercorns, 1 tablespoonful oil, 1 tablespoonful salad oil, 1 lemon, 1 clove, 1 mace (size of a pea), 2 chopped tomatoes, herbs and parsley, 1 quart of water or stock, ¼ oz. salt, pepper.

Method.—Cut the fish into pieces of 2 oz. each. With the heads, etc., make a fish stock as follows: Pour the oil into the saucepan, add the onion, bay leaf, thyme, lemon juice, peppercorns, clove, mace and a little salt. To this add the fish trimmings, and "sweat" until a jelly is formed at the bottom of the pan, then add the water, a few sprigs of parsley, and cook for 20 minutes, then strain. Place the salad oil in a saucepan, and in this fry the chopped onion, adding the tomatoes and herbs, then the fish. Cover with the stock, and add the salt and a good pinch of mignonette pepper; boil freely for about 15 minutes. Place three slices of toast, 1½ oz. each, in a soup tureen and pour the soup over. Serve the fish separately to follow with boiled potatoes.

Eel Soup

Materials.—½ lb. eel, 2 oz. onions, 2 oz. rice flour, 1 gill milk, 1 quart water, ¼ oz. salt, 1 tablespoonful parsley and chervil, 1 tablespoonful oil, pepper, a handful of sorrel.

Method.—Cut the eel into slices ½ inch thick, chop the onions, sorrel, parsley and chervil. Fry all together in the oil, and when this is done add the rice flour mixed smoothly in the milk and sufficient water to make 1 quart. Stir until it boils, season with salt and a little freshly ground pepper. Simmer over gentle heat until the eel is cooked. Serve with sippets of bread. Mashed potato could be used instead of rice flour to thicken.

Fish Soup (Mock Bouillabaisse)

Materials.—1 or 2 lb. of fish,—herring, mackerel, whiting and mussels,—1 leek, 1 onion, toasted bread, pinch of savoury spice or herbs, 1 clove of garlic, 1 or 2 tomatoes, 1 teaspoonful chopped parsley, 1 tablespoonful of clarified fat or oil, juice of lemon.

Method.—Chop the leek, onion and clove

of garlic very finely, and fry in the fat, then add the tomatoes (peeled and coarsely chopped), parsley and a pinch of savoury spice or herbs. Cut the fish into pieces weighing about 2 to 3 oz. each—for instance, 1 herring cut into three pieces, 1 mackerel cut into four, 1 whiting cut into three, and a handful of mussels thoroughly cleansed. Place all in a dish, cover with well-seasoned fish stock and the juice of a lemon, bring to the boil, cover with a lid, and boil freely for 20 minutes.

Toast as many pieces of bread, cut ½ inch thick, as there are persons, place these in a soup tureen and pour the fish liquid on the top. Serve all together, or the soup first, followed by the fish accompanied by potatoes. A sauce may be served with the fish if desired.

This recipe provides a soup and a fish dish, which looks best when served in the casserole in which it was cooked.

Fish Mock Turtle Soup

(Made with a Cod's Head)

Materials.—Cod's head, 4 oz. onions, 4 oz. carrot, 1 tablespoonful oil, 1 lemon, 1 teaspoonful basil, half-teaspoonful marjoram,

1 clove of garlic, 1 bay leaf and equal amount thyme, 1 dozen peppercorns, 6 allspice, 1 dozen corianders, 1 bunch parsley stalks, 3 pints water, 3 oz. baked flour.

Method.—Slice the onions and carrot and place in a saucepan with the garlic, oil, bay leaf, thyme, peppercorns, allspice, corianders and parsley stalks. Cut the cod's head into pieces—*e.g.* (1) Tongue, (2) top of the head, (3) and (4) cheeks, (5) and (6) shoulders if left on the head. Place the trimmings on the bed of vegetables, and arrange the pieces of cod's head on the top; sprinkle with salt. Add the lemon juice, cover with a lid, and simmer until the fish is cooked in its own liquor. Carefully lift the pieces of cod out of the pan and keep warm with a little stock. Remove the liquid of the fish, which reserve until later, now add the water to the remaining bones, etc., boil, then cook for 10 minutes. Strain the liquid, make it up to 1 quart, to which add the flour (baked dry in an oven until it is fawn coloured), and whisk the stock to separate the flour, which does not lump after baking. Boil for 10 minutes. Now add the basil and marjoram and the reserved fish liquid, season to taste, and

add a pinch of cayenne pepper. Simmer for 5 minutes more, then strain. Serve with cut lemon.

The fish used for the making of the soup can be served to follow the soup with a fish sauce and potatoes, or can be used for fish pies, patties, cakes, salads and many other dishes. The heads of other fish can be used equally well for the purpose, but cod's head has a large amount of gelatine, which of course is required to make this kind of soup.

Fish Cream Soup (without Cream)

(Made from a Cod's Head)

Materials.—1 cod's head, 1 quart of water, ¼ oz. salt, 2 oz. rice flour, ½ pint milk, a little nutmeg and paprika or cayenne pepper, garnish of rice, macaroni, vegetables, sippets, fish balls, or parsley, etc.

Method.—Prepare the cod's head as explained for the mock turtle soup (see p. 37). When the essence is rendered, strain it into a basin, then cover the fish bones with the water, season with salt, bring to the boil, and simmer for 10 minutes. Now drain the liquid from the fish, and be sure to drain

it well to obtain all the juice. Place the liquid in a saucepan and bring to the boil. Mix the rice flour in the cold milk, stir well, then run this into the boiling liquid and simmer for 15 to 20 minutes. Add the reserved essence of fish, a little nutmeg and paprika or cayenne pepper. Strain the soup, which may be garnished as desired.

The flesh of the head, carefully removed after the essence was rendered, to be used as already explained in the former recipe.

Barley Broth

Materials.—½ lb. mixed vegetables, 1 oz. fat, 3 pints water, 2 oz. pearl barley, ½ oz. barley flour or potato flour, 1 gill milk, a little coarsely chopped parsley.

Method.—Cut the vegetables into small dice and "sweat" in the fat until they begin to colour. A pinch of salt and sugar helps to produce the required flavour. Cover with the water. Wash the barley and add to the liquor, season to taste, and cook for 1 hour. Thicken with the barley flour or potato flour mixed smooth in the milk. Finish with a little coarsely chopped parsley.

SAUCES

Sauce without Fat

Note.—It may happen that a sauce is needed when no fat can be spared. In that case sauce may be made as follows:

Take some flour and mix it to a smooth cream with enough cold liquid, which may be stock or water or milk, or milk and water, according to the sauce needed. Boil the remainder of the liquid and add the mixed flour, stirring until it boils. Then season, and finish as directed.

White Sauce

Materials.—½ oz. fat, ⅔ oz. flour, ½ pint milk, salt and pepper, grated nutmeg.

Method.—Mix the fat with the flour cold, add milk, salt, pepper, and a pinch of grated nutmeg, place on a small flame without stirring until it comes to the boil, whisk quickly to produce at once a smooth sauce. Made in this way the sauce does not require straining; there will be no lumps.

Curry Sauce

Materials.—4 oz. onion, 1 tablespoonful oil, 1 teaspoonful curry powder, ½ oz. flour,

juice of half a lemon, half a chopped apple, 1 teaspoonful chutney, ¾ pint of water.

Method.—Fry the onion in the oil, and when beginning to colour add the curry powder and flour and fry until lightly coloured. Add the water, lemon juice, apple and chutney; season and cook until ½ pint is left.

Bread Sauce

Materials.—2 oz. stale bread, ½ pint milk, 1 onion, salt, 1 clove, mace.

Method.—Break the bread and place in cold milk to soak. Add a small onion into which a clove has been stuck, a tiny piece of mace, and a little salt. Bring to the boil slowly, and simmer till the onion is cooked. Remove the onion, whisk the sauce or pass it through a sieve. Taste, correct the seasoning, and serve very hot.

Imitation Bread Sauce

Materials.—½ gill semolina or white maize meal, 1 pint of milk, 1 small onion stuck with a clove, tiny piece of mace and pinch of salt, pepper.

Method.—Soak the semolina or maize meal in the milk, adding the onion, mace and

salt. Bring to the boil, and place in a double cooker for 1 hour (having removed the clove from the onion), pass through a sieve. Finish with a little cayenne or pepper.

Lyonnaise Sauce

Materials.—4 oz. onion, 1 oz. fat, $\frac{2}{3}$ oz. flour, 1 pint water, pinch of spice and salt, 1 tablespoonful vinegar, pinch of pepper, half-teaspoonful chopped parsley.

Method.—Cut the onion into slices and fry with the fat. As soon as the onion begins to colour add the flour, stir and fry until a fawn colour is obtained. Cover with water; add spice and salt, boil, and then let simmer, stirring till the required thickness is obtained, and skimming the fat as it rises to the surface. (This fat must be placed in a basin with water so that it can be collected and added to the store of cooking fat.) Add the vinegar, simmer 10 minutes longer, and then add pepper and parsley and serve.

Tomato Sauce

Materials.—1 oz. onion, $\frac{1}{2}$ lb. fresh tomatoes, 1 tablespoonful fat or salad oil, a small clove of garlic, water to make $\frac{3}{4}$ pint, $\frac{2}{3}$ oz. flour, a pinch of spice, salt and cayenne.

Method.—Fry the onion in salad oil, add the flour and cook for a few minutes, then add the tomatoes, peeled and chopped (the pips removed), spice, salt, cayenne and garlic, and sufficient water to make $\frac{3}{4}$ pint in all. Cook slowly till $\frac{1}{2}$ pint is left. Taste, and correct the seasoning if necessary, and serve very hot.

Chasseur Sauce

Materials.—2 oz. onion, 2 oz. mushrooms, 1 tablespoonful oil, $\frac{3}{4}$ pint water, $\frac{1}{2}$ oz. baked flour, pinch of pepper, spice and salt, 1 tablespoonful tomato purée or juice, 1 teaspoonful chopped herbs, parsley and tarragon, a few drops lemon juice.

Method.—Chop the onion, slice the mushroom, and fry them together in the oil. When nicely coloured cover with the water, add the flour (baked to a light fawn colour), spice, salt and tomato purée or juice of fresh tomato, and cook until $\frac{1}{2}$ pint is left. Add the herbs, parsley and tarragon, pinch of freshly ground pepper and lemon juice.

Italian Sauce

Prepare a sauce as directed for Lyonnaise (see p. 43), chopping the onion finely;

add 2 oz. finely chopped mushrooms and, if available, 1 tablespoonful chopped lean ham.

Robert Sauce

Prepare a Lyonnaise sauce (p. 43), cutting the onion in small dice instead of slices. When the sauce is finished add 1 teaspoonful of made mustard and one or two sliced gherkins.

Bercy Sauce

Materials.—Melted butter sauce made with fish stock, 1 teaspoonful chopped shallot, quarter-teaspoonful chopped parsley.

Method.—Prepare the melted butter sauce with fish stock, in which the shallot has been cooked. Add the parsley, make hot and serve.

Devil Sauce

Add to a Lyonnaise sauce (p. 43) half-teaspoonful of freshly ground pepper and a little Worcester sauce and ketchup.

Mornay Sauce

Add to a white sauce (p. 41) 1 oz. grated cheese and stir till dissolved.

Melted Butter Sauce

Same as white sauce, but use water instead of milk, omit the nutmeg, and add a few drops of lemon juice.

Fish Sauce

Materials.—1 gill fish stock, 1 gill milk, 1 teaspoonful corn flour.

Method.—To the boiling fish stock or liquor from steamed fish add the milk, in which the corn flour has been smoothly mixed, stirring all the time until it thickens, but do not boil. Season to taste. Parsley, capers, anchovy or other garnish can be added according to requirements.

Custard Sauce

Materials.—1 oz. either corn flour, potato flour, arrowroot or a mixture of all, sufficient egg colour to give the desired colour (egg colouring is sold by most grocers), 1 pint boiling milk, 1 oz. sugar, flavour essence, a pinch of salt.

Method.—Mix the flour and egg colouring with a tablespoonful of milk until smooth. Boil the remainder of the milk with the sugar and pour over the flour mixture, stirring

all the time. Add a pinch of salt and flavouring essence. Stir until well mixed, and serve hot or cold.

Parsnip Sauce (Sweet)

Materials.—1 lb. parsnip, 1 pint water, 1 oz. jam, ⅓ oz. corn flour, lemon or almond essence, little cochineal.

Method.—Clean and bake the parsnip (rolled in a sheet of paper) until tender; pass through a mincer with skin and all. Place the parsnip in the water and boil 15 minutes, adding the jam; colour with cochineal and strain, pressing all the liquor out of the parsnip. Thicken this with corn flour mixed smoothly in a little of the cooked liquid, and add essence to flavour. After the corn flour is added the sauce should be simmered for 10 minutes.

Mayonnaise Sauce without Eggs

Materials.—1 tin of condensed milk or ½ pint fresh milk, 1 oz. starch, corn flour or potato flour, a little oil, ½ gill strong vinegar, half-teaspoonful mustard, salt and a dust of cayenne pepper.

Method.—Mix the starch or flour with the

milk, bring almost to the boil, but do not actually boil, as that would make the starch ropy. Add the oil if procurable—a small quantity will do, or the sauce may be made without it. Then add the vinegar, mustard, salt and pepper, and mix thoroughly.

Mayonnaise Sauce without Oil

Materials.—2 yolks of eggs, 1 tin unsweetened condensed milk (fresh milk cannot be used in this recipe), vinegar as required, half-teaspoonful mustard, salt and cayenne pepper.

Method.—Mix the yolks of eggs with salt and stir the milk into them as if it were oil, then add the vinegar, mustard, salt and pepper.

Note on Mayonnaise Sauces.—In making mayonnaise sauces with fresh milk instead of condensed milk, it should be made first into a thick white sauce with flour before the vinegar is added, otherwise it will curdle.

CHAPTER III

FRESH, DRIED AND FRESHWATER FISH

There are but two kinds of cooking—good and bad.

CHAPTER III

FRESH, DRIED AND FRESHWATER FISH

Methods of Cooking Fish

When fish is boiled in water the water turns milky. This is caused by extracts from the fish, which are washed out of it into the water during the process of cooking. The water is heavily salted to give flavour to the fish, which is not very pronounced when so cooked. The water, being too salt for any other use, is then thrown away with the extracts from the fish, and consequently valuable food is lost. When fish is placed on a dish and then steamed, all the juice that is lost during the process of steaming is received in the dish; made into sauce it is thus recovered and so much nutriment is saved, and the flavour is retained. Very little salt is required when cooking in this manner. It is better, however, that sliced fish, before steaming, should be placed for

a few minutes in *boiling* water in order to seal it up and conserve all the nourishment in it. This sealing also prevents the unattractive skim which otherwise forms on the surface of the fish. It is generally believed that steaming takes longer than boiling, but that is not the case.

Baked or roast fish is excellent, particularly those containing much fat; but also insipid fish such as bream, which when boiled is tasteless, is excellent when roasted. Fresh-water fish is admirable food, and should be used more than has been customary, particularly pike, which in texture is not unlike meat. It is best served in pies, stuffing, quenelles and puddings. Perch is a most delicate fish steamed or fried; eels are very rich in fat and are best stewed or fried. Fish soup made with a variety of fish, with potatoes and vegetables added, supplies at once soup and fish and vegetables—a one-dish dinner, in fact. (See Chap. II., p. 35.)

Do not despise salt herrings (Government pickled herrings), for they are very nourishing. They should be stewed or steamed. When boiled they break up to a mash. They must not be soaked too long—12 to 24 hours is enough for the good quality Scotch herrings.

Fish is valuable food; the herring, mackerel, salmon, eels are rich in fat, and are more nutritious than white fish, irrespective of price. The sole and turbot are not more nutritious than cod, haddock or hake. They are considered finer fish, are more in demand, and consequently the prices are higher, but the fish of the highest food value for money spent is the herring, fresh or pickled.

The following recipes are chiefly foreign, and such as cannot be found in ordinary cookery books. They make a pleasing change from the plain boiled (which, as has been explained, is an extravagant method of cooking) or fried (there is seldom enough fat to spare for frying) generally served in this country.

Fish Pie

(Delicious Hot or Cold)

Materials.—Fresh herring or mackerel, 1 lb. cod-fish, 2 oz. bread, 8 oz. mashed potato, 4 oz. rice flour, 4 oz. self-raising flour, a few slices of onion, little lemon juice, spice, salt, pepper and nutmeg, 1 gill of milk, 1 tablespoonful salad oil.

Method.—Fillet a fresh herring or small mackerel. Place the slices of onion in a small

saucepan, arrange the herring and roe on the top, sprinkle with lemon juice, add a little spice and salt, cover with a lid and "sweat" (that is cook gently) until done. Remove bone and skin from the cod-fish and then pass it through a mincer. Soak the bread in the milk and boil it. Separate the best parts of the herring and the roe, which reserve for later use, and remove all bones. All the remainder of the fish and the onion, also the lemon juice, place with the cod and bread panada. Season well with salt, pepper and spice, and just a grate of nutmeg. Mix all, and pass through the mincer once or twice, so that the whole is perfectly mixed. Make a paste of the mashed potato, salad oil and salt, and mix thoroughly. Now add the rice flour, which mix well with the potato, then add the self-raising flour, and mix the whole to a stiff paste. Water will only be required if the potatoes are very dry. Be careful, however, not to add too much, or the paste will be doughy after baking.

Grease a raised pie-tin, line it with the paste by placing a piece of dough in the centre of the pie-tin and working it up against the sides to an equal thickness all over. Place a layer of fish preparation in the bottom of the dish, arrange the filleted fish

and roe on this, cover with fish farce, and repeat until three-quarters full.

Roll out the paste for the top, and cut it out with a cutter to the size required. Place it on the top, press the sides well together, cut away excessive paste, fringe the edges and make a hole in the centre. Leave for 1 hour and then cook in a hot oven for 20 minutes to bake the crust. When this is done bake very slowly to cook the inside. For 1 lb. filling, 1 hour in all is required; for a larger or smaller, *pro rata*.

When the pie is to be served cold, prepare a fish jelly by adding gelatine to a fish stock sufficient to form a cutable jelly. Pour this into the pie by the centre hole when cooked, and let it set.

For patties, cut the roe and fillet up and mix with the fish preparation which is called "farce."

This is, as the reader will have observed, quite an inexpensive dish, yet it is one often sold at a high price by first-class caterers.

This proves that it is skill and not expensive material which is the first necessity in the kitchen.

Fish Sausages

Use the filling for the fish pie and follow the directions for meat sausages (see p. 91).

Fish Stuffings

1. 2 oz. of soaked and squeezed bread, half-tablespoonful of oil or 1 oz. of chopped suet, salt, pepper, nutmeg, half-teaspoonful of flour, and half a dried or fresh egg, herbs and chopped parsley. Mix and use as directed on the recipe.

2. Fry 1 oz. of finely chopped onion or shallot in half-tablespoonful of oil. When fried, add 2 oz. or more of chopped mushrooms, fry together until dry. Now add 2 oz. of soaked and squeezed bread, salt, pepper and a teaspoonful of parsley and half an egg. Mix well and use as directed.

3. Fry 1 oz. of finely chopped onion or shallot in half-tablespoonful of oil. When fried, add 4 oz. of peeled and chopped tomato, also a pinhead of garlic if available. Simmer till the moisture has evaporated, add 2 oz. of soaked and squeezed bread, 1 teaspoonful chopped parsley and half an egg. Mix well and use as directed.

The bread can be replaced by using 2 oz.

of dry pulse purée (cooked and sieved peas, beans, etc.) and 1 oz. of mashed potato.

4. Fish prepared as for fish pie (see p. 53), which can be blended with mushrooms and tomatoes, prepared as in recipes 2 and 3, or fish and bread panada, or rice panada, thoroughly mixed together and worked to form an elastic body.

Fish Cakes (Baked)

Materials.—Fish bones and heads, mashed potatoes in equal quantity, a few maize crumbs, salt, pepper and nutmeg, anchovy sauce, batter made with oil.

Method.—When fish stock has been made with fish bones and heads, a considerable amount of fish remains on the bones, which, even after the stock has been extracted, has a large percentage of the food value left in it. The fish should be carefully picked with a fork, and all the skin and bone removed. These pickings should then be drained on a cloth to extract the moisture and afterwards mixed with an equal quantity of dry mashed potato, seasoned with salt, pepper, and nutmeg, and a little anchovy sauce added to improve the fish flavour. The mixture should be made into balls and

then coated with a light batter (see p. 233) and rolled in maize crumbs, pressed flat, then placed on a baking tin and baked in a hot oven. They should be turned when necessary, so that they colour evenly.

Pan Fish

Materials.—½ lb. cooked fish, 2 oz. onion, 1 oz. rice, 4 oz. mashed potato, 1 tablespoonful oil or 1 oz. fat, breadcrumbs.

Method.—Shred or chop the onion and fry to a golden colour in half the fat. Boil the rice plain; mix all the ingredients together, season well, place in a gratin dish, sprinkle with breadcrumbs and oil, and bake.

Baked Fish (Whole or Filleted)

Materials.—Fish, clarified fat or oil, anchovy or chopped capers and herbs, potato or corn flour, a little chopped parsley, a little salt, a little water or fish stock.

Method.—If a whole fish is baked, it is best to stuff it (for Stuffings, see p. 56), then place it on a greased fireproof dish, season with salt, and baste with a little oil or melted clarified fat. Put it in the oven and bake, basting it from time to time. When coloured and not quite cooked, cover

with a grease-proof paper or a turned-over dish. Do not place a paper over the fish until set, otherwise it will stick, and the appearance of the fish will be spoiled. When cooked, remove the fish, rinse the dish with water or fish stock, and add a little anchovy or chopped capers and herbs. Reduce to the quantity required by boiling, thicken with potato or corn flour (first mixed smoothly in cold water), season to taste, and pour over the fish. Make hot, and serve on the dish in which it was cooked, sprinkled with chopped parsley if liked. The liquid from the fish may be used as a foundation for various kinds of sauce, such as tomato, mushroom, brown onion sauce, etc. etc.

Steamed Fish

Fish should never be boiled, as in that way much valuable food is lost. It should be steamed instead. Place it on a dish and cover with a grease-proof paper so that all the essence extracted from the fish is received on the dish, and the paper prevents condensed water from falling from the lid of the pan on to the fish and into the liquor which comes from it as it cooks. If the fish is cut in slices it should always first be

dipped into boiling water for a few minutes to seal it up. This prevents the juices from covering the fish and coagulating on the surface in a milky skin, thereby spoiling the appearance of the fish, particularly salmon, which should be a bright pinky-red colour when cooked.

