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"Daily Mail"
WAR RECIPES



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"DAILY MAIL" WAR RECIPES

BY
MRS. C. S. PEEL

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MRS. C. S. PEEL

Author of "10/- a head per week for House Books"
"The Single Handed Cook"
"How to Keep House," etc.

NOTE

THIS book is published in compliance with the demand of readers of the *Daily Mail* for a Cookery Book compiled from some of the many recipes issued by the Food Bureau.

My thanks are due to the Editor of the *Daily Mail* for permission to re-publish the recipes, which have been specially arranged to suit present conditions.

DOROTHY C. PEEL.

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STOCKS AND SOUPS

Clear Vegetable Stock or Soup.

Materials.—1 oz. fat, 1 lb. of mixed vegetables cut small, 1 teaspoonful of chopped parsley stalks, 4 crushed peppercorns, 3 cloves and seasoning to taste, 1 teaspoonful of celery seed (if no celery is included with the other vegetables) tied in a muslin bag, 1 quart hot water.

Method.—Place the vegetables and fat in a pan and let them cook very gently for an hour, stirring now and then. Then add the water, the bag of seasoning and salt and simmer for one hour. Strain off, add a little colouring if necessary, and garnish with rice, macaroni, peas or shred vegetables. Use the soup vegetables for making a thick vegetable soup.

Clear Stock made from Vegetable Peelings.

Method.—When peeling potatoes, onions, apples, pears, and using celery and parsley for other purposes, use the peelings and trimmings for stock. Before peeling scrub and wash thoroughly, then keep all the peel, also the cleansed root of the celery, the stalks of parsley, the outside leaves (if clean and fresh) of lettuce, cabbage, cauliflower. Add water and seasoning, simmer two hours and strain. This makes a good foundation for thick soup or sauce, and for savoury, cereal and pulse

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dishes. The main point when making this stock is that the material used must be perfectly clean and in no way decayed.

A White Fish Soup.

Materials.—The water in which any well-washed fish has been boiled, milk, salt, a pinch of curry powder, a spoonful of cornflour, a few spoonsful of boiled rice.

Method.—Boil the stock down until there is about half the quantity, then add an equal quantity of milk or milk and water. Add salt to taste, and then mix the curry powder and cornflour with half a cupful of the soup. When smooth, stir it into the soup. Put the boiled rice in the hot tureen and pour in the soup.

Vegetarian Scotch Broth.

Materials.—4 carrots, 3 turnips, 3 onions, 2 quarts water or vegetable stock, 3 oz. pearl barley, 1 teaspoonful of chopped parsley, salt and pepper.

Method.—Wash and peel the vegetables, cut into small dice, put the water or stock into a saucepan and bring to the boil, add the vegetables. Wash the barley and add, let all simmer till the vegetables are soft and the barley cooked. Season, sprinkle the parsley at the bottom of a tureen, pour the boiling soup on to it and serve. Small dumplings can be served in this if liked.

Haricot Soup.

Materials.— $\frac{1}{2}$ pint haricot beans, 1 onion, 2 small potatoes, 1 turnip, 1 quart of vegetable or cereal

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stock or water, $\frac{1}{4}$ pint milk (if liked), seasoning.

Method.—Wash the beans and soak overnight in cold water. Put into a pan with the stock and the water they were soaked in. Let it come to the boil. Skim. Wash, peel and slice the vegetables and add. Simmer all gently two hours or till the beans are tender. Rub all through a sieve. Add the milk. Return to the pan. Boil up again. Season and serve.

Any beans or split peas can be used for this soup.

Potato Soup.

Materials.—1 lb. of peeled potatoes, 1 onion, a little fat, $1\frac{1}{2}$ pints of water, pepper and salt, $\frac{1}{2}$ pint of milk.

Method.—Cut up the potatoes, slice the onion and just brown it in a little fat. Add the potatoes and water, pepper and salt to taste, bring to the boil and simmer for two hours. Pass through a sieve, add $\frac{1}{2}$ pint of milk and make very hot.

Barley Soup.

Materials.—2 oz. of pearl barley, 1 lb. carrots and turnips, a sprig of parsley, a small piece of celery, 2 good-sized onions, salt and pepper, sufficient water to make in all 2 quarts, $\frac{1}{2}$ pint of milk.

Method.—Cover the barley with water and soak overnight. Put it into a casserole with the carrots and turnips sliced, adding the parsley, celery, onions, salt, pepper and water. Bring it to the boil and simmer very gently until the barley is done. Rub it through a wire sieve, add $\frac{1}{2}$ pint of milk, bring it to the boil again and serve.

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Spinach Soup with Dumplings.

Materials.—1 lb. spinach, 1 turnip, 2 onions, 1 small head of celery, 2 carrots, a little thyme and parsley, 1 pint of stock, $\frac{1}{2}$ oz. of clarified fat, pepper and salt, 1 quart of water.

Method.—Cut up the vegetables and stew all together till tender, pass through a sieve. Add to the vegetable pulp and liquor a quart of water, and boil together. Have ready 2 small dumplings for each person, put them in the tureen and pour the boiling soup on to them and serve. Time, two hours.

For Dumplings, see page 13.

Parsnip Soup.

Materials.—4 parsnips, 1 onion, 3 pints of any kind of well-flavoured stock, some well-scalded bacon rinds if available, 1 oz. of fat, 1 oz. of rice, salt and pepper, a pinch of ground mace.

Method.—Chop the onion finely and fry in the fat, then add the parsnips, which should have been washed and grated, then the rice, stock and bacon rinds. Bring to the boil, season and simmer gently for $1\frac{1}{2}$ hours. Test, season again if required, remove the bacon rinds, put through a sieve and serve very hot. Turnip soup may be made in the same way, and if a little milk can be allowed it improves the soup. Too much soft food is not good for the digestion, therefore some cubes of fried bread or toast crusts well browned in the oven should be served with the soup.

Carrot Soup with Toast.

Materials.—2 quarts of stock, 2 large onions, 1 turnip, 6 large carrots, 1 small head of celery, pepper and salt.

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Method.—Scrape and cut up the red portion only of the carrots, add other vegetables all cut up, and cover close; simmer gently for three hours. Pass all through a sieve, season with salt and pepper, and serve with dice of bread well toasted so that they need thorough mastication.

Small Dumplings for Serving in Soup and Stews.

Materials.— $\frac{1}{2}$ lb. flour, 1 oz. of dripping or any fat, water and salt.

Method.—Rub the dripping into the flour, add salt. Moisten with a little water, form into balls the size of a marble and drop into boiling water or stock; cook about thirty minutes.

Norfolk Dumplings.

Materials.—4 oz. flour, salt, water, $\frac{1}{2}$ teaspoonful baking powder.

Method.—Mix the flour, salt and baking powder, add sufficient water to form a stiff dough. Roll into balls, and cook in boiling stock or water thirty minutes. If served with boiled beef they are cooked in the same water as the meat.

SAUCES, SALAD DRESSINGS AND BATTERS

White Sauce ($\frac{1}{2}$ pint) without Fat.

Materials.— $\frac{1}{2}$ oz. of flour or 1 oz. cornflour, 1 gill of milk, 1 gill of water or cereal stock (water in which rice, macaroni or beans have been cooked), $\frac{1}{2}$ a peeled onion with 2 cloves stuck into it, salt and pepper.

Method.—Put all but two tablespoonfuls of the $\frac{1}{2}$ pint of liquid into a pan with the onion and cloves and bring it to the boil. Meanwhile put the flour into a basin and mix into it by degrees the cold liquid, stir until the mixture becomes quite smooth. Strain on to it slowly the boiling liquid and stir thoroughly. Return to the pan, bring to the boil again, season, and then simmer gently for five minutes. Serve plain or add chopped parsley, capers, anchovy essence or chopped hard-boiled egg, or stir in 1 oz. to 2 oz. of finely grated dry cheese or two onions cooked, chopped and sieved. A spoonful or two of unsweetened condensed milk makes the sauce rich and creamy.

Sweet Sauce.

This sauce, without pepper, salt or onions, is made in the same fashion as the savoury white sauce, using cornflour and milk and water; it is

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then sweetened with sugar (1 teaspoonful suffices), honey, jam or ginger syrup.

Brown Sauce ($\frac{1}{2}$ pint) without Fat.

$\frac{1}{2}$ oz. of flour, $\frac{1}{2}$ pint of brown stock. Proceed as before, and at the last add a very little browning to improve the colour. To vary the sauce add a spoonful or two of Tomato Purée, Onion Purée (minced, fried until soft and brown and sieved), a few drops of ketchup, or a little sieved chutney.

Sauce for Binding Rissoles

may be made in the same way but needs to be thicker, therefore use 2 oz. of flour to $\frac{1}{2}$ pint liquid.

Onion Sauce without Fat.

Materials.—4 onions, 1 oz. flour, $\frac{1}{2}$ pint of milk and water or vegetable stock, season.

Method.—Peel the onions and boil in salted water till tender, strain and chop. Mix the flour with a little cold stock, add to the boiling stock and milk, stir till it boils, simmer four minutes, add the onions, re-heat, season and serve. This can be made in the same manner with leeks. It is a war time sauce containing no fat. If, however, an ounce of fat may be used it improves the sauce. It should be melted first and the flour blended with it and the stock gradually stirred into it.

Curry Sauce.

Materials.— $\frac{1}{2}$ oz. fat, $\frac{1}{2}$ an apple or 2 inches rhubarb, 1 large onion, $\frac{1}{2}$ pint vegetable or cereal stock, 1 large tablespoonful of curry powder, 1 oz.

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flour, salt, lemon juice, 1 tablespoonful desiccated cocoanut.

Method.—Melt the fat, add the shredded onion, fry without browning, add the curry powder and flour, stir well for four minutes, add the stock. Peel, core and mince the apple or rhubarb and add, stir till boiling, then simmer gently half an hour. Season with salt and a little lemon juice. Strain and serve.

This is improved by putting a tablespoonful of desiccated cocoanut into a basin, pour on a gill of boiling water, let it stand twenty minutes, then strain into the sauce when it comes to the boil. If the sauce is too thick when finished add more stock.

Mayonnaise Sauce without Oil.

Materials.—2 eggs, 1 tin unsweetened condensed milk, 1 teaspoonful cornflour, $\frac{1}{2}$ gill strong vinegar, $\frac{1}{2}$ teaspoonful mustard, salt, cayenne pepper.

Method.—Beat up the eggs in a basin with the milk and cornflour, place over a basin of boiling water and whisk till a thick creamy substance is formed, place the mustard, salt, cayenne pepper and vinegar in a basin. Mix well, and when the cream is formed, add the prepared vinegar and mix well. Use cold.

Salad Dressing without Oil.

Materials.—1 dessertspoonful of minced onion, 1 dessertspoonful of chopped green tarragon or a few drops of tarragon vinegar, 1 teaspoonful of salt, $\frac{1}{2}$ saltspoonful of cayenne, $\frac{1}{2}$ pint of unsweetened condensed milk, a few drops of vinegar.

Method.—Pound the salt, pepper, onion and tarra-

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gon to a paste. Add the condensed milk, and mix well, then beat, add very gradually about 10 drops of vinegar.

Batter made with Oil.

Materials.—4 oz. flour, 1 tablespoonful of oil, 1 gill tepid water, pinch of salt.

Method.—Sieve the flour and salt, mix the oil and tepid water, and add gradually to the flour. Beat well. Let it stand half an hour before using. This makes a good frying batter. If required for pancakes, use $\frac{1}{2}$ pint of tepid milk in place of the water.

A Good Coating Batter.

Materials.—1 tablespoonful of flour, 1 teaspoonful Bird's egg powder, a pinch of salt.