Cut fish is cooked when the spine can be easily removed, and large joints of fish when, on pricking with a needle, no resistance is felt. The juice left in the dish must be used to make the sauce, which at present, now fat is so scarce, can be thickened with a little corn or potato flour diluted in cold milk or water and then added to the boiling liquid. About ½ oz. per pint of liquid is required. (For Sauces, see Chap. II.)

Baked Fillet of Fish in Batter

Materials.—Fillet of fish, frying batter.

Method.—Fillet the fish and cut in neat strips, season with salt, coat with stiff frying batter (see p. 234). Drain well, place on a greased baking-tin, and bake in a hot oven until brown.

The same can be crumbed with maize crumbs (see p. 231) and baked to a golden brown.

Whiting or other Fish au Gratin

Materials.—Whiting or other filleted fish, 2 oz. chopped mushrooms, 1 oz. chopped onion, 1 dessertspoonful of oil, half-teaspoonful chopped herbs or parsley, 1 gill of brown sauce (see p. 22), salt and pepper, a few drops of lemon juice, a few breadcrumbs.

Method.—Fry the onion in the oil, add the mushrooms, chopped herbs or parsley, and also the brown sauce; season to taste. Clean the whiting and fillet the fish. Put 1 tablespoonful of sauce at the bottom of a fireproof dish, place the fish in it, sprinkle with salt and a few drops of lemon juice, cover with the sauce, scatter lightly with crumbs, and bake for about 20 minutes, until the fish is cooked. Sprinkle with chopped parsley and a few drops of lemon juice.

Mackerel and Rice

Materials.—1 mackerel, 1 tablespoonful of oil, 1 teaspoonful of chopped onion, 1 teaspoonful of chopped herbs, 1 teaspoonful of paprika pepper, 1 or 2 tomatoes, juice of half a lemon, $\frac{1}{2}$ pint of rice, $\frac{3}{4}$ pint of fish stock.

Method.—Clean the mackerel and cut

it into pieces. Fry them in the oil, and add to this the onion, herbs, tomatoes (chopped finely), the paprika and lemon juice and a few sprigs of saffron, if liked. Then add the rice, and cover with ¾ pint of fish stock, or more, according to the quality of rice, for the amount of liquid which rice will absorb depends upon the kind of rice used. Season well, bring to the boil, and cook for 20 minutes.

Any other fish may be used, and curry powder added instead of paprika.

Halibut Portugaise

Materials.—Slice of halibut, 1 inch thick, little chopped parsley, salt and pepper, juice of a lemon, 1 tomato, little finely chopped onion, 2 teaspoonfuls fish stock or water.

Method.—Season the halibut with salt and pepper and the juice of half a lemon. Let it stand for half an hour, then dip it into boiling water to set, and place it in a greased dish. Add the tomato (the pips and skin removed and the flesh cut small), onion, parsley, the remaining juice of the lemon and the fish stock or water. Cover with a lid, and cook in the oven until done, allowing about 20 minutes. Thicken the

gravy, and sprinkle the dish with chopped parsley before serving.

Salmon Flamande

Materials.—1 lb. salmon, ½ oz. carrot, ½ oz. parsnip, ½ oz. celery, 1 oz. onion, ½ oz. clarified fat, a pinch of salt and pepper, juice of half a lemon, 2 tablespoonfuls of water or stock.

Method.—Shred the carrot, parsnip, celery and onion into strips, and mix with the clarified fat and a pinch of salt. Cover and stew gently until tender. Season the salmon with salt and pepper half an hour before required for cooking, and dip into boiling water for a few minutes. Lay on the bed of vegetables, adding the juice of half a lemon and the water or stock. Cover with a paper and cook until done, allowing about 20 minutes. Drain the salmon, and remove the skin and centre bone—the skin is apt to be oily, and the dish looks more appetising without it. Dish up the fish sprinkled with chopped parsley, and pour the vegetables and liquor over.

Grey Mullet

Materials.—Sharp sauce (see p. 43), mullet, little salt, little vinegar.

Method.—Place on a plate, season with salt, and baste with vinegar, then steam in the usual way. Serve with a sharp sauce.

Filleted Herrings and Rice (Cold)

Materials.—A few fresh herrings, little chopped onion and parsley, 1 tablespoonful of vinegar to each herring, equal quantity of water, a few crushed peppercorns and allspice, fish-bone stock (see p. 20), 1 tablespoonful of oil, 1 gill of rice, 1 chopped tomato, mayonnaise sauce (see p. 47).

Method.—Fillet the fresh herrings, reserve the bones. Season, and add a little chopped onion and parsley, roll up and tie with string. Boil for each herring 1 tablespoonful of vinegar and an equal quantity of water; season, add the peppercorns and a little allspice, and pour over the herrings, and cook slowly until done. Let them cool in the liquor. Make a stock with the fish bones. Fry 1 oz. of chopped onion in the oil, then add the rice (which has been heated in the oil), tomato, and, if possible, a few sprigs of saffron. Cover with one and a half times as much stock, well seasoned, close the pan as tightly as possible, and cook for 20 minutes. When done add the liquor in

which the herrings were boiled. Toss, and allow to cool. Make a border of the rice, place the herrings in the centre, and serve with a mayonnaise sauce.

Soused Herrings or Mackerel (Hot or Cold)

Materials.—Herrings or mackerel, a few slices of onion to each fish, 1 clove, 6 peppercorns, 2 allspice, a little salt, vinegar and water.

Method.—Place the cleaned fish in a dish with the onion, clove, peppercorns, allspice and salt, and then to half the height of the fish add half vinegar and water. Cover with a paper, and bake in a moderate oven for from 15 to 30 minutes.

Herring Olives Ragout

Materials.—1 pickled herring filleted (2), a little bread stuffing, 1 oz. carrot, 1 oz. onion, 1 tablespoonful of oil, ½ pint of water, 1 dozen small potatoes (olive size), a little salt and spice, a little chopped parsley.

Method.—Soak the herring for 12 hours. It is best to fillet the herring before soaking, otherwise it is liable to go bad in the bone, and if red, a piece of alum the size of a pea

may be added to whiten the fish, but this should be well washed away before cooking, by changing the water frequently. Drain the herring on a cloth, remove all the bones and the skin if desired. The skin holds the fish together, so it is preferable to leave it on. Place the herring fillets with the skin side upward and the point toward you. Fill the centre with bread stuffing, and roll the fillets up so as to enclose the stuffing. Skewer or tie with string. Cut the carrot and onion into small pieces, fry lightly in the oil, and when fried, add the water. Cook freely until the vegetables are nearly done, then add the potatoes; season lightly with salt and a pinch of spice, and cook further until the potatoes are half cooked. Now place the stuffed fillets of herring on the top of the ragout of vegetables, cover with a lid and stew till the fillets are cooked—about 15 minutes. Dish up the fillets, remove the string or skewers, correct the seasoning and pour the ragout over the fillets. See that the potatoes are all round the fish. Sprinkle with chopped parsley.

Herring Olives with Rice

Materials.—Some herring fillets (the stuffed fillets are called olives), 1 oz. finely chopped

onion, half-tablespoonful of salad oil, 1 gill of rice, ½ pint of fish stock, tomato sauce.

Method.—Fry the onion in the salad oil, add the rice, and stir to cover each grain with fat. Now add the fish stock, season to taste, and place the herring olives, prepared as for olives ragout, in the liquid, bring to the boil, cover with a lid and simmer for 20 to 25 minutes. Remove the olives, take out the skewers, dish up the rice and place the olives on top. Pour tomato sauce round, and a pinch of saffron may be added to the rice.

When tomatoes are available, a peeled and chopped tomato may also be added.

Baked Herring Olives (or Stuffed Fillets)

Materials.—Herring olives prepared as for the pickled herring ragout, a little batter, a few maize crumbs, a little fish sauce (see p. 46) or tomato sauce, sharp sauce, anchovy sauce (see pp. 43 and 45) or any other desired.

Method.—Steam the herring olives, coat them with batter and maize crumbs, place in a greased dish and bake in a hot oven. When nicely coloured, dish up and serve with the sauce.

Soused Herrings (Fresh or Salted)

Materials.—Fresh herrings, 1 tablespoonful of vinegar for each herring, an equal quantity of water, a few peppercorns, a little salt and allspice, a few slices of onion, a little oil.

Method.—Remove the bone of the herring by opening the back of the fish, and also remove the head. Roll the fish up and skewer to hold in shape. Place in a dish and add the vinegar, water, salt, peppercorns, allspice, onion and a slice of lemon (if available). Baste very sparingly with oil, cover with paper and bake slowly for 20 to 30 minutes. Let cool in the gravy, and when cold turn over.

If using Government pickled herrings soak as described on p. 52 (recipe for Herring Olives Ragout) and do not add salt.

Paupiettes of Herring and Tomato Sauce

Materials.—2 herrings, a little salt, pepper and nutmeg, 2 oz. bread, half-teaspoonful chopped herbs, 1½ oz. fat, 3 tomatoes peeled and chopped, 1 egg (or 1 teaspoonful of flour to take the place of the egg), a little fish stock, 1 onion, 1 teaspoonful of flour, a little chopped parsley.

Method.—Fillet the herrings and remove all bones, flatten slightly, remove the skin and season with pepper and salt. Soak the bread, squeeze dry and mix with the herbs, 1 tomato, salt, pepper, nutmeg and egg (or a teaspoonful of flour). Place the fish on the table, skin side upwards, divide the stuffing to the four fillets and roll up. Skewer and cook slowly for 15 minutes in a little fish stock made with the bones (see p. 20). Cut the onion into small dice and fry in 1 oz. fat or a tablespoonful of oil, then add the remaining tomatoes and fish stock, in which the herring paupiettes were cooked, and cook until 1 gill is left. Thicken with a little more fat and flour mixed—1 teaspoonful of each; boil, season, remove the skewer from the fish and dish up. Sauce over and sprinkle with chopped parsley.

Dutch Herring Salad

Materials.—Fillets of herring, 1 cold potato, 1 apple, a few gherkins, beetroot and onions in equal amounts, 1 or 2 spoonfuls of mustard, a little oil and vinegar, hard-boiled eggs.

Method.—Cut the potato into dice, together with the apple, gherkins, beetroot,

onion all well seasoned, and then mix in the mustard dressing made as follows: Place the mustard in a basin and work this up with the oil and vinegar to form a creamy sauce like a mayonnaise; then put in the other ingredients and mix well. Arrange this salad on an oblong-shaped dish and place fillets of herring over it. Use hard-boiled eggs and gherkins cut small to garnish.

Where oil is not available, see mayonnaise without oil, p. 48.

Herring Fillets with Vegetables

Materials.—1 filleted fresh herring, 1 oz. carrot, ½ oz. onion, 1 teaspoonful of salad oil, 1 gill fish stock, juice of half a lemon, a little salt and pepper, a little chopped parsley.

Method.—Slice the carrot, cut the onion in rings, and place in a small saucepan with the salad oil. Let this "sweat" for a few minutes, but not fry; add the fish stock and simmer till the vegetables are cooked, and then add the lemon juice. Fillet the herring, remove bones and arrange in a gratin dish, place the roe on the top, one on each fillet; season with salt and a little pepper. Arrange the carrot and onion alternately on the top

of the roe and herring, then pour the liquid over all. Place in a moderate oven for 10 to 15 minutes, sprinkle with chopped parsley, then serve without sauce, for the liquid is sufficient, and there should be no more left than is required to moisten the fish. If desired a border of cooked slices of potato could be placed round the herrings before the liquid is added, or plain boiled potatoes should be served with the fish.

Filleted Gurnet and Rice Portugaise

Materials.—The fillets of 2 gurnets, 1 chopped onion, 1 chopped tomato, a little chopped parsley, a bunch of herbs, a little oil, 1 gill of rice (carefully picked over), 1 tablespoonful of vinegar or lemon juice, salt and pepper, a little water.

Method.—Fry the onion in a little oil, add the tomato, parsley and herbs. Place the fillets of gurnet, preferably small ones, on this bed of vegetables, and cover with water and either vinegar or lemon juice. Season with salt and pepper, and steam the fish until nearly cooked. Remove the fillets and stir the rice into the liquid, which should cover it well. Rearrange the fillets on the top, cover with a paper and the lid,

and cook for 20 minutes. Take the fillets carefully out, remove the herbs, and lightly mix the rice with a fork, and then dish up, arranging the fillets neatly on the top.

Baked Filleted Whiting with Potatoes

Materials.—Fillets of whiting, a few sliced cooked potatoes, a little salt, pepper and nutmeg, juice of a lemon, melted butter sauce (see p. 46), a little oil or fat, a little chopped parsley.

Method.—Grease a gratin dish, place the fillets of whiting in the centre with the skin side downwards, arrange the potatoes all round, and season with salt, pepper and nutmeg. Add the lemon juice and cover the whole with a melted butter sauce. Sprinkle with the oil or melted fat, and bake in the oven for about 20 minutes; then add the parsley, and serve in the dish in which it was cooked.

How to Cook Perch

Materials.—1 perch, a little onion, parsnip and parsley, salt, a little clarified fat, and water.

Method.—Clean the perch, open on one side across the body and pass the roe through

this. Cut some Julienne strips of onion, parsnip and parsley stalk, and fry in a little fat without colouring them. Add sufficient water to half cover the fish, and salt at the rate of $\frac{1}{8}$ oz. per quart. Bring the water to the boil, and then add the fish. Boil fast at first, then, when nearly cooked, slower. (A perch of 1 lb. takes 20 minutes.) Dish up the fish, reduce the liquor until there is sufficient left to moisten the fish, then pour this over and serve.

Golden Bream

Materials.—1 bream, a little chopped onion and parsley, a little oil, 1 tomato, 1 teaspoonful of anchovy sauce, 1 or 2 finely chopped mushrooms, the juice of a lemon, a little water, 1 oz. fat, 1 teaspoonful of flour.

Method.—Scale and fillet the bream, season the fillets, sprinkle with the onion and parsley and baste with oil. Let the fish stand for an hour or two to let the seasoning soak in thoroughly. Now pour the oil from the fish into a baking dish, preferably of stoneware, and when hot pass the fillets through this oil both sides, leaving them in it with the skin side upwards. Sprinkle

with the tomato and mushrooms, the lemon juice and a little water, and bake in the oven, basting from time to time. When done, mix the fat, flour and anchovy sauce with the gravy and baste again, then put back in the oven for a few minutes, and serve in the dish. If the gravy evaporates too quickly, add a little water.

Roast Bream with Tomato Sauce

Materials.—1 bream, 2 oz. bread, oil for basting, ½ oz. flour, a pinch of thyme, nutmeg, salt and pepper, 2 peeled and chopped onions, 3 peeled and chopped tomatoes, 1 teaspoonful of chopped parsley, 1 teaspoonful of anchovy essence, 1 egg, ½ pint of water.

Method.—Soak the bread, squeeze all the water out; add to this 1 teaspoonful of chopped and fried onion and an equal quantity of parsley, a pinch of thyme, nutmeg, salt and pepper, also 1 peeled and chopped tomato. Bind this with the egg and stuff the bream. Sew the belly up. Place in a greased dish or tin, season with salt and baste with oil; then bake carefully for about 30 minutes, basting from time to time. When done, dish the fish up, and remove the string. In the tin fry 1 chopped

onion, 2 peeled and chopped tomatoes, and the ½ pint of water. Cook until all the dried gravy from the bottom of the dish has loosened. Add the anchovy essence, mix the flour with the remaining ½ oz. of fat, and add this to the sauce. Stir till blended, and give only one boil. Correct the seasoning if necessary, pour over the fish, and sprinkle with chopped parsley. If any liquor has run out of the fish into the dish, this must be added to the sauce and stirred well in before the sauce is put over the dish.

Baked Bream with Devilled Mock Butter

Materials.—1 sea-water or fresh-water bream, a little salt, pepper and oil, 1 onion, a little made mustard, 1 tomato, 1 teaspoonful of Worcester sauce, 1 teaspoonful of mushroom ketchup, 1 teaspoonful of anchovy essence, a little chopped parsley.

Method.—Season the bream with salt and pepper and baste with oil. Let lie in a dish which will stand the heat of the oven for 1 hour, so that the salt may penetrate right through the fish. Place in the oven, and bake carefully, basting from time to time. Prepare, in the meantime, the follow-

ing mock butter: Chop the onion finely and cook in a little oil, add to this the tomato finely chopped, and cook until nearly dry, then add the Worcester sauce, mushroom ketchup, a little made mustard, and the anchovy sauce, or a chopped Gorgona anchovy, and a dust of freshly milled pepper. Mix this, and when the fish is nearly done pour the mixture over it, and baste a few minutes until the fish is cooked. Sprinkle with chopped parsley, and serve in the dish in which it is baked. The best accompaniment to this fish is a boiled potato.

Eels with Mock Cream Sauce

Materials.—A few onions, 1 eel cut in pieces, a little stock, seasoning and spice, a little oil and grated horse-radish, 1 tablespoonful of vinegar, a little unsweetened condensed milk.

Method.—Shred or chop the onions and simmer in oil; add the eel, seasoning and spice, and a little stock. Cook until the eel is done, then dish up. Add to the liquor the vinegar and horse-radish without further cooking, which would destroy the horse-radish flavour. Then warm up, and add sufficient unsweetened condensed milk to

make enough sauce to cover the eel. Correct the seasoning and serve hot or cold.

Eels (Russian Style)

Materials.—1 eel, a few onions, 1 sliced carrot, a little oil, seasoning and aromatic herbs, ½ lb. tomatoes to each pound of eel, 1 tablespoonful of vinegar.

Method.—Shred the onions and carrot and simmer together in the oil. Add the eel cut into pieces of about 2 inches long, the fins having been carefully trimmed, and simmer all together, then add the seasoning, aromatic herbs and the tomatoes, peeled and chopped finely (the seeds removed). When the vegetable is cooked add the vinegar, and simmer for about 15 minutes longer. If the dish is desired cold, serve garnished with gherkins.

Filleted Sole with Cucumber

Materials.—1 filleted sole (or any other white fish), a little salt, 1 egg, a few bread-crumbs, 1 cucumber, a little oil, lemon juice, a little coarsely-chopped parsley.

Method.—Season the filleted sole with salt, brush over with egg and pass through

the breadcrumbs. Peel and slice the cucumber as thick as half a crown. Heat some oil in a frying-pan and fry the fillets to a light golden colour both sides; then remove, and fry the cucumber also. Dish up the fish and arrange the cucumber on the fillets, one overlapping the other. Sprinkle with parsley; if necessary, add a little fat to what is already in the frying-pan, brown it, then add the lemon juice and pour over the fish.

Creamed Crab, Lobster or Salmon (without Cream)

Materials.—Fresh or tinned crab, a small onion, ½ oz. fat, about 1 gill of milk, a few drops of lemon juice, 1 dessertspoonful of flour, half-teaspoonful of paprika pepper, quarter-teaspoonful of mustard, a little salt, a few drops of lemon juice, hot toast.

Method.—Chop the onion finely and fry lightly in the fat; add the flour and stir until thoroughly mixed and lightly coloured. Add the pepper and mustard. Stir into this sufficient milk to obtain a thick sauce; add twice as much crab meat as there is sauce, well drain, season with salt, and simmer till thoroughly hot. Add the lemon juice and serve on hot toast.

Fresh or tinned lobster or tinned salmon is excellent served in like manner.

Kipper Salad (Cold)

Materials.—1 filleted kipper, 1 lettuce, some potato salad (see p. 165), a few slices of beetroot, a few hard-boiled eggs, a little chopped herbs, pepper and salad dressing, a little chopped onion, 1 tablespoonful of Tarragon vinegar.

Method.—Remove the skin and bones of the kipper, place the fillets in an earthenware dish and add the onion, pepper and vinegar. Cover with paper and put in an oven for 10 minutes, then let cool in the liquor. Shred the lettuce and dress with a plain dressing. Make a border with this, and place the potato salad made with a cream dressing in the centre. Put the fillets of kipper on top, sprinkle with chopped herbs and place quarters of hard-boiled eggs and slices of beetroot round.

Mussels and Rice

Materials.—1 pint of mussels, 1 gill of raw rice, 1 oz. chopped onion, 1 tablespoonful of oil.

Method.—When the mussels are scraped

and well washed, place them in a saucepan over the fire without adding any moisture. Cover the pan and leave it until the mussel shells open. Remove the shells and cut out the suckers (hair-like substance). Fry the onion in the oil, add the rice, mix well. Then cover with the mussel stock (the liquid which by cooking has been extracted from the mussels), adding water if necessary, and cook as directed for herring olives with rice (p. 66).

How to Use a Tin of Salmon (12 oz.)

Open the tin at the side instead of the top so that the whole contents can slide out of the tin. Place it on a plate; carefully remove skin and bone by splitting the salmon; reserve the best pieces for *au gratin*, the next best for salad or scallops, the smaller pieces for cakes and the remainder for sandwiches.

Cheese is an important part of these dishes, but must be omitted when it is scarce.

(1) Salmon Baked (for three Persons)

Materials.—Best pieces of salmon, white sauce (p. 41), pepper, a few drops of

lemon juice, a little grated cheese or crumbs.

Method.—Place the pieces of salmon in a fireproof dish, previously lined with white sauce. Add pepper to taste and lemon juice, cover with white sauce and sprinkle with grated cheese, and bake in a hot oven until brown.

The dish should be placed in another containing water while cooking.

(2) Scalloped Salmon (for two Persons)

Materials.—Salmon, mashed potatoes, a little oil, white sauce (p. 41), cheese or breadcrumbs, salt to taste.

Method.—Make a border of mashed potatoes on a scallop shell by using a forcing bag and tube. Fill the centre with salmon and white sauce mixed, well season, sprinkle the fish with crumbs or cheese, baste with oil, then bake to a nice brown colour.

The shells should be placed in such a position that the sauce cannot run over. The best method is to place the shell in a small heap of salt, which suffers nothing by being heated.

(3) Salmon Salad (for two Persons)

Materials.—A little green salad, mustard and cress, chopped parsley and salad dressing, potato salad or pulse, hard-boiled eggs, some pieces of salmon, a little vinegar and beetroot, mayonnaise sauce (see p. 47).

Method.—Place the green salad, mustard and cress, potato salad or pulse with the salmon, previously seasoned and basted with vinegar. Cover with mayonnaise sauce and garnish with hard-boiled egg, beetroot and chopped parsley.

(4) Salmon Cakes (for two or three Persons)

Materials.—Trimmings of salmon, an equal amount of cold polenta (p. 121), 1 egg, a little salt, pepper, nutmeg, flour or crumbs, and fat.

Method.—Mix the salmon, previously drained on a cloth, with the cold polenta, to which add the egg, salt, pepper and nutmeg to taste (no parsley). When well mixed shape into cakes, flour or crumb them. Place on a baking-sheet, brush over with fat, and bake in a hot oven until brown. Turn over if necessary.