Method.—Mix the flour, egg powder and salt on a plate. Stir gradually to it enough water to make a smooth batter which must be thick enough to coat the articles dipped in it. Brush rissoles, croquettes, etc., with this mixture, then dip in maize meal or medium oatmeal and fry.

FISH

Fish au vin Blanc

Materials.—4 fillets of white fish, a little stock (made from the bones, etc., of the fish which was filleted), salt and pepper, 2 tablespoonsful of white wine or juice of half a lemon, 1 teaspoonful of finely minced parsley, a few browned breadcrumbs.

Method.—Grease a fireproof dish and rub it with onion or garlic and put the fillets in it. Moisten with stock, season with salt and pepper, add the wine or lemon juice and parsley. Cover with browned bread crumbs and bake for about fifteen minutes in a moderate oven.

Flaked Fish in Batter.

Materials.— $\frac{1}{2}$ lb. any cooked fish or tinned salmon, 4 oz. flour, $\frac{1}{2}$ pint milk or milk and water, 1 egg or 1 prepared dried egg, salt and pepper to taste.

Method.—Sieve the flour and salt into a basin. Make a well in the centre, put in the egg and a little milk. Work the flour in gradually, adding milk by degrees till it is smooth. Beat well with a wooden spoon, then add the rest of the milk. Let it stand half an hour. Free the fish from skin and bone. Break into flakes, sprinkle with salt and pepper and cayenne if liked. Stir into the batter, and turn all into a greased piedish or a fireproof dish. Bake

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in a fairly hot oven till set and crisp and brown on the top.

A cheaper batter can be made by using $\frac{1}{2}$ teaspoonful carbonate of soda and $1\frac{1}{2}$ teaspoonsful of vinegar in place of the egg. In this case stir the milk into the batter by degrees, beat well and add the vinegar and soda (mixed with a little cold milk) just before putting in the fish. It must be baked directly after adding them.

How to prepare Fresh Cod's Roe.

Materials.—1 cod's roe, 1 tablespoonful of vinegar, 1 dessertspoonful of salt.

Method.—Put the cod's roe into a pan of boiling salted water and cook for five minutes. Take it out and put into cold water for a few minutes. To this water add the vinegar and salt, bring to the boil and simmer thirty minutes. Drain and let it get cold.

Cod's Roe au Gratin.

Cook the cod's roe in the above manner, and have ready some red Egyptian lentils, cooked as below. Break the roe into very small pieces, and mix with the lentils and sauce. Season well and put into a fireproof dish, and brown under a griller or in the oven.

4 oz. of washed red lentils and 1 minced onion should be put into a pan with 1 pint of cold water or stock and brought to the boil. Then simmer till soft, and the liquid absorbed.

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Dried Cod's Roe.

The above dish can be made with fresh, dried or smoked cod's roe. When using dried roe it is cut into slices, crumbled and mixed with the lentils, when they are cooked soft. Cook together for five minutes, and then turn into the fireproof dish.

Rice can be substituted for lentils, cooked till soft in the same manner.

Savoury Fish Mould (Cold).

Materials.—2 oz. boiled rice, $\frac{1}{4}$ lb. cooked smoked haddock, $\frac{1}{2}$ lb. cooked white fish, 2 gills of white sauce, 1 gill unsweetened condensed milk, $\frac{1}{2}$ oz. gelatine, $\frac{1}{2}$ gill water, cayenne, salt and pepper.

Method.—Dissolve the gelatine in the water over gentle heat. Free the fish from skin and bone, flake it finely and put it three times through a sharp mincer. Mix it with the rice, white sauce and seasoning, add the melted gelatine and condensed milk, and when cool but not set pour it into a china mould which has been rinsed in cold water and decorate with shapes of beetroot. When set turn out and garnish with some green salad.

Fish en Casserole.

Materials.—A slice of white fish, 1 teaspoonful of fat, $\frac{1}{2}$ gill of stock or water.

Method.—Dip the fish in boiling water for two or three minutes. This hardens the outside of the fish and keeps all the nourishment in it. Place the fat in a casserole, when melted put in the fish. Add the stock or water and cook quite gently until the fish is done. The time will depend on the thick-

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ness of the fish. If a fillet is substituted for a slice, fifteen minutes' gentle cooking should suffice; a thick slice of fish might need thirty minutes. When fish parts easily from the bone it is sufficiently done. To vary the dish pour off the liquid and make with it tomato, onion, caper, or curry sauce and return it to the casserole.

Fish Salad (Cold).

Materials.—Cold fish, cooked cold potatoes, butter beans and beetroot, some mayonnaise sauce, yolk of a hard-boiled egg, little parsley.

Method.—Take any cold boiled or steamed fish, or use tinned fish, or a mixture of both. Shred it. Now place in a salad bowl or suitable dish a layer of cold, cooked, sliced potato, some cold cooked butter beans and make a border of sliced beetroot. Pile up the shredded fish in the centre, cover with mayonnaise sauce, scatter the sieved yolk of a hard-boiled egg over, or a little very finely minced parsley. If prawns or shrimps are available, they are a delicious addition to the fish.

Excellent mayonnaise sauce may be made without oil (*see page 16*).

If the fish is boiled, a method which is not advised, the water in which it is cooked should be used for soup (*see page 10*).

EGGS

Egyptian Eggs (Hot or Cold).

Materials.—4 hard-boiled eggs, savoury lentil mixture, little milk and breadcrumbs, polenta cakes.

Method.—Coat the eggs with savoury lentil mixture half an inch thick. Brush over with milk and roll in fine breadcrumbs. Place on a greased tin and bake in a sharp oven for about ten minutes. Cut in half and serve (hot) on round polenta cakes, or cold without the polenta and with salad.

For Savoury Lentil Mixture see page 42.

For Polenta, page 43.

Scrambled Eggs with Rice.

Proceed as for ordinary scrambled eggs, but mix in two tablespoonsful of boiled rice to each egg.

Sardine Eggs (Cold).

Materials.—3 hard-boiled eggs, 6 sardines, 1 teaspoonful of vinegar, a little chopped parsley, salt and pepper, watercress.

Method.—Cut the eggs in half, remove the yolks, place these in a basin with the sardines, from which the skins and backbones have been removed. Mix a teaspoonful of the oil from the sardines, a little chopped parsley and the vinegar, salt and pepper

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with the sardines and rub all well together to a paste. Fill the halves of white of egg with this mixture, and form a small basket by making a handle of a stalk of watercress. Dish in a bowl of watercress.

Creamed Eggs with Polenta.

Materials.—Some eggs, a little milk, a little chopped parsley, salt and pepper.

Method.—Slightly grease some little fireproof china saucepans and break an egg neatly in each and pour a little milk over. Sprinkle chopped parsley, salt and pepper over and put into the oven till set. Serve with baked polenta cakes (page 43).

Eggs with Mashed Potato.

Materials.—As many eggs as required, salt and pepper, a little chopped parsley, some mashed potato.

Method.—Take some small china egg dishes, grease slightly and line with mashed potato. Break an egg carefully into each, sprinkle with salt, pepper and some chopped parsley. Put into a moderate oven on a baking sheet and when set serve at once.

Four or more eggs can be carefully put in one fireproof dish and cooked together if liked.

Spinach and Eggs.

Materials.—2 lb. of spinach, seasoning to taste, 1 tablespoonful of milk, a tiny pinch of grated nutmeg, some scrambled eggs.

Method.—Pick over the spinach and wash in several waters. Put into a saucepan without any

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water over slow heat. Stir frequently to prevent it burning before the water oozes out, then simmer till the spinach is tender. Drain well, and rub through a sieve, season and add a tablespoonful of milk, and a tiny pinch of grated nutmeg. Arrange on a dish and put the scrambled eggs in the centre, using dried eggs according to the directions on the packet, or fresh eggs with boiled rice added.

Chaudfroid of Eggs.

Materials.—4 oz. boiled rice, 4 hard-boiled eggs chopped, 2 gills of white sauce, 1 teaspoonful of finely minced parsley stalks, 1 gill unsweetened condensed milk, $\frac{1}{2}$ oz. of gelatine, $\frac{1}{2}$ gill of water, cayenne, salt and pepper.

Method.—Dissolve the gelatine in the water over gentle heat. Mix it with the sauce and condensed milk and then stir in the other ingredients. Rinse a plain china mould in cold water and decorate it with shapes of beetroot and green peas. Fill with the egg mixture and serve with green salad.

SOME DISHES WITH A LITTLE MEAT

SUITABLE METHODS OF COOKING SMALL PIECES OF MEAT.

To Pot-Roast.

Remove any fat that there is on the meat and put 2 or 3 oz. of it in a stewpan or large casserole; when very hot put in the meat and just brown it on both sides. Lower the heat of the gas or draw the pan to a cooler part of the range and cook very gently, allowing about twenty-five minutes to each pound and twenty minutes over. Keep the lid on but look at the meat now and again to see that it does not burn and to turn it; add a little more fat if necessary. When ready for table pour off all but 1 tablespoonful of the fat; mix that with 1 dessertspoonful of flour and cook until brown; add $\frac{1}{2}$ pint of stock, mix well; season, pour into the casserole with the meat and make very hot.

Those people who like meat underdone are fortunate in these days, as very well-cooked or over-cooked meat loses in nourishment. In some cases it would be wise to divide the meat and to serve freshly cooked meat twice or three times rather than to cook it all at once and serve it cold or as a rechauffé, though when a mince or hash or curry is made from cooked meat not very much harm is

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done provided the reheating is gentle and gradual. If there is any fear of meat being tough it is always better to pot-roast or stew it rather than to roast in the oven.

To Stew or Braise Meat.

Flour the meat lightly and brown it as before. Then add about one teacupful of hot stock, salt and pepper, a little mace or nutmeg if liked, and any sliced or chopped vegetables. Now take 6 or 8 peppercorns and 2 cloves, a little parsley, and if no fresh celery is available a little celery seed, and also a teaspoonful of dried herbs tied in muslin. Cover and cook very gently until the meat is tender. Take out the bag of seasoning and put liquid and vegetables through the sieve and serve round the meat. Or, do not flour the meat but strain off the liquid and brown it with a little Parisian essence. Pour it round the meat and serve with the vegetables in four heaps round the dish.

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

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

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and added to the stew or braise make a pleasant change.

To Boil Bacon.

Soak the piece of bacon to be boiled for one or two hours in cold water; put into a saucepan with sufficient cold water to cover. Bring slowly to the boil, skim well; then simmer gently until done. Remove the skin and sprinkle maize meal or medium oatmeal over the top. 2 lb. take one and a half hours. Allow half an hour for each extra pound. When the liquor is cold skim the fat off the top, put into a basin, pour boiling water over and let it stand. The cake of fat that rises to the top when cold can be used for pastry or cakes. If not too salt the liquor can be used as stock for lentil or pea soup.

To Re-heat Boiled Bacon.

Cut into thin slices, dip in maize meal or bread-crumbs, put in a frying pan, and cook under a griller.

Minced Bacon.

Mince some cold bacon very finely with a little onion. Put into a stewpan with 1 oz. of bread-crumbs, some cayenne pepper and just enough stock to moisten. Mix well and serve on rounds of toast or on polenta cakes, page 43.

Bacon Rolls.

Make some potato pastry; roll out a little larger than a rasher of bacon. Spread a thin rasher on each piece of pastry; roll up and bake in a fairly hot oven till brown.

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Bacon Olives.

Cut some very thin slices of bacon, lay them flat and put a little well-seasoned minced meat, fowl or liver moistened with a few drops of gravy on each piece. Roll up: lay on a baking sheet, sprinkle maize meal over and bake in a fairly hot oven, or dip in batter and fry in hot fat.