(5) Sandwich Filling (for twelve Square Sandwiches)

Materials.—Salmon skins and bones, 1 oz. fat, a little cooked dry rice and cochineal, salt, cayenne and anchovy essence.

Method.—Crush all skins and bones finely, pass through a mincer three times, with an equal quantity of cooked dry rice. Add the fat, salt, cayenne, anchovy essence and a few drops of cochineal. Pass through a sieve, place in a basin and use for sandwiches.

Fish in Batter

Cold boiled fish freed of skins and bones and flaked may be mixed with Yorkshire pudding and baked in a fireproof dish. The batter may be made with or without eggs.

CHAPTER IV

MEAT DISHES: WITH BUT LITTLE MEAT

It is skill, not expensive material, which is the first necessity in the kitchen.

CHAPTER IV

MEAT DISHES: WITH BUT LITTLE MEAT

Methods of Cooking Meat

LARGE joints are now obtainable only by large families and in restaurants and institutions. As a rule, small pieces of meat have to be dealt with, and the housewife is never sure what part of an animal will be available. She must be content to take what she can get, and learn to cook her ration as economically as possible. Frying is an economical method of cooking, for any juices which escape are reclaimed when the gravy is made, and the process is saving of fuel. Only tender meat, of course, can be cooked in this way, such as steaks, fillet steak, sirloin, ribs, buttock, thick flank and certain parts of the shoulder. Cooks should realise that meat thickly covered by sinews is usually very tender; leg of beef when scraped from between the sinews

is very tender, and when minced and shaped into small steaks is more tender than rump steak. Other parts are better for stewing or stoving. Braising is not recommended, as this is an expensive method of cooking and needs gelatinous stock, to produce which much fuel is required. When stewing or stoving meat cut it into portions; naturally, then, the cooking takes less time, and the meat will be more juicy than when larger pieces are cooked. All meat produces fat, however lean it may appear, and this should be carefully preserved, for it will be required when cooking vegetables (fresh or dried), all of which are deficient in fat. When stock is made with meat, as for the French *pot-au-feu*, the meat should be placed in boiling water to seal it up, thus preserving the flavour. Cooks should realise that the flavour of meat is soon lost by over-cooking, and consequently if the fluid extracts are allowed to boil freely the essential meaty flavour is destroyed.

Casserole cooking, or "stoving" by gentle heat, is most suitable for tough meat, and requires very little or no water. As the meat becomes warm its own moisture runs freely, and after a little while the meat will practically swim in liquid. The flesh then

is cooked in its own juice, the fat is dissolved, and when the dish is done, if a little water is added, there will be as much gravy as required. The fat skimmed off is of course reserved for other purposes. Cooked in this manner, half a pound of lean meat from whatever part of the animal will produce 1 pint of good gravy. As the strongest gravy contains only about 5 per cent. of solid extractions, there must remain in the cooked meat the remainder of its original food value. When stock is made from bones, there remains a certain amount of gristle cooked tender, and also a small portion of meat. If carefully collected, very nice made dishes, such as croquettes, rissoles, patties, potato meat cakes and sausages may be produced without much additional expense. It should also be known that bones contain fat which, when stock is made, rises to the surface, so that bones produce fat, stock and gristle, each of which must be used to the fullest advantage. Sausages can be made with any kind of meat trimmings—liver, fat, meat, crusts of bread, beans, peas, etc. The materials should be passed through the mincing-machine and then fried or baked. They may be crumbed or rolled in paste, dipped in batter and then

baked. No skins are required then, and fat for frying becomes superfluous. In making sausages the bread should not be squeezed dry, but simply drained so that equal weight of water and bread is used—8 oz. of meat plus 4 oz. soaked bread—that is, 4 oz. bread and 4 oz. water—make a better sausage than that generally supplied by the butcher. Instead of bread, biscuit meal (see p. 235) may be used, or cooked porridge, and part of the meat may be cooked meat. For rissoles, rice or other cereal, or potato may be added, and in this manner a large variety of economical and nourishing dishes are produced.

When making meat pies the above remarks are also applicable. If, from lack of meat, a feeling of hunger is experienced, cheese or nuts are the items which should be added in small proportions to the diet. Meat is concentrated food, and it is therefore good for the general health of the country that it should be used as sparingly as possible; but as the desire for the quantity of meat to which most people have been accustomed must be satisfied, it should be served in such a manner as to supply the necessary bulk. The following recipes are arranged so that substantial dishes result, although they contain but little meat.

Sausages Made with Cooked Meat

Materials.—Remains of cooked meat (fat, lean and gristle), equal amount of crumbs, egg (1 egg to 1 lb.) or 1 oz. flour, a little fried chopped onion, a few drops of vinegar.

Method.—Mince the meat, add the crumbs, moisten with egg, or instead of egg 1 oz. of flour; season well, and mix thoroughly. Finish as directed for fresh sausages (p. 91). The onion and vinegar help to bring back the flavour which the meat has lost.

Sausages can also be made by using half fresh and half cooked meat.

Sausage Rolls

Materials.—Sausage meat, short paste.

Method.—Roll out some short paste (see p. 183) and cut into oblong pieces of the size desired. Brush over with cold water, place in the centre across a roll of sausage meat and fold over with the paste so that the ends meet. Press down the edges, prick the top once or twice, and bake in an oven hot at first and then cooled.

Fresh Meat Sausage

Materials.—6 oz. of lean meat, 2 oz. fat,

4 oz. crusts of bread, salt and pepper, nutmeg and spice, a little flour.

Method.—Mix the fat with the meat, season with salt, pepper, nutmeg and spice, if liked, and pass through a mincing-machine. Soak the bread thoroughly in cold water and then drain, but do not squeeze the water out. When drained, mix with the meat and pass again through the mincer, then work by hand or with a wooden spoon until thoroughly mixed. Leave for a time and then shape into sausages, flouring the hands and board. Fry slowly in shallow fat until brown, or bake in the oven. A coating of batter made of flour and water and then a good dusting of crumbs improves their appearance and size.

A sausage should always be left after mixing before it is cooked, otherwise it shrinks too much.

FIVE DISHES FROM ONE RABBIT, EACH DISH FOR TWO PERSONS

(1) Fillets of Rabbit with White Sauce en Casserole

Materials.—Fillets of rabbit (2), some white sauce (see p. 41), vegetables and potatoes, pepper and salt.

Method.—Cut the fillets from the back, flatten slightly, season with salt, a pinch of pepper, and brush over with fat. Place in a casserole, cover it, and cook the fillets on both sides without colouring, which will take about 5 minutes. Dish up, cover with sauce, and garnish with vegetables and potatoes.

The above may be egged, crumbed and fried, or grilled and served with salad.

(2) Quenelles of Rabbit (One Leg)

Materials.—1 leg of rabbit, ½ oz. fat, 2 oz. bread panada (see p. 235), rice, salt, pepper and nutmeg, white sauce (see p. 41).

Method.—Bone the leg and remove all the sinews. Chop the meat finely together with the fat and bread, season with salt, pepper, and nutmeg. If a mortar is available, pound the meat till thoroughly blended with the other ingredients, or put three times through a mincer to save time. Form into the shape of quenelles. Simmer 10 to 15 minutes in boiling stock or salted water. Drain well. Serve on a bed of rice and pour a creamy sauce over.

(3) Cutlets of Rabbit (Second Leg)

Materials.—Same ingredients as for quen-

elles, purée of peas as garnish, gravy or tomato sauce (see p. 43).

Method.—Prepare the same as for quenelles. Shape like cutlets; egg, crumb and fry; garnish with the peas (or any other garnish), and serve with gravy or tomato sauce.

(4) Stewed Rabbit

Materials.—2 shoulders of rabbit, 2 pieces of back (near the neck), 1 oz. of fat, a little corn flour, salt and pepper, a few potatoes, 1 small onion, stock.

Method.—Fry the pieces of rabbit lightly in the fat and season with salt and pepper. When browned, add a few potatoes cut into dice, and the onion. Fry all together carefully. If the rabbit is done before the vegetables, remove it and cook the vegetables longer. When done, dish up the rabbit and garnish it with vegetables. Rinse the pan out with stock, cook till all gravy is dissolved, thicken slightly with corn flour mixed smooth with a little water and brought to the boil. Add this to the boiling stock and stir together until clear. Pour over the rabbit.

This dish may be, like so many others, cooked and served in the one casserole to save washing-up.

(5) Rabbit Soup

Materials.—Rabbit bones, 1 onion, 2 oz. raw rice, salt, 3 pints water, 1 teaspoonful curry powder, ½ oz. corn flour.

Method.—To make the bones into stock, fry them with the onion and curry powder and cover with the water. Add rice and salt and cook until the rice is tender. To do this well takes one hour. Strain the liquid into a basin and remove all the bones with the meat. Crush the rice through a sieve or mincer, return to the soup, correct the seasoning, and thicken slightly with corn flour.

Patties (Four Small)

(Made of Meat off Bones used for Soup)

Pick all flesh off the bones, chop finely, mix with tomato, brown or curry sauce (see p. 41), and place in patty cases or make into rissoles or other made dish.

Cobbler's Pie

Materials (For Paste).—3 oz. suet or clarified fat, 8 oz. self-raising flour, 8 oz. dry mashed potatoes, a little salt and pepper.

(For Pie Filling).—4 oz. or more of gristle taken from bones which have been used for stock, 1 or 2 oz. onion, ½ oz. dripping, 1 lb. potatoes, a little salt and pepper, ½ oz. flour.

Method.—Line the sides of a pie dish or baking-tin with a suet paste made of the mashed potatoes, suet, flour, salt and pepper. Do not use any water to mix. Fry the onion in the dripping; when this begins to cook, add the flour, and fry to a fawn colour, then add the potatoes, cut into dice, cooked or raw, and cover with water or stock; season to taste, also add the gristle minced or cut small. Cook until the potatoes are done. Fill the pie dish with the mixture, arrange a layer of cooked sliced potatoes on the top, and bake for 30 minutes. The same dish can be made by filling all the ingredients in without first cooking them, covering the pie with an old plate or dish. When nearly done remove the plate, to allow the surface to colour. In that case the time for cooking will be 1 hour. Savoury herbs can be added, and just a *sprinkling* of vinegar or Worcester sauce will add piquancy to the boiled gristle.

Meat and Potato Flan

Materials.—Potato pie crust (see p. 181),

mixture as described for cobbler's pie (see p. 95), slices of cooked potato, a little fat to baste, a sprinkling of chopped parsley.

Method.—Line a tin plate with potato-pie crust. Prepare the mixture as described for cobbler's pie; fill the plate with this, and cover with slices of cooked potato. Baste with fat and bake to a nice colour. Serve sprinkled with chopped parsley.

Potato Pancakes with Bacon

Materials.—1 lb. raw potatoes, 4 oz. bacon, 1 egg, juice of half a lemon, ½ lb. self-raising flour, salt, pepper and nutmeg.

Method.—Place the lemon juice in a basin, and grate the potatoes into it. Add the egg, salt, pepper and a little nutmeg, and when mixed add the flour. First fry the bacon, then use the bacon fat to fry the pancakes. This quantity will make about 12 small pancakes. The potato pancakes can also be served with sweet syrup, in which case leave out the pepper and nutmeg. With minced meat, cooked ham or cheese folded inside, they make a good breakfast dish.

Potato Stew and Bacon

Materials.—1 lb. raw potatoes, 2 oz.

bacon, ½ pint cold water, ½ oz. flour, salt, pepper and savoury spice, 2 to 4 oz. onion, a little chopped parsley.

Method.—Cut the bacon into small blocks and boil in sufficient water to cover for 1 or 2 minutes. Drain off the water, put the bacon back in the pan, and allow to fry until the fat has partially melted, and then add the onion cut into dice, and fry to a light colour. Now add the flour and again fry to a fawn colour. Pour on the cold water, bring to the boil while stirring, and add the potatoes cut into quarters. The moisture should be level with the potatoes; if not, add more water. Season with salt, pepper, and a pinch of savoury spice. Cook freely until the potatoes are done, and serve sprinkled with chopped parsley.

Bully Beef Stew

Materials.—Slices of beef, potato stew prepared as in the previous recipe.

Method.—Slice the beef into pieces a quarter of an inch thick, arrange these neatly on a hot dish. Pour over the potato stew, and place in the oven for 5 or 10 minutes. Serve at once.

Heated in this manner the beef will be whole instead of in shreds.

Two Meat Dishes from a Breast of Mutton —Mutton Broth and Stuffed Roll with Barley

Materials.—Breast of mutton, weighing $1\frac{1}{2}$ lb., 1 dried egg, $\frac{1}{2}$ lb. mixed vegetables (carrots, turnips, onions and celery) cut small, 2 whole carrots, 2 quarts 3 gills of water, 2 oz. pearl barley, also $1\frac{1}{2}$ gill of pearl barley, $\frac{1}{2}$ oz. salt, $\frac{1}{3}$ oz. corn flour, a little cold milk, 1 tablespoonful vinegar, 1 teaspoonful chopped parsley, a little pepper, spice, capers and breadcrumbs.

Method.—Bone and skin the breast of mutton ; place the broken bones in 2 quarts of water. Cut the boned breast into an oblong or square, mince the trimmings with salt, pepper, spice, parsley, and an equal quantity of soaked and squeezed crumbs, mix with egg. Open the breast of mutton to make it sufficiently large to make into a roll with the stuffing in the centre. Tie with string and place in the water with the bones ; add the salt and 2 oz. barley, and cook for 1 hour.

Place in a perfectly clean tin $1\frac{1}{2}$ gill barley, cover with 3 gills water, and add salt. Cover with a muslin and the lid, and then place the tin in the broth, adding the 2

whole carrots and the mixed vegetables. Cook until done. Prepare a caper sauce with ½ pint of the stock thickened with cornflour mixed smooth in a little cold milk, season, and add the vinegar and some capers. Dish up the mutton cut into six slices, garnish with the barley from the tin and the carrots cut into quarters. Pour the sauce over the meat, or serve separately. Add a teaspoonful of chopped parsley to the soup.

Meat and Maize Cutlet

Materials.—4 oz. chopped meat (cooked or raw), ½ oz. fat, 8 oz. maize semolina, 1 oz. chopped onion, a little nutmeg and pepper, 1 pint of water, ¼ oz. salt.

Method.—Fry the onion in the fat, add the chopped meat, and fry again lightly. Cover with the water, adding salt, a little pepper and nutmeg and the maize semolina, and cook slowly in a double cooker or in a tin placed in boiling water or a steamer for 1 hour. Turn out the contents on to a dish to cool, mix the whole, and shape into cutlets. Coat with batter (made of flour and water), crumb, and fry in deep fat, or place on a greased baking-sheet and bake in the oven to a nice golden colour. If

one egg is added to the mixture after cooking, the cutlets can be baked without crumbing. Serve with a vegetable sauce or gravy (see p. 22), or when served with a haricot stew, no sauce is required.

Ox Cheek and Haricot Pie

Materials.—1 ox cheek, haricot beans.

Method.—Cut the cheek into ¾-inch slices and cook as directed for meat gravy (see p. 23). When brown, add as many steamed haricot beans as desired, cover with water, and simmer till thoroughly blended. Season to taste and place in a pie dish. When cold, cover with short crust, and bake for 20 minutes in a hot oven; or line a pie mould with pie crust (see p. 181), fill with the mixture, cover with paste, and bake quickly.

Patties or pastries made with the above mixture make a pleasing change from pies, and are useful cold for the pocket lunches needed by so many war workers.

Savoury Rice with Meat or Fish

Materials.—Rice, 1 chopped onion, meat or fish, a little fat and grated cheese.

Method.—To prepare dry rice, either with

meat or fish, fry the meat or fish (which must be cut into convenient pieces) in fat, and when sufficiently cooked take it out of the pan. Fry a chopped onion in the fat without colouring, and add the rice, which should be picked so that it is thoroughly clean. It is best not to wash it, but if it must be washed, dry on a cloth and fry in the fat so that each grain is covered. Then add the quantity of liquid, which varies according to the quality of the rice, from twice to five times the measure of the rice; thus for 1 gill of rice $1\frac{1}{2}$ to 5 gills of liquid may be required. Now bring it to the boil, season, add the fish or meat, and cook from 18 to 25 minutes. For colour a little powdered saffron may be added. Freshly grated cheese sprinkled over just before dishing up improves the nutriment of the dish. Cook and serve in a casserole.

Stuffed Marrow

Materials.—1 marrow, minced mutton or other meat, a little fat, some fried onion, a little tomato sauce and breadcrumbs.

Method.—Peel the marrow, cut into pieces, parboil, then fry in a little fat on both sides, and drain. Prepare the minced meat, to

which add some fried onion and tomato sauce to bind ; season well. Fill the marrow, sprinkle with breadcrumbs, and baste with oil or fat, and bake.

Fried Liver and Onions with Rice or Polenta

Materials.—½ lb. liver, 1 oz. dripping, a little salt and pepper, 4 oz. onion, ½ oz. flour, ½ pint of water, 1 dessertspoonful of vinegar, a little chopped parsley.

Method.—Cut the liver in slices ¼ inch thick, season with salt and pepper, and flour it. Heat the dripping, and when hot, place the liver in and fry until pearls of blood rise on the surface, then turn it and fry on the other side until again pearls of pale blood show. Take the liver out and dish up. Shred the onion, and fry in the pan in which the liver was fried, stirring with a fork until the onion is cooked. Add the flour, cook for a few minutes, then add the water and vinegar. Stir and cook for about 10 minutes. Season to taste, and pour over the liver, garnishing with a little chopped parsley.

To make the meat go further, serve arranged on a bed of savoury rice (see p. 138),

or place a portion of liver and onion on a round cake of fried polenta (see p. 121).

Cabbage Stew and Liver Dumplings

Materials.—1 savoy or other large cabbage, 4 oz. raw chopped liver, a little salt, pepper, nutmeg and herbs, 2 oz. shredded onions, 2 oz. fat, 3 or 4 oz. breadcrumbs, 1 egg.

Method.—Clean the cabbage, cut into shreds and parboil; drain. Put 1 oz. fat into a saucepan, and when hot add the shredded onions, and sweat without allowing them to take colour. Add the cabbage, salt, pepper, a grate of nutmeg, and a little water, cover with the lid and bring to the boil, then simmer. Cream 1 oz. fat with the egg, add the liver, season with salt, pepper, nutmeg, herbs, and add sufficient breadcrumbs to stiffen the mixture. Shape into balls, roll in flour or breadcrumbs, and place these with the cabbage, and cook for 30 minutes. Dish up the liver dumplings to form a border. Cook the cabbage so that there is just sufficient liquor left to form the gravy.

Veal, Mutton, or Rabbit and Potato Ragout

Materials.—½ lb. cooked veal or other

meat free of bone, 1 lb. potato gnocchi (see p. 137), 4 oz. onions, 1 oz. fat, ½ oz. flour, 2 tomatoes, 1 pint water, salt, pepper and a pinch of spice or herbs.

Method.—Fry the onion in the fat, add the flour, and cook to a nut-brown colour; when done, add the tomatoes, peeled and cut into dice (the pips removed), then add the water. Bring to the boil, seasoning with salt, pepper and spice. Now add the meat cut into dice and the potato gnocchi. Cook freely for 20 minutes.

Meat Loaves and Stewed Beetroot

Materials (Meat Loaves).—4 oz. cooked meat, 2 oz. breadcrumbs, 1 egg, 1 oz. fat, salt, pepper and nutmeg. (Beetroot).—1 lb. cooked beetroot, 2 oz. onion, 1 oz. fat, 1 tablespoonful vinegar, salt and pepper.

Method.—Mix the cooked meat, breadcrumbs (fresh or soaked and squeezed dry), egg, fat, salt, pepper and nutmeg well together. Shape into rolls, place in a greased baking dish, sprinkle with breadcrumbs and fat, and bake in the oven. When done, remove, add a little stock to rinse out the pan, and strain the gravy over the loaves, and garnish with cooked beetroot.

Sheep's Trotters

Materials.—4 scalded sheep's trotters, carrot and onion, bouquet of savoury herbs, 1 clove, 6 peppercorns, a little salt, nutmeg and chopped parsley, $\frac{3}{4}$ oz. flour, $\frac{3}{4}$ oz. fat, $\frac{1}{2}$ gill milk, 1 teaspoonful of lemon juice.

Method.—Parboil the trotters, then place in cold water and bring to the boil with the carrot, onion, herbs, clove, peppercorns and a little salt. When done, remove all the bones, and prepare a sauce as follows in a casserole: Mix the flour with the fat and reduce the liquor till only $1\frac{1}{2}$ gill is left. Add this by degrees to the flour and butter, then add the milk and boil for 10 minutes. Grate a little nutmeg with the lemon juice, add a little sauce and mix well together, then return to the remainder of the sauce and boil. Add the drained trotters and simmer for 10 minutes.

Cooked button onions and mushrooms may be added.

The sheep's trotters can be made into fritters and served in any way in which calf's head is served. Minced and added to a vegetarian Scotch broth they form a substantial and nourishing dish.

Fried Ox Cheek or Ox Cheek Fritters

Materials.—1 lb. ox cheek, 1 oz. fat, a little egg and breadcrumbs.

Method.—Slice the cheek and place it on some shredded onion and 1 oz. fat, salt and a pinch of spice. Cover and let it "sweat"; add water little by little, and cook and turn until the cheek is done. Let it cool under a heavy weight. With the gravy make a brown sauce, half of which reduce and use to coat the slices of ox cheek. Then egg and breadcrumb the slices twice, fry in deep fat, and serve with the remainder of the sauce. Fritters can be made by coating one slice of ox cheek with sauce, covering it with another slice, then passing them through frying batter and baking them in a hot oven.

Ox cheek makes excellent broth, patties, salad, etc.

Meat Rolls or Olives with Peas

Materials.—Some slices of raw beef, a little salt, pepper and herbs, a little fat, 1 dozen button onions, 2 oz. bacon, ½ pint fresh or soaked and steamed dried peas, little potato flour or corn flour.

Method.—Cut the slices of beef, flatten and

trim them to an oblong, season with salt, pepper and herbs, then roll up and tie with two strings. Fry them lightly in fat, add the onions and bacon cut into dice and blanched, and fry to a nice colour. Cover with water, season with salt and pepper, and simmer for 1 hour. Remove the fat, add the peas, and cook until the whole is tender. Mix a little potato or corn flour with some of the cooled liquid and then add it to the remainder to form a slightly thickened gravy ; correct the seasoning and serve.

The peas could be cooked plain if desired, and then ½ oz. flour should be sprinkled over the rolls after frying so as to form a thickened gravy without the final addition of the corn or potato flour. Use the meat trimmings inside the meat rolls.

Mock Duck and Apple Sauce

Materials.—4 slices of lean mutton weighing 3 oz. each, stuffing as for duck (sage and onions), little salt and pepper, 1 egg, fresh or dried, or ¼ oz. flour, a few thickly cut slices of fat bacon, gravy and apple sauce.

Method.—Flatten the slices of mutton and trim to an oval, season with salt and pepper. Prepare a stuffing as for duck, and

bind with the egg. Fill the centre of the ovals of mutton and roll up. Cover with the bacon and skewer them into shape. Roast plain, and serve with gravy and apple sauce.

Meat Salad

Materials.—Some slices of cooked meat, preferably stock meat well cooked with plenty of gristle, some thinly cut rings of onion, sliced beetroot, potatoes, tomatoes, cucumber and any other vegetable, a little salad dressing of any kind, a little chopped herbs, parsley, tarragon and chervil.

Method.—Mix all together, baste thoroughly with salad dressing, then arrange neatly in a salad dish and keep as cool as possible. Sprinkle with chopped herbs.

Savoury Maize Roll

Materials.—Suet maize paste (see pp. 182 or 189), sausage meat, vegetable gravy or vegetable sauce (see p. 22).

Method.—Use suet maize paste as given for maize jam roll, place the sausage meat in the centre and roll up, tie in a cloth and steam for 2 hours. Serve with gravy or vegetable gravy or sauce.

Pilaw

Materials.—1 oz. fat, 1 oz. chopped onion, ½ lb. lean mutton (if tough, part cook it), ½ lb. peeled tomatoes, 1 pint stock, ½ lb. rice (raw), seasoning to taste.

Method.—Cut the mutton in small squares and fry in the fat. Add the onion and rice and stir until hot, then add the tomatoes, peeled and cut up; season and cover with the stock and cook until meat and rice are sufficiently done—about 20 minutes.

Other vegetables, such as artichokes or aubergines, may be added and all cooked together.

Stock Meat and Rice Croquettes

Materials.—A little fried chopped onion, Worcester sauce, salt, pepper and spice, crumbs or cooked rice or potatoes, batter, gristle and meat pickings from soup bones.

Method.—When bone stock is made there remains on the bones a certain amount of meat, skin and gristle, which, although it has lost its savour which it has given to the stock, has still a certain value as a food. This, when mixed and added to fried chopped onion and a little Worcester sauce, well seasoned with salt, pepper and spice, is

excellent, and when mixed with crumbs or cooked rice can be made into croquettes or rissoles. An equal quantity of rice and meat is best, or some mashed potatoes can be added, which will also help in the binding. Coated with batter and crumbed and fried, these are very appetising. If they are to be baked, which of course during the shortness of fat is perhaps the only way to deal with them, it would be best to roll the stuffing into a very thin layer of paste, brush over with water and then roll in crumbs, instead of using a batter. When baked, these will be suitable for breakfast or supper.

CHAPTER V

MEATLESS DISHES—CEREALS, PULSES, ETC.

It may be that with increased knowledge we shall feed better though we eat less.

CHAPTER V

MEATLESS DISHES—CEREALS, PULSES, ETC.

Method of Cooking Cereals

In cooking cereals often much valuable food is wasted. Rice for curry is, after boiling, drained and washed; thus starch and minerals are thrown away; or if cooked in milk in the usual fashion it is liable to burn, requires much attention, and considerable time in cooking which, when gas, oil or electricity are used, might be saved. Much of this waste may be avoided by adopting the following method: Place the cereal in a tin—a cocoa tin for instance—add as much water as the cereal is able to absorb, salt according to the moisture added, but much less than is generally used, cover the tin with muslin, and then with the lid, so that no steam or water can escape, or any water enter. Place in a pan of boiling water, and allow to cook according to the

time required. (For details as to quantity of water and time of cooking, see recipes.) It will be found that the cereal will be thoroughly cooked, every grain intact, and the natural flavour and all the minerals preserved. No more moisture must be added than is necessary, so that the full food value is preserved, for if too much moisture is absorbed the food value will be reduced accordingly, and the sloppy mass of food will not be sufficiently masticated. There is not much to gain by soaking cereals, except tapioca or barley. Rice grains are destroyed by soaking, and consequently break. A rice pudding prepared by adding milk in the usual proportion to the rice, after it has been thus cooked; and then baked, will be creamy, the rice grains remain whole though thoroughly cooked, and the flavour such that no sugar will be required. By following this "tin method" of cooking, it is possible to produce a good substitute for breadcrumbs with maize semolina (see p. 231).

Cooking by this method is economical of time, material and fuel. Many tins can be placed in one cooking vessel, so that when gas is used, all may be cooked over one burner.

Method of Cooking Pulse Food

Pulses prepared in the usual manner take a long time to cook, absorb a large proportion of water, and in doing so decrease the food value to the amount of water absorbed. There is here a waste of fuel and time. It is usual to soak pulse food for 12 to 24 hours to allow them to absorb the moisture lost in drying, and also to add a certain percentage of soda to soften the skins, which harden in the drying, and to soften the water. Rain water, which is already soft, does not require this, but otherwise, as the pulse contains lime, it is advisable to add a certain amount of soda. Water in which potatoes are cooked is also an excellent medium to soften the skins. Often the pulse begins to shoot while soaking; when placed in boiling water and left to soak this does not occur.

Pulses should be placed in boiling water, adding one teaspoonful of bicarbonate of soda to each quart of water, and left to soak until fully expanded—that is, 12 to 24 hours. In soaking Egyptian lentils, the soda is not necessary; the husks are tender, and perhaps also they do not contain so much lime as the other pulses. After this soaking pulses are

easily and quickly cooked by steam. They must be washed in fresh water after soaking, to wash the soda well away. Then tie them in a cloth to the lid of the ordinary saucepan so that they hang over boiling water. There should be sufficient water to produce steam for the time required for cooking the pulse, and the water should not be allowed to boil violently, for if the water touches the pulse it hardens them and retards the cooking.

Time of Steaming.—Lentils, 15 minutes; haricot beans and butter beans, 30; split peas, yellow or green, 20; and red or brown haricots and whole peas, from 30 to 50 minutes.

When so cooked by steam, the pulse absorbs less than its own weight in water, is thoroughly cooked, yet every seed is whole, and can be easily mashed for purée or soups and requires but very little seasoning.

When eaten in this way, pulses must be masticated, which is the first stage of digestion, whilst when served in the usual broken-up state they are more often swallowed with little or no mastication. Pulses contain only about 2 per cent. of fat, therefore they should be, when possible, accompanied by fatty meat, such as pork or

bacon. When so served the pulse should be allowed to simmer, after the steaming, in the gravy of the meat, and so become enriched with the fat of the meat, in preference to being served dry or stewed with added fat or stock. When fat meat is not available, other fat must be added.

Peas

Soak in boiling water with 1 teaspoonful of bicarbonate of soda per quart of water, for 12 to 24 hours (potato water is sometimes used for this purpose, in which case bicarbonate is not required). Wash well in several fresh waters, then steam till tender, 30 to 50 minutes.

Haricot Beans

As above. Steam for 30 minutes.

Red Lentils (Egyptian)

As above. No soda required; steam 15 minutes. If boiled it is not necessary to soak them. Boil in an equal quantity of water (a cupful of pulses to a cupful of water, for example), and absorb all water by slow cooking.

Rice

Place in a tin with $1\frac{1}{2}$ times the measure of water, milk or stock (very little salt). Close the vessel as tightly as possible so that no water can enter or escape. Place in a pan of boiling water, and steam for 20 to 30 minutes.

Barley

Soak with twice the amount of moisture, seal up as for rice, and steam for 40 to 60 minutes.

Note.—All the subsequent mixtures may be served as rissoles, croquettes or medallions. Croquettes should be cork-shaped, and coated with flour and water batter and crumbs. Medallions are ball-shaped first, then coated and pressed into medallion shape with the lid of a cocoa tin, which gives it the correct shape.

The mixture may be varied by adding some of any of the additions named, such as rice, barley, peas, lentils, eggs, nuts, and, if the substance needs to be enriched, dried milk powder may be added. This, of course, adds greatly to the food value.

These preparations are satisfying, easily made and appetising.

Rice Savoury

Materials.—1 quart water, ¼ oz. salt, ½ pint rice, 2 to 4 oz. grated or chopped cheese, pepper and nutmeg.

Method.—Cook the rice for 30 minutes in salt and water; add pepper, nutmeg and cheese and stir till creamy. Turn out into a dish, and when cold shape into cakes, egg, crumb and fry, or coat in flour and water batter and bake or fry.

Baked Rice and Lentils

Materials.—Some cooked lentils, an equal quantity of cooked rice, 1 oz. of fat per lb. of mixture, a little dripping, salt and pepper, gravy.

Method.—Mix the rice and lentils together, season with salt and pepper, add the fat, place in a greased baking-tin, sprinkle with dripping and bake in a hot oven. Serve with gravy.

Polenta

Materials.—1 quart water, ½ pint maize semolina (yellow), ½ oz. salt, 1 oz. fat, a little grated cheese (if this is added fat may be omitted).

Method.—Boil the water, add salt and fat and semolina or corn meal (yellow). If white maize is used, double the amount of maize is required. Boil for 15 to 20 minutes, stirring all the time, or place in a porringer and cook for 1 hour. Turn out to cool, cut into slices, and flour and fry in a frying-pan with a little fat. Sprinkle with grated cheese or serve plain.

This paste is an excellent substitute for bread with poached eggs, rarebit, etc. It can be baked or fried and either floured or crumbed.

Vegetable Sausages with Pulse and Nuts

Sausages can be made with vegetables by using the mixture given for vegetable cutlets (see p. 169). They should be treated in the same manner as described in the explanation for stock meat and rice croquettes (see p. 110) by enclosing the mixtures in a very thin layer of paste and breadcrumbs, pressed or rolled to shape, and then baked. In this manner a large number of dishes can be made.

Polenta with Potatoes

Materials.—½ lb. potatoes, 1 pint of water,

½ lb. maize semolina or maize flour, little cheese, pepper and nutmeg.

Method.—Boil the potatoes; when cooked, drain and mash, but reserve the water. Put the mash and water together (there should be 1 pint of water), add the maize semolina or maize flour, stir well and cook thoroughly. Add cheese, pepper and a little nutmeg. Turn out to cool, cut into convenient pieces, coat with flour, and fry or bake. If liked a little onion can also be added.

When cheese is scarce it must be omitted, and the onion will give a pleasant flavour.

This is an excellent breakfast dish.

Rarebit

Materials.—½ pint of milk, 1 oz. ground rice, 2 oz. finely chopped cheese, half-teaspoonful made mustard, salt, pepper, or cayenne.

Method.—Mix the ground rice with a little of the cold milk; boil the remaining milk, add the ground rice and stir until thick; add the cheese (cleaned and grated rind will answer), stir till dissolved, and then add the mustard and salt, pepper or cayenne. Place the mixture on pieces of

polenta (see p. 121) and bake till a golden brown.

Maize and Cheese Rissoles

Materials.—Polenta (see p. 121), a little crumbs and batter (see p. 233), rarebit mixture (as above).

Method.—Place the cheese mixture between two layers of polenta, cut into convenient sized pieces, coat with thin batter and then crumb. Place on a greased baking-sheet, brush over with fat, and bake in a quick oven until brown.

Instead of the cheese mixture, sausage meat, potted fish or potted meat or mince can be used.

Corn Flour Cheese Mixture for Rarebit

Materials.—½ pint milk, 1 oz. corn flour, 2 oz. cheese (chopped), 1 teaspoonful of mustard, a little salt and cayenne.

Method.—Dilute the corn flour in part of the milk, boil the remainder with the cheese, then add the corn flour, stirring until the mixture boils again. Add the salt, cayenne and mustard, and mix thoroughly.

Maize and Cheese Savoury

Materials.—A layer of polenta (see p. 121), rarebit mixture (see previous recipe), some stiff frying batter (see p. 234).

Method.—Cut the polenta into two equal sized pieces; on one spread a layer of rarebit mixture, cover with the other layer and press lightly together. Prepare a stiff frying batter, cut the polenta into blocks, coat with the batter and drain well, place on a greased baking-tin and bake to a golden brown.

This is an excellent dish, very easy to make and highly nutritious.

Haricot Bean Stew

Materials.—1 oz. chopped onion, 1 oz. fat, 1 lb. cooked haricot beans, stock or potato water, little salt and pepper, 1 tablespoonful of vinegar, ½ oz. flour, little chopped parsley.

Method.—Fry the onion in ½ oz. fat, add the haricot beans, cover with stock or potato water, season to taste with salt and pepper, and then add the vinegar. Thicken the gravy as for melted butter sauce (see p. 46) by adding the fat and flour mixed (½ oz. of each); stir with a fork, simmer for 5 minutes,

then dish up and sprinkle with chopped parsley. Cheese may be added if obtainable.

Peas Stew and Lentil Stew

Materials and Method.—The same as for haricot bean stew.

Haricot Bean Pie

Materials.—Some short paste (see p. 179), haricot bean stew, a few chopped nuts.

Method.—Line a pie pan with short paste, fill with haricot bean stew, to which add a few chopped nuts. Cover with paste, and bake for 20 minutes.

Any filling can be used for pies: Peas and beans, peas and beans with vegetables, beans, potatoes and cheese, peas, barley and curry, lentils and rice with onion, etc.

Timbales

Line timbale moulds with short paste (see Chap. VII.), fill with filling, cover, and bake 20 minutes. Turn out and serve hot with sauce.

Timbale Filling

Materials.—1 oz. onion, ½ oz. fat, 1 tea-

spoonful curry powder, 1 gill cooked barley, 1 gill cooked lentils.

Method.—Fry the onion, fat and curry powder together, add the barley and lentils or any other combination of pulse and cereals. Moisten with vegetable sauce, and simmer until thoroughly blended. Cool, and use for filling of pies, patties, etc.

The same can also be used in pie dishes covered with potato or maize semolina crust.

Oatmeal Sausages

Materials.—½ oz. fat, 2 oz. chopped onion, 1 or 2 oz. chopped suet, ½ pint of water, 1 gill vegetable gravy (see p. 22), 2 oz. medium oatmeal, 2 oz. fine oatmeal, salt, pepper and spice.

Method.—Fry the onion and fat together, add the suet, water and vegetable gravy. Boil; then add the medium and fine oatmeal mixed. Stir over the fire for 15 minutes, season with salt, pepper and spice, and, when cooked and stiff, turn out to cool. Shape as required, coat and crumb, and fry or bake.

Oatmeal Sausages with Stock Meat

Materials.—Equal quantities of oatmeal sausage mixture as above, and stock meat (that is gristle and meat that hangs to the bone after stock is made), a little seasoning, a little Worcester sauce.

Method.—Mince the sausage and stock meat all together, season highly, adding a little Worcester sauce to bring the meaty flavour back, coat as above, and fry or bake.

Oatmeal Canelons

Materials.—4 oz. coarse oatmeal, 4 oz. crusts of bread, 4 oz. fine oatmeal, 2 dried eggs, 4 oz. chopped apples, pie paste (see p. 181), 2 or 3 oz. chopped suet, salt and pepper, 1 tablespoonful of sage, 2 oz. fried chopped onions, a few breadcrumbs, vegetable gravy (p. 22).

Method.—Soak the coarse oatmeal and crusts of bread separately; drain the oatmeal, squeeze the bread dry, and mix together. Add the fine oatmeal, eggs, apples, suet, salt, pepper, sage and onions, mix well together and season highly.

Roll out some pie paste very thin, cut into oblong pieces, wet with water, place a large

tablespoonful of the mixture in each, and roll up like a sausage roll. Brush over the top with water and sprinkle with crumbs. Bake in a hot oven 15 to 20 minutes, and serve with vegetable gravy.

Baked Oatmeal Pudding

Materials.—The same mixture as for oatmeal canelons (foregoing recipe), vegetable gravy (see p. 22).

Method.—Grease some dariole moulds, line with crumbs, nearly fill with the mixture, bake for 20 minutes, turn out, and serve with vegetable gravy.

Instead of suet, nut fat can be used, or if nuts are used, fat can be omitted.

Oaten Savoury

Materials.—4 oz. medium oatmeal, 4 oz. soaked bread crusts, 2 oz. chopped suet, 1 teaspoonful crushed sage or herbs, 1 oz. chopped fried onion, a little salt and pepper, gravy or vegetable sauce (see p. 22).

Method.—Mix the oatmeal with the soaked crusts of bread, then add the suet, salt, pepper, herbs and onion. Mix and bake in a

greased dish, and serve with gravy or vegetable sauce.

Vegetable Pie

Materials.—½ lb. carrot, ½ lb. swede, ½ lb. onion, 4 oz. cabbage, a sprig of celery (cut into small pieces or diamond shapes), 1 oz. fat, a little salt and pepper, ½ pint of cooked haricots or lentils, 1 tablespoonful Worcester sauce, 1 tablespoonful mushroom ketchup.

Method.—Place the vegetables in a saucepan with the fat and a little salt. Cover with the lid, and stove as for vegetable stock (see p. 20). When the dried sediment is formed at the bottom, cover the vegetables with water and add the cooked pulse—either haricots, peas or lentils, or a mixture of them. Add the Worcester sauce and mushroom ketchup, season to taste with salt and pepper, and simmer together. If the gravy does not thicken sufficiently by the addition of the pulse, add a small quantity of fat and flour mixed together with a fork on a plate, or a little flour mixed smoothly in water will serve the purpose. Perhaps 1 oz. in all may be required.

Place the whole in a pie dish and let cool. When cold, cover with pie crust (see p. 181),

and place in a hot oven to bake the crust, for the contents of the pie are already cooked. The time necessary to bake the crust will be quite sufficient to reheat the contents of the pie.

Stoved Cabbage and Rice

Materials.—1 oz. fat, 2 oz. shredded onion, 1 lb. shredded cabbage, 1 gill water, 1 gill raw rice, pinch of salt and pepper.

Method.—Heat the fat, add the onion, and "sweat" together until the onion is half cooked, then add the cabbage and water, also a pinch of salt. Cover the saucepan and place on a gentle heat, and simmer until the cabbage is nearly tender. Add the rice, stirring with a fork to mix the rice and cabbage well, and cover with sufficient water to be just level with the cabbage surface—about 1 gill. Correct the seasoning by tasting, adding sufficient salt and pepper. Cover the saucepan with a cloth and the lid. This is done to prevent any undue evaporation. Cook for 20 minutes, taking care that the heat is very gentle so that the contents cannot burn. After that time the whole will be cooked. Serve as a vegetable or in place of meat.

Served with poached eggs, this makes an excellent luncheon dish. Form as many pits on the surface of the cabbage as eggs required; they must be deep enough to hold the egg. Break the eggs in the hollows, cover the saucepan and poach until the eggs are cooked. Cook this dish and serve it in a casserole.

Rice Balls

Materials.—1 quart water, ¼ oz. salt, ½ pint of rice, a little pepper and grated nutmeg, 1 oz. fat, flour, crumbs and batter (see p. 233).

Method.—Boil the water with the salt; rain the rice into the water and stir until boiling-point is reached. Let the rice boil freely for 30 minutes, then stir again to mash the rice more or less so as to form a thick, creamy substance. Add pepper and grated nutmeg to taste, and a little fat if available should be added—1 oz. is sufficient. Turn out to cool, shape into balls, using a little flour to prevent the mixture adhering to the hands, coat with batter and crumbs, and bake in a hot oven until brown.

Note.—Rice cooked in this way and mixed with pulse will in some measure reduce the flatulence which this legume so frequently causes.

Lentils and Rice Balls

Materials.—1 oz. onion, 1 oz. fat, 1 lb. lentils and rice (cooked), a little mashed potato, salt and pepper to taste, a few bread-crumbs.

Method.—Fry the onion and fat together; when cooked add the lentils and rice, previously passed through a mincing-machine. To this add sufficient mashed potato to bind, season to taste with salt and pepper and heat until boiling-point. Turn out on to a plate. When quite cool form into balls and roll in crumbs, place in a baking-tin, baste lightly with fat, and bake in a hot oven until brown. The oven must be hot or the balls will not cook crisp and neatly.

Creamed Lentils

Materials.—½ pint milk, 2 whole eggs (or dried eggs), salt and pepper to taste, some cooked lentils.

Method.—Beat the eggs well, add to the milk, season with salt and pepper, and stir over the fire until creamy. Be careful not to boil this sauce, otherwise it will curdle. Add the lentils, toss carefully while heating, and serve sprinkled with parsley.

Curried Pulse

Materials.—1 oz. onion, 1 oz. fat, 1 teaspoonful of curry powder, little flour, some cooked pulse.

Method.—Fry the onion in fat. As soon as it begins to colour add the curry powder and fry together. Then add the flour, and, when mixed, the beans (or whatever the pulse is) should be added together with the liquid. Finish as described in the last recipe, but omit the parsley.

Home-Made Macaroni (Nouilles)—1

Materials.—1 lb. flour, $\frac{1}{3}$ oz. of salt, a little milk or water.

Method.—Mix the flour with milk or water to a stiff paste, then add the salt. The best way is to start with three-quarters of the flour and then work in the remainder. Let the paste rest for one hour in a cloth, then roll out to the thickness required, and hang over a rolling-pin until partially dry; roll up like a roly-poly and cut into slices. Lay out loosely on a pastry-board. Boil sufficient salted water to cover, then boil the macaroni until tender—10 to 20 minutes, according to thickness.

It is preferable to cook the paste in a closed pan with only as much water as it will absorb, and if possible a little fat. Macaroni will absorb two or three times its weight of water, so that if that amount is added, with fat and seasoning, it will only require when cooked to be sprinkled with cheese or tomato.

Nouilles—2

Materials.—5 oz. rice flour, 4 oz. flour, 1 gill water, a little salt.

Method.—Scald 1 oz. of the rice flour in water, then add the flour, the remaining rice flour and a pinch of salt, mixing to a very stiff paste. Let this rest, then roll out and proceed as for macaroni.

How to Cook Macaroni

Parboil the macaroni, drain, then place in the saucepan and cover with water, stock, or water and milk. Season, cover with the lid, and cook until tender—about 20 minutes. The moisture should then be absorbed. Add a little grated cheese, stir, and serve very hot.

Instead of cheese, tomato sauce or gravy

can be added, or the plain boiled macaroni may be used as required in any recipe.

Potato and Macaroni Pudding

Materials.—2 oz. broken macaroni, 8 oz. mashed potato, 2 oz. suet, 1 oz. chopped onion (fried), 2 oz. chopped nuts (or 1 oz. of chopped cheese), 4 oz. self-raising flour, 1 egg, 2 tablespoonfuls of tomato ketchup, spice, salt, pepper and nutmeg.

Method.—Boil the macaroni for 5 minutes in salted water, then drain; add all the remaining ingredients, mix together, add a little moisture if required, and steam for 2 hours. In place of the nuts 1 oz. of chopped cheese can be used.