In place of meat some savoury lentil mixture can be put in the centre of each rasher.

Bacon for Breakfast or Supper.

Materials.—6 rashers of bacon, 6 polenta or potato cakes, 3 tomatoes.

Method.—Fry the rashers slowly, shaking the pan well. Remove from the pan and keep warm. Have ready 6 polenta or potato cakes, brown in the bacon fat in the frying-pan. Arrange on a hot dish and keep warm. Cut each tomato in half and fry in the pan in which the bacon and polenta were cooked. Arrange half a tomato on each polenta cake and put the rasher on the top. Re-heat under a griller or in the oven and serve hot.

Bacon Pudding.

Materials.—4 oz. lean bacon, 4 potatoes (raw), 1 large onion, 1 tablespoonful of minced parsley, thyme, marjoram and sage, $\frac{1}{4}$ lb. suet paste or paste without fat, seasoning.

Method.—Roll out the pastry as for jam roll. Cut up the bacon and peeled potatoes into dice. Mince the onion, spread all over the pastry and sprinkle the herbs and seasoning over. Roll up, tie in a scalded floured cloth and boil two hours. Serve with thick brown or tomato sauce.

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Bacon and Macaroni.

Materials.—4 oz. macaroni or spaghetti, $\frac{1}{2}$ pint vegetable or cereal stock, 4 oz. streaky bacon, salt, pepper, nutmeg.

Method.—Break the macaroni into short lengths and cook for five minutes in boiling salted water. Drain. Boil up $\frac{1}{2}$ pint of stock; skim; add the macaroni and cook till soft. Slice 4 oz. of streaky bacon thinly; then cut into small dice and fry a little. Add the cooked macaroni; season well, and sprinkle over a dust of nutmeg. Stir well. Then put into a fireproof dish and brown in the oven or under a griller.

Bean and Bacon Pie.

Materials.—1 pint haricot beans, 1 onion, 1 tomato, $\frac{1}{4}$ lb. bacon, salt and pepper.

SHORT CRUST.

Materials.—6 oz. flour, 2 oz. fat, salt, water to mix, 1 teaspoonful baking powder.

Method.—Wash the beans and soak in cold water overnight. Put in a saucepan in the water in which they were soaked. Bring to the boil and simmer till tender. Cut the bacon into dice, slice the tomato and mince the onion and put into a pie dish with the strained beans, sprinkle a little salt and pepper over. Thicken some of the water the beans were cooked in with a little flour and add.

For the Pastry.—Sieve the flour, salt and baking powder into a basin. Rub in the fat. Mix to a stiff paste with water. Roll out. Cover the pie dish. Knock up the sides. Make a hole in the centre and decorate with leaves of pastry. Cook in a hot

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oven about thirty minutes. Sufficient for six people.

Sardines and Bacon.

Materials.—6 sardines, 6 rashers of bacon, toast or potato or polenta cakes.

Method.—Remove the skins and bones from the sardines, cut some very thin rashers of bacon (cut off the rinds) and roll one round each sardine; place on a baking sheet and bake in a moderate oven about eight minutes. Serve on rounds of toast or small polenta or potato cakes. Sprinkle a little chopped parsley over.

Mince and Polenta en Casserole.

THE POLENTA.

Materials.— $\frac{1}{2}$ pint of milk and water, $\frac{1}{2}$ teacupful of yellow maize meal, $\frac{1}{2}$ teaspoonful of salt.

Method.—Place the salt in the milk and water and bring to the boil. Scatter in the maize meal by degrees and stir well, cook for about ten minutes, stirring all the time. Remove to a cool place and simmer half an hour, stirring occasionally.

THE MINCE.

Materials.—3 oz. raw minced meat, 1 partly cooked shredded carrot or 2 quartered tomatoes, $\frac{1}{2}$ an onion, 1 gill vegetable stock.

Method.—Put the ingredients into a small casserole and add seasoning to taste. Cook slowly for three-quarters of an hour with the lid on the casserole. Remove from the oven, cover with the polenta; return the casserole to the oven without the lid and cook until the polenta is slightly browned. Serve in the casserole.

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Steamed Steak Pudding.

Materials.—4 oz. flour, 4 oz. grated raw potato, 3 oz. meat (uncooked), 2 oz. cooked macaroni, 1 onion, 1 teaspoonful chopped parsley, salt, pepper, $\frac{1}{2}$ teaspoonful mixed herbs, a little vegetable stock.

Method.—Cut the meat into small dice and the macaroni into short lengths. Mince the onion, mix together with seasoning, herbs and parsley. Mix the flour, a pinch of salt and the grated potato to a stiffish dough with water, roll out, keeping back a portion for the lid. Line a greased basin with the paste, fill with the meat mixture, pour in two tablespoonsful of vegetable or cereal stock. Roll out a round of pastry to fit the top, put on, pressing the edges well together. Cover with grease-proof paper and steam for two and a half to three hours.

Meat Pasties.

Materials.—Some pastry without fat, or ordinary short crust, 3 oz. raw meat, 3 oz. raw potatoes, $\frac{1}{2}$ an onion, 1 carrot, seasoning.

Method.—Cut the meat, potatoes and carrot into dice, mince the onion and mix all together with about 3 dessertspoonsful of water and seasoning. Roll out the pastry thinly, cut into large rounds with a saucepan lid, place a little heap of the meat mixture on each round, moisten half way round the pastry with a little water, fold the other half over, press the edges well together and form into large scallops. Brush over with milk, place on a greased baking sheet and bake in a hot oven for fifteen minutes, then in a cooler part of the oven for about half an hour longer.

This is sufficient for two pasties.

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Liver and Bacon with Rice.

Materials.—Cut 1 lb. of liver into slices, $\frac{1}{4}$ inch thick, allow 1 slice per person. Dredge with flour. Allow $\frac{1}{2}$ a rasher of bacon to each slice of liver.

Method.—Fry the bacon and then remove and keep hot. Fry the liver in the bacon fat until brown. Remove it and keep hot. Dredge a little flour into the fat in the pan, add $\frac{1}{4}$ pint of stock, salt and pepper. Stir until the sauce boils.

Have ready a good dish of boiled rice, arrange this in a dish. Place the liver and bacon on it and pour the gravy over. Serve very hot.

Liver and Bacon with Polenta.

Cook the liver and bacon as before. Have ready some polenta cakes. Place them in a dish. Arrange a slice of liver and bacon on each and pour the gravy over. Serve very hot.

For Polenta Cakes, see page 43.

Rabbit Brawn.

Materials.—1 rabbit, 1 onion, stuck with cloves, a bunch of parsley and thyme, 1 bay leaf, salt and pepper, 1 oz. gelatine, a small piece of ham or bacon, one or two hard-boiled eggs cut in quarters.

Method.—Skin, empty and wash the rabbit, take out the kidneys and liver. Put the rabbit into boiling water, and leave for five minutes to blanch. Drain and put into a stewpan with cold water to cover. Add the onion stuck with cloves, parsley, thyme and bay leaf, salt and pepper. Simmer gently till tender. Skim carefully. Take out the

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rabbit, cut off the head and neck, cut the flesh from the bones in neat pieces. Scrape the remainder of the meat from the bones and lay on one side. Put the bones into a clean pan with the rabbit broth and the gelatine which has been soaked in cold water. Put the ham or bacon into the liquor, let it simmer till done, take out and simmer the gravy till reduced to 1 pint. Strain through a cloth. Season. Dip a mould into clean water. Pour in a little of the gravy just before it sets and coat the mould with it. Arrange the pieces of rabbit in this with the ham or bacon cut in strips; the liver and kidneys, which should have been fried till tender and sliced, and the hard-boiled eggs. Leave room for the stock to flow in among the pieces and arrange nicely. Pour the rest of the stock over and let it set. When cold turn out and serve with salad.

The meat scraped from the bones can be made into rissoles or shepherd's pie, etc.

Cold Savoury Mould.

Materials.—3 oz. cooked meat, any cold cooked vegetable in season, such as carrots, peas, sliced French beans, cauliflower sprigs, 1 sliced hard-boiled egg, if liked, 1 pint of stock flavoured with Tarragon vinegar, $\frac{1}{2}$ oz. gelatine, seasoning.

Method.—Cut the meat into small dice or put it through a mincing machine. Cut the vegetable into small dice. Bring the stock to the boil, season well and add enough Tarragon vinegar to flavour. Remove from the fire, add the gelatine, stir till melted, cool, and when cold and nearly setting, add the meat and vegetables. Pour into a china mould which has been rinsed in cold water. When set turn out and serve with potato salad.

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War Time Galantine (Hot or Cold).

Materials.—8 oz. cooked red lentils, 4 oz. sausage meat, 6 oz. fine dry breadcrumbs, 1 teaspoonful each of chopped parsley, grated onion and mixed herbs, 4 oz. grated carrots, salt and pepper to taste.

Method.—Mix all the ingredients with one raw egg or one dried egg (prepared according to the directions) beaten up with one gill of vegetable, cereal stock, or water. Form into a roll and tie in a well floured clean cloth, leaving room for the roll to swell. The cloth must be wrung out in boiling water before flouring, or the flour will not adhere. Place in boiling water or stock and simmer for two hours. Put on a hot dish and pour brown or tomato sauce over. Provided the cloth is perfectly clean, as it should be, the water in which the roll is cooked should be used for stock or for the foundation of the sauce. If to be served cold, glaze and garnish.

MEATLESS DISHES

Savoury Roast.

Materials.— $\frac{1}{2}$ lb. rice, $\frac{1}{2}$ lb. butter beans, 2 onions, 1 teaspoonful of finely chopped parsley, or parsley stalks, a pinch of dried herbs, 1 oz. minced meat or bacon, 1 oz. fat, pepper and salt to taste, $\frac{1}{2}$ pint sauce made with the water that the beans were cooked in.

Method.—Boil the rice for fifteen minutes only. Soak the beans overnight, and then simmer them for three hours. Pass them through a sieve. Fry the finely minced onion in about $\frac{1}{2}$ oz. fat until it is a light brown. Mix all the ingredients together, add the sauce, form the mixture into a roll, and sprinkle it with some breadcrumbs; put $\frac{1}{2}$ oz. of fat divided into small pieces on the top; place in a floured baking tin, and bake in a good oven for half an hour.

For the sauce take 2 oz. of flour, and mix it very smoothly with some of the cold liquid in which the butter beans were cooked. When a smooth paste is formed, heat the remainder of the liquid, $\frac{1}{2}$ pint in all, and add it by degrees, stirring well. When blended season with salt and pepper, and, if liked, a spoonful of sieved chutney or tomato purée. Bring to the boil and simmer for ten minutes.

This savoury roast contains protein, starch, fat,

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and the oil and minerals of the onions, and is, therefore, an excellent substitute for meat. Further, the pulses being sieved and mixed with rice, the dish is specially suitable to persons of delicate digestion. A little meat or bacon is an improvement, but may be dispensed with.

Turban of Lentils and Rice.

Materials.— $\frac{1}{2}$ lb. of red Egyptian lentils, $\frac{1}{2}$ lb. of rice, 2 onions, 1 oz. of fat, 1 teaspoonful of mixed herbs, 1 teacup (small) of stock, 1 tablespoonful of breadcrumbs, 1 teaspoonful of chopped parsley, salt and pepper.

Method.—Wash the lentils well and just cover them with tepid water and simmer them for one hour. Boil the rice and drain it. Chop the onions very fine and fry until browned. Then mix all the ingredients together with the exception of the crumbs. Grease a cake tin and powder it with fine crumbs (toast crusts crushed are best for the purpose), fill it with the mixture, and bake in a moderate oven for one hour. A little grated lemon peel or a tiny dust of nutmeg may be added, and it is worth noting that washed and finely chopped parsley stalks serve for seasoning, which leaves the green part for garnishing. Fresh parsley, however, should not be used for garnishing hot dishes.