Savoury Potato and Barley Pudding

Materials.—2 oz. barley, 8 oz. dried mashed potato, 2 oz. chopped suet, 1 oz. onion, ½ oz. fat, 4 oz. self-raising flour, 2 tablespoonfuls vegetable sauce (p. 22), 1 teaspoonful curry powder (or 1 tablespoonful of mushroom ketchup or Worcester sauce), 1 egg, spice, salt and pepper.

Method.—Steam the barley for 40 minutes with twice its measure of water. Fry the

onion in fat, then add the other ingredients, mix thoroughly, and steam for 2 hours. The pudding is served with vegetable curry sauce (see p. 41).

Savoury Maize and Vegetable Pudding

Materials.—Maize paste (see pp. 182 or 189), vegetable preparation as for vegetable pie (see p. 130).

Method.—Line a pudding basin with the maize paste, fill with vegetable preparation as for vegetable pie, cover, and steam for 1 hour.

Any filling given in any of the other recipes can be used—potato stew, cobbler's pie, also apple, rhubarb and any other fruit. Maize requires moisture to swell; it is therefore particularly suitable for fruit pudding.

Potato Gnocchi

Materials.—1 lb. potatoes, 1 egg, 1 oz. fat, 4 oz. self-raising flour, salt, pepper and nutmeg.

Method.—Bake the potatoes in the oven; when done, cut open and press out the pulp, put in a basin with the egg, fat, salt, pepper, nutmeg and flour, and mix all well

together to a dough. Roll into small balls like hazel nuts, and place one by one on a sieve, pressing with a fork to form a curl. Boil in salted water for 10 minutes, and use as for ravioli (see p. 140), or put in tomato sauce or cream sauce and bake. The egg may be omitted.

Risotto

Materials.—1 oz. chopped onion, 1 oz. fat, 2 oz. grated cheese, ½ pint rice (about ½ lb.), 2½ pints stock, ½ lb. tomatoes, a pinch of saffron.

Method.—Fry the onion in the fat, add the rice, and heat all together. Add the tomato, peeled and cut up, saffron, 1 pint of the stock, salt and pepper, and boil, stirring from time to time, and adding more stock when required. Cook altogether for 20 minutes. If desired, cut up some meat and mix with the rice. At the finish put in the grated cheese, boil while stirring it in, and serve at once. The cheese and meat may be omitted.

Macaroni with Tomatoes

Materials.—Macaroni, a little stock and clarified fat, a few tablespoonfuls of grated cheese.

Method.—Parboil the macaroni in water; drain, and then cover with stock to which a nut of fat is added, and cook for 18 to 20 minutes until nearly dry. Then add the cheese. It should be dished up very hot, and a ragout of tomatoes placed in the centre. A piece of bread is the only other food required with this dish, which forms a substantial meal, and for economy is difficult to surpass. When dishes of this kind are served, the pudding is superfluous, and only a little fruit is needed for the sweet course.

The fat and cheese can be omitted, but then the dish loses greatly in food value.

Nut Roll

Materials.—4 oz. bread, 2 oz. gluten flour, 2 oz. lightly grilled peanuts, 4 oz. maize crumbs or breadcrumbs substitute (see p. 231), salt, cayenne or spice, the juice of a lemon, 2 soaked dried eggs, 1 tablespoonful cooked rice or chopped pine kernels, vegetable stock.

Method.—Soak the bread in water or milk, drain, and cook in a saucepan to form a stiff paste. Add the gluten flour and peanuts, pass through a mincing-machine

until all is evenly fine. Add all the remaining ingredients; tie in a muslin, leaving room to swell, and boil freely in vegetable stock. When done, unroll, thicken the vegetable gravy, and serve with the roll garnished as desired.

Nut and Haricot Pie

Materials.—½ pint soaked and steamed beans (haricot, butter, or brown haricots), 2 oz. lightly roasted nuts, 1 oz. chopped onion, ½ oz. fat, 1 tablespoonful tomato ketchup, seasoning to taste, pie paste (see p. 181).

Method.—Fry the onion in the fat, then mix with the remaining ingredients. Pass all through a mincer, season highly, and bind, if crumbly, with a little vegetable gravy.

Line a pie mould with pie paste, three-quarters fill with the mixture, cover, let rest for 1 hour, and then bake in a hot oven for 20 to 30 minutes.

Ravioli

Materials.—8 oz. flour, a little salt, pepper and nutmeg, a little milk, some cooked

spinach, a little vegetable gravy and grated cheese.

Method.—Mix the flour with salt, pepper and nutmeg to taste, to which add sufficient milk to make a very stiff paste. Let it rest a while, then divide into four pieces and roll out, each one $\frac{1}{16}$ inch thick. Have ready some cooked spinach; season, and pass through a sieve. Brush over with water two of the sheets of paste; mark with a cutter of $1\frac{1}{2}$ inch to 2 inches in diameter, and place a small knob of spinach in each. Cover with the other two sheets of paste, press well together around the spinach, and cut in squares. Heat sufficient salted water to boil the ravioli, and cook for 10 minutes, then refresh and drain.

Moisten the bottom of a gratin dish with gravy, and arrange a layer of ravioli and grated cheese, etc., until all have been used up; sprinkle with grated cheese, and bake in the oven to a nice brown colour. Cheese may be omitted.

Tomato sauce may be used instead of gravy.

Any vegetable, meat or fish filling may be used in the ravioli.

CHAPTER VI

VEGETABLES, VEGETABLE DISHES AND SALADS

Waste not, want not. Familiar words, but none the less—true.

CHAPTER VI

VEGETABLES, VEGETABLE DISHES AND SALADS

The Conservative Method of Cooking Vegetables

General Notes

Vegetables contain minerals or salts which are necessary to health. In the usual method of cooking these in water with salt, and sometimes with soda, most of these salts are dissolved in the water, which, after the vegetables are cooked, is thrown away. The added salt gives taste to the vegetable, but the valuable minerals are lost. Cabbage after cooking contains more water than when in a raw state. The soda in the cooking destroys the finer tissues of the leaves, the starch is washed out with the mineral salts, and what remains is served. All greens are treated in this manner, and, consequently, lose their most valuable constituents.

Carrots when boiled lose, in addition to salts, a large amount of sugar, which is also washed out. The onion and artichokes fare likewise. Beetroot and parsnip lose the greater part of the sugar. In fact all vegetables, of whatever kind they are, are all more or less wasted by being boiled, whereas if these vegetables are cooked in their own juice or water, of which they contain a large percentage, the flavour and the minerals are all preserved, very little additional salt is necessary, and the natural colour of the vegetable is maintained. For this purpose all vegetables should be cut into small portions and placed in a clean saucepan. Water may be added, but not more than will evaporate during the process of cooking, and a little fat of some kind is added—say half an ounce for every pound of vegetables. A lid is placed on the pot, which should be closed as tightly as possible to prevent undue evaporation, and a very small flame placed under the pan to allow for simmering only. Twenty minutes is generally sufficient for cooking. Vegetables which shrink during cooking, like cabbage, require very little water. Carrot, cauliflower and the like should be covered with water, cooked till nearly tender, and then cooked quickly to evaporate

excess moisture, so that when done no more moisture is left than that which is required as gravy. No sauces are necessary, and thus a saving of time and material is effected.

Vegetables can be blended with rice or other cereal by adding this to the vegetable, with as much liquid as the cereal will absorb. In this way many appetising dishes can be prepared in one saucepan; meat or fish may be added if required.

When preparing vegetable stock, the vegetables are cut small and "stoved" (see p. 88) in the pot with fat until the salts are dissolved, the water evaporated, and a sediment is formed at the bottom, which is not unlike the gravy from roasted meat. The water is then added, and the whole boiled for 10 to 20 minutes (the vegetables are already cooked during the stoving). Salt is added to taste, and the stock is then strained. The fat added rises on the top of the stock, and should be skimmed and used again for a similar or other purpose. The stock is very similar to meat stock in appearance and not unlike in flavour, except in sweetness, which, if disliked, may be counteracted by adding a small amount of lemon juice or vinegar.

The vegetables have a better flavour after the stock has been extracted than when boiled in water in the usual method, and should be utilised in pies, cutlets and various other preparations.

The stock will be excellent for sauces or gravy to be served with meatless dishes, for making savoury rice, and various other preparations for which stock is needed.

Thus we have here, not a new, but a little known and useful economic method of preparing vegetables, easy to carry out, economical of fuel, and requiring no greater attention than other and less conservative ways of cooking.

Note.—All these vegetables may be cooked and served *en casserole* to save washing-up.

Baked Stuffed Marrow

Materials.—1 marrow, 1 or 2 onions, 1 or more tomatoes, a little chopped parsley, garlic, breadcrumbs and sauce, salt and pepper, a little dripping.

Method.—Peel and cut the marrow in oblong pieces, size as desired; fry both sides in a little fat. Drain. Chop all the remainder of the marrow, including the seed, also the onions, and fry in the fat in which

the marrow was fried. When all is melted down, add the chopped tomatoes, a little garlic, parsley, salt and pepper. Mix all thoroughly with breadcrumbs, cooked rice or maize, and moisten with sauce. Fill the pieces of marrow with this mixture, smooth the surface, sprinkle with crumbs, and bake until brown. Serve with brown or tomato sauce (see p. 43).

Vegetable Marrow

Materials.—1 marrow, ½ oz. fat per lb. of marrow, a little salt and chopped parsley.

Method.—When peeled and the pips removed, cut into slices. Place in a saucepan with a little water and the fat. Add salt, cover with a lid and cook till tender, but do not overcook. Toss from time to time until half cooked, then simmer without stirring, otherwise the marrow will become a mash. Serve with chopped parsley.

Marrow au Gratin

Materials.—1 marrow, a little grated cheese, a little fat.

Method.—Boil the pieces of marrow in salted water until nearly tender ; drain on a

cloth. Place in a dish, sprinkle with grated cheese and fat, and bake in the oven until soft and a nice colour.

Do not let the marrow remain in the water until all the pieces are cooked; remove them as they are done. They vary in thickness, so do not cook alike.

Or cover the marrow with white sauce and then sprinkle with cheese (if procurable), or crumbs, and bake.

Celery

Materials.—½ oz. fat to the lb. of celery, juice of half a lemon, a little salt.

Method.—Cut the celery about 8 inches long, carefully trim the root end to a point. Remove the very outside leaves, skin the remaining outside leaves with a potato peeler or knife, to remove all the strings, and cut into two lengthwise. Boil in salt water for 5 to 10 minutes, then refresh by placing in cold water. This is done to whiten the celery. Wash well between the leaves, which are now flexible, to remove all grit; tie in bunches. Place in a saucepan, cover with water, add the fat, lemon juice and salt, and place on the fire to boil. Let simmer till tender, and when nearly cooked let the liquid

reduce so that only sufficient is left for sauce.

Sprouts

Materials.—Sprouts, a little salt, ½ oz. fat to the lb. of sprouts.

Method.—Clean as usual. Place in a saucepan and just cover with water, add salt and ½ oz. fat per lb. Cover with a lid, boil freely till nearly tender, remove the lid and reduce till nearly dry.

Parsnips

Cook like turnips (see p. 155). A sharp sauce or Lyonnaise sauce goes better with parsnips than white sauce.

Stoved Leeks

Materials.—A bunch of leeks, ½ oz. fat to every lb. of leeks (a market bunch of leeks weighs about 2 lb.), the juice of half a lemon and a little salt.

Method.—Clean the leeks, split in halves, remove the dark green parts and wash well. Parboil in salted water and refresh in cold water. Place in a saucepan with the fat, adding the salt and lemon juice and water to

cover. Boil freely at first, then slowly until tender. Reduce the liquid, thicken slightly with diluted corn flour, dish the leeks up and pour the sauce over.

Instead of lemon juice, vinegar may be used, but in that case the vinegar must not be added until the leeks are cooked. Simmer for 10 minutes after the vinegar is added.

Stuffed Onions

Materials.—Some onions, an equal quantity of chopped mushrooms, an equal quantity of breadcrumbs or soaked and squeezed bread, 1 egg to 1 lb. of mixture (filling), 1 teaspoonful of parsley, spice and seasoning, a little fat and vegetable stock or water.

Method.—Peel the onions, parboil in salted water for 5 minutes, then remove carefully the inside from the root end, so that only two layers of onion remain. Chop all the removed onion and fry in a little fat. When fried, add the mushrooms, fry together, and then add the breadcrumbs or soaked and squeezed bread. Bind with the egg, adding parsley, spice and seasoning to taste. Fill the onions with the stuffing, sprinkle with crumbs, place in a greased

saucepan with a lid on over a small flame to sweat, and let fry lightly. Nearly cover with vegetable stock or water, season, cover with the lid and bring the liquid to the boil. Then place in an oven and cook till tender —1 hour or more. Remove the lid, reduce the liquid, baste the onions with the reduced liquid and bake to a nice colour, then remove the onions and thicken the gravy if necessary. Pour the sauce over the onions and sprinkle with chopped parsley.

Any kind of stuffing can be used for the onions instead of the one given here. For example, the onion mixed with mashed potato or rice and seasoning.

Purées or Mashed Vegetables

All kinds of vegetables, such as carrots, turnips, artichokes, and peas, beans, lentils, can all be passed through a mincing-machine after cooking by the conservative method as directed, and served as purées, croquettes, rissoles, gratins, timbales, etc.

Jerusalem Artichokes

Wash and peel the artichokes; place them in salted water to which a little lemon

juice has been added, then cook as explained for the salsify (see p. 156). Serve with white sauce, gravy or au gratin. The remaining liquid may be used for soup.

Jerusalem Artichoke Fritters

Drain the cooked artichokes, season, sprinkle with lemon juice and chopped parsley. Coat with frying batter, drain well, and place on a greased baking-sheet, and bake to a golden brown. Serve with tomato or vegetable sauce.

Artichoke Cake

Materials.—Artichokes, white sauce (see p. 41), bread dough (see p. 220), a little grated cheese.

Method.—Line a greased dish with bread dough, place the artichokes in the centre, let the bread rise. The edge should be rolled up so as to form a border when risen. Cover the artichokes with white sauce, sprinkle with cheese, and bake for 30 minutes.

Cauliflower

Cut the cauliflower (1 lb.) small, in bunches, trim the stalk as well. Place in a saucepan,

just cover with water, add a little salt and ½ oz. fat. Cover with a lid, cook till nearly done, then remove the lid, reduce quickly till nearly dry, and serve without sauce.

Cauliflower au Gratin

Dish up, cover with white sauce, sprinkle with grated cheese, and bake to a nice colour. Or mix the cauliflower with the sauce, season well, place in the dish, sprinkle with cheese, and bake.

The sauce can be omitted—only sprinkle with cheese or crumbs, or both mixed, and then bake.

Carrots

Materials.—Carrots, ½ oz. fat per lb. of carrots, a pinch of salt, a little chopped parsley.

Method.—Slice or cut in shape of small carrots, add ½ oz. fat per lb., cover with water and a very little salt, boil freely till tender. Reduce the liquid till nearly dry, and serve with chopped parsley sprinkled on the top. Use the trimmings for stock.

Turnips

Materials.—Turnips, ½ oz. fat per lb., a little chopped parsley.

Method.—Cut up and shape into small balls like new turnips. Use the trimmings in soup. Place in a saucepan, add ½ oz. fat per lb., cover with water and salt, boil freely till tender. When done, reduce the liquid quickly so that only sufficient moisture is left as gravy. If liked, add a little white sauce, but that is not necessary. Sprinkle with chopped parsley.

Salsify

Materials.—Salsify, 1 tablespoonful of flour, 1 quart cold water, ¼ oz. salt, juice of half a lemon, 1 or 2 oz. chopped suet, white sauce (see p. 41), Yorkshire pudding.

Method.—Wash and scrape the salsify. Place the flour in a saucepan and stir while adding the water. Add the suet and season with salt and lemon juice. Boil this mixture while stirring over the fire. As soon as a piece of salsify is scraped it should be washed piece by piece in a basin of water, and then dropped into the boiling liquid. When all is done boil freely till tender, drain, and serve with white sauce or gravy.

Salsify Yorkshire Pudding

Cut the cooked salsify small, mix with

Yorkshire pudding, and bake like a Yorkshire pudding.

Use the liquid which remains for soup, adding vegetables and barley.

Creamed Spinach

Materials.—Spinach, ½ oz. fat per lb. of spinach, ½ gill of water, a little diluted corn flour, a pinch of nutmeg, salt and pepper.

Method.—Wash the spinach in plenty of water until free from grit. Place the fat and clean water in a saucepan, add the spinach, and simmer until tender. Remove the spinach, drain and chop fine. Reduce the liquid, bind with a little corn flour mixed in cold milk to make a stiff cream sauce, add the spinach and season to taste with a little salt, nutmeg and pepper.

There should be 1 or 2 tablespoonfuls of sauce for 1 lb. of spinach. Do not overcook the spinach.

Carrots and Turnip Tops

The young green tops of carrots and turnips, together with tender outside leaves of cabbage, should be boiled in salted water for about 5 minutes, then drained and refreshed by running cold water over them,

which will remove the bitterness of the vegetables. Chop all fine or pass through a mincer. Heat 1 oz. fat per lb. of greens, add the vegetables and a little moisture, milk or gravy, salt, pepper and nutmeg. Cover with a lid and simmer until quite cooked. A little thickening may be added at the finish. This has a taste like curly kale.

Stewed Beetroot

Materials.—1 or 2 beetroots, 1 oz. fat, 1 sliced onion, salt and pepper, 1 tablespoonful of vinegar.

Method.—Slice the beetroots thinly. Put the fat into a saucepan and add the onion. Cook till only fairly coloured, then add the beet and season with salt and pepper. Stew without adding any liquid until the onion is cooked; then add the vinegar and cook for 15 minutes more. If desired creamy, add a little corn flour mixed smoothly in cold water, toss well together, and let come to the boil. A little fried bacon or gravy can be added if liked.

Scarlet Runners

Materials.—½ oz. fat per lb. of beans, a pinch of salt.

Method.—Cut the beans into strips, place in a saucepan with a pinch of salt and the fat. Add water to surface of the beans, cover with a lid and bring to the boil. When nearly done, remove the lid and cook quickly to reduce the liquid; when nearly dry and cooked, dish up. Do not add too much salt.

Haricot Stew

Materials.—½ oz. fat, 1 oz. chopped onion, ½ oz. flour, 1 pint of cooked dried haricot beans, 1 tablespoonful vinegar or Worcester sauce, a little chopped parsley.

Method.—Fry the onion in the fat, when cooked add the flour. Mix well, then add the beans, cover with water or vegetable stock, and season with salt and pepper. Let stew together, tossing from time to time. Add the vinegar or Worcester sauce; stew for 10 minutes after the vinegar is added, then dish up, sprinkled with chopped parsley.

Peas and red haricots can be cooked in the same way.

Stuffed Cabbage

Materials.—1 cabbage; when cooked, weigh and add an equal amount of chopped onion

and of sausage meat, bread stuffing (see p. 56), or cooked rice (see Risotto, p. 138), 1 oz. fat, 1 dried egg, a little corn flour, 1 teaspoonful chopped parsley, spice and seasoning.

Method.—Cut off the root end and remove the outside leaves of a firm cabbage. Wash, then boil in salted water for 5 minutes. Cut out the stalk carefully without breaking the cabbage, remove the inside (heart), leaving 1 inch thickness of cabbage. Chop the removed cabbage finely, mix with the onion and fry in the fat. When fried, add sausage meat or bread stuffing or cooked rice, and mix well, then add the egg, chopped parsley, spice and seasoning to taste. Fill in the hollow of the cabbage, tie round with string, and place in a greased casserole root end downwards. Half cover with water or vegetable stock and sprinkle with salt. Bring to the boil, cover with a lid, and place in the oven to cook for 1 hour, basting from time to time. When done, remove the cabbage carefully and cut away the string. Reduce the liquid to the amount required, thicken with corn flour mixed smoothly in cold water or stock, season, pour over the cabbage and serve in the casserole.

When rice is used for filling add, if possible, grated cheese, and when bread is used 1 or 2 oz. chopped nuts, in order to increase the food value.

Cabbage

Quarter the cabbage, remove the stalk, and shred the cabbage coarsely. It may also be kept in quarters, tied with string and then cooked as directed. Place in a saucepan with 1 gill of water and 1 oz. of fat for each lb. of cabbage. Cover with a lid, cook slowly till tender, stir with a fork from time to time. About 20 minutes' cooking is required.

Creamed Cabbage

Add to the stoved chopped cabbage 1 tablespoonful or more of white sauce. Simmer together for a few minutes.

Potato Omelet

Materials.—½ oz. fat, half-teaspoonful or less of chopped onion, 1 lb. mashed potatoes (or baked potatoes are better), salt, pepper and nutmeg, 1 teaspoonful of chopped parsley.

Method.—Fry the onion and fat together

in an omelet pan. Mix the potato, salt, pepper, nutmeg and parsley together; add to the fried onion and heat thoroughly. Make into omelet shape, cook until it colours, and then turn out on a hot dish.

One or more eggs added to the above will of course make it more substantial. Minced meat, chopped cheese or nuts can also be added.

Potato Cheese en Casserole

Materials.—1 lb. raw potatoes, salt, pepper and nutmeg, 2 oz. chopped cheese, water or milk.

Method.—Slice the potatoes $\frac{1}{8}$ inch thick, season with salt, pepper and a little nutmeg. Arrange in layers in a casserole, sprinkle the cheese between the layers, and when all is in, half fill the casserole with water or milk and sprinkle more cheese on the top. Cover with the lid and bake in the oven for 1 hour, then remove the lid and allow to colour.

One or two slices of raw onion at the bottom of the casserole may be added if desired.

Stuffed Baked Potatoes

Materials.—Some baked potatoes, salt,

pepper and nutmeg, 2 oz. finely chopped nuts to each lb. of potatoes, a little chopped parsley, a little milk, grated cheese and breadcrumbs, a few drops of salad oil.

Method.—Split the baked potatoes in halves, take out the pulp, mash with a fork, add the parsley, salt, pepper and nutmeg, and moisten with a little milk. Add the chopped nuts, then refill the shells (skins) with the mixture, sprinkle with grated cheese and crumbs mixed, baste with a few drops of salad oil and bake to a nice brown colour. The dish may be varied, adding cooked fish, mince, etc. etc.

Bakers' Potatoes

Materials.—1 lb. sliced potatoes, salt and pepper, ½ pint of water or stock, 4 oz. onion, 1 oz. fat, a little chopped parsley.

Method.—Mix the potatoes, salt, pepper, onion, fat and water or stock together. Place in a baking-tin and bake for about 1 hour. Dish up, and serve with chopped parsley on the top.

Potato (Tripe Style)

Materials.—1 lb. cooked sliced potatoes, 1 oz. fat, 2 oz. shredded onion, a little milk

and water mixed, salt and pepper and nutmeg to taste, a little chopped parsley.

Method.—Sweat the fat and onion together in a casserole, add the potatoes, cover with milk or half water and milk, salt and pepper and a little nutmeg. Let simmer together till creamy, then serve with chopped parsley sprinkled on the top.

Jacket Potatoes

Method.—Place as many scrubbed and washed potatoes in a tin as it will hold; cover the tin and place in boiling water or a steamer. Cook for 1 hour. No water is required in the tin to cook potatoes in this way, and when done they can be eaten without the addition of salt. The potatoes remain intact just as they were when placed in the tin.

Timbale of Potatoes

Method.—Grease some small timbale moulds and line with crumbs. Fill with seasoned dry mashed potatoes, bake in the oven and turn out. The potatoes may be mixed with a purée of carrot or turnips, or with cooked flaked fish or minced meat.

Potato and Cheese Pudding

Materials.—8 oz. mashed potato, 2 oz. grated cheese, a little chopped onion, salt, pepper or cayenne and nutmeg, 1 beaten egg, 1 oz. fat, 8 oz. self-raising flour, white sauce (see p. 41).

Method.—Mix all the ingredients together, fill in a greased basin and steam for 2 hours. Serve the pudding with white sauce, to which add a little grated cheese.

Potato Salad

Materials.—A few small potatoes, pepper and salt to taste, a little vinegar, chopped onion and parsley.

Method.—Cook the potatoes in their jackets; while hot peel and slice, or use left over cold potato. Add the onion and parsley, pepper and salt to taste, and baste with vinegar. If hot potato is used, toss and let get cold. A tablespoonful of salad oil per lb. is a good addition if available. If the potatoes absorb too much vinegar, add boiling milk to make the salad moist.

If a creamy salad is desired, add mayonnaise sauce, or a very soft-boiled egg may

also be added instead of the mayonnaise. It should be well mixed in.

Macaroni Croquettes and Peas

Materials.—4 oz. macaroni, 2 oz. cheese, grated or chopped finely, salt, pepper and nutmeg, a little white sauce (see p. 41), a few peas to garnish.

Method.—Boil the macaroni in salted water for 20 minutes; if desired the water may be flavoured with onion and aromatic herbs. When done, chop finely. Do not wash the macaroni after it is cooked; if it has to be washed, this should be done by parboiling it and then throwing the first water away. Then place again in fresh boiling water. Put the cooked macaroni into a saucepan, dry, and add the cheese either grated or chopped finely. Season with salt, pepper, or cayenne and nutmeg, and add sufficient stiff white sauce to make it creamy. Boil all together and place on a dish to cool, about ¾ of an inch thick all over, and when cold cut into squares, triangles or diamonds, coat with batter and crumbs, and bake in a hot oven. Garnish with cooked peas and serve with tomato or vegetable sauce. Use the macaroni water

for the sauce. If any remains it may be used for soup.

Vegetable Marrow and Cereal Salad

Materials.—1 marrow, 1 chopped onion, $3\frac{1}{2}$ tablespoonfuls of oil, 1 gill of rice, 2 gills vegetable stock or water, salt and pepper, 1 tablespoonful vinegar, a little salad dressing highly seasoned, a few tomatoes, a little chopped herbs.

Method.—Fry the onion in half a tablespoonful of oil, add the rice, heat well together, and cover with twice the amount of vegetable stock or water, season with salt and cayenne or paprika. Cook with the lid tightly on for 20 minutes, then drop into a basin containing 3 tablespoonfuls of oil, add the vinegar, and toss from time to time till cold. Cook the marrow until it is three-parts done, and then cut into strips about $\frac{1}{8}$ of an inch thick. Season these well, and dress in salad dressing highly seasoned. Mix with the rice, dress in a salad bowl, arrange tomato round it and sprinkle with chopped herbs.

Egg, Cress and Haricot Bean Salad

Materials.—Haricot beans (hot and

cooked), salt, pepper, oil and vinegar, few chives or spring onions, eggs (as many as required), little cress and chopped herbs.

Method.—Steam the beans in the usual way; then, while hot, season with salt, pepper, oil and vinegar, and a few chives or spring onions. Toss from time to time till cold, and, if dry, add a little liquor. Boil a number of eggs hard (not longer than 10 minutes), and cool quickly in cold water; then shell. Now cut the eggs into slices. Make, at the last moment, a salad of the cress, and mix with the beans, dish up, and garnish with the slices of egg. Sprinkle chopped herbs on the top.

Tomatoes, peeled and sliced, added to the above will improve the appearance as well as the taste of the dish.

Mixed Salad

Materials.—A few cold potatoes, salt and pepper, little chopped onion to flavour, a little vinegar, a few dozen cooked peas and shrimps, or any other fish, a little plain salad dressing (see p. 167), a little mayonnaise sauce (see p. 47).

Method.—Cut a few cold potatoes in dice, season with salt, pepper and a flavour-

ing of finely chopped onion, sprinkle with vinegar, and toss from time to time. Mix the peas and picked shrimps in the salad dressing, then mix all with the mayonnaise sauce, and dish up in a *hors-d'œuvre* dish garnished with a few peas and shrimps.

Vegetable Cutlets

Materials.—1 oz. chopped onion, ½ oz. fat, 1 oz. flour, 1 lb. mixed vegetables from which stock has been made (they should be drained as dry as possible), salt and pepper, pinch of grated nutmeg, a little ground rice and batter (see p. 233), crumbs, vegetable sauce.

Method.—Fry the onion in the fat till cooked but not coloured. Add the flour and mix with the fat, then chop the mixed vegetables, add them, and heat all together. Season with salt, pepper and a pinch of nutmeg, bind the whole by boiling thoroughly, stirring all the time. Place on a plate to cool. When cold, shape into pear shape, using ground rice or other flour. Coat the shapes lightly with batter and bread or other crumbs. Roll them, still retaining the pear shape, now bend the point and press down with a knife or with

the flat hand. This will form them into the shape of cutlets. To cook, fry in a pan with very little fat. When one side is brown, turn over and fry the other side likewise, or if fat is not available they can be baked in the oven by mixing the crumbs with a very little fat before coating, then place them on a baking-sheet and bake in a hot oven until brown.

These are nice cold or hot, served with or without sauce.

Vegetable Cutlets with Pulse

To the foregoing recipe add an equal quantity of cooked, sieved or minced pulse, viz. lentils, haricot beans or peas. It is preferable to use a small mincing-machine for this purpose, if available, as it is effective and clean. All ingredients should be boiled together, otherwise they will not set firm enough for the shaping of the cutlets. Finish as explained before.

Vegetable Cutlets with Egg

To the prepared vegetable mixture add 2 or more hard-boiled eggs chopped finely, or when dried eggs are used, they can be

scrambled before adding. In the latter case they should be well done, so that the mixture does not become softened by the eggs added.

Vegetable Cutlets with Nuts

To the prepared vegetable mixture add 2 oz. of chopped nuts, and finish as instructed.

Vegetable Cutlets with Cereals

The cereals should be thoroughly cooked, but as dry as possible. Mix them with the vegetable mixture and boil well together. Finish as directed.

Vegetable and Haricot Bean Pie

Materials.—Any kind of vegetables, an equal quantity of steamed haricot beans, seasoning to taste, a little Worcester sauce, mashed potatoes or crust.

Method.—Stove the vegetables as directed for vegetable stock, cover with water, season to taste, and add sufficient Worcester sauce to remove the sweetness of the vegetables. Let stew together to blend. Put the whole in a pie dish, let cool, and when cold, cover with mashed potatoes or crust, and bake

until the potatoes are coloured or the crust brown and cooked. The contents being already cooked, the pie requires heating only.

When covering a pie dish with mashed potatoes the easiest method is to place the potato in a forcing-bag with a star tube, and force the potato in circle fashion on the top of the vegetables.

CHAPTER VII

PASTRY, PUDDINGS AND SWEETS: WITH BUT LITTLE FAT OR SUGAR

What is there to be proud of in waste or extravagance?

CHAPTER VII

PASTRY, PUDDINGS AND SWEETS: WITH BUT LITTLE FAT OR SUGAR

Pastry, Puddings and Sweets

ALMOST all sweets and pastry require two of the most restricted articles of food—fat and sugar, and others which are scarce and dear. Fats are so scarce that they must on that account be used only in essential foods. Sugar is reduced to such a quantity that it behoves adults to consume but little of it in order that children and young people should have their full share, and in most cases to allow of some part of the ration being saved for jam-making. Further, cereals must be used sparingly. Dried fruit is expensive, and although a valuable food, is certainly not always worth the price demanded. Milk and eggs are scarce and expensive.

For adults, puddings and pastry are a luxury rather than a necessity, and when

food-stuffs are claimed for essential purposes, this custom of serving a sweet course should be reduced to its minimum, if not abolished altogether.

Substitutes for cane or beet sugar are honey, maple syrup, dried fruit, beetroot, parsnips, carrots, the yam or sweet potato. These can be used in puddings to supply the sweetness. Potatoes may be employed to give bulk, but as even a cooked potato is largely water, other starches are necessary to absorb the moisture. It therefore becomes essential that some starch be used in the manufacture of sweets and pastry. Fats can be replaced in part by alcohol in the manufacture of cakes and pastry, but not wholly, so that a small amount of fat is still necessary.

Certain cereals can be used to assist the reduction of fat, *e.g.* maize or oatmeal, which contain fat. When potato is used in paste it is necessary to use starch foods having a high absorbability, such as rice, sago and tapioca, which at the same time assist to "bind." In wheaten flour it is the gluten which binds, and gluten is only found in wheaten flour and rye. When using potato and other starchy non-protein cereals, it is necessary that this deficiency should be

made good by adding milk powder or pea flour.

When using but little fat, rice flour and corn flour help to shorten the pastry. It will be seen, therefore, that it is yet possible to supply sweets and pastries by combining various substances such as are still available, especially in the preparing of nursery meals, where the protein and starchy foods are of primary importance.

Fruit, if fresh, is best eaten raw, as in the cooking much of its value is destroyed. A plum or apple eaten raw does not require any additional flavouring or sugar, but if cooked, requires sugar at all events to make it palatable. Thus sugar is saved by eating raw in preference to cooked fruit. But all fruit cannot be eaten raw. Rhubarb and unripe fruit must first be cooked to render them palatable and fit for food. But though cooked fruit may taste sour it is best not to sweeten it too much, as by doing so much of the value is destroyed.

Fortunately we can often make use of potatoes in pastry, scones and buns, and then a little white of egg helps to give them the required body. Without this addition they are usually doughy, especially when a large amount of potato is used.

In making puddings all cereals can be used, but when employing those which are short in gluten it is best to scald them or boil them partially and then add the other ingredients to them. Steaming is the best method of cooking, and very little leavening power should be used. All sweet, starchy food should be served more or less solid; in a sloppy state it is not wholesome, as all starch requires thorough mastication in order to ensure proper digestion. The more moisture added to cereals the less food value they possess, except, of course, in the case of milk, for milk is in itself a valuable food, which is the reason why milk puddings and other combinations of cereals and milk are recommended for children and invalids. For the same reason milk should not be used as a drink with solid food instead of water, for the casein becomes solid in process of digestion and does not wash out the system as thoroughly as does water.

Potato and Apple Cheese Cake

Materials.—1 oz. fat, 2 oz. sugar, 2 dried eggs, 1 lb. dry mashed potatoes, ½ pint of milk, 1 oz. corn or potato flour, 4 oz. chopped

apples, a little golden syrup, some short paste (see p. 183).

Method.—Cream the fat, sugar and eggs together; add the potatoes, milk and corn or potato flour and mix well together, then add the apples. Line greased patty pans with short paste, fill with the mixture and then cover with slices of apple and bake. When done, brush the apple over with hot golden syrup to give a shine on the top.

Special Paste for Fruit Tartlets

Materials.—Equal quantities of potato pie crust and maize suet paste (see pp. 181 and 182).

Method.—Mix the ingredients together. This is a paste which will bear fruit juice well, such as rhubarb, gooseberries or any other kind. It bakes very well, and has a texture as if egg had been added.

Tapioca and Potato Paste for Savoury Pies

Materials.—1 lb. mashed potatoes, 4 oz. French granulated tapioca or English tapioca (soaked overnight in 1 gill of milk or water), 1 oz. milk powder (this is not essential), 1 teaspoonful baking powder, 2 oz.

fat, ¼ oz. salt in all, ½ lb. rice flour or corn meal, 1 gill of milk or water.

Method.—Mix the potatoes with the tapioca and fat, let this rest until the tapioca has softened by the moisture of the potato. Now add the rice flour and milk powder. A little moisture may be necessary (when milk powder is used, add water, otherwise milk). Instead of rice flour fine corn meal can be used.

This paste is specially good for vegetable and savoury pies.

Pie Paste (without Fat)

Materials.—1 gill of water, ½ oz. milk powder, 4 oz. dry mashed potato, ½ oz. granulated tapioca, 6 oz. rice flour, half-teaspoonful baking powder, 1 teaspoonful salt.

Method.—Mix the milk powder, tapioca and rice flour, add these ingredients to the water and cook to a stiff paste. Mix with the potato, and then work into this the rice flour, baking powder and salt. The paste is very dry, but will soften after a time. Before use stand for ½ to 1 hour, and work well to prevent cracking.

This paste will improve if ½ oz. fat is added to the potato before mixing.

Haricot Paste

Materials.—1 lb. haricot beans (steamed and sieved), 2 oz. rice flour, $\frac{1}{3}$ oz. salt, 1 oz. fat.

Method.—Scald the rice flour in 1 gill of boiling water and mix with the beans, adding the salt and fat. No moisture.

Pie Crust with Ground Rice

Materials.—4 oz. ground rice, 3 oz. dripping, a little salt and baking powder, 4 oz. flour, $\frac{1}{2}$ gill of water.

Method.—Mix the ground rice with the dripping and a pinch of salt and baking powder; add the flour and water, mix into the dough and let rest before using.

Pie Crust with Potato

Materials.—8 oz. mashed potatoes, 1 to $1\frac{1}{2}$ oz. fat, 4 oz. ground rice, 4 oz. self-raising flour.

Method.—Rub the fat into the mashed potatoes; when thoroughly blended add the ground rice and let rest for a while, so that the rice can absorb sufficient moisture. Then add the self-raising flour and make

into a short paste. If too dry add a little moisture, but that is very seldom required. Be careful not to moisten too much. It is best to keep the paste fairly firm, otherwise it will be tough. Roll out, using ground rice for the purpose, then cover the pie in the usual manner.

Haricot Beans and Rice Pastry for Pie Covering

Materials.—1 lb. cooked haricot beans, ½ lb. cooked rice, 1 oz. fat, salt and pepper.

Method.—Mash or mince the haricot beans with the rice, add fat, salt and pepper. Mix well together on a floured pastry-board. Roll out with a rolling-pin and use to cover the pie instead of paste. This should be carefully done, as the paste is brittle. Cut to shape, lift into place with a slice or two knives, fringe the edges, and bake in a very hot oven to colour.

Maize Paste

Materials.—½ pint of water, 1 oz. fat, a pinch of salt, 1 gill maize meal, 4 oz. self-raising flour.

Method.—Boil the water with the salt

and fat, add the raw maize and cook for 10 minutes, stirring meanwhile. Cool until tepid. Mix with the flour by placing the flour on board and mixing the maize into it. Place on a cloth and roll it out. It is so brittle that it is difficult to handle. Use for savoury maize rolls and boiled puddings.

Short Paste

Materials.—½ oz. rice flour, ½ oz. tapioca, ½ oz. milk powder, 2 gills water, ¾ oz. fat, ½ lb. rice flour, ¼ lb. flour, ¼ oz. baking powder, ¼ oz. salt.

Method.—Mix the first three ingredients cold in one gill of water, and boil until stiff, stirring all the time. Mix the rice flour, flour, baking powder, fat and salt together, add the boiled preparation and mix all together, adding sufficient water to make a fairly soft paste (about 1 gill). Roll and use.

This is excellent for turnovers, pies and tarts.

Suet Crust (for Dumplings, Rolls, Fruit or Savoury Puddings)

Materials.—1 lb. flour, 1 lb. raw potatoes, 1 oz. suet, 1 oz. fat (or 2 oz. fat if suet

cannot be obtained), ⅓ oz. salt, ½ oz. baking powder.

Method.—Put the potatoes through a mincer, add the flour, suet, fat and baking powder and sufficient water to make a paste not too soft.

Ground Rice and Coco-Nut Pudding

Materials.—2 oz. coco-nut, 1 pint milk, 1 oz. sugar, 2 oz. rice flour or maize semolina, almond essence, ½ oz. fat.

Method.—Boil the milk, sugar, coco-nut and rice together, add the flavouring, place into a pie-dish with the fat on top and bake to a light brown.

Caramel Pudding

Materials.—1 pint of milk, 2 oz. sugar, 4 oz. semolina, 1 egg.

Method.—Boil the milk, 1 oz. of sugar and semolina together, and add the egg. Caramelise the remaining ounce of sugar, add a teaspoonful of water, then cook to a thick syrup. Run this into a mould; when set fill in with the mixture and place the mould in boiling water to come to within half the top of the mould, and cook slowly till set—about one hour. Cool and

then turn out. The caramel will serve as sauce. If all the caramel is not dissolved, add a little water and boil it out.

Maize Batter Pudding

Materials.—2 oz. maize meal, ½ pint water, 3 oz. rice flour, 2 oz. suet, half-teaspoonful baking powder, 1 egg, 1 gill of milk, 1 oz. sugar, 1 oz. coco-nut, flavouring.

Method.—Boil the water and suet, add the maize, and cook till the moisture is absorbed. Add sugar, milk, coco-nut and egg; work well. Mix the rice flour and baking powder together and add to the other ingredients. Grease a pudding basin, fill in the material and steam for 2 hours, or divided into four smaller shapes 1 hour would be enough. Serve with jam or custard.

Monkeys

Materials.—4 oz. dates or chopped dried fruit of any kind, a little lemon or orange peel, spice to taste, 1 oz. coco-nut, a little jam to bind, some potato paste or shortbread (see pp. 181 and 192).

Method.—Boil the orange or lemon peel till tender, then mix with the dates or fruit,

adding spice to taste, and the coco-nut, and mix with a little jam to bind. Place between two layers of potato paste or potato shortbread, press together with the blunt side of a pastry cutter, make a hole in the centre, and bake in a good oven till the paste is cooked—about 15 minutes or more.

Rhubarb and Rice Cakes

Materials.—1 gill of rice, 1 pint of milk, 1 bunch of forced rhubarb or 2 sticks of natural, 1 or 2 tablespoonfuls of golden syrup, a few drops of almond essence, sugar to taste, short paste (see p. 183).

Method.—Boil the rice and milk together for 30 minutes, then add the golden syrup and almond essence. Shred the rhubarb and stew till it forms a pulp. Sweeten to taste. Line a dish with short paste, prick the bottom. Spread with rhubarb, cover with the rice, and then wet the edges. Cut the short paste into strips and arrange trellis fashion on the top. Bake for 30 minutes. Serve hot or cold. The rhubarb may be replaced by apple or jam.

Yorkshire Pudding with Fruit

Materials.—Yorkshire pudding mixture,

fruit to garnish, little spiced sugar or other sweet substance.

Method. — When the usual Yorkshire pudding mixture is half baked, garnish it with fruit, such as damsons, bullaces or any other variety or mixture available. Finish it by baking, and then sprinkle it with spiced sugar or any other sweet substance which may be acceptable, such as honey or fruit sauce.

Apple Suet Pudding

Materials.—Some sliced apples, sprinkling of moist sugar and spice, suet paste (see p. 183).

Method.—Roll the paste out thinly and line it three-quarters with sliced apples. Sprinkle with moist sugar and spice. Now roll the paste up—the part which has not been spread with apples will form a double cover. The pudding is then cooked in the usual way. Of course all kinds of fruit can be used in this recipe. Plums must be stoned and dried fruit soaked before use.

Bread Dough Galette

Materials.—Bread dough, jam or grated

carrot, some apples or other fruit, sugar and spice to taste.

Method.—Roll out the bread dough and place it on a baking-sheet. Now turn up the edges to form a border, spread with jam or grated carrot, then arrange the fruit carefully in the centre, allow the bread dough to rise and bake the whole. When baked sprinkle the surface with sugar and spice mixed. This forms not only a substantial sweet, but a very appetising dish. Any other fruit may be used.

Maize Pancakes

Materials.—1 pint of water, 1 gill of maize semolina, a pinch of salt, 2 eggs, ½ oz. sugar, 4 oz. flour, a little milk (about 1 gill), the grated rind of half a lemon.

Method.—Boil the water, and rain in the maize semolina and a pinch of salt. Let slowly cook or steam for a ½ hour. Turn out into a basin, mix with the yolks of the eggs, sugar, flour and sufficient milk to make a fairly stiff batter. Add the lemon rind and the whites of the eggs beaten to a firm froth, and bake like drop scones.

The pancakes can also be made by adding prepared flour instead of the ordinary, and

using 1 dried egg instead of two fresh, the other ingredients remaining the same.

Maize Jam Roll

Materials.—1 pint of water, 2 oz. chopped suet (or 1½ oz. fat), a pinch of salt, ½ lb. maize semolina, ½ lb. prepared flour.

Method.—Boil the water, suet, salt and maize semolina ; cook by stirring till it leaves the sides of the pan. Take out of the pan into a basin and mix with the prepared flour. Wet a pudding-cloth in cold water, place the paste on it, and roll out into a square. Spread the jam over it and roll up by lifting the cloth. When the roll is shaped, shut the ends and roll in the cloth, tie loosely and boil in water (do not steam) for 1½ to 2 hours.

Bread Jelly

Materials.—Odd pieces of bread left over, syrup or sugar to sweeten, a little flavouring as desired.

Method.—Take any pieces of bread left over, place in a pan of water, bring to the boil and place on the back of the stove ; cover the pan, and simmer as long as possible —5 to 8 hours. The bread must not be

stirred, and as the water will evaporate more may have to be added. When the bread breaks up and begins to jelly, sweeten with syrup or sugar and flavour as desired. Turn out into a pudding mould and let cool; when cold it will be like a jelly. All cereals—tapioca, sago, rice, macaroni—can be treated like this, so a variety of jellies can be made without gelatine. They turn cloudy in the cooling. Fruit juice may be added, and thus an excellent sweet is made.

Potato Gateau

Materials.—4 oz. dry mashed potato, 1 oz. fat, 1 oz. sugar, 1 gill of milk, 1 beaten egg, flavouring to taste, 1 oz. corn flour or other starch, 1 tablespoonful of jam, some pie crust (see p. 181).