The "Turban" should turn out neatly, and is served with potatoes and a green vegetable. Sauce is not necessary. The quantities given are sufficient for six persons.

The Turban may be baked in a ring mould, and the centre filled with kedgeree, braised celery, hard-boiled eggs in white sauce, etc.

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Vegetable Stew.

Materials.—2 lb. of mixed vegetables, carrots, turnips, onions, potatoes, celery, $\frac{1}{2}$ lb. of haricot beans, 1 teaspoonful of mixed herbs, tied in muslin, $\frac{1}{2}$ pint of brown sauce or thickened gravy, salt and pepper.

Method.—Wash and peel the vegetables, cut into dice and put into about a quart of boiling water or vegetable stock; place in a casserole and put in the oven or on the hot-plate. The haricots must be soaked twenty-four hours and simmered separately in the water they were soaked in.

Instead of celery a teaspoonful of celery seeds tied in muslin can be used, and a little sage can be added with the mixed herbs, in which case do not leave the bag in too long. When the vegetables are all cooked add the brown sauce or gravy and the haricots, which should be strained. The water they were boiled in will do for stock or for making the sauce. Season, remove the herbs and serve in the casserole with boiled rice or potatoes handed round.

For the sauce, mix 1 oz. of flour smooth with some cold stock or gravy, put 1 pint of stock on to boil, then add the flour, stirring well; bring to the boil and simmer five minutes. Colour with browning or an Oxo cube and pour over the vegetables.

Vegetable Pie with Potato Crust.

Materials for the Pie.—2 onions, 2 carrots, 1 turnip, the outside sticks of $\frac{1}{2}$ a head of celery, $\frac{1}{2}$ lb. artichokes or 2 potatoes, $\frac{1}{2}$ pint of bacon-bone stock and 1 oz. lentils. *For the Pastry.*—6 oz. of cooked

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potatoes (mashed), 6 oz. flour, 2 oz. cooking fat, 1 teaspoonful baking powder.

Method.—Wash, clean and prepare the vegetables, cut them into small pieces and arrange them in a pie dish in layers, putting the lentils, which have previously been soaked for twenty-four hours, in the centre; pour over the stock and $\frac{1}{2}$ a pint of water; put into the oven with a dish over it and bake for two hours (or boil in a saucepan and put into a pie dish afterwards if more convenient). For the paste, steam and mash the potatoes, rub the fat into the flour, then rub in the cooked potatoes, add a pinch of salt and the baking-powder; mix to a fairly stiff paste with a little cold water, roll out and place over the vegetables in the pie dish, trim the edge and mark it neatly, bake in a moderately hot oven for three-quarters of an hour.

Curried Lentils and Rice.

Materials.—1 lb. red lentils, 2 onions chopped, 3 teaspoonsful curry powder, 1 quart vegetable stock or water, 1 oz. dripping or fat, 1 apple or $\frac{1}{2}$ stick of rhubarb chopped, salt.

Method.—Wash the lentils, put into a casserole with the stock or water, bring to the boil, skim, add the chopped apple or rhubarb, and one minced onion, and simmer till soft. Fry the other onion in the fat, add the curry powder, and cook five minutes, stirring well. Add to the lentils and cook all a few minutes; season. Serve boiled rice, cooked, as for curry, in a second casserole, and a little chutney is a great improvement. If the lentils get too dry when cooking, add more stock, or a little cocoanut water made as follows:—

Put 2 tablespoonsful of desiccated cocoanut

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into a basin, pour on boiling water, and let it stand half an hour; strain into the curry. Use the cocoanut when dry to decorate a sweet dish.

Mock Duck.

Materials.—1 lb. red lentils, 2 large onions, $\frac{1}{2}$ teaspoonful of sage, $\frac{1}{2}$ teaspoonful sweet herbs, $\frac{1}{4}$ lb. rice or mashed potatoes, 1 oz. fat, brown sauce, seasoning.

Method.—Wash the lentils, mince the onions finely, melt the fat in a pan, fry the onion lightly, add the lentils, and 1 quart of cereal or vegetable stock, bring to the boil and simmer slowly till the lentils are soft, add the mashed potatoes, chopped or powdered sage and herbs, season well, shape as much like a duck as possible. Put on to a greased baking sheet with a little fat or dripping if possible sprinkled over the top and bake in a fairly hot oven till brown. Baste often. Serve on a hot dish, with brown sauce poured round. The lentils should absorb the stock, but if they get too dry before they are soft, more stock must be added. If rice is used instead of potatoes, wash it and cook with the lentils. Instead of frying the onion it can be minced and cooked with the lentils. Scrap fat, that is, the shrivelled pieces left over after clarifying fat, will do to put on the top of the roast instead of dripping.

Potato and Nut Cutlet.

Materials.—For the potato and nut cutlet take 1 lb. of cooked mashed potatoes, 2 oz. of chopped or ground nuts of any kind, $\frac{3}{4}$ oz. of flour, 1 gill of vegetable stock, 1 small onion finely chopped, $\frac{1}{2}$

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teaspoonful dried herbs, $\frac{1}{2}$ teaspoonful of chopped parsley, seasoning.

Method.—Make a sauce by mixing the flour quite smooth with a little of the cold stock, put the rest in a saucepan with the onion, which must be very finely minced or grated. Bring it to the boil, and cook the onion five minutes. Add the blended flour (off the fire), stir in well, bring to the boil, stirring all the time. Cook two or three minutes, add the potatoes, nuts, seasoning and herbs, mix well, turn on to a plate to cool. When cold shape into cutlets, roll in flour and fry.

Savoury Jellied Mould (Cold).

Melt 1 oz. gelatine in a teacupful of warm water over gentle heat. Strain it into 1 pint of well-seasoned clear vegetable stock (*see* page 9), season with salt and pepper. Arrange in a china mould, soufflé dish or basin which has been rinsed in cold water, some slices of hard-boiled egg and rounds of beetroot, then some jelly, and when set a layer of cooked dice of carrot and turnip and some peas; add more jelly and when that is set arrange a layer of cooked butter beans, more jelly and when that is set more of the mixed vegetables and sliced hard-boiled egg. Proceed until the mould is full. When set turn out and decorate with potato or green salad.

Savoury Carrot Pudding.

Materials.— $\frac{1}{2}$ lb. carrots (grated), 1 lb. cooked and sieved potato, $\frac{1}{2}$ lb. sausage meat, salt, pepper to taste, and a grate of nutmeg, 1 teaspoonful of chopped parsley, 1 small onion peeled and finely

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chopped, 1 egg (dried), milk or stock if necessary.

Method.—Put the carrots, potato, onion and sausage meat into a basin and mix thoroughly. Add to this the parsley, seasoning, and the egg beaten up. Mix all the ingredients well together, adding a little milk or stock if the mixture is found to be too dry. Put this mixture into a greased pudding basin or mould, cover, and steam for two hours. Turn on to a hot dish, and serve with brown sauce or nicely seasoned gravy (meat or vegetable).

Sardine and Lentil Puffs.

Make a good crisp pastry (*see* page 56). Cut it into strips 4 inches long and $2\frac{1}{2}$ wide. Lay along one half of the strips the sardine and lentil mixture. Wet the edges of the paste. Press together with a fork to make a neat edge. Brush over with beaten egg if this can be afforded, and bake.

Sardine and Lentil Mixture for the Puffs.

Skin and bone the sardines and mash with the lentil mixture. Allow one to each tablespoonful of the lentils, for recipe *see* page 42. When using sardines, cheese is unnecessary but the mixture should be well seasoned with salt and pepper. This dish is nourishing and substantial, and forms an excellent pocket lunch.

Bean and Lentil Risssoles.

Materials.— $\frac{1}{2}$ lb. of haricot beans, $\frac{1}{2}$ lb. lentils, $\frac{1}{4}$ lb. mashed potatoes, seasoning, 1 teaspoonful mixed herbs, 1 teaspoonful chopped parsley, 1

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onion (minced), 1 pint stock (vegetable or cereal).

Method.—Soak the haricots overnight, next day boil or steam them till soft. Wash the lentils and put into a saucepan with the stock and onion. Cook till soft. Rub through a sieve with the haricots. Mix well together with the mashed potatoes, herbs and seasoning. Shape into rissoles, coat with flour and fry. They can be baked in the oven after shaping if the supply of fat is short.

Savoury Lentil Mixture.

Materials.— $\frac{1}{2}$ lb. of haricot beans, $\frac{1}{2}$ lb. lentils, $\frac{1}{4}$ lb. mashed potatoes, salt, pepper, a pinch of mixed herbs, or, if procurable, just enough grated cheese to flavour, 1 onion minced and fried, 1 pint of stock or water.

Method.—Soak the beans overnight, then boil or steam them till soft. Wash the red lentils, which do not need soaking, and put them in a saucepan with the stock and onion. Cook till soft. Rub them through a sieve with the haricots and the mashed potatoes. Add the seasoning. Spread on bread to make sandwiches or form into rissoles, dust over with flour and bake them in the oven.

Curried Haricots.

Materials.—1 lb. haricots, 1 oz. flour, 1 onion (minced), 2 tablespoonsful curry powder, 1 apple or a small piece of rhubarb, 1 oz. dripping or fat, 2 tablespoonsful desiccated cocoanut (if liked), 1 pint vegetable or cereal stock or water, salt.

Method.—Wash and soak the beans overnight in cold water. Put into a pan in the water they were soaked in, bring to the boil, skim and simmer

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till soft, about two hours. Mince the onion; melt the fat in a saucepan; add the onion and fry. Add the flour and curry powder and fry about five minutes, stirring all the time. Remove from the fire and add gradually 1 pint of cereal stock or water in which the beans were cooked. Return to the fire, bring to the boil, stirring all the time. Then add the apple (peeled, cored and chopped) or rhubarb and simmer gently. Put the cocoanut into a basin, pour on a gill of boiling water and let it stand twenty minutes. Strain into the curry sauce. When the haricots are soft, strain and add to the sauce, simmer ten minutes, then squeeze a little lemon juice into the curry. Add salt and serve. Hand boiled rice with it and chutney if liked.

Polenta.

Materials.—4 cupsful of milk and water, $1\frac{1}{4}$ teaspoonsful of salt, $1\frac{1}{4}$ cupsful of maize meal.

Method.—Place the salt in the milk and water and bring to the boil, scatter in the maize meal by degrees and stir well. Cook for about ten minutes. Then remove to a cool part of the stove and cook gently for one hour, stirring now and then. Spread on a dish to become cold. Cut into squares, bake in the oven until crisp, or if there is fat to spare, the squares may be fried.

This is a nourishing dish and forms a good foundation for other dishes; for example, a large polenta cake served with 1 small rasher of bacon makes a substantial breakfast dish.

Scalloped Potatoes and Cheese.

Materials.—Some sliced raw or boiled potatoes, little grated cheese, little milk, few breadcrumbs.

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Method.—Arrange a layer of sliced raw or boiled potatoes in a greased fireproof dish (one of the attractive green or brown earthenware dishes, sold at almost all china shops, answers well for the purpose). Sprinkle with a very little grated cheese, repeat until the dish is full. Pour some milk or skim milk over, allowing half a cupful to every three potatoes. Cover with breadcrumbs and bake in a moderate oven. The length of time required depends upon whether the potatoes are boiled or raw and whether the dish is deep or shallow. Cooked potatoes baked in a shallow dish will only need twenty minutes' cooking; raw potatoes in a deep dish as much as one and a half hours. If liked instead of milk make a white sauce to pour over each layer of potato. This makes a richer dish.