Method.—Line a greased sandwich tin with pie crust. Mix the potato, fat, sugar, milk, egg, flavouring and corn flour together. Line the crust with the jam, and pour the potato mixture in the centre and spread out level. Bake in a moderate oven for 20 minutes.

The whole can be covered with paste or with strips of paste in trellis fashion, according to taste.

Potato Rocks

Materials.—1 lb. dry mashed potato, ½ lb. rice flour, ½ lb. self-raising flour, 1 tablespoonful oil or 1 oz. of fat, 2 oz. sugar, 4 oz. baked beetroot, flavouring and spice, 1 gill of moisture.

Method.—Cut the beetroot into diamond shapes. Mix the fat and potato together thoroughly to make it light, add the rice flour and mix well. Let this rest as long as possible, or even prepare the day before required. Then mix lightly with the other ingredients, last of all adding the moisture. Make into rocks with a fork on a greased baking-sheet, and bake in a fairly hot oven for from 15 to 20 minutes. The beetroot will turn sultana colour.

Potato Scones

Materials.—½ lb. dry mashed potatoes, 4 oz. rice flour, a pinch of sugar (not essential), 1 beaten white of egg, 4 oz. flour, ½ oz. baking powder.

Method.—Mix the potato, rice flour, and sugar together, and allow to rest for a few hours, then add the loosely beaten white of egg (or half a dry egg), flour and baking

powder. Mix lightly into a soft dough, shape into balls the size required, place on a floured board and press flat with the lid of a cocoa tin to form a round. Let rest for 10 to 15 minutes, then place on a girdle or frying-pan, and bake on the hot-plate or in the oven.

Potato Shortbread

Materials.—½ lb. mashed potato, 6 oz. rice flour, 2 oz. fat, a pinch of salt, 2 oz. sugar, 2 oz. self-raising flour.

Method.—Work the mashed potato warm with the fat and sugar and salt, then add the rice flour, last of all the self-raising flour, or flour and baking powder. Roll out on a floured board, cut to shapes desired, and bake to a very light fawn colour.

Potato and Maize Pudding—1

Materials.—1 pint of milk, 1 gill of maize semolina, ½ lb. dry mashed potato, 1 tablespoonful of jam, 1 oz. sugar, almond flavouring to taste, 1 oz. desiccated coco-nut, a little fat.

Method.—Boil the milk, add the semolina and put in a tin. Cover, and place in boiling water, or steam for 1 hour. Put the contents

in a basin, mixing in the potato, sugar, flavouring and coco-nut. Place a layer of this in a pie-dish, spread with jam and cover with the remainder of the maize preparation. Brush over with fat and bake to a nice colour.

The pie-dish should be placed in a baking-tin with water to prevent overheating at the bottom of the dish.

Potato and Maize Pudding—2

Materials.—½ lb. maize, ½ pint of milk, ½ lb. dry mashed potatoes, almond flavouring to taste, 1 oz. ground almonds, 1 beaten egg, 1 oz. sugar or syrup, 1 oz. fat, 4 oz. steamed or baked chopped beetroot.

Method.—Soak the maize in the milk overnight for about 8 hours. Add all the remaining ingredients, mix together, and bake in a pie-dish like a bread-and-butter pudding.

The above ingredients will make a steamed pudding by adding 3 oz. self-raising flour and steaming for 2 hours or more.

Semolina Cheese Cakes

Materials.—1 gill maize semolina, 1 pint of milk and water mixed, sugar or syrup to sweeten, a little almond essence, a little jam.

Method.—Boil the maize semolina in the milk and water (or all milk if desired). Place in a tin and steam for 1 hour. Turn into a basin, sweeten with the sugar or syrup, and add the almond essence to flavour. Line patty pans with potato paste, place a little jam of any kind at the bottom, cover with the semolina, and bake in a moderate oven till nicely coloured—about 20 minutes.

Maize and Marmalade Charlotte

Line some timbale moulds with potato short paste (see p. 183). One-third fill with marmalade, then, till three-quarters full, with the maize prepared as in previous recipe. Bake for 20 minutes. Turn out, and serve with custard.

Orange Maize Pudding

Materials.—2 oz. maize semolina, 1 gill water, 1 oz. suet or fat, 4 oz. soaked and squeezed bread crusts, 1 oz. marmalade, ½ gill of milk, a pinch of salt, flavour to taste, and a few drops of cochineal, 2 oz. self-raising flour.

Method.—Boil the maize semolina and fat together in the water. When dry, add

the bread, marmalade, milk, salt, flavouring and cochineal, and last of all mix in the flour. Steam for 2 hours, and serve with custard sauce or marmalade sauce.

Sago Jelly

Materials.—$\frac{3}{4}$ lb. prunes or other dried fruit, 1 bay leaf, a few cloves, 2 oz. sago, a few drops of cochineal, almond and caramel essence, a little diluted corn or potato flour.

Method.—Boil $\frac{1}{2}$ lb. prunes in 1 quart of water, with the bay leaf and cloves, till tender. When done, remove 1 pint of the liquid remaining, and slowly boil this with the sago until the liquid is clear, none of the sago being visible. Colour with a few drops of cochineal and caramel to deepen the prune colour, also a few drops of almond essence. Pour it, when boiling, into a wetted mould to set, and dish up garnished with the remainder of the prunes. The liquid remaining should be slightly thickened with diluted corn or potato flour and poured round the mould.

The same method can be used with any kind of fruit or fruit juice, and can be served without the fruit, adding a custard sauce.

Potato Pudding

Materials.—1 oz. fat, 2 oz. sugar, 2 eggs, 1 gill of milk, 1 lb. dry mashed potato, 2 oz. dried fruit, 8 oz. self-raising flour, custard sauce.

Method.—Cream the fat, sugar and eggs together, add the remaining ingredients, and mix well. Steam for 2 hours, and serve with custard sauce (see p. 46).

Potato Soufflé Pudding

(No Fat except for Greasing the Mould)

Materials.—1 lb. dry mashed potatoes, 2 oz. sugar, ½ pint milk, 2 oz. flour, 2 oz. mixed fruit, a little grated lemon rind, 3 eggs, a little sugar and crushed coco-nut, a pinch of salt.

Method.—Mix the potatoes, sugar, milk, the flour, fruit and lemon rind together, adding a pinch of salt. Stir over the fire till creamy, then add 1 whole egg and 2 yolks of egg, and mix well. Beat to a firm froth the 2 whites remaining, add these to the pudding mixture, folding the mixture over to blend the whites without too much working. Grease a quart pudding-mould,

or two pint moulds or smaller sizes, as the case may be. Next line with sugar or crushed coco-nut, and fill three-quarters full with the mixture. Then place the mould in a saucepan of boiling water (the water should reach to half the height of the mould), bring the water to the boil again, boiling until the mixture has risen nearly to the edge of the mould. Place the saucepan (without the lid) in a moderate oven, and cook. Small moulds require 20 minutes, pints 30 to 40 minutes, quarts 1 hour to 1¼ hour. Serve with custard or fruit sauce (see p. 46).

Apple Charlotte

Materials.—½ oz. fat, ½ oz. sugar, 4 oz. dried apples, a little clove or cinnamon and lemon rind to flavour, potato short crust (see p. 183).

Method.—Fry the fat and sugar till toffee is formed; add the apples, and cover with water (about 1 pint). Cook slowly until the apples break up, then add the flavouring. Line timbale moulds with potato short crust, fill with the mixture, and bake for 20 to 30 minutes.

Baked Maize and Apple Pudding

Materials.—8 oz. maize semolina, 1 lb. apples peeled and chopped, 2 oz. sugar or syrup, 2 beaten eggs (dried), a little fat and crumbs, 1 clove or little lemon rind, jam or parsnip sauce.

Method.—Cook the maize semolina in 1 pint and 1 gill of water until dry (about 15 to 20 minutes). Add the apples, sugar and eggs, and mix all well together. Line small timbale moulds with fat and crumbs, fill the mould nearly full with the mixture, and bake in a moderate oven for 25 to 30 minutes. Serve with jam or parsnip sauce to which the peelings and the cores of the apples have been added.

A clove can be placed at the bottom of the mould, or a little lemon flavour added to the mixture.

Orange Pudding

Materials.—8 oz. stale bread, 2 oz. chopped suet, 1 orange, 2 oz. sugar, custard.

Method.—Soak the bread; squeeze all the moisture out and mix with the suet. A dust of flour is used while chopping the suet, as it prevents it from sticking to the chopper. Peel the orange, and shred or

chop the peel finely. Boil it in water until tender, then add the juice of the orange and the sugar, and boil all together until it begins to thicken. Put this with the bread and suet and mix well, then place in a greased basin and steam for 2 hours. When done, turn out the pudding, and serve with custard made with custard powder.

Marmalade may be used in place of the orange and sugar.

Mince Meat

Materials.—2 oz. chopped suet, 4 oz. chopped apples, fried in a little fat, the apple peels, 2 oz. baked parsnip, 2 oz. beetroot jam, 5 oz. mixed fruit, or currants, raisins and dates (elderberry flowers will give the raisin flavour), the boiled peel of a lemon, the boiled peel of an orange. Pass all these through a mincer and then add—a few drops of caramel, almond essence to taste, the juice of the orange and lemon, $\frac{1}{3}$ oz. ground ginger, $\frac{1}{4}$ oz. ground cinnamon, $\frac{1}{4}$ oz. ground clove, $\frac{1}{10}$ oz. ground nutmeg. Mix all together and press in a jar for one day before use. Baked beetroot cut into small diamonds may be used instead of sultana raisins.

War Christmas Pudding

Materials.—2 oz. chopped suet, 4 oz. apples, chopped and fried in a little fat, the peels of the apples chopped finely, 2 oz. baked parsnip, 2 oz. beetroot jam, 2 oz. currants, 2 oz. stoned raisins, 1 oz. dates, 1 lemon (of which the juice is removed to be mixed in the pudding), boiled in water till tender. Pass all the above ingredients through a mincing-machine and add—$\frac{1}{3}$ oz. ground ginger, $\frac{1}{4}$ oz. ground cinnamon, $\frac{1}{4}$ oz. ground clove, $\frac{1}{10}$ oz. ground nutmeg, a few drops of almond essence, 4 oz. prepared flour (half rice, half standard). When mixed, put into a greased basin and steam for 4 hours.

Potato Gnocchi and Raisin Flan

Materials.—Potato pie crust (see p. 181), $\frac{1}{4}$ lb. stoned raisins, $\frac{1}{2}$ pint water, 1 tablespoonful syrup, a little spice or lemon rind, $\frac{1}{2}$ lb. potato gnocchi (see p. 137).

Method.—Line a tin plate with potato pie crust. Boil the raisins in water, add the syrup and a little spice or lemon rind. Prepare the potato gnocchi and cook these with the raisins for 10 to 15 minutes. Let

cool. Fill the plate with this mixture, wet the edges, roll out part of the paste and cut into strips. Arrange these trellis fashion over the gnocchi preparation and bake in a hot oven. Serve hot.

Potato Lemon Pudding

Materials.—1 lb. baked potatoes, 2 oz. sugar or syrup, the grated rind of a lemon, 2 dried eggs, 4 oz. prepared flour, 1 gill of milk, custard sauce.

Method.—Take the pulp of the potatoes, mix with the other ingredients. Grease a pudding basin, fill in the mixture and steam for at least 2 hours. Serve with custard sauce (see p. 46).

CHAPTER VIII

EGG DISHES

One may suffer in health from over-feeding quite as much as from under-feeding.

CHAPTER VIII

EGG DISHES

To Prepare Dried Eggs

PREPARE according to directions on the box.

The Use of Dried Eggs

These may be used in the same manner as whole fresh eggs.

Egg Turnovers

Method.—Prepare short paste (see p. 183), fill with scrambled eggs, and shape as turnovers. Bake in a hot oven. Other material may be added, such as cooked flaked fish, chopped nuts, cooked chopped potato, grated cheese, herbs, etc. Serve hot or cold.

Poached Eggs Jardinière

Materials.—A few mixed vegetables

(cooked), sufficient white sauce to cream or bind (see p. 41), eggs.

Method.—Cook the vegetables as directed for stock (see p. 20); drain well. Dry over the fire and add sufficient white sauce to bind. Place in a dish, and arrange the poached eggs on the vegetables.

Egg Aurora

Materials.—2 hard-boiled eggs, white sauce and tomato sauce in equal quantities, breadcrumbs or chopped yolk of hard-boiled egg.

Method.—Slice the eggs, mix the white sauce and tomato sauce together, place a little on a dish, arrange the sliced egg, cover with sauce, sprinkle with crumbs or chopped yolk of hard-boiled egg, and bake lightly in an oven or under a grill.

Omelette with Dried Eggs

Omelettes are made as well with dried eggs as with fresh. The eggs should be *beaten* till thoroughly blended but not frothy. Season with salt and pepper and any addition desired, such as parsley, cheese, minced ham, potato, shrimps, chopped fish, vegetables,

etc. Only ½ oz. fat should be used for 2 or 3 eggs—more fat spoils the omelette. Have the fat hot in the pan before adding the eggs. Be careful when using dried eggs not to add more water than three times the weight of egg, otherwise the mixture will separate in the cooking, and they must be thoroughly soaked for at least 12 hours and be quite smooth.

Baked Marrow or Cucumber and Egg

Materials.—1 marrow, thick white sauce (see p. 41), a little grated cheese, tomato or other sauce, seasoning to taste, 1 egg (hard boiled), a little flour and frying batter or crumbs, some mashed potato.

Method.—Cook the marrow (see p. 149), but keep fairly firm, drain, and trim the pieces 2 inches by 2 inches. Mash the trimmings, which boil with a thick white sauce as stiff as possible, mix with grated cheese and season highly, as without this marrow is insipid. Cut the egg into dice or chop finely, or, if desired, slice it. Put this into the sauce and sandwich the two slices of marrow together. It is essential that the marrow should be well dried, otherwise the pieces will not hold together. When

cold pass through flour, and also through frying batter, or through coating batter and breadcrumbs, and bake in a hot oven to a golden colour. Serve with tomato or other sauce. This dish may be garnished with mashed potato or other vegetable; and instead of egg, minced or sliced meat or nuts may be used.

Poached Eggs with Peas Purée Baked

Materials.—Peas, seasoning to taste, a little fat or milk, some poached eggs, white sauce (see p. 41), grated cheese.

Method.—Steam the peas, and when done pass through a sieve. Split peas are the best for this purpose. Season, and add a little fat and milk. Make a bed of this on a baking-dish (fireproof), place on it a number of poached eggs, well drained and cooked not more than 3 minutes, sauce over with thick white sauce, which should be boiling hot, or when placed in the oven it will become thin, and then the sauce will run down off the eggs, spoiling the appearance of the dish, and hardening the eggs during the process of baking. Sprinkle with grated cheese, and bake quickly to a nice brown colour.

Eggs Poulette

Materials.—2 hard-boiled eggs, ¼ oz. of fat, 1 onion, ½ pint white sauce (see p. 41), a few sliced cooked mushrooms, a few drops of lemon juice, a little chopped parsley.

Method.—Slightly fry the onion in the fat and cut in slices, and mix this with the white sauce and cook till the onions are done. Add the mushrooms and lemon juice. Slice the eggs, mix all together, heat thoroughly, and dish up with chopped parsley sprinkled on top.

Scrambled Eggs with Bread Sauce

Materials.—2 oz. bread, ½ pint cold milk, salt and pepper and nutmeg or mace, 2 dried eggs, *e.g.*, 1 oz. dried egg and 3 oz. or 3 tablespoonfuls of water.

Method.—Break up the bread and pour the cold milk over it, season to taste. Boil very slowly. The bread will break up easier this way than when breadcrumbs are used. When soft, work well to make it creamy, or pass through a sieve. Add to this the dried eggs. (It takes about 8 hours to soak for granulated eggs and 1 hour for powder.) Work well together, then scramble all together and season to taste.

No fat is required.

This makes a creamy mass, and of course much larger quantity than when eggs alone are used.

Maize and Egg Savoury

Materials.—Polenta (see p. 121), scrambled egg, a little grated cheese or breadcrumbs.

Method.—Cut the polenta into pieces, cover with a cushion of scrambled eggs, sprinkle with grated cheese, and bake to a golden brown.

Maize Woodcock

Materials.—Scrambled eggs, a round of polenta (see p. 121), a few fillets of anchovy.

Method.—Lay a layer of scrambled eggs on a square or round of polenta. Place a few fillets of anchovy crosswise on the top, and heat in the oven.

Buck Rarebit

Materials.—A round or square of polenta, a tablespoonful of rarebit mixture, a poached egg.

Method.—Spread the cheese mixture on the polenta. Bake to a golden brown, place the poached egg, well drained, on the top.

How to Poach an Egg

Boil sufficient water in a small pan to cover the egg, add 1 tablespoonful of vinegar. When it boils, place the whole egg with shell on a tablespoon and dip it in the boiling liquid for 2 or 3 seconds. Take the egg out, break it and drop it directly over the surface of the water in the liquid, or break the egg on a saucer and carefully let it slide into the boiling liquid. Cover with the lid, remove the pan off the fire. Let poach for 3 minutes, then carefully take out the egg, place in warm water to wash the vinegar away, and drain on a cloth.

To place it on toast, hold the toast to the side of the egg and lift the egg with the cloth so that the egg turns over on to the toast.

Polenta may be used instead of toast.

Poached eggs can be served with any garnish and sauce.

CHAPTER IX

BREAD, CAKES AND SCONES

Knowledge is power: let us be ready to learn all we can.

CHAPTER IX

BREAD, CAKES AND SCONES

Potato Sandwich or Cake

Materials.—2 oz. fat, 2 oz. sugar, 3 eggs (dried or fresh), 1 teaspoonful baking powder, little beetroot jam (see p. 227), 1 lb. mashed potato, grated rind of half a lemon, ½ lb. rice flour, 1 tablespoonful whisky or brandy.

Method.—Cream the fat and sugar, then add the eggs little by little, and the potato and lemon rind, and beat as lightly as possible. Mix the rice flour and baking powder thoroughly together and pass through a sieve, and add this to the mixture, together with the whisky or brandy. Grease and flour two sandwich tins, or prepare a cake hoop similarly with paper at the bottom to form a drum. Fill with the mixture, spread smooth, and bake in a moderate oven.

When cold spread with jam, or split the cake and line with beetroot jam.

Note.—To form a drum is to place a paper on the table, put the cake hoop on this, and fold the edges round the border of the tin to form a drum.

Ginger Cake

Materials.—8 oz. dry mashed potato, 2 oz. fat, 2 oz. syrup, ½ oz. ginger and 1 teaspoonful of other spice (clove, cinnamon or nutmeg), half-teaspoonful bicarbonate of soda, 4 oz. corn flour, 4 oz. ordinary flour.

Method.—Cream the mashed potatoes with the fat, syrup and spice, and then mix lightly with the other ingredients. Bake like an ordinary cake for 1 hour. Add a little milk if necessary.

Ginger Nuts (no Fat)

Materials.—8 oz. dry mashed potato, 1 oz. syrup, 4 oz. rice flour, 4 oz. self-raising flour, 4 oz. chopped baked beetroot, 1 teaspoonful ginger (heaped), 1 gill of water or milk.

Method.—Mix all the ingredients together, dissolve the syrup in the moisture, add a pinch of salt. Roll on the pastry-board to form a roll, flatten slightly and cut into slices ½ inch thick. Bake on a greased

baking-sheet for 15 to 20 minutes. When half baked, turn over and finish cooking.

Maize Sandwich Cake

Materials.—½ lb. finest maize semolina, ½ pint of milk, 2 oz. fat, 2 oz. sugar, 3 dried eggs, 4 oz. mashed potato, rind of half a lemon, a few drops of almond essence, 1 tablespoonful spirit, ½ lb. self-raising flour, juice of half a lemon.

Method.—Soak the maize in the milk for 8 to 12 hours. Cream the fat and sugar, add the eggs and potato, lemon rind and almond essence, and beat to make as light as possible. Now add the maize and self-raising flour, lemon juice and spirit. Place in a cake tin or sandwich tins and bake in a moderate oven. If baked as a sandwich, spread with jam.

Potato and Jam Rings

Materials.—2 oz. syrup, ½ lb. potato purée, ½ oz. fat, 1 teaspoonful baking powder, 1 dried egg, ¼ lb. rice flour, ¼ lb. standard flour, jam for filling.

Method.—Mix the syrup, potato purée, fat and egg together, beating as lightly

as possible. Add the rice flour, standard flour and baking powder. Fill in a forcing-bag with star or rose tube and force out on to a baking-sheet, greased and dusted with flour, to form rings. Bake in a moderate oven. When baked, fill the centre with jam.

Hot Potato Cake

Materials.—1 lb. mashed potato, 2 oz. fat, 2 oz. sugar, a pinch of salt, a little flavouring (lemon or vanilla), 2 eggs, a few bread-crumbs, syrup.

Method.—This is made with cooked potatoes, preferably baked. Mix the potato, fat, sugar, the yolks of the eggs, salt, and flavouring to taste, lightly fold in the white of eggs beaten to a firm froth. Line a cake tin with fat and breadcrumbs and fill with the mixture. Bake for about 30 minutes and serve with syrup, or if any juice is left over from the stewed fruit, boil this up and thicken with diluted potato or corn flour to a light syrup, and use.

Potato Rock Cakes

Materials.—½ lb. dry mashed potatoes, 1 dessertspoonful of oil or fat, 4 oz. rice

flour, 4 oz. ordinary flour, $\frac{3}{4}$ oz. baking powder, $\frac{1}{2}$ oz. spice, $\frac{1}{2}$ oz. sugar and beetroot chips or fruit.

Method.—Mix the mash with the oil; add the rice flour, and let rest for 12 hours or more, then mix with the other ingredients but do not add any moisture. Prepare by cutting with a fork parcels of paste, place these on a baking-sheet and spread out to make them look larger. Let rest for 10 to 15 minutes, then bake in a sharp oven.

Maize and Potato Cakes

Materials.—$\frac{1}{2}$ pint milk, $\frac{1}{2}$ lb. potato purée, 1 gill maize meal, a little jam and flour, $\frac{1}{2}$ oz. fat, 1 oz. sugar or syrup, almond flavouring.

Method.—Boil the milk with the potato, maize meal and fat for 20 minutes; add the syrup or sugar and almond flavouring to taste. Place on a dish to cool quite level, or fill a bread tin with the mixture. When cold cut into squares or slices, dust with flour, grease a frying-pan or baking-sheet and fry or bake to a nice colour. Serve with jam.

Turn Overs

Materials.—Potato short paste (see p. 181),

a few apples, a little moist sugar or syrup, a few cloves.