Meatless Sandwich Mixture.

Materials.— $\frac{1}{2}$ lb. dried haricot beans, 1 oz. grated cheese, 1 oz. clarified fat, $\frac{1}{2}$ cooked onion very finely chopped, 1 oz. fine dried breadcrumbs, seasoning.

Method.—Wash and soak the haricot beans for at least twenty-four to forty-eight hours, and then steam them until soft. Mix the other ingredients well over the fire and put through a mincer, or work the mixture through a sieve, thereby making it more delicate. If too dry to spread nicely, add a drop or two of milk or stock. Place in a clean china pot and cover. If you have enough fat to spare to cover the top, as for potted meat, the mixture will keep for ten days in a cool place. The fat used for covering should not be wasted, but clarified and added to the fat store.

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Vegetable Cutlets.

Materials.— $1\frac{1}{2}$ oz. cooked beetroot, 1 oz. peas if possible, 3 oz. cooked carrots, $1\frac{1}{2}$ oz. cooked turnips, 3 cooked potatoes, 1 teaspoonful chopped parsley, 1 teaspoonful mixed herbs, some cauliflower sprigs (cooked), 1 oz. flour, $\frac{1}{2}$ pint stock or water or milk, salt and pepper.

Method.—Cut the vegetables into small dice. The cauliflower sprigs should also be cut into small pieces. Mix the flour smoothly with a little cold stock, put the remainder into a saucepan, and bring to the boil. Pour on to the blended flour, stirring well. Return to the saucepan. Bring to the boil, stirring all the time. Simmer four minutes. Add the vegetables and seasoning. Turn on to a plate to cool. When cold shape into cutlets or croquettes. Brush over with milk, sprinkle with maize meal. Put on a greased baking sheet and bake in a hot oven or brush with milk and roll in breadcrumbs or medium oatmeal and fry in hot fat.

Cooked peas, beans, beetroot can be used in these cutlets, according to the season. French beans or scarlet runners should be cooked and cut into small pieces.

How to Cook a Cabbage.

Take off any withered outside leaves, divide the cabbage into four, cut off the stalk, wash well in salted water to remove dirt and grubs. Shred coarsely or cut into eight. Place in an earthen casserole for choice, with 1 gill of water and 1 oz. of fat to one medium-sized cabbage. Cover and cook quite gently, stirring now and then until tender. Season with pepper and salt and serve very hot in the casserole.

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Hot-Pot of Cabbage.

Materials.—1 cabbage, 2 onions, 1 lb. potatoes, salt and pepper.

Method.—Cook the cabbage as described, wash, parboil. Peel and slice the potatoes, chop the onions and fry them, or if fat is not available, cook the onion with the cabbage. Arrange in the casserole in which the cabbage was cooked, a layer of cabbage and onion and seasoning, a layer of potatoes, and proceed until nearly full, finishing with a layer of potatoes. Put the casserole in the oven with the lid on and cook gently until the potatoes are almost done, then take off the lid of the casserole and finish cooking just to brown the potatoes slightly. Serve in the casserole without the lid. If a little fat can be spared to put on the top layer of potatoes it is an improvement to the dish.

Cabbage Stuffed with Rice.

Materials.—1 cabbage with rather open leaves, well washed, 1 large onion, 1 teacupful of bread-crumbs, 1 teacupful of savoury rice, 1 teaspoonful chopped parsley, salt, pepper, 2 gills of stock.

Method.—Mince the onion and fry in a little fat till pale brown. Mix with the breadcrumbs, rice, parsley, salt and pepper. Quarter the cabbage and place some of this mixture between each leaf. Tie the leaves together and place in a casserole. Add 2 gills of stock. Simmer till tender, remove the ties, and serve in the casserole.

Home-made Macaroni.

Materials.— $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ teaspoonful salt, 1 egg, 2 to 3 tablespoonsful of cold water.

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Method.—Mix the flour and salt in a small basin and stir in the egg and water with a knife. After a preliminary kneading in the basin the paste is rolled on a table or marble slab under the palms of both hands until it resembles a long roll, then reversed and gradually kneaded into a short roll with the palm of the right hand just above the wrist, applying considerable pressure. The alternate movements are continued from twenty to thirty minutes until the paste is elastic and quite smooth. The paste is more easily handled if halved and rolled into two sheets almost as thin as paper instead of one larger one. Just a little flour may be sprinkled on the table, but none on the rolling pin. Leave the sheets of paste spread out for about two hours. In this state the paste breaks easily, but cutting is speedily accomplished by means of a knife strong enough and sharp enough to go through many strips of paste placed one on the top of the other. Though the paste may be cooked as soon as it is cut, it is better if kept overnight spread in single layers to harden before being used.

Macaroni Croquettes.

Materials.—2 oz. macaroni (boiled till soft in salted water, about thirty minutes), 1 oz. grated cheese, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ gill of water the macaroni was boiled in, cayenne and a little made mustard, if liked, $\frac{1}{2}$ teaspoonful sweet herbs.

Method.—Mix the flour smooth with a little cold water or milk. Pour on the $\frac{1}{2}$ gill of boiling water, stir well and cook five minutes. Chop the macaroni small and add to the sauce with the herbs, mustard and cayenne. Stir in the cheese. Put on to a

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plate to cool, and when cold shape into croquettes, or cutlets. Flour well or dip in milk and crumbs and bake in a hot oven.

When cheese is not procurable a little chopped ham or cooked bacon should be added, or use thick tomato sauce if meat cannot be spared.

Macaroni in Batter.

Boil $\frac{1}{4}$ lb. macaroni for half an hour in boiling salted water, drain very dry, cut up in lengths about 2 inches. Make a thick batter with 2 tablespoonsful of flour, the yolk of 1 egg, a teacupful of milk, 1 onion chopped finely, a teaspoonful of chopped parsley, pepper and salt, add the macaroni to the batter, mix all together and fry as fritters for five minutes in boiling fat.

Several may be cooked at the same time.

Macaroni à l'Italienne.

Materials.—4 oz. macaroni, $\frac{1}{2}$ pint tomato purée, $\frac{3}{4}$ oz. flour, $1\frac{1}{2}$ oz. grated cheese, salt, cayenne.

Method.—Make the tomato purée by rubbing fresh or tinned tomatoes through a sieve. Boil the macaroni in salted water till soft, about half an hour; blend the flour with a little cold milk, add the tomato pulp, and a little of the boiling water the macaroni was cooked in. Put into a pan and boil three minutes, stirring all the time; season and add the macaroni chopped small, and the cheese; pour into a hot entrée or piedish and serve very hot. The cheese can be omitted and a little chopped parsley added if liked.

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Timbal of Mushrooms and Macaroni.

Materials.— $\frac{1}{2}$ lb. macaroni, 2 oz. to $\frac{1}{4}$ lb. mushrooms, $\frac{1}{2}$ teaspoonful of chopped parsley, a rasher of bacon, a small onion, 1 oz. fat, salt, pepper, a tiny shake of cayenne, $\frac{1}{2}$ pint of sauce.

Method.—Place the macaroni in boiling salted water, and cook for thirty minutes. Place the mushrooms with 1 oz. of fat and enough water to cover in a casserole and simmer for fifteen minutes. Then take the mushrooms out and add $\frac{1}{2}$ pint of milk, less two tablespoonsful in which 1 oz. of corn-flour has been mixed smooth. Add it with seasoning to the mushroom liquid and milk, and bring to the boil and simmer for a few minutes. It should form a thick sauce. Fry the cut-up bacon with the finely chopped onion. Line a greased soufflé dish with macaroni. Fill it with all the other ingredients well mixed. Cover with macaroni. Put a greased paper over and steam for one hour, keeping the heat even. Wipe the dish, place in an entrée dish and serve very hot. Properly a timbal should be turned out, but this dish is not sufficiently solid to turn out. The bacon might be omitted, in which case a little fat in which to fry the onion is needed.

Salsify au Gratin.

Materials.—2 lb. of salsify, 1 oz. flour, 1 pint vegetable stock or water and milk, 2 oz. grated cheese, seasoning.

Method.—Cut the ends of the roots off and scrape till the black skin is entirely removed; put into a basin of cold water with a little vinegar in it, to keep it white. Boil till tender, an hour or more. Strain and put into a sauce made as follows: Blend

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the flour with a little cold stock or milk, add to the pint of boiling stock, stir well and simmer five minutes, add half the grated cheese, put in the cooked salsify, re-heat, then turn into gratin dish or pie dish; sprinkle over the rest of the cheese, put into the oven or under a griller to brown.

Russian Salad.

Materials.—Take 1 lb. of mixed cooked vegetables such as carrot, turnip, peas, French beans, beetroot and potato and cut them into dice.

Add celery and cucumber if available.

Method.—Arrange in a salad bowl or suitable dish. Dress with mayonnaise made without oil, and decorate with a border of green peas and carrot or beetroot.

If liked before adding the sauce take 1 sardine for each person. Take out backbone and remove tail and skin and divide in half. Arrange on the top of the mixed salad and then cover with a sauce made of the oil from the sardines, vinegar, salt, pepper, a pinch of mustard. Cover with chopped yolk and white of hard-boiled egg.

Potato Salad.

Cut some cold boiled potatoes into rounds, arrange in a salad dish, sprinkle over 1 finely chopped or grated onion, and pour over either an oil and vinegar dressing, or the following:—

Boil an egg hard, remove the yolk, pound it, add 1 teaspoonful mustard, 1 teaspoonful sugar, $\frac{1}{2}$ saltspoonful salt, pound together, then stir in gradually $\frac{1}{2}$ gill of vinegar and 1 teacupful of milk.

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Let it stand 1 hour. This dressing can be bottled and kept if tightly corked. The white of egg and some chopped parsley should be sprinkled over this. Slices of beetroot or tomato can also be added.

Cold Cheese Savoury (Home-made Cheese).

Materials.—1 milk cheese (about $\frac{1}{4}$ lb.), 2 teaspoonsful of anchovy essence, 1 oz. finely chopped nuts (these may be omitted if too expensive), cayenne, salt.

Method.—Pound the cheese, add anchovy essence and seasoning. Rub through a wire sieve, and add if liked a very little finely chopped spring onion or parsley stalk. Spread on oateakes, biscuits or strips of bread, sprinkle with chopped nut and garnish with a few sprigs of parsley.

Cheese Sandwiches.

Milk cheese, flavoured, makes a nourishing and satisfying sandwich filling (*see* page 62).

Rice Salad.

Boil some rice as for curry, so that it is dry and each grain separate. Place in the centre of a salad bowl and cover with sliced radishes, add a border of sliced hard-boiled egg.

Tomato Turban.

Materials.—4 large tomatoes, $\frac{1}{2}$ oz. fat, 1 large tablespoonful cornflour, 1 gill unsweetened condensed milk, 1 tablespoonful of breadcrumbs, salt and pepper to taste, and a very little mace, 3 chopped hard-boiled eggs.

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Method.—Take the tomatoes, remove the core and slice them. Fry in the fat (or use tinned tomatoes). Mix the cornflour with a little of the tomato liquid, add the unsweetened condensed milk. Cook all together for five minutes. Stir in the bread-crumbs, season with salt and pepper and a very little mace and add the three hard-boiled eggs chopped. Place in a china mould rinsed in cold water. When cold turn out and serve with potato or butter bean salad.

Chaudfroid of Haricot Beans.

Materials.—1 lb. haricot beans, 4 oz. boiled rice, 3 oz. chopped nuts, 2 gills white sauce, 1 gill unsweetened condensed milk, $\frac{1}{2}$ oz. gelatine, $\frac{1}{2}$ gill water, cayenne, salt, pepper, 1 teaspoonful chopped parsley, 1 teaspoonful chopped thyme and marjoram mixed.

Method.—Soak the beans overnight in cold water. Put in a saucepan in the water in which they were soaked with a pinch of soda, bring to the boil, simmer slowly till tender, rub through a sieve; mix with the boiled rice, seasoning, nuts, herbs, and parsley. Melt the gelatine in the half gill of water, stir to the white sauce and add the condensed milk and stir to the haricot mixture. Rinse a mould in cold water, press in the mixture, and when set turn out, decorate with fancy shapes cut out of beetroot or with green peas, or hard-boiled eggs. Serve with salad.

Haricot Bean Shape.

Materials.— $\frac{3}{4}$ pint of haricot beans, 6 oz. soaked bread pieces or mashed potato, $1\frac{1}{2}$ oz. dripping,

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a very little chopped onion, 1 egg, seasoning, brown crumbs.

Method.—Soak the haricots all night. Put them into a saucepan in the water in which they were soaked, bring to the boil, and simmer till soft. Strain and rub through a wire sieve. Melt the dripping, fry the onion without browning. Add the mashed potatoes or squeeze the breadcrumbs dry in a cloth. Then break up with a fork and add to the onion; also the haricot purée. Season well. Beat up the egg and add enough to bind the mixture, leaving a little to brush over. Cook the mixture quickly, stirring all the time till it leaves the sides of the pan. Grease a cake tin and coat with brown crumbs. Line with the haricot paste to the thickness of $\frac{1}{2}$ to $\frac{3}{4}$ inch. Brush the inside and top edge with egg. Bake in a moderate oven about three-quarters of an hour. Turn out carefully when cold. Serve with Russian salad inside.

PUDDINGS AND PASTRY

Steamed Pudding without Fat.

Materials.—1 lb. of flour and $\frac{1}{2}$ lb. of finely grated raw potato, 1 teaspoonful of baking powder and just a tiny pinch of salt.

Method.—Mix all the ingredients with enough milk or milk and water to make a firm dough and make into a roll, tie in a cloth which has been scalded and floured on the side which will come next to the pudding. Allow room for the pudding to swell. Place it in boiling water and boil, or better still, put the mixture into a greased pudding dish and steam for three hours. Serve with sweet sauce.

Steamed Puddings with a little Fat.

Materials.—4 oz. flour, 4 oz. maize meal, 2 oz. clarified fat, 4 oz. raw chopped potato, 1 oz. sugar, 1 pinch salt, 1 small teaspoonful bicarbonate of soda.

Method.—Mix all together with milk, adding the carbonate of soda in the milk at the last moment, and do not keep the pudding waiting but steam it for two and a half hours at once.

For variety add 2 tablespoonsful of jam, some ginger or marmalade.

Belgian Ground Rice.

Materials.—3 oz. ground rice, $1\frac{1}{2}$ pints of milk and water, 2 tablespoonsful of custard made from custard powder, 1 oz. sugar, any flavouring essence liked.

Method.—Put the milk and water into a sauce-

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pan, add the ground rice and a pinch of salt. Put on the fire and stir till it boils. Simmer six minutes, stirring well. Remove from the fire. Add the custard and sugar and any flavouring essence liked. Stir well and put into two soup plates rinsed in cold water. When cold slip the contents of one plate gently into a round glass dish, spread jam on it, then cover with the rice in the other soup plate. Serve with or without custard. This can be covered with ground almonds, chopped nuts, if liked, sprinkled lightly over.

Snow Cream.

Materials.—6 tablespoonsful of well-boiled rice, 2 oz. castor sugar, 2 tablespoonsful of jam, 2 whites of egg, 2 spoonsful of red jelly.

Method.—Whip the whites of egg till stiff, add the sugar, jam and jelly and whip till well mixed. Then stir in the rice. (The egg yolks should be used for a savoury dish.)

Apple Maize Pudding.

Materials.—1 pint of milk or milk and water, a small teacupful of maize meal, 1 oz. of sugar or 2 tablespoonsful of golden syrup, a pinch of carbonate of soda, $\frac{1}{2}$ oz. of cocoa butter clarified twice, 1 lb. of cooking apples stewed in a very little water and sieved.

Method.—Boil the milk, stir in the maize, cook quite slowly for half an hour, stirring often. Take off the fire and whip in with a fork the sugar or syrup, the grated fat. Add the carbonate of soda to the milk. Have ready a well greased china soufflé dish, place half of the maize in it, then add the cooked apple and put in the rest of the maize; bake in a moderate oven for half an hour and serve in the soufflé dish in which it was cooked.

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Open Custard Tarts.

Line a sandwich cake tin with sides about one inch high with pastry. If the tin is not available use a small Yorkshire pudding tin, or soup plate.

THE PASTRY.

Materials.—2 oz. flour, 2 oz. fine oatmeal, 2 oz. cornflour, 2 oz. clarified fat or $1\frac{1}{2}$ oz. cocoa butter (clarified and grated finely), 1 teaspoonful of baking powder, water to mix, a pinch of salt.

Method.—Mix the flour, cornflour and oatmeal together. Add the salt. Rub in the fat and mix all to a fairly stiff dough. Roll out and line the cake tin with it. Prick holes in the bottom and bake in a hot oven from ten to fifteen minutes. Peel, core and cut in slices some apples. Put into a pan with water just to cover and an inch of stick cinnamon. Stew gently till tender, mash to a pulp, spread a very little of the apple over the pastry, then put some golden syrup, treacle or honey into $\frac{1}{2}$ a gill of water in which the apples were cooked and stir till well blended. Pour the liquid with a spoon over the apples, only using just as much as will sink into the fruit. Now make a custard with custard powder, using half milk and half water in which the apples were stewed. Mix into this some boiled rice. Fill up the tart with this mixture and bake for a few minutes. Serve either hot or cold. Gooseberries or other fruit may be used instead of apples.

Scotch Trifle.

Materials.—8 oz. pearl barley, 1 quart milk and water, 1 oz. sugar, jam, custard.

Method.—Simmer the barley in the milk and water till soft. The milk should become absorbed, so it is best to use a double saucepan if possible

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to avoid the barley burning. If it gets thick before the barley is soft, add more milk and water. Season and add the sugar and any flavouring essence liked. Lemon goes well with barley. A strip of lemon peel should be boiled with the barley if desired. When cold, put into a glass dish spread jam over it and pour over a pint of custard made with custard powder. This can be made with oatmeal or cold porridge.

Rhubarb or Gooseberry Fool.

Materials.—Some gooseberries, sugar to sweeten, some thick custard, little chopped nut.

Method.—Wash, top and tail the gooseberries, and stew until soft with a gill of water and enough sugar or syrup to sweeten (home-made sugar-beet syrup answers well). Sieve. Have ready nearly as much thick custard as you have gooseberry pulp. Beat together. Place in a china soufflé dish and decorate with a little chopped nut. Rhubarb should be skinned before stewing, and needs only enough water to cover the bottom of the pan.

Tinned or bottled fruit may be used instead of fresh.

Sago and Fruit Syrup Mould.

Materials.—5 oz. seed pearl tapioca, 1 quart of fruit syrup or fruit syrup and water, flavouring and sugar if necessary.

Method.—The syrup from bottled or tinned fruit can be used for this, or the syrup from any stewed fruit.

Put the fruit syrup into a saucepan, sprinkle in the sago, and bring to the boil, stirring well. Let it simmer till the sago is clear, turn into a wetted mould and when cold turn out and serve with custard or jam sauce.

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If the syrup is not sweet, sugar or saccharin must be added, and if it is not a strongly flavoured syrup, some flavouring essence or lemon or orange peel should be added.

It is best to make this in a double saucepan if possible.

Sago and Orange Mould.

Materials.—5 oz. seed pearl tapioca, the rind and juice of 3 oranges, $1\frac{1}{2}$ oz. sugar or 4 half-grain tablets of saccharin, water.

Method.—Peel the oranges very thinly and put the peel into a saucepan with 1 quart of water. Bring to the boil, strain, and return the water to the pan, sprinkle in the sago, and stir till it boils; simmer till clear, add the sugar or saccharin; squeeze the orange juice, and add when the sago is cooked. Turn into a wetted mould and when cold turn out and serve with custard sauce made of custard powder.

This can be made with lemon if liked.

Steamed Pudding with Sugar Beet.

Materials.—2 oz. flour, 2 oz. ground rice, 2 oz. cooked mashed potatoes, 6 oz. sugar beet, mashed or sieved, 2 oz. fat, juice of half a lemon, $\frac{1}{2}$ gill of water, 1 teaspoonful carbonate of soda.

Method.—Put aside 1 dessertspoonful of the liquid, mix all the dry ingredients and beet, mix the soda with the dessertspoonful of liquid, add to the other liquid, and beat into the dry ingredients. Put into a greased basin, cover with grease-proof paper and steam at once from two to three hours.

To cook sugar beet, wash well, put into boiling water, simmer two hours, skin and chop finely,

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and put into a jar; cover with very little water, and stew in the oven gently till soft. It takes about five hours. Then sieve or mash it.

Eggless Batter Pudding with Rhubarb. Cooked Gooseberries, Cherries or Plums may be used instead.

Materials.—4 oz. flour, $\frac{1}{2}$ pint of milk and water, pinch of salt, $\frac{1}{2}$ teaspoonful vinegar.

Method.—Mix the flour and salt. Make a well in the centre, and add half the milk and water gradually stirred in. Last of all add the vinegar. Have ready in a pie dish some rhubarb neatly cut in pieces, and, if possible, a few stoned dates. Sprinkle over them a tablespoonful of water and 2 tablespoonsful of sugar or syrup. Pour the batter over and bake in a fairly quick oven till brown and set (about three-quarters of an hour).

Paste without Fat for Boiled or Steamed Fruit or Meat Pudding.

Materials.—4 oz. flour, 4 oz. raw finely chopped potatoes, a pinch of salt.

Method.—Mix to a stiff dough with water, and boil or steam as for ordinary suet crust.

For a savoury pudding add pepper as well as salt.

Pastry without Fat.

Materials.—8 oz. flour, pinch of salt, $\frac{1}{2}$ teaspoonful of baking powder. Enough milk and water, sour milk, or buttermilk to mix.

Method.—Sieve the flour, baking powder and salt into a basin, add enough milk or milk and water to mix to a paste, turn on to a floured board, roll out and use as desired.

Bake in a hot oven quickly, and do not make too much of this at once as it becomes hard with keeping.

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Pastry made with Oil.

Materials.—8 oz. flour, 1 tablespoonful oil, salt, water to mix, $\frac{1}{2}$ teaspoonful of baking powder.

Method.—Rub the flour, salt and baking powder through a sieve, make a well in the centre and pour in the oil and about a gill of cold water, mix well, and if too dry add a little more water. Knead a little, roll out and use like other pastry. Bake in a hot oven till brown.

This should not be made in large quantities as it should be eaten soon, or it gets hard. It does not roll as easily as ordinary pastry but stretches well.

Pastry made with Cocoa Butter.

Materials.—8 oz. flour, $1\frac{1}{2}$ oz. cocoa butter, 1 teaspoonful baking powder, pinch of salt, water to mix.

Method.—Mix the flour, baking powder and salt in a basin; grate the cocoa butter and add; mix well. Add enough water to mix to a stiff dough, turn on to a floured board, roll out and use either for fruit pies, open tarts or pastries. It must be baked in a hot oven, quickly. The cocoa butter should be clarified before using.

Large quantities of this should not be made at a time.

Potato Pastry.