Method.—Roll out the potato pie paste and cut into rounds; wet the surface. Chop up the apples, mix with a little moist sugar or syrup, and place in the centre of the rounds, also 1 clove in each. Fold the paste to enclose the apples, press the ends well together, prick a hole in the centre, and bake in a good oven for about 20 minutes.

The above filled with beetroot jam or any other filling are equally good.

Potato Bread

Materials.—1 lb. bread dough, ½ lb. dry mashed potato.

Method.—Mix well together, place in greased and floured tins, let prove, and bake as usual.

Pea Bread

Materials.—1 gill of yellow split peas.

Method.—Steam the split peas, soaked for 24 hours (this gives ½ lb. of cooked peas), pass through a sieve, and mix as directed for potato bread.

Lentils and haricot beans can be used

in the same manner, but peas give the best flavoured bread.

Potato Buns

Materials.—½ lb. mashed potato, 4 oz. rice flour, ½ lb. ordinary yeast dough, ½ oz. sugar, a little spice, 1 oz. liquid fat, fruit or beetroot chips.

Method.—Mix the potato with the rice flour and let this rest for 12 hours or more. A natural ferment will change part of the starch into sugar, and the paste will be quite sweet after that time. To the bread dough add the prepared mixture, spice, sugar and the liquid fat or oil, fruit or beetroot chips. Shape into buns, place on greased tins dusted with flour, cover and let fully prove, then bake in a hot oven for 15 to 20 minutes.

Potato Rolls

Materials.—½ lb. bread dough, 1 lb. mashed potatoes, ½ oz. fat, 1 egg, a little salt.

Method.—Mix the ingredients into a stiff paste and form into rolls. Place on a cloth sprinkled thickly with rice flour (this must be used again), allow to rise, not quite full, turn over on the baking-sheet, and then bake

in a hot oven. These can be made with baking powder, in which case leave for 10 to 15 minutes before baking.

The rolls flattened with a rolling-pin, lightly spread with beetroot or other jam, rolled and baked, are good for children's teas.

Potato Scones

Materials.—1 lb. dry mashed potatoes, ½ oz. fat, 1 white of egg, a little salt, ½ lb. self-raising flour.

Method.—Mix the ingredients together, adding moisture, if necessary, to make a soft dough. Shape into scones, and allow to rest for 10 to 15 minutes, then bake in the oven or on the hot-plate or girdle.

If the scones are baked in a frying-pan covered with a lid, they are then kept free from draught during the cooking and are very successful. When risen, turn over, and finish baking.

Drop Scones

Materials.—½ lb. dry mashed potato, 1 whole beaten egg, ½ lb. prepared flour, a little water and milk, a little salt and a pinch of sugar.

Method.—Mix the potato, egg, flour, salt

and sugar with sufficient water and milk to make a stiff batter. Drop the mixture on a lightly greased hot-plate or in a frying-pan, and, when set, turn over, but do not let them rest too long on one side. Potatoes lose body in the cooking; it is, therefore, better that all paste made with potato should be kept firm, that is without much liquid.

Maize and Potato Bread

(A Bread of which One cannot Eat Much)

Materials.—1 lb. potatoes, ½ oz. salt, ½ lb. maize semolina, 1½ lb. flour, 1 oz. yeast, 4 oz. rice flour.

Method.—Boil the potatoes and ½ oz. of salt in water. When done, drain (reserve the water) and mash. Return the potato to the liquid, which should be 1 pint. Boil again, and add the maize, cooking until all moisture has been absorbed. Place in a tin or double cooker and steam for 1 hour. Prepare a bread dough with the flour, yeast and ½ oz. salt. When the maize is cooked, turn out and allow to cool until just tepid, then mix with the bread dough. Shape into loaves, and place in greased bread tins,

using the rice flour in the shaping. This will give 4½ lb. of bread, which will keep well and is very satisfying.

Potato Toast

Materials.—6 oz. mashed potatoes, dry and warm, 1 oz. rice flour, half-teaspoonful of baking powder, a little salt.

Method.—Mix together, spread on a greased and floured baking-sheet, and bake. Cut into squares, and then toast in the oven. Or mix 1 lb. of mashed potatoes with 1 beaten egg (fresh or dried), season, and then spread out on a greased and floured baking-sheet. Prick all over, bake in the oven until a golden brown, cut into squares or fingers, and dry in the oven.

Haricot Beans and Rice Biscuits

Materials.—Same ingredients as in the recipe on p. 181, adding 4 oz. rice flour.

Method.—Add sufficient rice flour to the other ingredients to form a fairly stiff paste. Roll out, and cut with a tin lid. Place on a baking-sheet; prick with a skewer, and bake till crisp.

CHAPTER X

SUNDRIES, INCLUDING POCKET LUNCHES AND INVALID DISHES

What is asked of our fighting men? Their lives—their limbs. What is asked of us? Economy in Food and in Fuel.

CHAPTER X

SUNDRIES, INCLUDING POCKET LUNCHES AND INVALID DISHES

Beetroot Jam

Materials.—2 lb. beetroot, 1 oz. sago, ½ lb. raspberry or other strongly flavoured jam, a little almond essence or raspberry flavour, cochineal.

Method.—Roll the beetroot in a sheet of paper and bake like a baked potato, or place in a tin after thoroughly scrubbing and washing, but do not break the skin, or the beet will bleed. Allow about 2 hours to cook. When done, peel and pass through a mincing-machine until quite fine. Soak the sago for 12 hours or more in 1 pint of cold water, then boil until clear, and add the beetroot. This should be done in a preserving-pan. Then add the jam, and boil on until thick enough, and then add the flavouring, and pour into jars.

This jam will keep for a week, but if desired

to preserve for longer, the jars must be placed in water and slowly boiled until at boiling heat right through—about 20 minutes. Then cook at once. The jam will then keep like any preserve, and, when opened, will remain good for 3 days.

Red Currant Jelly (Imitation)

Materials.—2 oz. tapioca, 1 lb. grated beetroot, 2 bundles of forced rhubarb, 4 to 8 oz. sugar.

Method.—Soak the tapioca in 1 pint of water for 12 hours. Boil this in a preserving-pan, adding the beetroot and rhubarb, shredded finely, with skin and all. Boil till clear, strain the liquid, add the sugar, then boil until 1 pint remains. Pour into a jar and let it set. Any apple parings can be added. Small beetroots are best for this purpose.

Apricot and Carrot Jam

Materials.—1 lb. grated carrot, 4 oz. dried apricots, 1 oz. sago, 4 oz. sugar, a little almond essence to taste.

Method.—Soak the apricots for 24 hours, then boil with the carrot in 1 pint of water

in which the sago has been previously soaked. Add the sugar, and boil until clear, flavouring with almond essence to make 1 pint.

The liquid of any apple peelings and cores available, first boiled in water until done and then strained, can be used with the above instead of water.

Marmalade—1

Materials.—1 orange, half a lemon, 2 oz. tapioca or ¼ oz. agar-agar (a vegetable gelatine), 4 oz. sugar, colouring.

Method.—Cut the rinds of the orange and lemon, shred finely, place in cold water, and bring to the boil. Strain the water off, and cover with fresh water and boil until tender. Soak the tapioca or agar-agar until soft, add to the shredded peel, and make up to ¾ of a pint. Now add the sugar and juice of the fruit, bring to the boil, and cook till three-quarters of the original quantity is left, then pour into a dry, warm jar at once to set.

Marmalade—2

Materials.—1 orange, 1 lemon, 8 oz. grated carrot, 2 oz. soaked tapioca, 8 oz.

sugar, almond essence to taste, colour—cochineal or caramel.

Method.—Boil the skins of the orange and lemon in water for 5 minutes, then remove the water and add fresh. Then boil the skins until tender; remove the greater part of the pith of the skins, shred the remainder, place in a preserving-pan with the red part only of the grated carrot. Add the tapioca (soaked overnight for at least 12 hours) and sugar, bring to the boil, skim, cover with a lid, and simmer for 30 to 40 minutes. Add a few drops of almond essence to taste, and pour into hot jars. This should produce 2 lb. of preserve.

Potato Cheese

Materials.—1 lb. mashed potato, 2 oz. fat, 2 oz. rinds of cheese grated finely or chopped, 1 oz. salt, cayenne (as much as will lie on a sixpence), 1 gill of milk, 4 oz. potato flour, 1 oz. milk powder, 1 teaspoonful of mustard, colouring.

Method.—Work all the ingredients well together, place over the fire and stir until boiling hot. Place in a muslin in a basin with a saucer or small plate on the top.

When cold, take out of the basin and keep for one week before use.

This will cut like cheddar cheese. Crushed with a fork and with a little white sauce added, it forms a creamy mixture which makes excellent rarebits when spread on polenta or toast and baked until just browned in a fairly hot oven or under the gas grill.

Maize Crumbs

Materials.—$\frac{1}{2}$ pint of water, $\frac{1}{3}$ oz. of salt, $\frac{1}{2}$ lb. maize semolina, 5 oz. rice flour.

Method.—Boil the water and salt, add the maize, then stir, and keep over the fire till all the moisture is absorbed. Turn out on a pastry-board and allow to cool. Mix with the rice, flour and crumb all; when quite free grain from grain, pass through a coarse sieve or colander. Three-quarters fill a cocoa tin loosely with the crumbs, cover with a muslin and the lid, then place in boiling water, or steam for $\frac{3}{4}$ of an hour. Remove the lid, turn out the contents on a sieve, lightly break up and pass without pressure through the sieve again. These will keep any time.

If they are too dry after a while, moisten

with water and rub between the hands to make them like fresh crumbs.

Savoury Spice

Materials.—1 oz. thyme flower only, 1 oz. bay leaves, ¼ oz. dried parsley, 1 oz. peppercorns, ½ oz. allspice, ½ oz. nutmeg, ½ oz. clove, ¼ oz. ginger.

Method.—Dry and crush all the above ingredients, then pass through a sieve or coffee-mill, place in a tin, and use as directed. 1 oz. of the above spice added to 1 lb. of fine salt forms prepared salt for stuffings, force meat, sausages, etc.

Spiced Sauce

Materials.—4 oz. shallot and onion chopped finely, 1 gill mushroom ketchup, ½ gill golden syrup or treacle or brown sugar, 1 gill anchovy sauce, 1 quart vinegar, 1 clove of garlic, 16 allspice and 8 cloves powdered, 2 teaspoonfuls of mixed spice, 1 teaspoonful ground ginger, 1 teaspoonful mustard, cayenne pepper.

Bottle the whole, shake occasionally. Use 14 days after bottling.

Extract of Fat and Gelatine from Bones

Break the bones small, place in a jar, add 1 gill of water to each pound of bones, seal the jar as tightly as possible, and steam for 6 hours.

Examples.—7 oz. loin of mutton bone produced—1 oz. fat, 2 oz. jelly, 1½ oz. meat. 1 lb. 9 oz. veal bones produced—2½ oz. fat, 1 gill or 5 oz. jelly, 8 oz. meat. 4 lb. beef bones, leg and loin, produced—5 oz. fat, 11 oz. jelly, 10 oz. gristle and meat.

The jelly should be used in pies, the gristle for croquettes, rissoles, patties, and various other preparations mentioned in the recipes in this book.

To Make Coating Batter

This batter is used instead of egg on rissoles, etc.

Mix 4 oz. of flour or a mixture of flour (half of which must be wheaten flour) with half a pint of water or milk, or water and milk, and a pinch of salt. When the articles coated are to be baked, a little oil added to the batter is most helpful to give a good colour to the crumbs.

To make batter for coating fish or other substances baked instead of fried, less

moisture must be used. It should be so thick that it hangs on well, and at least half a gill of oil should be added with the liquid and baking powder (see Frying Batter).

Fats

Fats must be used as moderately as possible. Oil, if obtainable, is an economical fat. It may be used with coco-butter with good results.

An Inexpensive Frying Batter without Egg

Mix 2 tablespoonfuls of self-raising flour with a dessertspoonful of oil, salt, pepper and sufficient milk or water to make the batter. This should adhere to the material to be cooked, but it should not be too stiff.

Suitable for sweet (without pepper) or savoury dishes and for frying or baking.

The Use of Stale Bread

The bread should be dried in an oven, and stored either whole or ground and passed through a sieve. The crumbs are used for bread crumbing, stuffings, etc., the whole bread being soaked for puddings and soups.

Bread Panada

Soak 2 oz. of bread in milk or water, drain well, and stir over the fire to boiling-point until a stiff paste is formed.

Biscuit Meal

Any left over (raw) paste from pies, etc., should be rolled out and baked, dried in a very slow oven, crushed and sieved, and kept in a tin. When soaked it absorbs much water—roughly 2 quarts to 1 lb. of biscuit meal.

Butter, Margarine, Dripping, Lard, Oil, Coco-Butter

Butter is not used for cooking now, and margarine is generally needed for table use. If margarine is used for cooking it should be clarified before use, as the substance used for binding the fats usually sets to the bottom of the pan, to which many failures in frying are due. All skimmings from stocks should be kept carefully, and water added, then boiled up and strained. When cold, remove the fat, scrape the bottom of same, and clarify. This fat is the best of all for use in the kitchen.

To Clarify Coco-Butter

Boil with plenty of water, and cool. Change the water and repeat the boiling. If this is done two or three times much of the coco flavour disappears.

Use in moderation combined with other fats and oil.

To Use up Pickle Liquid

When pickles are used up there remains vinegar or mustard vinegar in the bottle. To utilise this, cut a carrot into pieces and boil for 5 minutes, put into a basin, sprinkle with salt, add a dozen small onions, a few pieces of cauliflower cooked for 5 minutes, and any other available vegetable. Sprinkle the whole with salt and let stand 24 hours.

Boil the vinegar, to which add sufficient fresh vinegar to cover the vegetables. Boil together, then place in a jar and cover. After 2 or 3 days drain the vegetables. Boil the vinegar down to full strength, and if it tastes too watery add more vinegar, then pour in the vegetables and give one boil. Place the vegetables in the jars and pour the vinegar over.

If mustard pickles are wanted, mix a little

mustard powder with corn flour, using half as much flour as mustard, and mix with cold vinegar to a paste. Pour over the boiling vinegar like a custard, stir, and then pour over the vegetables. Seal up, and keep for a week before using.

To Use Cabbage and Cauliflower Stalks as Pickles

The tender parts of cabbage and cauliflower stalks, when skinned, cut in neat pieces, and placed in salt for 24 hours with other vegetables, are useful to add to pickles.

Celery Flavouring

The outside of celery should be washed and skinned, dried in the oven, pulverised and mixed with salt to make celery salt. The green tops can be dried in the oven and then reserved for flavouring when celery is not available.

Cheese Rind

Thoroughly remove the canvas and scrape the rind clean, then chop or grate. Use for rarebit, gratin dishes, etc. This hard, dry cheese is better for cooking than soft cheese.

To Soak a Dried Egg for Quick Use

Cover the dried egg with tepid water, put in a warm place, and stir frequently until the egg is dissolved. Pass through a muslin before using. It is much better, however, to soak the egg overnight.

To Save Fat in Sauces

When fat is not available for making sauces, the best method for thickening is to make a batter with flour, corn flour, arrow-root or potato flour, and cold water, and run this into the boiling liquid, then allow it to come just to the boil. On the first sign of boiling withdraw it from the fire.

To Toughen a Casserole

Boil in water, rub the outside with an onion, and then fill with water and place on the fire to boil.

The best method of strengthening an earthenware casserole (red pottery) is to brush it over with oil and bake it in the oven. This will harden it against sudden air currents. The older they are the tougher they become.

"Stoving" and "Sweating"

The words "stoving" and "sweating" are used here to indicate cooking slowly over gentle heat, so that the meat, fish or vegetable is allowed to throw out the moisture it contains and then the food cooks in its own juice. Thus all the properties of the food are preserved and a much better flavour is obtained.

To Save Fuel

A haybox or fireless cooker should be used. Food can also be cooked in covered tins or jars placed in a pot and surrounded with boiling water. Several tins may be placed in one vessel, and thus a whole dinner can be cooked on one gas ring or electric plate.

When cooking by gas the cook must exercise her intelligence and not use the oven for one dish. If the oven is needed, arrange to cook all other dishes in it. A little thought will show that there are numerous methods of saving coal, wood, gas, electricity and oil.

INVALID DISHES

Note.—Cream may be obtained by doctor's order.

Peptonised Milk

To 1 pint of milk add ¼ pint of water. Heat to a temperature of 140° F. (60° C.), add 2 teaspoonfuls of pancreatic liquor and 20 grs. of bicarbonate of soda; mix this well. Place in warm water to keep up the temperature for 1½ hour, then boil 212° F. and use as ordinary milk.

Peptonising tablets are obtainable at chemists for this preparation.

Peptonised Foods

Can be prepared by adding an equal amount of the peptonised milk to stock or beef-tea and soups. Jellies can be made in a similar manner, preparing them as would be done in the ordinary way.

Steamed Meat or Fish

Should always be sealed up by dipping in boiling water before being placed in the steamer. The time for steaming is equal to that of boiling, except for the necessary time to concentrate the steam in the steamer.

Fish

Place the fillets of fish in a greased dish, season lightly, add a few drops of lemon juice and a little butter on each fillet, and poach very carefully without adding any liquor.

Grilled Fish

Season the fillets of fish, pass through flour, shake well and baste with oil, then grill. The grill should be very hot and clean, otherwise the fish sticks; or the fillet may be placed in a frying-pan with a little clarified fat or oil and very slowly fried, then drained. This is equal to grilling, and much easier.

Fish Pudding

Materials.—1 fillet of whiting, ½ gill of white sauce (see p. 41), 1 tablespoonful of cream, the white of an egg.

Method.—Pound the whiting, add the white sauce, season with salt and pass through a sieve, adding the cream and the white of egg loosely whipped. Put in a buttered mould and place this in boiling water reaching to within three-quarter the height of the mould, and poach very carefully. Turn out and serve with the following sauce:—

Materials.—A few drops of lemon juice, 1 tablespoonful of cream.

Method.—Boil the bones of the whiting with a little water and lemon juice. When done (about 10 minutes), strain with pressure and reduce the liquid till it forms a jelly. Add the cream, season if necessary, and pour over the pudding.

Poached Fillets of Chicken

Lift the fillets, remove the sinews of the flesh, place in a greased saucepan, season very lightly with salt, place the fillets in it and cover with greased paper. Let "sweat" very slowly for 5 minutes each side. Or season with salt, brush over with beaten egg and pass through bread-crumbs, flatten, then fry in oil to a golden colour (10 minutes). Drain before serving.

Quenelles

Pound the fillet of chicken with salt in a mortar, pass through sieve, place in ice in a basin, and work in twice the amount of cream, a little at a time; each time make sure that the mixture is quite smooth before adding the next spoonful. Shape

with the spoon, or in a greased quenelle mould, and poach (do not boil) for 12 to 15 minutes.

Creams

After the fillet has been poached, pound in a mortar, add the liquid and, if necessary, a little reduced chicken jelly. Mix with an equal quantity of loosely whipped cream and place in a glass dish or in a mould to set.

Soufflé

1. Prepare as for quenelles. Add half of a loosely whipped white of egg and poach as a pudding very slowly.

2. Pound a cooked fillet, add ½ gill of white sauce or cream, 1 yolk of egg and a whipped white. Mix lightly. Place in a buttered soufflé dish and bake in the oven, placed in a water bath.

Sweetbread

Soak in water and salt for 12 hours, drain and parboil for 10 minutes, then refresh and place under press to cool. Place with chicken stock on the fire and poach till tender. Serve with the following sauce :

1 yolk of egg, and 1 tablespoonful of cream and 1 of the stock in which the sweetbread was cooked. Season to taste and cook like a custard. A few drops of lemon juice are to be added.

Fried Sweetbread

Cut the sweetbread into slices (after parboiling and pressing) ½ inch thick. Season, brush over with egg and pass through the breadcrumbs. Fry in oil.

Tripe

Stew the tripe till quite tender, then prepare sauce as for sweetbread and place the tripe in it. Cream could be omitted and milk used instead.

Farinaceous Food

This should be cooked for at least 1 hour, and only fine flour used.

Boiled Egg

Boil the water, put the egg in, then place on the side of the stove with the lid on for

5 minutes. This leaves the white like a jelly.

Ox Cheek Broth

Take one slice of ox cheek, wash well, place in a saucepan covered with water and simmer for 4 hours. Strain. This sets to a jelly. Any cereal can be added, such as rice or barley, cooked thoroughly and then strained.

Bouilli

Ox cheek stewed for hours until it falls to shreds, pounded in a mortar, and passed through a sieve. The liquor added makes a pure meat jelly.

Beef-Tea, Mutton-Tea, Veal-Tea, Chicken-Tea, etc.

Half a pound of flesh without fat or gristle, shredded or pounded, mixed with ½ pint of water and a few grains of salt. Allow to stand for 1 hour, then place on the fire and stir with a fork until milky. Strain through strainer and press all the juice out. Allow to stand, remove all fat, season to taste, and when serving, stir so as to use the

sediment, which is the only food in the tea.

POCKET LUNCHES

Pies, cutlets, rissoles, pasties, sandwiches, brissoles, sausages, baked beans, nuts, buns and cake are suitable for pocket lunches.

Baked Beans

Soak and steam the beans, then lightly grease with oil, and bake in the oven until crisp. Sprinkle with salt. Leave until cold ; they will then eat crisp like nuts.

Picnic Roll

Make a 1½ oz. round of bread dough, lay in the centre a mixture of any meat or fish preparation, gather the edges together and shape into a ball. Turn over on to a baking-sheet, allow the dough to rise, then bake in a hot oven, like a roll or bun, or use pastry instead of bread dough.

Potted Rice and Meat for Sandwiches

Materials.—4 oz. meat, 4 oz. rice, a little stock, salt to taste, pepper and a pinch of spice, 2 oz. fat.

Method.—Boil the meat and rice in a little stock, season with salt, pepper and a pinch of spice. Pass through a mincer several times until thoroughly fine, then add the fat, pass through a sieve and use for sandwiches.

Cheese, Tomato and Nut Sandwiches

Materials.—1 oz. nut butter or other fat, 2 oz. grated cheese, 2 oz. grated nuts, ½ lb. tomatoes, a little pepper.

Method.—Cut the tomatoes in four and cook till tender, then pass through a sieve. Next stir over a fire till thick, let cool, and mix with the other ingredients. Season by adding a little paprika pepper, and make sandwiches with the mixture. This mixture also makes a very nice little savoury.

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"DAILY MAIL" WAR RECIPES

BY

MRS. C. S. PEEL

THIS book is published in compliance with the demand of Readers of the *Daily Mail* for a Cookery Book compiled from Recipes issued by the Food Bureau. The Recipes are arranged to suit present conditions. Readers requiring information should apply through the "Daily Mail Food Bureau."

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