Materials.— $\frac{1}{2}$ lb. mashed potatoes, 4 oz. of flour, or flour and fine oatmeal, $1\frac{1}{2}$ oz. of dripping, 1 teaspoonful of baking powder, salt.

Method.—Mix the flour, salt and baking powder; rub in the dripping. Add the potatoes and mix well lightly. Make a stiff paste with cold water. Flour a board and roll out $\frac{1}{4}$ inch thick. It should be baked in a quick oven, and can be used in place of ordinary pastry.

HOME MADE CHEESE AND BUTTER AND SUBSTITUTES

Goat's Milk Butter.

Butter can be made from goat's milk by employing the Devonshire method of raising the cream. The produce of each milking is set out in shallow pans in the dairy for twelve hours in summer, twenty-four hours in winter, for the cream to rise. At the end of the allotted time each pan is placed on a cool part of the kitchen range or on a stove to scald and left for some hours until the surface of the milk is wrinkled. The heat should at no time exceed 180. It is then skimmed off, and the clotted cream put into a jar or basin and stirred as each new lot is added. Twice a week the jar containing the cream is placed in a vessel of hot water to warm through, and is then poured into a wide mouth glass bottle which it about half fills.

Annatto should be added to colour the cream, otherwise the butter will be of the colour of lard. The bottle is tightly corked and then held between the hands and shaken backwards and forwards in a slanting direction for about twenty minutes, by which time the cream should have begun to consolidate into butter.

The butter-milk should be strained off, several washings of fresh water given, and the butter turned out into a cloth and a tap turned on while it is manipulated beneath it to remove as much of the butter milk as possible. It is then ready for turning out on to a board or slab, salting and making up into pats.

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Goat's butter does not as a rule equal cow's butter in flavour.

Home-made Goat's Milk Cheese (Soft).

Warm 1 quart of milk to a temperature of 90 degrees; then stir in 3 or 4 drops of rennet, and allow the milk to stand for about three hours. Lay a cheese cloth in a colander, stand the latter in a bowl, ladle the curd carefully into the cloth, and allow it to drain for some hours. When the curd is well drained, put it into a basin and break it up with a spoon; work in a saltspoonful of salt, and shape the curd into a pat. The pat must now be put on to a cheese cloth or piece of grease paper and placed on a plate. The following day the cloth or paper can be removed and the cheese transferred to a clean plate. Every day for a week the cheese must be turned and removed to a clean plate, by which time it will be ready to eat like cream cheese. Mixed with salt, pepper, a little chopped parsley, and if liked a suspicion of spring onion, it makes an excellent sandwich filling.

Home-made Milk Cheese.

Take 1 quart of skim milk and allow it to turn sour. Put it in a saucepan and heat till it curdles. Drain and add about a teaspoonful of salt to the curd. Tie it up in two thicknesses of muslin and hang it over a bowl till it ceases to drip, when it will be ready to eat. The flavour is improved if kept two days.

Another Recipe for Milk Cheese.

For the Cheese.—Let 1 or 2 quarts of milk stand for three days (in very cold weather longer) till it becomes thick; put some butter muslin over a

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basin, pour the milk on to it and break up the curds with a fork. Tie the end of the muslin together and hang it up with a basin under. It should make a sort of bag with the curds inside. Leave it to drain all night. Next day, untie the end and fold the curd flat inside the muslin and put on a wire sieve or tray over a dish to let it drain still more. Occasionally turn it and break the curd up with a fork. When firmer beat in a little salt and press into a small mould or basin to shape it. The whey can be used for mixing scones, cakes or puddings with instead of milk or water.

To Augment Butter or Margarine.

Materials.— $\frac{1}{2}$ lb. margarine, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ oz. of gelatine.

Method.—Melt the gelatine in the milk, pour it into a basin, and add the margarine to it gradually. Whisk well until it nearly sets. A little salt can be added.

Potato Butter.

Materials.—14 oz. cooked potatoes, 1 teaspoonful of salt, 2 oz. margarine or butter.

Method.—Mash the potatoes smoothly, add salt, when nearly cold beat in gradually the margarine or butter. Beat all well together till quite smooth. Make into a pat, and it is ready for use.

Cornflour Butter.

Materials.— $\frac{1}{2}$ lb. margarine or butter, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ oz. cornflour.

Method.—Blend the cornflour with a little of the cold milk, put the rest of the milk on to boil, when boiling pour on to the blended cornflour, stirring well; return to the pan, and boil three or four

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minutes, stirring all the time. Pour into a basin and cool, then add the butter or margarine gradually. Whisk well for ten minutes and continue whisking at intervals till it sets. Form into pats. Salt can be added to taste.

To Clarify Cocoa Butter.

Put the butter into a saucepan and melt it. Pour on hot water and boil five minutes. Pour into a basin, let it stand. The cocoa butter rises to the top and forms a cake when cold. This can be removed and used. It is sometimes necessary to do this two or three times, and even then the cocoa butter retains a slight taste which is hidden if used in savoury dishes or in cocoa or ginger cake.

How to Pot Butter.

Wash the butter, then press thoroughly with the hand until the water is entirely squeezed out. Lay it on a board, sprinkle with 1 oz. of salt to every 3 lb. of butter. Work and beat it well. Make a brine strong enough to float an egg. Add 2 oz. of sugar or honey, and boil the brine. When quite cold pour some of this prepared pickle on to the butter and press and squeeze off the water. If it does not come off clear repeat the washing in fresh pickle. Have ready a clean, dry, glazed earthenware crock, fill up to within 2 inches of the top with butter, pour in the pickle, place a clean linen cloth over all and put on the lid of the crock. It is best to tie the lid on with string, passing the string over the lid and under the crock, to ensure it being airtight. Keep the crock in a cold dry place raised from the ground on blocks of wood or brick, to allow the air to circulate underneath as well as round the sides.

SOME WAR JAMS AND OTHER PRESERVES

NOTE.—Jam in which gelatine is used should not be kept more than a day or two.

Sweet Orange Marmalade.

Materials.—4 oranges, 2 lemons, $\frac{3}{4}$ lb. of sugar to each fruit, 1 pint of water to each fruit and 1 pint for the pips.

Method.—Grate the orange and lemon rinds, cut up the pulp very finely and soak all in the water for twenty-four hours. Put the pips into a pint of water in a basin and soak also. Next day put the fruit and water into a preserving pan, strain the water from the pips and add, bring all to the boil, and boil gently for an hour, or till the rinds are soft, add the sugar, stir till it melts, then boil fast till it sets when tested—about another hour. Keep it well skimmed. Put into jars and cover.

If liked $\frac{1}{2}$ lb. sugar and $\frac{1}{4}$ lb. glucose can be used in place of $\frac{3}{4}$ lb. of sugar.

Rhubarb Jam with Ginger

Peel and cut some young, but thick, rhubarb into 2 inch lengths, then weigh it. To each pound of rhubarb take $\frac{1}{2}$ lb. of sugar. Put the rhubarb in dishes and sprinkle the sugar over, also the grated rind of some lemons. Use half a lemon to each pound of rhubarb. Let it stand twenty-four hours. The next day make a syrup of $\frac{1}{2}$ lb. of sugar boiled in $\frac{1}{2}$ pint of water for ten minutes. Pour into this

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the syrup drained from the rhubarb and as much grated or powdered ginger as will flavour it pleasantly. Put in the pieces of rhubarb and simmer gently till tender, then add $\frac{1}{2}$ lb. of glucose to each pound of fruit, mix well, and boil five minutes. Lift out the pieces of rhubarb and put into jars, boil the syrup five minutes longer, pour over the rhubarb and cover in the usual way. The glucose can be added to the syrup before the rhubarb goes in.

Preserved Beetroot.

Peel 6 raw beetroots and slice them and put into a preserving pan with $1\frac{1}{2}$ pints of cold water. Bring to the boil, simmer twenty minutes, skimming well. Add 4 lb. of sugar, the strained juice of 6 lemons and the grated peel of 4, an inch of stick cinnamon, vanilla, 4 cloves. Stir till boiling. Then boil till the beetroots are tender, keeping it well skimmed. Strain off the syrup. Put the beet into jars, boil the syrup fast till thick and pour over the beet. Half glucose or half sugar may be used.

This preserve is not recommended for use with bread, but serves to mix with puddings.

Lemon and Carrot Jam.

This makes $4\frac{1}{2}$ to 5 lb. of jam.

Materials.—1 lb. sugar, $1\frac{1}{2}$ pints water, $1\frac{1}{2}$ lb. carrots, 3 lemons, 1 lemon jelly square.

Method.—Grate the lemon peel and as much of the white pith as possible on a suet grater. Slice the rest of the pith and the lemon pulp finely, and soak in the water twelve hours. Next day put in a preserving pan with the carrots, which must be washed and scraped, then grated. Boil gently till soft, about $1\frac{1}{2}$ hours; add the sugar and boil fast twenty

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minutes, lastly add the lemon jelly, stir till it is dissolved, then boil five minutes. Put into pots.

Dried Apricot or Peach Jam with Carrot.

Materials.—1 lb. of raw grated carrot, 1 lb. dried fruit, 1 oz. sago, 2 oz. sugar, 2 tablespoonsful of syrup.

Method.—Wash and then soak the fruit for twenty-four hours, in $1\frac{1}{2}$ pints of cold water. Soak the sago for twelve hours in 1 pint of cold water. Put the carrot, fruit, sago and water together, bring to the boil, stirring meanwhile. Then simmer until the fruit is soft. If too dry add more water. Then put in the sugar and syrup, stirring until dissolved and cook fast for about twenty minutes. Cost about 1s. 9d. for about $3\frac{1}{2}$ lb. jam.

Carrot Marmalade.

Materials.—1 lb. carrots, 3 lemons, $1\frac{1}{2}$ lb. sugar, 3 pints water.

Method.—Clean and shred the carrots. Grate the rind and squeeze the juice of the lemons. Boil the shredded carrots in 3 pints of water, with the lid on, till tender. Stand for twenty-four hours. Add lemon and sugar. Boil for three-quarters of an hour. Two leaves of dissolved gelatine may be added just before the last boiling is finished.

This recipe may be varied. Orange peel from dessert oranges helped out with a little citric acid or white malt vinegar would take the place of the lemons, and half glucose and half sugar might be used if $1\frac{1}{2}$ lb. of sugar could not be spared.

Parsnip Marmalade.

Materials.—2 lb. of parsnips, after peeling, 2 lemons, $\frac{1}{2}$ lb. sugar.

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Method.—Cut up and place the parsnips in a saucepan of water and boil thoroughly for one hour. Then take out half a pint of the water in which they were boiled and stand it aside while the parsnips are strained. Put the cooked parsnips into a large basin and thoroughly mash them into a pulp. Then put the half pint of parsnip water back into the saucepan and add the sugar and the grated rind and juice of the lemons. Stir well together, and when the sugar is dissolved add the mashed parsnips and let all boil up together for half an hour, stirring frequently.

To Make Syrup or Sugar from Sugar Beet.

To Grow Sugar Beet. Treatment same as for ordinary red beet ; medium or light soil. Sow end of April or early in May in drills 15 to 18 inches apart, 1½ inches in depth. Thin the plants to 9 inches apart. Hoe the ground well in dry weather.

To Keep Sugar Beet. After gathering the roots they should be carefully washed and dried in fresh air. When quite dry they should be stored in a cool place and covered with brown paper (not with straw, which is liable to make the beets taste). If the roots are thoroughly dry before storing they should keep good for several months and become sweeter with keeping.

Various household methods are possible for extracting sugar from Sugar Beet, and the syrup obtained can be used instead of sugar for sweetening such foods as tarts, stewed fruit and puddings.

To Extract the Syrup.—Wash the Beet well in cold water, peel it very thinly, wash it again, dry with a clean cloth, cut it into small pieces and weigh it. To every pound of Beet add 1 pint

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of cold water. Boil slowly for three hours. Skim off all the scum, and then add 1 teacupful of cold water for every pound of Beet. This helps to clarify it. Simmer again for five hours. Strain it while hot through a hair sieve, pressing every drain of syrup from the Beet.

Another plan which results in a syrup of a deeper colour than the former is to wash and cut the Beet as before, place it in a stew jar and cover with cold water. Let it simmer until the water is reduced to one quarter and then strain.

The syrup produced by either plan is quite strong enough for use with puddings or stewed fruits, but it will not keep more than about three days.

To Refine the Syrup and make it Keep.—To every pint of syrup extracted as above add 1 good dessertspoonful of glucose and one saltspoonful of cream of tartar. Boil quickly in an earthenware casserole or in a double saucepan with a china interior, strain it and when cool bottle it. The syrup now resembles golden syrup, it will keep or can be made into sugar.

To make Sugar.—Boil the refined syrup for forty minutes, and when it begins to crackle like caramel drop a little into cold water ; if it sets the sugar is ready for the next treatment. At this point the sugar will set as a toffee-like substance. If white lump sugar is desired it must be thoroughly whipped in a warm place. The longer the whipping is continued the whiter the sugar ; at first it is hard work, but gets easier as the sugar gets whiter. About four hours' whipping is required for perfectly white sugar. Pour the whipped sugar into a dish and set aside to crystallize ; it will take several days to dry thoroughly. Then cut up into shapes required.

The sugar in the toffee-like state, however, is all that is required for jam making.

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How to Bottle Fruit without Special Bottles and without Fat or Sugar.

Take any bottles which you may have, wash them until they are absolutely clean, pack them as full as possible with sound fruit, picked in dry weather. Do not add any water. Then place the bottles in a cool oven, standing them on slats of wood or a piece of cardboard, increase the heat by degrees and when the fruit begins to crack and sink down, take out the bottles one at a time and at once fill up with absolutely boiling water. It is important that a supply of boiling water should be kept ready and the bottle filled the moment it is taken from the oven. Have ready rounds of clean paper, brushed all over with a little thick boiled starch or flour; be sure that there are no lumps in the paste. Put the paper over the top of the bottle, press it firmly round and wipe the bottle. Repeat this three times, so that you have three layers of pasted paper over each bottle, and be sure that the paper is brought well down outside the neck and adheres closely. Store in a cool dry place.

To Bottle Gooseberries.

Choose well-grown even-sized gooseberries, top and tail and wash them thoroughly. Pack tightly into clean dry bottles, shaking them down while filling. When full fill the bottles to overflowing with cold water. Put on the rubber ring and cap, wrap round with hay or rags; put in a pan or fish kettle, on a strainer or on strips of wood arranged crosswise; pour in cold water to the top of the bottles, bring slowly to the boil (it should take about $1\frac{1}{2}$ hours), and maintain this temperature for five minutes. Take out the bottles and fasten down tightly.

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To Bottle Fruit Pulp.

(This may be made into jam as required or used for sweet dishes.)

Use only sound fruit, wash well and drain. Put into a preserving pan, bring it slowly to the boil and simmer till soft and thick. Be careful to keep well stirred or it will burn.

Have ready some dry warm jars, a lighted candle, an old iron spoon and some sulphur. Hold the spoon with the sulphur in it over the candle till it sets on fire. Then hold a jar over it and when filled with sulphur fumes place the jar on the table head downwards to shut in the fumes. Repeat with all the jars, then quickly fill the first jar with boiling pulp, wipe the edge, turn up the second jar full of smoke and place over the just filled jar, moving the top jar about to make the sulphur smoke fall down over the jam. Slip a paper over sideways very quickly and paste down. Do this with each jar, keeping one jar full of smoke to hold over the others and tie each jar down before filling another. Keep the pulp slowly boiling while filling the jars.

Jam made with Consyp or Sypgar.

Prepare and cook the fruit till soft; to each pound of fruit use 1 lb. of consyp or sypgar. Stir into the fruit when ready and boil fast till a little sets on being tested.

Jam made with Saccharin.

Prepare the fruit and cook till soft. To each pound of fruit add 4 half grain tablets of saccharin and $\frac{1}{2}$ oz. of gelatine. Stir till dissolved. Then boil five minutes. This jam should be made in small quantities and used at once.

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To make Jam with Honey or Golden Syrup.

Prepare and cook fruit according to the recipes for ordinary jam. When the fruit is cooked add $\frac{3}{4}$ lb. of either golden syrup or honey to each pound of fruit. Stir till dissolved. Then boil fast till the jam sets when a little is put on a plate. Keep well skimmed. Put into pots and cover in the usual way.

Jam made with Salt.

To every pound of fruit use $\frac{1}{2}$ teaspoonful of salt and 4 oz. of sugar. Boil the fruit soft first in the usual way. Then add the salt and sugar and boil fast till it thickens. Put into pots and tie down. If liked add sago (1 oz. to 1 lb. of fruit) to thicken the jam. Bicarbonate of soda is used in the same proportions instead of salt. It is, however, best to keep jam made with salt for at least two months before using as then it does not taste of salt, but these jams will not keep for a year or more as did the pre-war jams.

Jam made with Glucose.

To each pound of fruit take 1 lb. of glucose. Prepare the fruit in the usual way and put into a preserving pan over gentle heat till the juice is extracted. Then augment the heat, and boil till the fruit is soft. Add the glucose, stir till mixed, then boil fast till it sets on being tested. Keep well skimmed. Put into pots and cover. Jam made with glucose sets rather soon. It is not very sweet, so should be used for sweet fruits such as raspberries, strawberries, loganberries, etc. With less sweet fruit use $\frac{1}{4}$ lb. sugar and $\frac{1}{2}$ lb. of glucose, or half of each, if it can be spared, to a pound of fruit.

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Rules for Jam Making.

Fruit should be perfectly sound and not over ripe, and should be picked on a dry day. Rub the bottom of the preserving pan with a little margarine or brush with oil to prevent the jam burning.

Keep the jam well skimmed.

The fruit should simmer till soft, but after the sugar or any other sweetening has been added stir till it is dissolved, then boil fast.

The jars must be perfectly dry and clean and should be kept in a warm place till the jam is put into them.

Cover with a round of paper brushed over with smoothly mixed flour and water paste.

Gooseberry Jam.

Top and tail some rather under-ripe gooseberries, allow $\frac{1}{2}$ lb. of sugar and $\frac{1}{4}$ lb. of glucose to each pound of fruit. Put the fruit into a preserving pan, with just enough water to prevent it burning, bring to the boil, skim, add the sugar and glucose, stir till melted, then boil about fifteen to twenty minutes or till it sets on being tested by a little being put on a plate. Put into clean dry jars and cover.

Strawberry Jam.

Pick perfectly sound, dry fruit on a dry day and use small strawberries for jam. If possible make strawberry jam in dry weather. Hull the berries and weigh; to each pound of fruit use $\frac{3}{4}$ lb. of sugar or $\frac{1}{2}$ lb. of sugar and $\frac{1}{4}$ lb. of glucose. Put the fruit into a preserving pan over gentle heat; bring to the boil and boil thirty minutes. Stir occasionally and skim. Meanwhile put the sugar into the oven to

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warm, and at the end of thirty minutes add to the fruit. If glucose is used add with the sugar; stir till dissolved; then boil thirty minutes. A pint of red currant juice to each 4 lb. of fruit improves this jam. Have ready some perfectly clean, dry jars, put in the jam, cover and tie down.

To Bottle French Beans.

Gather the beans when about three-quarters grown. Cut off both ends and slice as for boiling. Put into a pan of cold water with a little salt and carbonate of soda, bring to the boil. Keep them at boiling point for five minutes. Take them off and turn into cold water. When quite cold put into bottles and shake well as you fill them. Fill up with cold water; add a little salt and a very small quantity of soda to each one. Put on the caps, etc. Place the bottles in a large pan or fish kettle or zinc bath, and cover them with water up to the necks. Bring to the boil, and keep at boiling point for one and a half hours. Take the bottles out one at a time, put on the rubber caps and rings and fasten down. To retain the green of the beans, instead of filling up the bottles with cold water, salt, etc., mix some powdered borax and a little salt with some boiling water. This must be allowed to get cold before being poured into the bottles.

Wrap rags or hay round the bottles and place them on a strainer or on laths of wood in the fish-kettle or saucepan. If ordinary bottles are used cork them on putting into the pan. When done remove one by one and either cover with three thicknesses of paper, brushed with paste, or cork tightly and brush with resin.

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To Bottle Peas.

Select good sound peas of even size, fully grown but not old. Shell and put into a pan of cold water with a little salt, bicarbonate of soda and a good sprig of mint. Place on the fire, bring to the boil and boil two minutes. Take them off and put into a basin of cold water or under a tap. Pour enough boiling water to fill the bottles on to a little salt and a good sprig of mint, and stir it occasionally while cooking. Fill up the bottles with the cooled peas, then fill up with the prepared and cooked water. Put on the caps, place in a fish kettle on a strainer or on laths of wood. The bottles should be wrapped round with rags or wisps of hay when in the fish kettle.

Fill the kettle with water up to the necks of the bottles, cover, put on the fire and bring to the boil. Simmer one and a half hours, take out the bottles, put on the rubber ring, cap, etc., and fasten down tightly.

How to Bottle Spinach.

Spinach gives off so much moisture that after washing in several waters it must be put into the pot without the addition of more water. Let it cook as slowly as possible, turning it over to prevent it from catching at the bottom of the pan, until there is sufficient moisture in the pan to prevent this. Add salt and a pinch of carbonate of soda to keep the colour. Then cover and cook in its own steam until quite tender. When it becomes a pulp place it in a hair sieve or cloth and let it drain, saving the water that comes from it for spinach soup.

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There are now two ways of treating the spinach. (1) Bottle the cooked spinach as it is. (2) Pass it through a sieve, adding salt to taste. In either case allow the spinach to become quite cold before filling the bottles, then adjust the rubber ring, lid and screw. Put the bottles, not touching each other, into the steriliser and cover with cold water. Bring the water very slowly to 212 degrees, or boiling point, let it boil for quite five minutes, then take the bottles out, wipe them clean and let them cool gradually, not in a draught, and store in a dry place.

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FISH.—Fish en Casserole—Cod's Roe—Savoury Flaked Fish in Batter—Fish Salad—Savoury Fish Mould (Cold)—Savoury Haddock Mould (Cold)—Sardine and Lentil Puffs—Herring Salad—Fish au vin Blanc.

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MEATLESS.—Savoury Roast—Mock Duck—Turban of Lentils and Rice—Curried Lentils—Curried Haricot Bean and Lentil Rissoles—Savoury Lentil Mixture—Meatless Sandwich Mixture—Chaudfroid of Haricot Beans—Savoury and Aspic Jelly.

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VEGETABLES.—Several Ways of Cooking Cabbage—Scalloped Potatoes—Russian Salad—Vegetable Stew—Vegetable Pie with Potato Crust—Vegetable Cutlets—Cold Jellied Mould—Potato Salad—Salsify au Gratin—Chaufroid of Haricots—Rice Salad—Haricot Bean Shape—Broad Beans Cooked whole.

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DRIED FRUITS.—How to Dry Fruits and especially Apples—Currants—Grapes—Cherries—Plums—Damsons—Apricots—Peaches and Nectarines.

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PICKLES.—Tomato—Cucumber—Walnut—Onion—Vegetable Marrow—Piccalilli.

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